

LONG EATING ADVENTURES

If you want epicurean delight
You needn't be clever or bright
Just prepare a Long family dish
Of beef, poultry, pasta or fish.

Do follow the recipe to the letter
And if you can, make it better
But if the taste's not just right
And you can't swallow a bite
The recipe comes with guarantee
Only if mixed and cooked exactly

— Victor J. Long





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INTRODUCTION

I hope that everyone who receives- this cookbook enjoys using it as much as I enjoyed compiling it. Thanks to everyone who took the time to contribute. It was fun looking at the number of recipes we have in common and some of the new ones. It's very apparent we are a family that loves desserts.

Although I had originally intended to have Victor's poem inside, it made such a wonderful cover I couldn't resist. Victor and I talked about the poem at Mary Beth's wedding. He said that writing about a thing was very different than writing about people. Even though it may have been difficult to write, the result was worth it. Because of our Irish heritage, I thought the green cover was appropriate.

For the family members who, like me, don't cook very often, it will be difficult to determine what a dash or a pinch is, but that's what the recipe called for so that's what I put. You'll need to experiment, but that's half the fun of cooking. I've already tried a few of the recipes and they turned out well.

Now, my disclaimer. If I made a mistake with anyone's recipe, I apologize. If there are any errors, let me know.

At the end are several pages with recipes which were handwritten by mother. Having copies of the recipes she wrote herself is very special.

After mother's handwritten recipes is a copy of a meat order from Van Beck's that Nancy Proctor found. It's dated 1967 and, as you can see, prices were very different.

Again, I hope that everyone gets enjoyment from using and having the LONG EATING ADVENTURES cookbook.

Love,

Kathy

December,
1992

Digital conversion provided by Nancy Proctor II : Ctrl, left click the Table of Contents listing for fast access - ENJOY!



APPETIZERS

ARTICHOKE APPETIZER

Gerrie Pirman

1 can artichokes cut into small pieces
1 cup Hellman's mayonnaise
1 cup Mozzarella cheese, grated
1 cup Parmesan cheese
Garlic powder to taste, 1/4 t.

Bake at 350 degrees for 20 minutes or microwave for 5 minutes.
Serve with Pinah chips.

CARAMEL APPLE DIP

Gerrie Pirman

1 pkg. cream cheese
1/4 cup powdered sugar

Mix together and spread on a plate, preferably one with a ridge.

Pour Mrs. Richardson's butterscotch/fudge topping over this, as heavy as you think you'd like it. Sprinkle chopped peanuts on top (they're usually found near the ice cream toppings in the store.) Cut a variety of different apples into slices and serve them with the dip.

A hint from Patricia Peterson--put seven-up on the apples before putting them out and they will not turn brown.

CHEESE BALL

Maureen Vaessen

16 oz. Merkt's sharp cheddar with garlic
8 oz. cream cheese
1 stick butter or margarine
garlic powder, garlic salt and pepper to taste

Soften above to room temperature. Mix with hand mixer until well blended. Place in sprayed mold or form into ball. Refrigerate.

NOTE: If in mold, you may need to hold in hot water for one minute for easy removal. Decorate with slivered almonds.



CHEX MIX

Kathy Long

3 cups Corn Chex
3 cups Rice Chex
3 cups Wheat Chex
1/2 cup margarine
5 t. Worcestershire sauce
2 cups mixed nuts
2 t. seasoned salt
1/2 bag corn nuts

Preheat oven to 250 degrees. Melt butter in shallow roasting pan on stove. Remove from heat and stir in seasoned salt and worcestershire sauce. Gradually add cereal, nuts and corn nuts, mixing until all pieces are well coated. Bake one hour. Stir every 15 minutes. Spread on absorbent paper to cool. Store in air tight container.

CHICKEN WINGS

Nancy Proctor

5 oz. soy sauce
4 T brown sugar--packed
1/2 t. dry mustard
1/2 t. garlic powder

Pour mixture over 16-24 chicken wings. Marinate for 4 to 6 hours. Bake at 375 degrees for one hour.

CLAM DIP

Nancy Proctor II

1 small can clams (drain/save liquid)
1 large cream cheese
1/4 cup mayonnaise
1 T chives or minced onions (soak minced onions in clam juice)
1 T parsley
1 t. mustard (French's)
1 t. garlic powder
1 t. celery salt
1 t Worcestershire

Mix all ingredients and serve with crackers.



CRABBY CAROL

Julie Proctor

8 oz. cream cheese
1/2 cup Hellman's mayonnaise
6 sticks crab--tear the sticks into pieces
so that it has the appearance of real
crab--then cut, if necessary
seasoning salt

Blend the above, put in baking dish and sprinkle on one cup
grated cheese. Bake at 350 degrees for 20 minutes. Serve with
crackers.

The same recipe was submitted by Gerrie Pirman except that she
does hers in the microwave for 3 to 4 minutes.

CRAB DIP

Donna Pirman

6 oz. can of crab meat or 7 sticks
1/2 cup sour cream
3 oz. cream cheese
1 T. lemon juice
1 t. horseradish

Cut crab into pieces; stir the remaining ingredients in a sauce
pan on low heat until well blended. Add crab and heat until it
bubbles.

CRAB DIP

**Nancy
Proctor**

5 oz. jar processed sharp cheese spread
8 oz. pkg. cream cheese
1 can crab, drained
1/4 cup light cream
1/2 t. Worcestershire sauce
1/4 t. garlic salt
1/4-1/2 t. cayenne

Combine cheese spread and cream cheese, microwave and stir
until smooth. Add remaining ingredients and heat
until well blended, stirring occasionally. Serve hot with
crackers of your choice. If dip thickens, stir in a little
cream.



FRUITY PIZZA

Maureen Vaessen

Cream together:

1/2 cup margarine
1/4 cup brown sugar
Add:
1 cup flour
1/2 cup oatmeal
1/4 cup nuts

Spray pizza pan with Pam; spread above on pizza pan and prick with fork. Bake at 375 degrees for 10 minutes. Cool.

Mix together:

Fold in:

8 oz. pkg. cream cheese
1/2 cup powdered sugar
1 T lemon juice
1 cup

Spread on completely cooled crust. Add row by row fruit: bananas, strawberries, green grapes, purple grapes, watermelon, cantaloupe, Bing cherries. Cut like a pizza with pizza cutter. Toss bananas and strawberries in lemon juice to prevent browning. Strawberries can be outside ring and used again in the center. Bing cherries could be used instead of purple grapes.
cool whip

HOT SHRIMP DIP

Nancy Proctor

1 can cream of mushroom soup
8 oz. pkg. cream cheese
1 t. dill weed
1 T dried onion
1 can small shrimp, drained

Mix the cream cheese and soup thoroughly. Stir in dill weed, dried onion and shrimp. Place in a buttered casserole. Bake at 350 degrees for 1/2 hour or until hot. Serve with crackers.



LIVER PATE

Nancy Proctor

1# chicken livers
Fry in 1/4 cup butter
add chopped onions
garlic salt and pepper

Cool. Grind together with 1 hardboiled egg. Add enough mayonnaise to spread.

Same recipe submitted by Maureen Vaessen.

MEXICAN HOT BITES

Maureen Vaessen

Mix:
16 oz. jar jalapenos {drained)
12 oz. shredded Monterrey Jack cheese
6 oz. shredded sharp cheddar

Grease 9 x 9 or 7 x 9 pan. Put down a layer of cheese; cover with peppers. Keep alternating layers until cheese and peppers are gone.

Mix:
2 eggs
1 T flour
2 T milk

Pour over cheese and peppers. Bake at 350 degrees for about 1 hour.

I reduce the jalapenos by 1/2.

ONIONAPPETIZER

Nancy Proctor

1 slice bread
Spread with miracle whip
Cut in four pieces

Place onion on each quarter, top with grated Swiss cheese. Sprinkle with parmesan cheese and broil until bubbly.



ORANGE DIP

Nancy Proctor

1/3 cup ketchup
1/3 cup French dressing
1 large onion
8 oz. cream cheese
1/3 cup sour cream

Mix all ingredients and serve with chips.

PARTY CUCUMBER BREADS

Donna Pirman

1 loaf of party rye bread
8 oz. cream cheese
1 envelope of dry Good Season's
Italian Dressing

Mix cream cheese and dressing. Spread on bread. Top with sliced cucumber and dill weed.

PIZZA HORS'DEOUVRES

Gerrie Pirman

2 cups Hellman's mayonnaise
8 oz. shredded cheddar
8 oz. mozzarella cheese
10 chopped mushrooms
3/4 cup black olives
1/2 cup green pepper
1/2 cup onion
6 oz. pkg. chopped pepperoni

Mix all together and heat in microwave until all cheese is melted. Serve with crackers. I usually heat this a small portion at a time.



PUPPY CHOW SNACK

Maureen Vaessen

12 oz. chocolate chips
12 oz. peanut butter
1 stick butter

Melt the above. Put family size, 18 oz., box Crispix cereal in a large bowl. Pour chocolate mixture over cereal; mix well. Put 3 cups powdered sugar in brown grocery bag, pour cereal in and shake together. Spread out to cool and dry. Serve in a dog dish.

RAW VEGETABLE DIP

Kathy Long

1 cup mayonnaise (don't use miracle whip)
1 cup sour cream
1 T Beaumonde Spice seasoning
1 T Dill weed
1 T Minced onion (dry onion, buy in box or jar)
1 T Parsley flakes (dry)

Mix all together at least 8 hours before serving. Be sure you measure exactly, or it will not taste right.

Use above with raw: celery, carrots, green peppers, radishes, cauliflower buds, cucumbers and broccoli. Arrange vegetables on plate and put dip in middle.

REUBEN DIP

Maureen Vaessen

6 oz. cream cheese
8 oz. sour cream
2 family pack or 4 small Budding corned beef
or pastrami (cut)
1 cup shredded Swiss cheese
1 cup sauerkraut, well-drained

Mix everything together. Bake at 350 degrees for 20 minutes. Serve on cocktail rye, pumpernickel or rye crackers.



SHRIMP AND CRAB BAKE

Nancy Proctor

1 small can crab meat (6 or 7 oz.)
1 can shrimp
1/4 cup green pepper
3/4 cup chopped celery
2 T onions
3/4 cup mayonnaise
1/2 t. salt
1/4 t. pepper
1 T lemon juice
1 T Worcestershire sauce
Crushed potato chips
Parmesan cheese and paprika

Mix together, bake at 350 degrees for 30 minutes. Serve on tricots.

SHRIMP BALL

Nancy Proctor

8 oz. cream cheese
2 T mayonnaise
Garlic salt to taste (garlic powder can be substituted)
Add chopped celery to taste
1 can tiny broken shrimp

Mix and form into a ball in saran wrap. Refrigerate. Roll in pecans if desired.

SHRIMP DIP

Nancy Proctor

8 oz. sour cream
3 oz. pkg. cream cheese
1/2 pkg. Good Seasons Italian Dressing
5 oz. canned shrimp

Mix sour cream and cream cheese. Leave lumpy, add dressing and stir. Drain shrimp and add to mixture. (May need to cut shrimp in half.) Refrigerate overnight, serve with triscuits or crackers of your choice.



SNACKOYSTERS

Maureen Vaessen

3 bags oyster crackers
1 cup oil
3 pkg. Hidden Valley Ranch original
1/2 t. dill weed
1/2 t. garlic powder
1-1/2# nuts (optional)

Spread crackers in 9 x 13 pan. Mix remaining ingredients and spread over crackers. Bake 1/2 hour at 175 degrees. Add nuts later if desired.

SPINACH DIP

Maureen Vaessen

2 cups sour cream
2 cups Hellman's mayonnaise
2 green onions, chopped
Knorr vegetable soup mix
2 pkgs. frozen spinach, thawed

Mix all together and refrigerate. Serve in a round loaf of rye bread, cored out. Put pieces of bread around the platter.

SWEDISHMEATBALLS

Patricia Peterson

1# ground smoked ham
1# ground pork
2 cups dry bread crumbs
1 cup milk
2 eggs

Mix well and form into small balls and place in a heavy skillet.

In a saucepan cook the following:

2-1/4 cups brown sugar
1-1/2 t. dry mustard
3/4 cup vinegar
3/4 cup water

Bring to a boil and simmer 2 minutes. Pour over meatballs and bake at 350 degrees for 1 and 1/2 hours, turning every half hour. These can be frozen.



SWISS RYE CHIPS

Nancy Proctor I and II

1/2 pound Swiss cheese shredded small
onion grated
2 T mayonnaise--just enough to blend

Spread on Pinah Rye Chips and place under broiler until they start to bubble. Serve warm.

TACO DIP

Kathy Long

1# ground beef
1/2 cup chopped onion
16 oz. can red kidney beans
1/2 cup catsup
2 T chili powder
Salt and pepper to taste

1/2 cup shredded American cheese
1/4 cup chopped onions
1/4 cup sliced stuffed green olives

Brown meat and onion. Mash beans, with liquid, and stir in. Add remainder of ingredients. Heat thoroughly. Serve in chafing Dish garnished with shredded cheese rimming the dish, a ring of chopped onions inside this and then a ring of sliced olives. Serve with Doritos or corn chips.

TACO DIP

Gerrie Pirman

8 oz. cream cheese
8 oz. sour cream
1 pkg. taco seasoning
1 T Worcestershire
1 T lemon juice

Mix well with electric mixer and spread on pizza pan with spatula. Top with shredded lettuce, sharp cheddar cheese, tomatoes, green peppers, onions, black olives and anything else you have available that you think might be good. Serve with tostados.



TACODIP

Maureen Vaessen

8 oz. cream cheese, softened

16 oz. sour cream

1 pkg. taco mix

Cream the above and spread on a flat pan. · Chop and sprinkle the following over the top of the cream mixture:

onion

lettuce

tomato

green pepper

shredded cheddar

real bacon bits

Serve with Dorito chips.

VEGETABLE ROUND BREAD

Kathy Long

1 cup sour half & half

1 cup Hellman's mayonnaise

1 can chopped water chestnuts

1 pkg. frozen spinach, thawed and drained

1 pkg. KNORR dry vegetable soup

2 green onions, cut

1 round loaf of bread

Mix above ingredients except bread. Let set overnight in refrigerator. To serve, cut off top of bread and scoop out bread. Use scooped out bread to dip in mix. Put vegetable dip in hollowed out bread loaf.



VEGETABLE PIZZA

Maureen Vaessen

2 pkgs. crescent rolls-flatten on jelly roll pan and bake for 8 minutes. Cool.

Mix:

16 oz. cream cheese
1 pkg. Hidden Valley Ranch Mix
2/3 cup mayonnaise

Spread on cooled crust. Top with tomato, cauliflower, broccoli, green pepper, grated carrots, mushrooms, black olives.

Very pretty and delicious.

VEGGIE PIZZA

Maureen Vaessen

Recipe is for cookie sheet size pizza, make 1/2 of recipe for round pan.

2 pkgs. crescent rolls

Press into pan. Bake 15 minutes at 375 degrees or until brown. Cool.

Mix:

16 oz. cream cheese
2/3 cup Hellman's mayonnaise
1/4 t. garlic powder
1 t. dill weed
1 t. onion, finely chopped

Spread over crust. Sprinkle cauliflower, broccoli, carrots, mushrooms or any other veggie you like. Sprinkle grated cheese over top. Refrigerate.



BREAD/STUFFINGS

BAKING POWDER BISCUITS

Nancy Proctor
(one of mother's recipes)

2 cups flour
4 t. baking powder
1 T sugar
3 or 4 T shortening
3/4 cup milk

Mix and spoon out on cookie sheet. Bake at 400 degrees for 12-15 minutes.

BANANA NUT BREAD

Harry Proctor

3 cups flour
2 t. baking soda
2 t. cinnamon
1/4 t. ground cloves
1/2 to 3/4 t. nutmeg
1/2 t. salt
6 extra ripe bananas
1/2 cup vegetable oil
1 stick of butter, softened
1-2/3 cups white sugar
1/3 cup brown sugar-packed
4 eggs
1 t. vanilla
1-1/2 cups chopped nuts
Cinnamon sugar:
1/4 cup sugar
1 t. cinnamon

Grease and flour 2 bread pans. Preheat oven to 250 degrees, yes, 250 degrees. Combine first 6 ingredients in a large bowl and stir well to mix; set aside. Mash bananas and combine with the vegetable oil; set aside.

Cream butter and white sugar, add brown sugar and mix well. Add eggs, one at a time, beating well after each. Mix in banana mixture. On medium speed, add flour mixture to the batter. Add vanilla and stir in nuts. Pour batter into pans and top with nut halves and bake for 1 and 1/4 hours or until center springs back when pressed gently. When bread comes out of the oven, sprinkle immediately with cinnamon and sugar mixture.



BREAD STUFFING

Maureen Vaessen

4 cups dry bread cubes
3 T chopped onion
1/2 t. salt
1/2 t. pepper
1/4 t. poultry seasoning
sage to taste
1/3 cup melted butter or margarine
hot water or broth to moisten
1 egg

Combine bread, onion, seasonings; add butter, egg and liquid. Toss gently to mix. Allow 1 cup stuffing for each pound poultry or game.

Celery stuffing: add 1-1/2 cups finely chopped celery

Chestnut stuffing: add 1 cup chopped celery and 2 cups boiled chestnuts, chopped; use milk for liquid.

Giblet stuffing: add chopped cooked giblets, and use giblet broth as liquid.

Raisin stuffing: Add 1/2 cup seedless raisins.

Apple stuffing: Add 1 cup chopped apples.

BRAN MUFFINS

Maureen Vaessen

1-1/2 cups bran buds
1-1/4 cups flour
1/2 cup sugar
1 T baking powder
1-1/4 cups skim milk
2 egg whites
1/4 cup vegetable oil
raisins (optional)

Combine all the above ingredients, fold into pan and bake at 350 degrees for 15 to 20 minutes.



DINNER ROLLS

Colleen Turnquist
(one of mother's recipes)

1 104 cake yeast
1 T sugar
1 cup lukewarm water
1 cup milk
9 T shortening
1/2 cup sugar
1 t. salt
7 cups flour
3 beaten eggs

Dissolve yeast and 1 T sugar in lukewarm water. Scald milk and add shortening, sugar and salt. Cool to lukewarm. Add 2 cups flour to make batter. Add yeast and beaten eggs. Beat well. Add remaining flour or enough to make soft dough. Let rise until double in bulk. Make into rolls.

HOMEMADE NOODLES

Maureen Vaessen

1 beaten egg
1/2 t. salt
2 T top milk
1 cup sifted enriched flour

Combine egg, salt, milk; add enough flour to make stiff dough. Roll very thin on floured surface; let stand 20 minutes. Roll up and slice 1/8" thick; spread out and dry 2 hours. Drop into boiling soup or boiling, salted water and cook 10 minutes.



MORNING GLORY MUFFINS

Victor Long

2 cups flour
2 t. baking soda
1/2 t. salt
1/2 cup coconut
3 eggs
2 t. vanilla
1-1/4 cups sugar
2 cups carrots, grated
1/2 cup pecans, chopped
1 apple, grated
2 t. cinnamon
1 cup vegetable oil

Mix all ingredients together. Put in paper lined muffin tins. Bake at 350 degrees for 35 minutes. Makes 20 muffins.

NANCY'S VERSION OF MOTHER'S STUFFING

Nancy Proctor

Giblets
Neck
Celery
onion
Garlic salt to taste
Pepper to taste

Cover with water and cook until giblets are done.

20 oz. bag Catherine Clark's onion and sage cubes
1 loaf of bread, dried and cubed

Pour 2 cups of milk over flavored cubes and let stand for a while. Pour celery, onion and water over bread cubes. Grind giblets and neck meat and add to cubes. Melt 1-1/2 sticks of butter and add

2 to 3 eggs. Mix thoroughly. Add 1/2 oz. sage and more salt and pepper, if necessary. Mix well. Should be very moist. If you need more liquid, use milk.



NIGHT OWL SWEET ROLLS

Maureen Vaessen

1 cup pecan pieces
30 oz. frozen white dinner rolls (do not thaw)
2/3 cup packed brown sugar
3-5/8 oz. pkg. butterscotch pudding and pie filling mix (not instant)
1/3 cup butter or margarine, cut in small pieces

Spread nuts in the bottom of a 13 x 9 x 2 baking pan. Arrange rolls over nuts. Sprinkle with brown sugar, pudding mix and butter or margarine. Cover with plastic wrap and thaw overnight in the refrigerator. Let rise at room temperature until doubled, about 1-1/2 hours.

Uncover and bake in a preheated 350 degree oven for 35 minutes or until golden brown. Allow to cool for 2 to 3 minutes before removing from pan. Turn out onto a wire rack over a sheet of waxed paper.

NUT BREAD

Maureen Vaessen

(one of mother's recipes)

1 cup sugar
2 well beaten eggs
1/4 cup melted shortening
2/3 cup molasses
1 cup sour milk
1-1/2 cups flour
1 t. salt
1 t. baking soda
1-1/2 cups whole wheat flour
1-1/2 cups coarsely chopped nut meats

Add sugar to eggs and beat smooth. Add shortening and molasses; mix well, then add sour milk. Add flour sifted with salt and soda, then whole wheat flour and beat smooth. Fold in nut meats. Bake in a greased 2# loaf pan in 350 degree oven for 50 to 60 minutes. Cool in the pan.



PLAIN PASTRY

Maureen Vaessen

For 8" or 9" double crust pie:

1-1/2 cups sifted enriched flour
1/2 t. salt
1/2 cup shortening
4 to 5 T cold water

For 10" double-crust pie

2 cups sifted enriched flour
1 t. salt
2/3 cup shortening
6 to 7 T cold water

Sift together the flour and the salt. Cut in the shortening with a pastry blender or blending utensil until pieces are the size of small peas. To make pastry extra tender and flaky, divide shortening in half. Cut in first half until mixture looks like corn meal. Then cut in remaining half until pieces are the size of peas.

Sprinkle water, a T at a time, over part of mixture. Gently mix with a fork; push to one side. Repeat until all of mixture is moistened.

Divide dough in half. Form ball. Flatten slightly and roll on lightly floured pastry cloth. Draw a circle on cloth 1" larger than pie pan. Roll dough within a circle--you can tell at a glance how much to roll pastry. If edges split, pinch together. Always roll from out to edge. Use light strokes.



PUMPKINBREAD

Gerrie Pirman

3 cups flour
1 t. baking soda
1 t. salt
1-1/2 t. pumpkin spice
1-1/2 t. cinnamon
2 cups sugar
2 cups pumpkin-canned
4 eggs, beaten
1-1/4 cups oil
1/2 cup nuts

Cream flour, salt, cinnamon, pumpkin seasoning and sugar in a large mixing bowl. Add the other ingredients. Pour into two large or three medium size loaf pans and bake at 350 degrees for one hour.

PUMPKIN BREAD

Maureen Vaessen

1 cup sugar
1/2 cup brown sugar
1 cup canned pumpkin
1/2 cup oil
2 eggs
2 cups sifted flour
1 t. baking soda
1/2 t. salt
1/2 t. nutmeg
1/2 t. cinnamon
1/4 t. ginger
1 cup raisins (optional)
1/2 cup nuts
1/4 cup water

Combine sugar, pumpkin, oil and eggs. Beat until well blended. Sift flour, soda, salt and spices. Add and mix. Stir in raisins, nuts and water. Spoon into well-oiled 9 x 5 x 3 loaf pan. Bake at 350 degrees for 65 to 75 minutes or until done. Turn out on rack to cool thoroughly. Makes one loaf.



PUMPKIN MUFFINS

Victor Long

Beat: 6 eggs
 1 T vanilla
 1 T oil

Add: 30 oz. can pumpkin (not pie filling)

Beat in: 2 cups dry milk
 1-1/4 cups flour
 1 T baking powder
 1 T baking soda
 6 t. pumpkin pie spice
 1 T cinnamon
 2 T brown sugar
 8 packs Sweet/Low (not Equal-can't use
 nutrasweet)

Stir in: 2 cups grated carrots
 3/4 cups raisins (optional) or chopped pecans

Bake at 350 degrees for 30 minutes. Makes 18 muffins.



RHUBARB MUFFINS

Maureen Vaessen

1-1/2 cups brown sugar
2/3 cup salad oil
1 egg
1 cup buttermilk
1 t. salt
1 t. baking soda
2-1/2 cups flour
1-1/2 cups chopped walnuts
1-1/2 cups chopped rhubarb

Combine all the above ingredients. Put batter in paper lined tins.

Topping

1/2 cup chopped walnuts
1/2 cup sugar
1-1/2 t. flour
1 T melted butter

Mix until crumbly. Sprinkle topping over top of muffins. Bake at 400 degrees for 20 to 25 minutes.

STRAWBERRY NUT BREAD

Maureen Vaessen

20 oz. frozen, sliced strawberries
4 eggs
1 cup cooking oil
2 cups sugar
3 cups all-purpose flour
1 T cinnamon
1 t. baking soda
1 t. salt
1-1/4 cups chopped nuts

Defrost strawberries. Beat eggs in a bowl until fluffy; add cooking oil, sugar and defrosted strawberries. Sift together flour, cinnamon, soda and salt into a mixing bowl; add strawberry mixture and mix until well blended. Stir in nuts. Pour into 2 greased and floured 9-1/2 x 5 x 3 or 8-1/2 x 4-1/2 x 2-1/2 loaf pans. Bake in a 350 degree oven for 1 hour and 10 minutes or until done. Cool in pans for 10 minutes, then turn out of pans and cool on racks. Makes 2 loaves. This bread slices best when chilled. May be sliced and warmed to serve with butter for breakfast or brunch or thinly sliced, spread with whipped cream cheese and served with fruit salad for lunch.



SWEETER MUFFINS

Maureen Vaessen

1 egg
1/2 cup milk
1/4 cup oil or melted shortening
1-1/2 cups flour
1/2 cup sugar
2 t. baking powder
1/2 t. salt

Do not over mix. Beat like biscuits with a fork. Add 1 cup blueberries. Fill muffin liners 2/3 full. Bake at 400 degrees for about 20 to 25 minutes.

YEAST BREAD/ROLLS

Patricia Peterson

Basic recipe containing milk

2 pkgs. dry granular yeast•
3/4 cup lukewarm water
1 t. sugar
1-3/4 cups scalded milk (or half milk and water)
3 t. salt
1/4 cup sugar
7 cups sifted all-purpose flour,
approximately
1/4 cup melted butter (or half butter and half shortening)

Step 1: Start the action of the yeast (before combining any of the other ingredients) by softening the yeast in lukewarm water with 1 t. of sugar for 10 minutes. *Yeast should not be softened in warm milk or brought into contact with shortening in any way before some flour is added to the mixture.

Step 2: Scald the milk. Scalding is heating the milk until it forms tiny bubbles on the edge of the pan, just before boiling. The purpose of scalding is to destroy enzymes in the milk, thus protecting both the yeast and the dough.

Step 3: The scalded milk, salt and 1/4 cup sugar are then put into a large mixing bowl and cooled until lukewarm. (If half water is used, this may be added lukewarm to the scalded milk to hasten cooling, or you can throw in a small ice cube or two.)



LONG EATING ADVENTURES

Step 4: Stir yeast mixture into lukewarm liquid. If the yeast is overheated at any time, it will be injured or even destroyed; if it is too cold, it will act very slowly.

step 5: Add about half the sifted flour and beat until smooth. .

step 6: Beat in the cooled, melted shortening.

step 7: Add enough flour to make a smooth, soft dough. The softer the dough can be kept, the lighter and more tender the bread will be when baked.

step 8: Sprinkle the bread board generously with flour and spread evenly over the surface. (The flour on the board should be part of the sifted flour measured for the bread.)

step 9: Turn the dough onto the floured board, cover and let rest for 10 minutes before kneading. Allowing the dough to rest will cause it to stiffen and be easier to handle without adding an excess of flour.

Step 10: Now knead the dough until the outside is smooth and elastic--from 8 to 10 minutes. There are three basic motions to kneading: folding the dough over on itself towards you, pushing the dough with the heel of the hands away from you, and then making a quarter of a turn and repeating the process. The dough should feel satiny and smooth when kneaded sufficiently and should stick to neither the board nor the hands.

Step 11: Round up dough into a smooth ball and place in a well-greased clean mixing bowl large enough to let it double in bulk without overflowing. To prevent the formation of a thin crust on top, which will make streaks in the dough and bread, turn the ball of dough over in the greased bowl to coat the entire surface with fat before setting to rise.

Step 12: Cover the bowl with waxed paper and a towel, lid or a second bowl of the same size and place in a warm spot away from drafts to rise until fully doubled in bulk; 86 degrees is the best temperature for this rising. The dough should not be hurried through this first rising. Allow enough time for it to fully double its bulk (from 1-1/2 to 2 hours). When the dough is light enough, there will be bubbles visible just below the surface of the dough, and the dent made by pressing your finger into the dough will remain and not spring back.

Step 13: After rising, punch dough down and turn out on a lightly floured board. Divide into 3 equal portions and round up into balls. Cover and let dough rest for 10 minutes. This "rest period" keeps the dough from springing back as it is shaped into loaves or rolls, and makes it much easier to handle because the protein is relaxed.



step 14: If you shape into loaves of bread, let rise for about 1 hour and bake in a 400 degree oven for 15 minutes, then reduce heat and bake for 25 to 30 minutes longer. The loaves should sound hollow when tapped on the bottom. Turn loaves out of pans and cool thoroughly on cooling racks.

step 15: If you shape into rolls, let rise for about 30 to 40 minutes and bake in a 375 degree oven for 15 to 20 minutes and then cool on cooling racks.

Knot Rolls. Roll dough in the palms of the hands to form a strip about five inches long and tie in a knot. (Flour your hands when forming the rolls.) Place the rolls on a greased baking sheet and bake as instructed above.

Pan Rolls. Pan rolls are the easiest kind of rolls to shape and bake. Once you have learned to make balls of dough of an even size, you have mastered all there is to know of the shaping technique. You can bake these on a cookie sheet leaving space for the rolls to double in size or you can bake them in a skillet somewhat close together and they will puff up and you pull them apart. Bake as instructed above.

Sausage Rolls. Flatten a small piece of dough in the palm of your hands and put 1/4 of a sausage on the dough, flat side up, and bring the dough around the sausage, and pinch together, and put the seam side down on the baking sheet. I use Johnsonville polish sausage. Stick them with a toothpick in two places and microwave for 1-1/2 minutes on low. Set them on paper toweling to remove the excess fat and then cut into four pieces.

ZUCCHINI BREAD

Maureen Vaessen

3 eggs
1 cup oil
2 cups sugar
2-1/4 cups grated zucchini
2 t. vanilla
3 cups flour
1 t. salt
1 t. baking soda
1 t. cinnamon
1/2 t. baking powder
1/2 cup chopped nuts
1/2 cup raisins (optional)

Mix in order given. Pour mixture into 2 equal loaf pans, well-greased. Bake at 325 degrees for 1 hour.



CANDY

ANGEL FOOD

Nancy Proctor

1 cup brown sugar
1 cup white karo syrup
1 T vinegar

Boil to 300 degrees. Add 1 T baking soda. Pour in buttered pan. once hardened, cut or break apart and dip in chocolate.

ANGEL FOOD

Colleen Turnquist
(one of mother's recipes)

2 cups white karo syrup (small bottle)
2 cups white sugar

Bring to a boil and then heat over medium heat until mixture reaches 300 degrees. Stir, not constantly, but often so that it doesn't burn. Then, add:

4 t. baking soda

Stir very well. Mixture will rise fast and high. Have your cake pan ready. It should be well buttered, even the edges. Have butter on the surface around the cake pan in case the mixture runs over the sides. Let stand for a while and then go around edges and underneath so that candy does not harden in pan. Have it out of the pan by the time it hardens. Break into pieces and dip in melting chocolate. Put on wax paper until chocolate hardens.



BUCKEYES

Nancy Proctor

1# margarine
2# peanut butter (creamy or crunchy)
3# powdered sugar

Mix and form into balls, about the size of horse chestnuts.
Chill in refrigerator overnight. Makes about 200 pieces.

Melt a large package of bitter sweet bits (chocolate chips) in pan over hot water. Add 1/2 to 3/4 slab of paraffin.

Use a toothpick to hold balls and lower them into the chocolate leaving a small circle at the top--for the eye. Place on waxed paper to cool. Refrigerate. These can be frozen.

BUN BARS

Kathy Long

12 oz. bag chocolate chips
12 oz. bag butterscotch chips
18 oz. creamy peanut butter
1 cup margarine
2/3 cup milk
3-1/8 oz. vanilla pudding (not instant)
2# powdered sugar
1# dry roasted peanuts

Melt chips and peanut butter. Spread one half of this mixture over the bottom of a 15 x 10 inch jelly roll pan. Chill. Combine margarine, milk and pudding; boil for one minute. Add powdered sugar. Spread over chilled base. Add peanuts to other half of chocolate mixture. Spread over layer mixture. Chill. Cut into tiny squares. Store in refrigerator.

The same recipe was also sent by Colleen Turnquist and Maureen Vaessen.



CARAMEL CORN

Gerrie Pirman

2 sticks margarine
2 cups brown sugar
1/2 cup corn syrup
1/2 t. salt

Bring to boil for 5 minutes. Remove from heat and add 1 t. vanilla and 1 t. baking soda. Stir vigorously. Pour over 6 qts. of popcorn. Bake at 225 degrees for one hour. Stir every 15 minutes.

CARAMEL CORN

Maureen Vaessen

2/3 cup sugar
1/2 cup butter or margarine
1/4 cup corn syrup
1/2 t. vanilla
4 cups popped popcorn

Cook sugar, butter and syrup, stirring occasionally. Cook to 285 to 290 degrees on medium or low heat. Stir in vanilla and pour over popcorn in a large pan. This is very hot. Spread out on a cookie sheet to cool. This is very easy and very good.

CARAMELS

Gerrie Pirman

1# nuts
1 pt. bottle white syrup
1# brown sugar
1 can Carnation milk
2 cups white sugar
1/2# butter--use real butter
1/2 pt. whipping cream (not whipped)

Boil above mixture to 240 degrees. Pour in jelly roll pan, cool and cut.



CARAMELS

Nancy Proctor

2 cups brown sugar
3/4 cup Borden's sweetened eagle brand milk
1/2 t. salt
1 cup dark Karo syrup
1 cup butter

Boil slowly and stir constantly to 240 degrees (soft ball). Add 1 t. vanilla and boil to 248 degrees. Pour into buttered pan and add nuts.

CARAMELS

Colleen Turnquist

1/2 pt. whipping cream
1 large can carnation milk
1 small bottle white karo syrup
1# brown sugar--2-1/4 cups
2-1/4 cups sugar
1/2# butter (no substitute)
1-1/2 cups chopped walnuts (optional)
1 t. vanilla

Generously grease large cookie sheet with butter. Put nuts on bottom of cookie sheet.

Mix all ingredients. Cook, stirring constantly until ingredients reach 238 degrees on candy thermometer or boil until ingredients form a solid ball when a small amount is dropped into a cup of cold water. Pour onto cookie sheet. Let cool and cut into pieces. Wrap in wax paper.

I usually make one pan with nuts and one without.

CARAMELS

Maureen vaessen

1/2 can Eagle brand milk
1 cup brown sugar
1 cup sugar
1 cup white syrup
1 cup butter
1/2 t. salt

Cook to 240 degrees. Add 1 t. vanilla and stir, then cook to 245 degrees. Add 1/2 cup nuts and pour into pan.



CRUNCH BUTTER TOFFEE

Maureen Vaessen

Melt 1 cup butter in large pan. Add 1-1/2 cups sugar, 1 T light corn syrup, 3 T water. Cook to hard crack, 300 degrees; stir occasionally. Add 1 cup toasted blanched almond bits.

Spread in well greased 13 x 9 x 2 pan. Cool. Melt four 4-1/2 oz. bars of milk chocolate. Turn toffee out on waxed paper. Spread with half of chocolate. Chop one cup almonds. Sprinkle chocolate with half the finely chopped nuts. Cover with waxed paper and invert candy. Spread other side with remaining chocolate. Sprinkle with remaining 1/2 cup of nuts. Chill to set chocolate, if necessary. Break candy in pieces with wooden mallet or small hammer.

FUDGE

Maureen vaessen

2 cups sugar
1/8 t. salt
2 squares unsweetened chocolate
1 cup evaporated milk
2 T white corn syrup
2 T butter
1/2 t. vanilla
1/2 cup walnuts

Combine sugar, salt, chocolate, evaporated milk and corn syrup in a heavy saucepan. Heat, stirring constantly until sugar dissolves and chocolate melts. Remove spoon and put in thermometer.

Cook rapidly without stirring to 234 degrees, remove from heat. Add butter, vanilla and walnuts (no stirring) cool to 110 degrees.

Beat for 2 to 3 minutes until fudge starts to thicken and lose its glossiness. Pour into buttered dish--cut at once.



FUDGE BALLS

Gerrie Pirman

2# dipping chocolate
1/2 pt. whipping cream

Melt chocolate; let cool. Whip cream and add to cooled chocolate. Let stand until firm enough to make into balls. Roll each ball in chopped nuts.

Same recipe submitted by **Maureen Vaessen**.

HOT FUDGE TOPPING

Maureen Vaessen

2 heaping T butter
1-1/2 squares baking chocolate
1 cup sugar
1/2 cup evaporated milk
pinch salt
1/2 t. vanilla

Melt butter and chocolate together over low heat. Add sugar slowly. This mixture will be very dry. Add milk slowly, stirring constantly. Add salt and vanilla and let come to a boil.

PEANUT BRITTLE

Nancy Proctor

Combine:
2 cups sugar
1 cup lite corn syrup
1 cup water in heavy skillet

Cook slowly. Stir until sugar dissolves. Cook to soft ball stage, **238 degrees**. Add 2 cups Virginia peanuts to mixture. Cook to hard crack stage, **290 degrees**, stirring constantly. Remove from heat.

Add:
1 t. butter
1/4 t. baking soda

Stir to blend. Mixture will bubble. Pour onto greased platters. Help cool by running spatula under edges. Break in pieces when cold.



PEANUT BRITTLE

Colleen Turnquist

2 cups sugar
1 cup white karo syrup
1 cup water

Boil above to 238 degrees, stirring constantly.

Add:

1 t. salt
1 t. butter or margarine
1/4 t. baking soda
1 bag raw or Virginia peanuts

Boil to 290 degrees, stirring constantly. Have a greased cookie sheet ready. Let harden and break into pieces.

PEANUT BRITTLE

Colleen Turnquist
(Dad's favorite recipe)

5 cups sugar
1 or 2 bags Spanish peanuts

Cook sugar in a saucepan over medium heat. You have to stir constantly; it takes a while. Mixture will melt down. At times it will smell like it is burning but as long as you keep stirring it will be all right. When mixture turns to syrup, it discolors, take from heat, add peanuts and pour onto a greased cookie sheet. When hard, break into pieces.

PEANUT BUTTER CUPS

Gerrie Pirman

1/3 cup peanut butter
1/4 cup powdered sugar
1 t. vanilla
8 oz. melted chocolate (real chocolate)
1/2 cup peanut butter

Mix first three ingredients and chill. Melt last two ingredients together. Put the peanut butter mixture in small paper cups until they are about 1/3 full, pour in melted chocolate mixture on top. Chill.



SNICKERS BARS

Maureen Vaessen

12 oz. vanilla ice cream
1 cup cool whip
1 pkg. (dry) chocolate sugartree pudding
1/4 cup chunky peanut butter
3 oz. grapenuts

Mix and spread in 8" square pan. Freeze.

TOFFEE

Gerrie Pirman

1/2# butter
1-1/2 cups sugar

Cook to hard crack stage. When done, put in nuts. Pour in pan and cool. When hard, break into pieces and dip in chocolate.

TURTLES

Gerrie Pirman

For each turtle you want to make:

Put 2 or 3 pecan halves on a cookie sheet. Put 2 Kraft caramels on top of the pecans and put them in the oven until they are just barely soft, flatten and push the caramel down into the pecans. Melt melting chocolate in the microwave and spoon enough over the caramel to cover. Sometimes I use cashews for this recipe.



DESSERTS

APPLE CRANBERRY CAKE

Colleen Turnquist

Mix: 4 cups diced, peeled apples
 2 cups sugar

Beat: 2 eggs
 3/4 cup oil
 1 t. vanilla

Add to apple mixture.

Fold in: 2 cups flour
 1-1/2 t. baking soda
 1-1/2 t. cinnamon
 1/2 t. salt

Add: 1 cup cranberries
 1/2 cup chopped nuts

Pour into greased and floured 9 x 13 pan. Bake at 350 degrees for 45 minutes.

cream Cheese Frosting

3 oz. softened cream cheese
6 T softened butter
1 T milk
1 t. vanilla
3 cups powdered sugar

Mix all together and beat until smooth.

APPLE CRISP

Maureen vaessen

1 cup flour
1 cup brown sugar
1 cup oatmeal
1/2 cup margarine
4 to 6 apples, sliced
1/4 t. baking soda

Mix everything except the apples. Put half in bottom of square pan and then put sliced apples and sprinkle 3/4 cup sugar and rest of crumbs on top. Bake at 350 degrees for 25-30 minutes. Double recipe for 13 x 9 pan.



APPLE CRISP

Maureen Vaessen

4 Granny Smith apples
1 to 2 T twin brown sugar
1 T cinnamon
low-fat granola cereal

Peel and slice apples. Place in a 6 x 9 baking dish. Sprinkle brown sugar and cinnamon to taste. Add granola cereal over apples. Bake at 350 degrees for 25 to 30 minutes.

APPLE PIE

Maureen vaessen

5 to 7 tart apples
3/4 to 1 cup sugar
2 T enriched flour
dash salt
1 t. cinnamon
1/4 t. nutmeg
1 recipe plain pastry
2 T butter or margarine

Pare apples and slice thin. Mix sugar, flour, salt, spices; add to apples. Fill 9" pastry-lined pie pan. Dot with butter. Adjust top crust. Bake at 400 degrees for 50 minutes.

If apples aren't tart, add 1 T lemon juice--or grated lemon peel, if desired.

Deep-dish Apple Pie: Bake in pastry-lined 6-1/2 x 10-1/2 inch oblong baking dish.

BANANA SPLIT CAKE

Maureen Vaessen

8 crushed graham crackers
4 t. diet margarine
1 small pkg. diet vanilla pudding (cooked)
2 bananas
1 cup crushed pineapple (well drained)
1 cup strawberries, sliced

Pour margarine over crackers and form crust in 9 x 13 pan. Slice 2 bananas over the crust. Make pudding according to directions. Stir in pineapple. Pour over bananas. Spread 2 cups cool whip over top. Top with berries. This is a Weight Watchers.



BANANA SPLIT DESSERT

Kathy Long

1 pkg. graham cracker crumbs
1/2 cup melted butter
1/4 cup sugar

Mix above and pat on the bottom of a 9 x 13 pan. Cool in refrigerator.

Beat two eggs, for 4 minutes, add 2 cups powdered sugar, 3/4 cup softened butter, 1 t. vanilla. Beat 3 more minutes. Spread over crust and chill in refrigerator for 30 minutes. Then, spread a 20 oz. can of crushed pineapple, drained well, over cream layer. Next, layer 4 sliced bananas, one 9 oz. cool whip and 1/2 cup chopped nuts.

Drizzle with chocolate syrup and decorate with cherries. Chill overnight.

This same recipe was also sent by Gerrie Pirman.

BETTER THAN SEXCAKE

Maureen Vaessen

1 pkg. chocolate fudge cake mix
4 oz. pkg. instant chocolate pudding
1 cup sour cream
16 oz. chocolate chips
1 cup chopped nuts

Prepare cake mix according to package directions, adding pudding and sour cream. Add chips and nuts. Pour into greased tube pan. Bake using package directions. Cool. Invert onto serving plate. Frost with your favorite fudge frosting.



LONG EATING ADVENTURES

BETSY'S ANGEL CAKE

Maureen Vaessen

First: Melt 2 pkgs. chocolate chips
1/2# butter and
beat in 4 egg yolks

Second: Beat 4 egg whites and
1 pint whipping cream

Add: 1/2 cup chopped nuts

Mix all above together. Pour over broken up Angel Food Cake.
Refrigerate.

BLACK BOTTOM CUPCAKES

Lori Hanus

3 cups flour
2 cups sugar
1/2 cup cocoa
2 t. baking soda
1 t. salt
2 T vinegar
2 t. vanilla
2/3 cup salad oil
2 cups cold water

Put all ingredients in bowl and beat until smooth. Pour into
cupcake liners. Add cheese topping before baking.

CHEESE TOPPING

8 oz. cream cheese
1 egg
1/2 cup sugar

Beat all the above together. Add 6 oz. chocolate chips and 4 oz.
walnuts or pecans. Bake at 350 degrees for 20 to 25 minutes.

Also submitted by Maureen vaessen. Maureen's recipe was 1/2 of
Lori's.



BLACK FOREST TORTE

Maureen Vaessen

CAKE: Heat oven to 350 degrees. Brush sides and bottom of 9¹¹ round cake pans with margarine. Measure into large mixing bowl:

1-3/4 cups flour
1-3/4 cups sugar
1-1/4 t. baking soda
1 t. salt
1/4 t. baking powder
2/3 cup margarine
4 oz. unsweetened chocolate, melted and cooled
1-1/4 cups water
1 t. vanilla

Beat at low speed to blend; then beat 2 minutes at medium speed, scraping sides and bottom of bowl frequently. Add 3 eggs, beat 2 minutes more. Pour 1/4 batter into each pan. Layers will be thin. Bake 15 to 18 minutes, or until wooden toothpick inserted in center comes out clean. Cool slightly and remove from pan. Cool thoroughly.

CHOCOLATE FILLING: Melt 6 oz. German sweet chocolate over hot water. Cool. Blend in 3/4 cup margarine. Stir in 1/2 cup chopped, toasted almonds.

CREAM FILLING: Beat 2 cups whipping cream with 1 T sugar and 1 t. vanilla. Whip until stiff; do not overbeat.

TO FINISH TORTE: Place bottom layer of cake on serving plate. Spread with 1/2 chocolate filling. Next layer with 1/2 of cream filling. Repeat layers, having cream filling on top. Do not frost sides. Using a vegetable peeler, make chocolate swirls with remaining chocolate. Decorate top completely. Refrigerate until ready to serve.

BLUEBERRY TORTE

Maureen Vaessen

Mix:
16 oz. cream cheese with a little milk
6 egg whites
1 cup sugar
vanilla

Bake on graham cracker crust in pan until firm, approximately 1/2 to 1 hour at 300 degrees. Cool and top with blueberries. Also top with cool whip.



BROWNIES

Patricia Peterson

1/2 cup butter or margarine
2 squares (2 oz.) unsweetened chocolate
3/4 cup all-purpose flour
1/2 t. baking powder
1/4 t. salt
2 eggs
1 cup sugar
1 t. vanilla
3/4 cup chopped nuts

Put butter and chocolate in top of a double boiler and place over hot, not boiling, water to melt (or melt in microwave). Sift flour, measure and resift three times with baking powder and salt. Beat eggs until thick and fluffy. Add sugar in 3 portions, beating well after each addition. Stir in chocolate mixture, then vanilla. Beat thoroughly. Stir in flour mixture, then nuts. Spread in a lightly greased 11 x 7 x 1-1/2 or 9" square shallow pan. Bake in a 350 degree oven for 20 to 25 minutes. Do not over bake. (This recipe can be doubled and baked in a 9 x 13 cake pan and then baked for 25 to 30 minutes.)

Frost with dark chocolate frosting, recipe follows:

DARK CHOCOLATE FROSTING

1/4 cup butter
1-1/2 cups sifted powdered sugar, firmly packed
1/4 cup cocoa
1/2 t. vanilla
3 T cream or top milk

Cream butter until very soft. Sift sugar and cocoa together and add to butter alternately with cream and vanilla, blending thoroughly. To darken color, place in saucepan and heat over very low heat, stirring constantly until frosting is dark and glossy--about 5 minutes. Spread on cake immediately. Enough for two inch layers.



BROWNIES

Maureen vaessen

Cream: 1 cup sugar
 1 stick margarine

Add and beat: 4 egg yolks

Add: 16 oz. can Hershey's chocolate syrup
 1 cup flour

Beat: 4 egg whites and fold in
 1/2 cup walnuts, fold in

Bake in both a 9 x 13 and a 9 x 9 greased pan at 350 degrees for 30 minutes.

Frosting

Boil 1/2 minute only, 1-1/3 cups sugar, 6 T milk, 6 T margarine.
Add one cup chocolate chips and beat until thick.

BUTTER PECAN TORTE

Maureen vaessen

Crust: 1 cup flour
 3 T sugar
 1 stick margarine
 1/2 cup pecans

cut with pastry blender until fine. Pat firmly into greased 9 x 13 pan. Bake about 10 minutes at 350 degrees. Watch closely. Cool.

Beat: 8 oz. cream cheese--room temperature
 1 cup powdered sugar

Add: 1-1/4 cup cool whip

Put on crust and refrigerate.

Mix up 2 boxes of butter pecan instant pudding with 2-1/2 cups milk. Will set rapidly, so work fast. Pour on top of cream cheese layer. Refrigerate.

Top with 8 oz. carton of cool whip and decorate with chopped pecans.



CARAMEL BARS

Maureen Vaessen

1 cup flour
1 cup oatmeal
3/4 cup butter, melted
1 t. baking soda
1/2 t. salt

Mix all together in large bowl. With fork, pat 3/4 of mixture in 9 x 13 pan and bake at 325 degrees for 10 minutes.

Combine: 35-50 caramels
 3 T milk
 3 T butter

Melt in double boiler and mix together.

Pour over crust and sprinkle 8 oz. package of chocolate chips and 1 cup chopped nuts and remaining crust mixture on top. Bake at 325 degrees for 15 minutes.

CARAMEL BARS

Maureen Vaessen

1 bag caramels
5 T milk
1 cup flour
1 cup oatmeal
3/4 cup brown sugar
1/2 t. baking soda
3/4 cup melted butter
1 cup chocolate chips

Melt: caramels and milk.

Mix: flour, oatmeal, sugar, baking soda, and butter.

Put half in 9 x 13 pan. Bake for 8 minutes at 350 degrees.

Pour caramels over crust. Sprinkle chocolate chips over top. Add remaining crust mixture. Bake for 15 minutes at 350 degrees.



CARAMEL CHOCOLATE CHIP OATMEAL BARS

Colleen Turnquist

Melt together: 14 oz. caramels
 1/2 cup evaporated milk

Mix: 2 cups flour
 2 cups oatmeal
 1-1/2 cups brown sugar
 1 t. baking soda
 1/2 t. salt
 1-1/2 cups butter

Mix together with a fork. Press 1/2 of this mixture in cake pan. Bake at 350 degrees for 10 minutes. Dribble caramel mixture over top of this.

6 oz. chocolate chips
1 cup pecans or walnuts, chopped

Sprinkle chips, nuts and other 1/2 of dry ingredients over caramel mixture. Bake for 15 to 20 minutes at 350 degrees. Cool and refrigerate.

CARAMEL LAYER SQUARES

Maureen Vaessen

14 oz. pkg. caramels
1/3 cup evaporated milk
6 oz. chocolate chips

Mix: 1 pkg. Pillsbury German Chocolate cake mix
 1/2 cup margarine
 1 T water
 1/3 cup evaporated milk

Grease 9 x 13 pan. Combine caramels and milk in heavy saucepan--cook over low heat until melted. Keep warm.

Combine remaining ingredients except chocolate chips. stir by hand until dough holds together. Press 1/2 of mixture into pan. Bake at 350 degrees for 6 minutes. Sprinkle chocolate chips on top, then spread caramel mixture. Crumble rest of dough over caramels. Bake for 15 to 20 minutes.



CARROT CAKE

Maureen Vaessen

3 well beaten eggs
1-1/4 cups cooking oil
1 t. vanilla
2 cups grated carrots
1 t. soda
2 t. cinnamon
2 cups sugar
2 cups sifted flour
2 t. baking powder
1 t. salt
1 small can crushed pineapple with juice
1 cup chopped walnuts

Mix all ingredients together in the order given. Bake for 1 hour at 350 degrees in an ungreased angel food cake pan.

CHEERY CHERRY DESSERT SQUARES

Maureen Vaessen

1 pkg., double layer size, yellow cake mix
1-1/4 cups rolled oats, divided
1/2 cup butter or margarine, divided
1 egg
30 oz. can Thank You Cherry Pie filling
1/2 cup chopped walnuts
2 T brown sugar

Preheat oven to 350 degrees. In mixing bowl, combine cake mix, 6 T butter and 1 cup rolled oats. Mix with mixer until crumbly. Remove 1 cup crumbs for topping. Add egg to remaining mixture. Mix well. Pat this mixture into well-greased 9 x 13 x 2 inch pan. Spread cherry pie filling over crust.

Make topping: 1 cup crumbs, 2 T butter, 1/4 cup rolled oats, nuts and brown sugar. Mix until crumbly, sprinkle over cherries.

Bake at 350 degrees for 30 to 45 minutes or until golden brown. Serve slightly warm or cooled. Cut in 12 generous squares for dessert; top with whipped cream. Or, serve as snack size bars.

Can substitute other pie filling flavors.



CHEESE COFFEE CAKE

Maureen Vaessen

2 pkgs. crescent rolls
1 egg, separated
1 cup sugar
16 oz. cream cheese

Roll 1 pkg. of crescent rolls to fit 9 x 13 pans. Mix cream cheese, 1 cup of sugar and egg yolk, spread over crescent rolls.

Roll second pkg. of crescent rolls into 9 x 13 shapes. Place on top of cream cheese mixture. Top with frothed egg white.

Mix 1/2 cup sugar, 1 t. cinnamon and 1/2 cup chopped nuts. Sprinkle on top. Bake at 350 degrees for 20 to 25 minutes.

CHERRY CAKE

Maureen Vaessen

1 cup oil
1 cup sugar
4 eggs
1 t. vanilla
2 cups flour
1 t. baking powder
1 can cherry pie filling
1 t. tapioca (optional)
sugar
cinnamon

Mix oil and sugar, add eggs one at a time. Beat until light and fluffy. Add vanilla. Mix. Combine flour and baking powder--add 1/3 at a time, beat well. Pour 1/2 into 13 x 9 pan. Sprinkle with cinnamon and sugar mixture. Spoon on cherries, don't spread with a knife. Cover with remaining batter--pour slowly in both directions--all cherries must be covered. Don't spread with knife or it will marbleize. Sprinkle with cinnamon and sugar mixture. Bake at 350 degrees for 45 minutes. Pan should be greased. Don't cover cake tightly when done.



CHERRY PIE

Maureen Vaessen

3/4 cup juice from cherries
3/4 cup sugar
1-1/2 T quick cooking tapioca
dash salt
2-1/2 cups drained, pitted tart red cherries
(or, use 2-1/2 cups thawed drained
frozen pitted tart red cherries,
decreasing sugar to 1/4 cup and omitting
food coloring.)
few drops red food coloring
1 recipe plain pastry
1 T butter or margarine

Combine the juice, sugar, tapioca, salt, cherries, and food
coloring; let stand 20 minutes. Line 9" pie plate with pastry.
Fill with cherry mixture. Dot with butter.

Top with lattice crust, crimp edges high. Bake at 450 degrees
for 10 minutes. Reduce heat to 350 degrees; continue baking
about 30 minutes.

CHERRY TORTE

Darlene Long

**I always had to make this for the kids at Thanksgiving and
Christmas)**

2 cups flour
1/2 cup sugar
1 cup butter
1 cup chopped pecans

Mix four ingredients, press into large cake pan and bake at 400
degrees for 15 minutes. Let cool then crumble and press back
into pan. Next:

8 oz. cream cheese
2 packages dream whip
1/2 cup powdered sugar

Whip dream whip according to directions. Mix the three above
ingredients together. Place over crumb crust. Pour two cans
Wilderness cherry pie filling over all. Refrigerate for several
hours.



CHERRY TORTE

Kathy Long

1 pkg. graham cracker crumbs

1/4 cup sugar

mix together and add 5 T of melted margarine

Press into pan, then place in freezer.

Topping: 1 pkg. dream whip or whip cream

1/2 cup powdered sugar

8 oz. pkg. Philadelphia cream cheese

Mix together until smooth. Spread over crust. Add cherry or blueberry topping.

CHEW CAKE

Colleen Turnquist

Add: 3 beaten eggs

2 cups flour

2 cups sugar

2 t. baking soda

20 oz. can pineapple

3 oz. coconut

1 cup chopped walnuts

1 t. vanilla

Grease and flour a 9 x 13 pan. Pour mixture into pan, bake at 350 degrees for 30 minutes.



CHOCOLATE CAKE

Patricia Peterson

1-1/2 cups sugar
6 T butter
1-1/2 cups buttermilk
2 t. soda
2 eggs
2 cups cake flour
1 t. vanilla
2 or 3 squares chocolate or 4 heaping T cocoa
(I use cocoa)
2 8" cake pans or one 9 x 13 pan

Be sure that all ingredients are at room temperature. Measure shortening, sugar, eggs and flavorings into a large mixing bowl. Turn mixer next to lowest speed and cream the ingredients until very light and fluffy. This will take from 5 to 10 minutes and should produce a very light, spongy mass. Scrape the sides and bottom of the bowl several times with a rubber scraper during the mixing to assure that all portions will be mixed in thoroughly.

Meanwhile, sift the flour, measure and resift three times with the leavening and salt (and any spices, including cocoa). Turn the mixer to the lowest speed and add the sifted, dry ingredients and liquid alternately, beginning and ending with flour and beating well after each addition. (Scrape the sides and bottom of the bowl twice during the mixing.) Turn into cake pans and quickly swirl batter out from the center to the edge of the pans and bake at 375 degrees for 35 to 45 minutes. Cool. Ice as directed.

NOTE: If cocoa is used, it should be sifted with the flour and added with the other dry ingredients. Chocolate should be melted and cooled and added to the creamed mixture near the end of the creaming just before the addition of the dry ingredients.

DARK CHOCOLATE FROSTING

1/4 cup butter
1-1/2 cups sifted powdered sugar, firmly packed
1/4 cup cocoa
1/2 t. vanilla
3 T cream or top milk

Cream butter until very soft. Sift sugar and cocoa together and add to butter alternately with cream and vanilla, blending thoroughly. To darken color, place in saucepan and heat over very low heat, stirring constantly until frosting is dark and glossy--about 5 minutes. Spread on cake immediately.



CHOCOLATE CHIP CAKE

Combine:

Maureen Vaessen

Cream together:

1 cup dates, cut in small pieces
1-1/4 cups boiling water
1 t. baking soda

Sift together:

3/4 cup margarine or shortening
1 cup sugar
2 eggs, add one at a time

1 t. baking soda
2 t. cocoa
1-1/2 cups flour

Combine the dry ingredients with creamed and date mixtures. Pour into greased and floured 9 x 12 cake pan.

Mix and sprinkle over the batter:

1/2 cup nuts, chopped fine
1 pkg. chocolate chips
1/2 cup sugar

Bake at 350 degrees for 35 to 40 minutes.

CHOCOLATE CHIP COOKIES

Colleen Turnquist

Cream:

1 cup butter
1/4 cup sugar
3/4 cups brown sugar
1 small pkg. instant vanilla pudding

Beat in:

2 eggs

Stir in:

2-1/2 cups flour
1 t. baking soda
12 oz. bag chocolate chips

Bake on ungreased cookie sheet at 375 degrees for 12 minutes.



CHOCOLATE CHIP COOKIES

Maureen Vaessen

1 cup butter or margarine
3/4 cup granulated sugar
3/4 cup brown sugar
2 well beaten eggs
2-1/4 cups sifted flour
1 t. baking soda
1 t. salt
1/2 t. hot water
12 oz. semisweet chocolate pieces
1 cup chopped nuts
1 t. vanilla

Cream butter, sugars; add eggs; beat well. Sift dry ingredients; add to creamed mixture. Add hot water; mix until well blended. Add chocolate pieces, nuts and vanilla. Drop from teaspoon onto greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes.

CHOCOLATE CHIP DESSERT

Maureen Vaessen

Melt: 1/4# butter
Add: 1 cup graham cracker crumbs
1 cup coconut
1 cup chocolate chips
1 cup nuts

Pat into 9 x 9 x 2 pan. Pour a 15 oz. can sweetened condensed milk over the mixture. Bake at 350 degrees for 30 minutes.



CHOCOLATE COCONUT SQUARES

Colleen Turnquist

Melt: 1 cup margarine
 2 squares unsweetened chocolate

Pour into greased cake pan and let cool.

Mix: 1/2 cup sugar
 2 t. vanilla
 2 beaten eggs
 4 cups graham cracker crumbs
 2 cups coconut
 1 cup chopped nuts

Blend all together. Put in cake pan on top of chocolate mixture.
Refrigerate.

Beat: 1/2 cup margarine
 2 T milk or cream
 4 cups powdered sugar
 2 t. vanilla

Spread on top of other mixture and refrigerate. Melt 4 squares
unsweetened chocolate. Pour and spread on top of other mixtures.
Let harden slightly and cut into squares.

CHOCOLATE COVERED NOUGET

Maureen Vaessen

1/2 cup butter
2-1/2 T water
1 t. vanilla
3 cups sifted powdered sugar
2/3 cup Carnation dry milk

Mix and make into balls. Chill.

Dip in milk, melted chocolate and roll in chopped nuts.



CHOCOLATE OATMEAL DESSERT

Colleen Turnquist

3/4 cup margarine
1 cup brown sugar
1/2 t. salt
1-1/2 cups flour
1 cup oatmeal
1 can Eagle brand milk
1 cup chocolate chips

Cream butter with brown sugar and salt, blend in flour and oats until everything holds together.

Put 2/3 of mixture into bottom of greased cake pan. Heat milk, stir in chocolate chips. Spread over mixture in cake pan. Drop remaining crumb mixture on top. Press down lightly. Bake for 30 to 35 minutes at 350 degrees.

CHOCOLATE PUDDING DESSERT

Colleen Turnquist

Crust:
1-1/4 cups flour
1/4 cup margarine
1/2 cup chopped peanuts

Mix. Pat in cake pan and bake at 350 degrees for 15 minutes or until golden brown.

Cream:
8 oz. cream cheese
1/4 cup peanut butter
1 cup powdered sugar

Spread on crust and cool.

Mix:
1 large chocolate pudding
1 small chocolate pudding
3-1/4 cups milk

Fold in 1-1/2 cups of 16 oz. cool whip. Spread this on top of the cream cheese mixture. Top with rest of the container of cool whip. Sprinkle with chocolate chips. Keep refrigerated.



CHOCOLATE SCOTCHEROOS

Nancy Proctor

1 cup lite corn syrup
1 cup sugar
1 cup peanut butter
6 cups rice krispies
1 cup chocolate and butterscotch chips

Cook corn syrup and sugar over medium heat until sugar dissolves and begins to boil. Remove from heat and stir in peanut butter. Mix well. Add rice krispies and stir. Press into 13 x 9 pan and cover with melted chocolate and butterscotch chips.

CHOCOLATE SHEET CAKE

Nancy Proctor

2 sticks margarine
1 cup water
2 T cocoa
2 cups flour
1 t. baking soda
1/2 t. salt
2 eggs slightly beaten
1/2 cup buttermilk
1 t. vanilla
2 cups sugar

Melt butter in saucepan and add water and cocoa. Bring to a rolling boil. Mix the remaining ingredients, add the hot mixture to it and blend well. Pour in a large greased pan, 13 x 15, and bake at 350 degrees for 15 to 20 minutes.

Frosting: 1 stick margarine
 1 t. vanilla
 2 T cocoa
 6 T buttermilk

Bring the above to a rapid boil.

Add a 1# box of powdered sugar and 1-1/2 cups of nuts, part ground and part cut. Frost the cake while it's hot.



COFFEE ICE CREAM DESSERT

Nancy Proctor

9 x 13 glass pan
Make a graham cracker crust--bake and cool
Thaw two quarts coffee ice cream
Spread in cake pan and freeze

Fudge Sauce:

melt four squares of bitter chocolate
1 stick butter
Mix scant two cups sugar and large can
Carnation evaporated milk

Cook in double boiler. Stir frequently with wooden spoon. Add 1 t. vanilla, cool and pour on ice cream and freeze.

Serve with cool whip.

COUNTRY APPLE DESSERT

Maureen Vaessen

Combine: 1 pkg. Pillsbury plus yellow cake mix
1/3 cup margarine
1 egg

Combine until crumbly and pat into 9 x 13 pan.

Spread: 21 oz. can apple pie filling

Combine: 1/2 cup packed brown sugar
1/2 cup chopped pecans
1 t. cinnamon

Sprinkle over apple pie filling.

Combine: 1 cup sour cream
1 egg
1 t. vanilla

Pour over all. Bake at 350 degrees for 45 to 50 minutes. Serve warm or cold. Refrigerate leftovers.



CREAM PEACH PIE

Maureen Vaessen

5 fresh medium sized peaches
1 9¹¹ unbaked pastry shell
1 cup sugar
2 T flour
pinch of salt
dash of nutmeg
1 cup heavy cream (whipping cream)
1/2 t. vanilla

Peel and slice peaches. Arrange in pastry shell. Mix together sugar, flour, salt and nutmeg. stir in cream and vanilla. Pour over peaches. Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees and continue baking for 30 minutes or until filling is set (center area will still be soft). This pie resembles a soft custard in consistency.

CREAM PUFFS

Colleen Turnquist

1/2 cup butter
1 cup boiling water
1 cup flour
1/4 t. salt
4 eggs

Melt butter in water at high heat. over medium heat, add flour and salt all at once. stir, cook, and stir, until mixture forms a ball that stays all together. Cool about 10 to 15 minutes.

Add eggs one at a time, mixing vigorously after adding each egg until mixture is smooth. Drop from spoon (the bigger the spoon, the bigger the cream puffs will be), about 2" apart on greased cookie sheet. Bake at 450 degrees for 10 minutes, then about 25 minutes at 325 degrees. Cool. Cut in half, fill with cool whip and top with powdered sugar. You can fill these with anything and make any size.



CRUNCHY JUMBLE COOKIES

Maureen Vaessen

1-1/4 cups regular all-purpose flour
1/2 t. baking soda
1/4 t. salt
1/2 cup regular margarine or butter, softened
1 cup sugar
1 egg
1 t. vanilla
1-1/2 cups rice krispies
6 oz. nestle's semi-sweet chocolate morsels
1 cup seedless raisins (optional)

Sift together flour, soda and salt. Set aside. Measure margarine and sugar into large mixing bowl; beat until well-blended and smooth. Add egg and vanilla; beat well. Add sifted dry ingredients; mix until combined. Stir in rice krispies cereal, semi-sweet chocolate morsels and raisins. Drop by level measuring-tablespoon onto lightly greased baking sheets. Bake in 350 degree oven for about 12 minutes or until lightly browned. Remove immediately from baking sheet and cool on wire rack.

DATE CAKE

Nancy Proctor
(one of mother's recipes)

1 cup sugar
1 T butter
1/2# dates--cut up
1 cup boiling water and 1 t. baking soda
 poured over dates
1/2 cup walnuts
1 t. baking powder
1-1/4 cups flour

Mix all the above together and bake at 350 degrees for 40-45 minutes.

Frosting

9 T brown sugar
3 T cream
3 T melted butter
1/2 cup coconut
1/2 cup nuts (usually chopped walnuts)

Put in saucepan over heat until dissolved. Pour on cake while warm and brown under broiler.

The same recipe was also submitted by **Colleen Turnquist**.



DEATH BY CHOCOLATE

Maureen Vaessen

1 chocolate cake mix--2 layer size
1/2 cup kahlua
4 pkgs. chocolate mousse mix
8 Skor candy bars, crushed
32 oz. whipped topping
1.4 oz. milk chocolate candy bar

Prepare cake mix according to package. Pour into 3 greased, 8¹¹ round cake pans. Bake at 350 degrees for 30 minutes. Cool slightly. Pierce cake with fork. Drizzle Kahlua over layers. Prepare all packages of mousse in large bowl according to package. Layer cake, mousse, candy, whipped topping 1/3 at a time. Shave milk chocolate over top.

DIRT

Maureen Vaessen

1 large pkg. oreo cookies
1/2 stick of butter
8 oz. cream cheese
1 cup powdered sugar
3-1/2 cups homogenized milk
12 oz. cool whip
7 oz. vanilla instant pudding

8-1/2¹¹ round flower pot
plastic spade
plastic flowers

In one bowl mix milk, pudding and cool whip. In another bowl, mix cream cheese, milk and powdered sugar. Combine ingredients of both bowls. For bottom layer, pat 1/3 of crushed cookies, then pour above mixture over cookies, then remainder of cookie mixture. Refrigerate overnight. Put flowers and spade in after refrigerated.



DUTCH APPLE PIE

Patricia Peterson

7 or 8 tart cooking apples (medium)
3 T butter
3/4 cup sugar
1/2 t. cinnamon, if desired
Unbaked 8" pie shell

Peel apples, quarter and remove core; cut each quarter into four slices, lengthwise. Melt butter in saucepan, add apples and toss about until each slice is well coated. Add sugar, which may be mixed with cinnamon and again toss about to distribute thoroughly on the apples. Arrange apples in the pastry-lined pan; they should be slightly heaped in the center.

STREUSEL TOPPING

Mix 3/4 cup flour thoroughly with 1 t. cinnamon. Stir in 1/3 cup light brown sugar; work 1/3 cup butter/margarine in the flour-cinnamon-sugar mixture until well blended. Sprinkle this crumbly mixture over the top of the pie before baking. (I press it in as it forms the cover for the pie.) Bake in a hot oven, 425 degrees, for 15 to 20 minutes or until crust is well browned; then reduce oven to 325 degrees and bake 25 to 30 minutes longer.

FRUIT FILLED LAYERED ANGEL DESSERT

Maureen Vaessen

1 pkg. white angel food cake mix
1 pkg. small vanilla or lemon instant pudding
2 cups skim milk
8 oz. La Crème whipped topping
1 pt. strawberries cut in 1/2s

Bake and cool cake as directed. Trim brown crust from cake and discard. Tear cake into about 1" pieces. Prepare pudding as directed except use skim milk. Fold in 2 cups whipped topping. Place 1/3 of the cake in 3 quart glass serving bowl. Top with 1/3 pudding mixture, 1/2 of strawberries, 1/3 of cake pieces and 1/3 of pudding. Slice kiwi fruit, cut each slice into halves. Place slices against side of bowl. Top with remaining cake pieces, pudding and strawberries. Refrigerate until chilled, at least 4 hours. Garnish with remaining whipped topping.



FUDGE MELTAWAYS

Maureen Vaessen

Melt in saucepan: 1 cup margarine
 2 squares of bitter chocolate

Blend: 1/2 cup sugar
 2 t. vanilla
 2 eggs, beaten
 4 cups graham cracker crumbs
 1 cup coconut
 1 cup chopped nuts

Blend in remaining ingredients. Put into a 13 x 9 cake pan.
Refrigerate while making filling:

Filling: 1/2 cup margarine
 2 T milk
 4 cups powdered sugar
 2 t. vanilla

Cream with mixer. Spread over crust base. Refrigerate.

Melt 2 squares of bitter chocolate. Pour over chilled filling.
Cut into squares when completely firm. Store in refrigerator.



FUDGE RIBBON CAKE

Maureen Vaessen

Make the filling first:

Cream: 2 T butter
 8 oz. cream cheese
 1/4 cup sugar
 1 T cornstarch

Add: 1 egg
 2 T milk
 1/2 t. vanilla

Beat at high speed until smooth and creamy. Set aside.

Combine the following in a large mixing bowl:

2 cups sifted flour
2 cups sugar
1 t. salt
1 t. baking powder
1/2 t. baking soda

Add: 1/2 cup softened butter
 1 cup milk

Blend well at low speed, then beat 1-1/2 minutes at low speed.

Add: 1/3 cup milk
 2 eggs
 3 envelopes pre-melted unsweetened chocolate
 1 t. vanilla

Beat 1-1/2 minutes at low speed. Spread less than 1/2 of batter into 13 x 9 greased and floured pan. Spoon cream cheese mixture over batter. Carefully cover top with remaining batter. cover evenly. Bake at 350 degrees for 50 to 60 minutes. Frost when cool. I use frosting from my brownie recipe instead of the following:

Frosting: 1/4 cup milk
 1/4 cup butter
 6 oz. pkg. semi-sweet chocolate chips
 1 t. vanilla
 2-1/2 cups sifted powdered sugar

Combine milk and butter in saucepan and bring to boil. Remove from heat. Stir in chips. Stir in vanilla and sugar. Beat until spreading consistency. Thin with milk if necessary.



GINGERSNAPS

Maureen Vaessen

Combine:

1 cup packed brown sugar
3/4 cup cooking oil
1/4 cup dark molasses
1 egg

Beat well.

Stir together:

2 cups flour
2 t. baking soda
1 t. ground cinnamon
1 t. ground ginger
1/2 t. ground cloves
1/4 t. salt

Gradually blend into molasses mixture. Using about 1 T for each, form into 1-1/4" balls. Roll in granulated sugar; place 2" apart on greased cookie sheet. Bake at 375 degrees for 10 to 12 minutes.

HEATH BAR CAKE

Maureen vaessen

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

Mix and set aside 1-1/2 cups of above mixture. To the remainder of the mixture add:

1 cup buttermilk
1 t. baking soda

Grease pan. Pour in batter. Crush 6 Heath bars, 1/2 cup nuts and 1-1/2 cups of the above crumbs. Sprinkle on top of cake. Bake for 30 minutes at 350 degrees.



HEATH CAKE

Nancy Proctor
(one of mother's recipes)

2 cups flour
2 cups brown sugar
1/2 cup butter or margarine

Mix the above together--remove one cup and save. Add 1 t. baking soda to remaining mixture.

Then add:

1 egg
1 cup milk
1 t. salt
1 t. vanilla

Pour into a 9 x 13 greased and floured pan and sprinkle the cup of saved mixture over top. Then, break up heath bars and spread over the top.

Bake at 350 degrees for 30 - 35 minutes.

HO-HO CAKE

Nancy Proctor

1 pkg. Devil's Food cake mix
3/4 cup sugar
5 oz. evaporated milk
1 stick of margarine or butter, softened
2 t. vanilla
pinch of salt
2/3 cup shortening

1 can chocolate frosting, opened, softened over low heat in pan of water or in microwave.

Prepare cake mix as directed and bake at 350 degrees in greased jelly roll pan for 12 to 15 minutes. Cool completely. (I use a 9 x 13 cake pan greased. Bake 350 degrees for 35-45 minutes or until toothpick comes out clean.)

Combine remaining ingredients, except frosting, and beat 10 to 15 minutes, or until light and fluffy.

Spread over cooled cake. Top with frosting. Chocolate frosting will harden, but the middle layer stays soft, just like the real thing.



ICE CREAM PIE

Maureen Vaessen

18 brown edge or vanilla wafers
2 pts. vanilla ice cream
1 cup chopped chocolate covered toffee bars
(4 1-1/8 oz. bars)
Toffee sauce (recipe follows) or favorite
pineapple, strawberry or raspberry
sundae sauce

Line sides and bottom of buttered 9" pan with cookie wafers.
Spoon 3 layers of ice cream into cookie shell and sprinkle 1/3
cup of chopped chocolate-covered toffee bars over each layer.
Freeze until serving time. Serve plain or with one of the
sauces.

Toffee sauce

1-1/3 cups chopped chocolate coated toffee
bars (6 1-1/8 oz. bars)
1/2 cup hot water

Combine candy pieces and water in small saucepan. Place over low
heat and cook slowly, stirring constantly, until two thirds of
toffee is melted, 6 to 8 minutes. Cool or serve warm on ice
cream. If too thick at serving time, stir cream, as needed, into
sauce to thin it to desired consistency.

JEWISH COFFEECAKE

Nancy Proctor

1/4 cup margarine
1 cup sugar

Cream the above, then add

two eggs, one at a time
1 cup sour cream
2 cups flour
1 t. baking powder
1 t. salt
1 t. soda

Topping: 1/4 cup sugar
 1 t. cinnamon

Put 1/2 of batter in a tube pan. Sprinkle 3/4 of topping on the
batter. Put in rest of batter and sprinkle rest of topping.
Bake for 1 hour at 325 degrees. Check with toothpick to see if
done.



LEMON BARS

Colleen Turnquist

Mix:
2 cups flour
1/2 cup powdered sugar
1 cup melted margarine

Press into 13 x 9 pan. Bake for 15 minutes at 350 degrees.

Beat:
4 eggs
2 cups sugar
1/3 cup lemon juice

Beat until thick and smooth. Then, add:

1/4 cup flour
1/2 t. baking powder

Mix well. Pour over crust and bake for 20 minutes at 350 degrees. Sprinkle powdered sugar over top.

LEMON SOUR BARS

Maureen vaessen

Mix:
2 cups flour
1/4 cup brown sugar
1 cup butter

Press into greased 13 x 10 pan. Bake for 10 minutes at 350 degrees.

Beat: 2 eggs

Mix in:
1 cup brown sugar
1 cup coconut
1/2 cup chopped nuts
1/2 t. vanilla
1/8 t. baking powder

Spread over crust. Bake for 20 minutes at 350 degrees.

Frost while hot with:

4 T lemon juice
1-2/3 cups powdered sugar



LEMON TORTE

Maureen Vaessen

1/4 cups sugar
1/2 cup melted butter
20 graham crackers
1 pkg. lemon jello
1 cup boiling water
3 t. lemon juice
8 oz. pkg. cream cheese
1 cup sugar
1 t. vanilla
1 large can carnation milk

Combine melted butter, sugar and graham cracker crumbs and pat into pan. Reserve 1/2 cup for top. Bake at 375 degrees for 10 minutes. Mix lemon jello, boiling water, juice, cream cheese, sugar and vanilla. Beat the can of chilled milk until stiff. Fold into the jello mixture and pour onto crumb lined pan and refrigerate.

M & M PARTY COOKIES

Gerrie Pirman

1 cup shortening
1 cup brown sugar (firmly packed)
1/2 cup granulated sugar
2 eggs
2 t. vanilla
2-1/4 cups sifted flour
1 t. baking soda
1 t. salt
1-1/2 cups M and M plain chocolate candies

Cream shortening, sugars (brown and granulated), eggs and vanilla thoroughly. Sift together flour, soda and salt. Add dry ingredients gradually to creamed mixture. Mix well. Stir in half cup of M and M candies. Use remaining candies to decorate tops of cookies. Drop by teaspoon on ungreased baking sheet.

Bake at 375 degrees for 10 to 12 minutes. Makes 6 dozen.

The secret to good cookies is to take them out on time. I take these out when they still look very light colored.



MARVELOUS MOCHA PIE

Gerrie Pirman

20 chocolate Oreo cookies, crushed
1/4 cup melted butter
1 quart coffee ice cream
3 oz. baking chocolate, melted
1/4 cup butter
2/3 cup sugar
2/3 cup evaporated milk (small can)
1/2 pint whipped cream
1 t.
vanilla
nuts

Melt butter. Mix well with crushed Oreo cookies and press into pie plate or square pan. Spread **1** full quart of coffee ice cream over crust and freeze.

Chocolate sauce

Bring chocolate, butter and sugar to a boil. Gradually add evaporated milk. Cook until thickened. Let cool and add one t. vanilla. Spread over ice cream and return to freezer. When set, top with 1/2 pint whipped cream and garnish with nuts.

MOCK APPLE PIE

Maureen Vaessen

1-1/2 cups water
1-1/2 cups sugar
1-1/2 t. cream of tartar

Use regular pie crust for the top and bottom. Heat water, sugar and cream of tartar until it dissolves and is hot (comes to a boil). Add 1 T lemon juice, break 36 single soda crackers in unbaked pie shell. Pour liquid over crackers. Dab with butter and sprinkle with cinnamon. Add top crust. Bake at 425 degrees for 10 minutes, then 350 degrees for 25 minutes.



MOLASSESCRINKLES

Darlene Long

(her mother's recipe and the kid's favorite when they were little)

3/4 cup shortening
1 cup brown sugar
1 egg
4 T molasses
2-1/4 cups flour
1/2 t. salt
2 t. baking soda
1/2 t. cloves
1 t. ginger

Mix all the above together. Shape into balls, the size of walnuts, and dip tops in sugar. Makes between three and four dozen. Bake at 375 degrees for about 12 to 15 minutes.

MONSTER COOKIES

Maureen Vaessen

6 eggs
1# brown sugar
1-1/2# white sugar
1/2 T vanilla
1/2 T corn syrup
4 t. baking soda
1/2# butter
1-1/2# peanut butter
9 cups oatmeal
1/2# chocolate chips
1/2# M & Ms

Mix ingredients in a pan in the order given. Drop by large tablespoons onto a cookie sheet and flatten. Bake at 325 degrees for 11 minutes.



OATMEAL CRISPIES

Maureen Vaessen

1 cup shortening
1 cup brown sugar
1 cup granulated sugar
2 well beaten eggs
1 t. vanilla
1-1/2 cups sifted enriched flour
1 t. salt
1 t. baking soda
3 cups quick cooking oats
1/2 cup chopped walnuts

Thoroughly cream shortening and sugars: add eggs and vanilla: beat well. Sift dry ingredients; add to creamed mixture. Add oats and nuts. Mix well. Shape in balls, chill thoroughly. Slice 1/4" thick. Bake on ungreased cookie sheet in 350 degree oven for 10 minutes.

\$100 DEVILS FOOD CAKE

Tae Long

1/2 cup butter
2 cups sugar
2 cups flour
2 eggs beaten separately
2 t. baking powder
2 t. vanilla
1 cup chopped nuts
1-1/2 cups milk
4 squares chocolate

Cream butter and sugar well. Add melted chocolate and beat in eggs separately. Add flour sifted with baking powder, nuts and vanilla alternately with milk. Makes three layers. Have oven at 350 to 400 degrees. Bake until done.

Filling

Melt 4 squares chocolate
1 cup butter (1/2#)
2 t. lemon juice
1 t. vanilla
2 eggs beaten separately
4 cups powdered sugar
1 cup nuts or more
pinch of salt

Mix all together and spread on each layer of the cake.



OREOS AND ICE CREAM

Kathy Long

14 oz. Oreo cookies, crushed
1 stick margarine

Mix the above using most of the crushed cookies. Press into 9 x 11 cake pan. Next, layer one quart of vanilla ice cream, Spanish peanuts, Hershey's chocolate fudge, cool whip and sprinkle the remaining Oreos on top. Freeze until ready to serve.

PEANUT BUTTER CRISSCROSSES

Maureen Vaessen

1 cup shortening
1 cup granulated sugar
1 cup brown sugar
1 t. vanilla
2 beaten eggs
1 cup peanut butter
3 cups sifted enriched flour
2 t. baking soda
dash salt

Thoroughly cream shortening, sugars and vanilla. Add eggs; beat thoroughly. Stir in peanut butter. Sift dry ingredients; stir into creamed mixture.

Form into tiny balls; place on ungreased cookie sheet. Press with back of a fork to make crisscross. Dough may also be rolled and cut if desired. Bake at 375 degrees for 10 minutes.

PEANUT BUTTER KRISPIES

Gerrie Pirman

(the kid's favorite when they were growing up)

1 cup peanut butter
1 cup corn syrup
1 cup white sugar
7 cups rice krispies

Heat syrup and sugar to boiling. Take off stove and add peanut butter and rice krispies. Press into 9 x 13 pan.



PECAN CRISPS

Gerrie Pirman and Nancy Proctor
(one of mother's recipes)

2 cups sifted flour
1/4 t. salt
3/4 cup of butter
1/4 cup of sugar
1 cup chopped pecans
2 t. vanilla
confectioner's sugar

Sift flour once-measure; add salt and sift again. Cream butter until soft; add 1/4 cup sugar gradually--beat well. Add nut meats and flavoring. Add flour and mix thoroughly. Shape dough into finger lengths--place on greased baking sheet--about 1 inch apart--Bake in moderate oven (350 degrees) 10-12 minutes. Remove from oven and while hot roll in confectioner's sugar. Cool and roll again in confectioner's sugar until well coated. When cool, store in covered container.

PEANUT BLOSSOMS

Nancy Proctor

1-3/4 cups flour
1 t. baking soda
1/2 t. salt
1/2 cup sugar
1/2 cup brown sugar
1/2 cup shortening
1/2 cup peanut butter
1 egg
2 T milk
1 t. vanilla
48 candy kisses

Combine all ingredients except candy kisses. Shape dough into balls. Roll balls in sugar, place on ungreased cookie sheet and bake at 375 degrees for 10 to 12 minutes. Immediately after removing from the oven, press a kiss into the top of each cookie.



PEANUT BUTTER PUFFS

Maureen Vaessen

2 egg whites
1/4 t. salt
3/4 cups sugar
1/2 cup peanut butter

Beat egg whites with salt until soft peaks form. Adding sugar very gradually, beat until stiff peaks form. Beat peanut butter to soften; fold thoroughly into meringue. Drop from a teaspoon 1" apart on greased cookie sheet. Bake at 325 degrees for about 20 minutes or until lightly browned. Cool slightly before removing from pan.

PEANUT SQUARES

Nancy Proctor

(X took this from a newspaper recipe--but these taste just like mother's.)

2 T butter or margarine
1/2 cup sugar
1 egg
1 cup sifted flour
1 t. baking powder
1/8 t. salt
1/2 cup milk
1 t. vanilla

Cream butter and sugar -- beat in egg. Sift together flour, baking powder and salt. Add to creamed mixture alternately with milk, beating until smooth. Stir in vanilla. Turn into greased and floured 8" square pan. Bake at 350 degrees for 15-20 minutes. Let pan cool on rack 5 minutes. Remove cake from pan and cool on rack. cut cake into squares and frost with:

White butter icing

2 T butter or margarine
1 cup powdered sugar
1/2 t. vanilla
1 T milk

Blend butter and sugar until smooth. Add vanilla and enough milk for proper spreading consistency. Frost squares and roll them in 1 to 1-1/2 cups of chopped peanuts.



PECAN CHEWS

Colleen Turnquist

1-1/4# brown sugar
1# pecans ground fine
Just a pinch of salt
a little vanilla
4 oz. beaten whites of eggs

Mix all together, except eggs. Fold in egg whites very carefully.

Flour your hands and lightly roll the mixture into small balls. Take five or six of the balls and roll them around in a sifter of powdered sugar. Place on a greased cookie sheet. They don't spread much so you can put quite a few on a cookie sheet. Press each ball lightly with fingers before baking. Bake for about 12 minutes at 350 degrees.

PECAN CRISPIES

Maureen vaessen

1/2 cup shortening
1/2 cup butter or margarine
2-1/2 cups brown sugar
2 well beaten eggs
2-1/2 cups sifted enriched flour
1/2 t. baking soda
1/4 t. salt
1 cup chopped pecans

Thoroughly cream shortening, butter and sugar; add eggs; beat well. Sift dry ingredients; add to creamed mixture; add nuts. Drop from teaspoon about 2 inches apart, onto greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes.



PINEAPPLE SLICES

Maureen Vaessen

1 No. 3 can crushed pineapple
3/4 cup water
3 T corn starch
1/2 cup sugar
1 beaten egg yolk

Combine corn starch, sugar, water and pineapple. Cook until thick and clear. Add beaten egg yolks.

crust

Dissolve in milk: 3/4 cup milk, warmed
 1 T sugar
 1 pkg. dry yeast

Combine: 2-1/2 cups sifted flour
 1 cup butter or margarine
 3 beaten egg yolks

Combine flour mixture, yeast mixture and egg yolks. Divide dough in 2 parts. One part fits a greased 11 x 14 pan. Spread warm filling on dough and cover with remaining dough. Let rise until light--about 1 hour. Bake at 350 degrees for 30 minutes or until light brown. Frost with powdered sugar frosting.



PISTACCHIO DESSERT

Nancy Proctor

Crust: 1 cup sifted flour

 3/4 cup chopped walnuts

 1 stick margarine

Mix together and spread thin in 9 x 13 pan. Bake at 350 degrees for 20-25 minutes. Watch so that it doesn't burn. Cool.

Alternate Crust: 14 oz. Oreo cookies, crushed

 1 stick melted margarine

Spread in 9 x 13 pan, bake at 325 degrees for 5 minutes. cool.

The next layer is:

 8 oz. pkg. of cream cheese

 1 cup powdered sugar

 1 t. vanilla

 1 cup Cool Whip

Mix the above until smooth and pour on cool crust.

The top layer is:

 2 packages pistachio pudding

 2-3/4 cups of milk

Beat until thick. Pour over cheese and top with whipped cream. Cool overnight.

This recipe also submitted by Maureen Vaessen. Maureen's calls for 1-1/2 cups sifted flour, that's the only difference.



PRIZE CHOCOLATE CAKE

Maureen Vaessen

1 cup shortening
2 cups sugar
2 t. vanilla
4 oz. unsweetened chocolate squares, melted
and cooled
5 eggs
2-1/2 cups sifted cake flour
1 t. baking soda
1 t. salt
1 cup sour milk or buttermilk

Stir shortening to soften. Gradually add sugar: cream until light and fluffy. Blend in vanilla and cooled chocolate. Add eggs, one at a time, beating well after each. Sift together flour, soda and salt: add to creamed mixture alternately with milk, beating after each addition.

Bake in 3 paper lined 9 x 1-1/2 round pans in 350 degree oven for 20 to 25 minutes. Cool. Put layers together with chocolate frosting. Frost top and sides.

PUMPKIN BARS

Maureen Vaessen

2 cups sugar
4 eggs
2 cups pumpkin
3/4 cups butter or margarine, melted
2 cups flour
2 t. baking powder
1 t. baking soda
1 t. cinnamon
1 t. nutmeg
1/2 t. ginger
1 cup chopped nuts, optional

Mix sugar, eggs, pumpkin and melted butter together. Sift dry ingredients together and add to the batter. Add nuts. Bake in large pan, 17 x 11 x 3/4 at 325 degrees for 25 minutes. Makes 32 bars.

Frosting:

3 oz. cream cheese
6 T butter or margarine
1 T milk
1 t. vanilla
3 cups powdered sugar



PUMPKIN CAKE

Maureen Vaessen

Cream:

4 eggs
2 cups sugar
1-1/2 cups oil

Add and mix:

2 cups flour
3/4 cup chopped nuts
1 t. salt
2 t. baking soda
3 t. cinnamon
2 cups canned pumpkin

Bake at 300 degrees for 1-1/2 hours.

PUMPKIN CAKE ROLL

Maureen Vaessen

Beat 3 eggs on high speed of mixer for 5 minutes. Gradually beat in 1 cup granulated sugar.

Stir:

2/3 cup pumpkin
1 t. lemon juice
3/4 cup flour
1 t. baking powder
2 t. cinnamon
1 t. ginger
1/2 t. salt

Fold into pumpkin mixture. Spread in greased and floured 15 x 10 x 1 pan lined with greased waxpaper. Top with 1 cup finely chopped walnuts. Bake at 375 degrees for 15 minutes. Turn out on towel sprinkled with powdered sugar. starting at narrow end, roll towel and cake together. Cool. Unroll for filling.

Filling

Combine:

1 cup powdered sugar
6 oz. cream cheese
4 T butter
1/2 t. vanilla

Beat until smooth. Spread over cake, roll and chill.



PUMPKIN CREAM CHEESE DESSERT

Mix:

Make a graham cracker crust
16 oz. cream cheese
1/2 cup sugar
2 eggs

Bake for 20 minutes at 350 degrees.

Filling

3 egg yolks
1-1/2 cups pumpkin
1/3 cup sugar
1/2 cup milk
1/2 t. salt
1 t. cinnamon
1 t. vanilla

Cook until thick--remove and add 2 packs of plain gelatin with 1/2 cup cold water. Then, beat 3 egg whites, fold into pumpkin mixture. Pour into crust and cool, top with cream.

PUMPKIN PIE

Nancy Proctor

(one of Barry's mother's recipes)

1 cup pumpkin
1 cup milk
2 eggs
1 cup sugar
1 t. ginger
2 t. cinnamon
pinch of salt

Bake at 400 degrees for 50 minutes or until knife inserted into center of pie comes out clean.



RHUBARB CAKE

Maureen vaessen

1-1/2 cups brown sugar
1/2 cup butter or margarine
1 egg
1 cup buttermilk or sour milk
2 cups sifted flour
1 t. baking soda
1 t. vanilla
1/2 t. salt
1-1/2 cups chopped rhubarb

Mix all ingredients in the order given. Pour into a greased 9 x 13 cake pan. Mix together: 1/3 cup sugar and 1 t. cinnamon and sprinkle over cake. Bake at 350 degrees for 50 minutes. Serve with ice cream or whipped topping.

RHUBARB TORTE

Maureen Vaessen

Mix:
1 cup flour
5 T sugar
1/2 cup butter

Press into 13 x 9 pan. Bake at 350 degrees for 15 minutes.

Mix:
2 eggs
1-1/2 cups sugar
1 cup flour
3/4 t. baking powder
1/2 t. salt
2 cups rhubarb

Mix well. Spread on crust and bake at 350 degrees for 30 minutes.



RUM CAKE
Gerrie Pirman

Cake: 1 cup chopped pecans or walnuts
 18.5 oz. pkg. yellow cake mix
 3.75 oz pkg. jell-o instant vanilla pudding
 mix

 4 eggs
 1/2 cup cold water
 1/2 cup Wesson oil
 1/2 cup dark rum (80 proof)

Glaze: 1/4# butter
 1/4 cup water
 1 cup granulated sugar
 1/2 cup dark rum (80 proof)

Preheat oven to 325 degrees. Grease and flour 10" tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake one hour. Cool. Invert on serving plate. Prick top.

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

Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.

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



SALTED PEANUT CHEWS

Maureen vaessen

- Crust: 1-1/2 cups flour
 2/3 cup firmly packed brown sugar
 1/2 t. baking powder
 1/2 t. salt
 1/2 t. baking soda
 1/2 cup margarine or butter, softened
 1 t. vanilla
 2 egg yolks
 3 cups miniature marshmallows
- Topping: 2/3 cup corn syrup
 1/4 cup margarine or butter
 2 t. vanilla
 2 cups peanut butter chips
 2 cups crisp rice cereal
 2 cups peanuts
- Heat oven to 350 degrees. Lightly spoon flour into measuring cup; level off. In large bowl, combine all crust ingredients except marshmallows until crumb mixture forms. Press in bottom of ungreased 13 x 9 pan.
- Bake at 350 degrees for 12 to 15 minutes or until light golden brown. Immediately sprinkle with marshmallows. Return to oven for 1 to 2 minutes or until marshmallows just begin to puff. Cool while preparing topping. In large saucepan, heat corn syrup, margarine, vanilla and peanut butter chips just until chips are melted and mixture is smooth, stirring constantly. Remove from heat; stir in cereal and nuts. Immediately spoon warm topping over marshmallows and spread to cover. Chill.



SAUERKRAUT CHOCOLATE CAKE

Maureen Vaessen

1/2 cup margarine
1-1/2 cups sugar
3 eggs
1 t. vanilla
2 cups all-purpose flour
1 t. baking powder
1 t. baking soda
1/4 t. salt
1/2 cup cocoa
1 cup water
8 oz. can sauerkraut, drained,
rinsed, snipped.

In large bowl, cream butter and sugar until light. Beat in eggs, one at a time and add vanilla. Sift together flour, baking powder, baking soda, salt and cocoa. Add to creamed mixture; alternating with water, beating after each addition. Stir in sauerkraut. Turn into greased, floured 13 x 9 x 2 pan. Bake at 350 degrees for 35 to 40 minutes. Cool and frost.

Sour cream Chocolate Frosting

Melt 6 oz. semisweet chocolate pieces and 4 T margarine over low heat. Remove, blend in 1/2 cup sour cream (or sour cream substitute), 1 t. vanilla and 1/4 t. salt. Gradually add 1 box sifted powdered sugar. Beat well.

SCOTCHEROOS

Maureen Vaessen

1 cup sugar
1-1/4 cup white syrup

Boil until sugar dissolves.

Add: 1-1/2 cups peanut butter

Mix in 4 to 6 cups of rice krispies. Put in buttered jelly roll pan.

Melt 6 oz. chocolate chips and 6 oz. butterscotch chips over hot water. Spread on above mixture. Refrigerate.



LONG EATING ADVENTURES

SEAFOAM WALNUT CAKE

Maureen Vaessen

3 cups sifted cake flour
3 t. baking powder
1/2 t. salt
1 cup (2 sticks) butter or margarine
2 cups sugar
4 eggs
1 t. vanilla
1 cup milk
1 cup finely chopped black walnuts
12 oz. red-currant jelly

Grease 3, 9¹¹ layer cake pans; line bottoms with waxed paper; grease paper. Sift cake flour, baking powder and salt on to waxed paper. Cream butter or margarine with sugar in a large bowl until fluffy. Beat in eggs, one at a time, until fluffy; stir in vanilla. Stir in flour mixture, a third at a time, alternately with milk; fold in walnuts. Pour batter into prepared pans, dividing evenly.

Bake in 375 degree oven for 30 minutes, or until centers spring back when lightly pressed with fingertip. Cool in pans on wire racks for 10 minutes. Loosen around edges with a knife; turn out onto racks; peel off paper; cool layers completely. Put layers together with currant jelly on a serving plate; frost side and top of cake with seafoam frosting. Decorate with additional chopped walnuts, if desired.

Seafoam Frosting

Combine:

1-1/2 cups firmly packed brown sugar
1/4 cup water
2 unbeaten egg whites
2 T light corn syrup
1/4 t. salt
1 t. vanilla

In a double boiler. Beat until blended. Place over simmering water. Cook, beating constantly, with an electric or rotary beater for 5 minutes or until mixture triples in volume and holds firm marks of beater; remove from heat. Frost cake.



SESAME WAFERS

Kathy Long

2 cups sifted regular flour
1/2 t. baking soda
1/2 t. salt
1 cup butter
1 cup sugar
1 egg
1 t. vanilla
2 oz. sesame seeds

Sift flour, salt and soda. cream butter with sugar until light and fluffy. Beat in egg and vanilla. Stir in flour mixture half at a time, blending well. Chill mixture for several hours or overnight until firm enough to handle. Roll dough between palms of hand, a teaspoon at a time, into balls. Roll balls in sesame seeds. Place 2" apart on lightly greased cookie sheet. Bake in moderate oven, 350 degrees, for 10 minutes or until light golden. Remove from cookie sheet to wire rack to cool.

SPANISH PEANUT BARS

Maureen Vaessen

1 cup shortening or margarine
1 cup sugar
1 cup brown sugar
3 egg yolks
2 cups flour
1 t. vanilla

Spread in jelly roll pan. Cover with chocolate chips. Bake at 325 degrees for 10 minutes. Beat 3 or 4 egg whites and add 1/2 cup brown sugar. Spread over chocolate chips. Then, spread Spanish peanuts over this and bake 35 minutes at 325 degrees.



SPICED CHOCOLATE POUND CAKE

Maureen Vaessen

2 cups flour
1 t. double-acting baking powder
1/2 t. salt
1 cup butter or margarine, softened
1 t. vanilla
1/2 t. black pepper
1/4 t. nutmeg
1-1/2 cups granulated sugar
5 eggs
2 envelopes no-melt unsweetened chocolate
1/4 cup orange juice
1/4 cup finely chopped walnuts
Grated peel from 1 orange
White corn syrup
1/4 cup toasted slivered almonds

Sift together the flour, baking powder and salt. Start heating oven to 300 degrees. Grease, then smoothly line with waxed paper a 10 x 5 x 3 loaf pan. In large bowl, with electric mixer at medium speed, beat butter or margarine with vanilla, black pepper and nutmeg until butter mixture is very creamy and fluffy. Next, gradually beat in granulated sugar; add unbeaten eggs, one at a time, beating well. Then beat in no-melt chocolate. Now, with wooden spoon, beat in flour mixture alternately with orange juice; when all of it has been added, fold in the chopped walnuts and grated orange peel. Turn batter into prepared pan and spread evenly. Bake for 1-3/4 hours or until cake tester, inserted in center, comes out clean. Cool pound cake in loaf pan for 10 minutes; then remove cake from pan and peel off waxed paper; finish cooling on wire rack before decorating as below.

Brush top of cooled cake generously with the white corn syrup; then sprinkle it with the toasted slivered almonds. Serve garnished with orange wedges, if desired.



SUGAR COOKIES

Maureen Vaessen

1 cup powdered sugar
1 cup white sugar
1 cup butter or margarine
1 cup vegetable oil
2 eggs
1 t. vanilla
1 t. salt
1 t. baking soda
1 t. cream of tartar
4 cups and 4 T flour

Mix sugars, butter and oil until fluffy. Beat in eggs and vanilla. Add dry ingredients. Mix well. Roll into small balls and place on ungreased cookie sheet. Press down with bottom of glass dipped in sugar. Bake at 375 degrees for 10 minutes.

SNICKER BAR BARS

Maureen Vaessen

1 pkg. Pillsbury chocolate chip cookie dough
5 to 6 snicker bars

Spread cookie dough in 9 x 11 pan. Bake until dough is golden brown; about 16 to 20 minutes. Cut snicker bars in half, lengthwise, and place on top of baked cookies. Return to oven until chocolate is spreadable. Cool and enjoy.



TOFFEE BARS

Kathy Long

1 cup butter, softened
1 cup brown sugar, packed
1 egg yolk
1 t. vanilla
2 cups all purpose flour
1/4 t. salt
4 bars (7/8 oz.) Hershey bars
1/2 cup finely chopped nuts

Grease baking pan, 13 x 9 x 2. Mix butter, sugar, egg yolk and vanilla. Blend in flour and salt. Press evenly in bottom of pan.

Bake at 350 degrees for 25-30 minutes until very light brown, crust will be soft.

Remove from oven; place separated pieces of candy on crust. Break apart candy bars and place in quite a few rows on crust. As soon as candy melts, spread evenly. Sprinkle with nuts. While warm, cut into bars.

TOFFEE BARS

Nancy Proctor

1 cup margarine
1 cup brown sugar
1 t. vanilla

cream these three ingredients.

Add: 2 cups flour

stir in: 6 oz. pkg. chocolate chips
1 cup chopped nuts

Press in ungreased 13 x 9 x 2-1/2 pan. Bake at 350 degrees for 20-25 minutes.



TURTLE BROWNIE'S

Donna Pirman

1 Duncan Hines chocolate cake mix
2/3 cup evaporated milk
1/2 cup melted margarine
14 oz. caramels
1 cup chocolate chips
1 cup chopped pecans

Blend cake mix (just the mix, without the other ingredients), margarine and 1/3 cup milk. Spread 1/2 of this mixture in the bottom of a cake pan. Bake at 350 degrees for six minutes.

Melt caramels and remainder of milk. Sprinkle chocolate chips on hot cake, pour on caramel mixture and spread. Sprinkle nuts. Let this mixture set for 5 minutes.

Drop the remainder of the cake mix, by teaspoons, over all. Bake for another 18 minutes at 350 degrees. Cut while warm, cool in pan.

The same recipe was submitted by **Kathy Long** except she uses a devil's food cake mix.



TURTLE CHEESECAKE

Maureen Vaessen

Combine 2 cups graham cracker crumbs and 4 T melted butter. Press into 9" spring form pan. Bake at 350 degrees for 10 minutes. Cool.

Combine: 14 oz. caramels
 5-1/3 oz. can evaporated milk

Stir 5 to 7 minutes over medium heat. Pour over crust.

Melt: 1 T butter
Stir in: 1 cup chopped pecans

Microwave on high for 2 to 2-1/2 minutes. Let stand 5 minutes. Then sprinkle over caramel.

Beat: 8 oz. cream cheese
 1/2 cup sugar
 1 t. vanilla

Add: 2 eggs, one at a time

Beat well after each addition. Blend in 1/2 cup melted chocolate chips. Pour over toasted pecans. Bake at 350 degrees for 35 to 40 minutes. After cooling, refrigerate at least 4 hours. Arrange pecan halves around outer edge of cheesecake.

UPSIDEDOWN CAKE

Nancy Proctor
(one of mother's recipes)

Make brown sugar, butter and fruit in bottom of pan.

1 cup sugar
2 eggs
1/4 cup water
1 cup flour
1 t. baking powder
pinch of salt

Mix the above ingredients and pour over fruit mixture. After baked, turn upside down, out of tin. Bake at 350 degrees for 35 minutes. Serve with whipped cream.



YUM YUM COFFEE CAKE

Maureen Vaessen

1/2 cup butter
1 cup sugar
2 eggs
2 cups sifted flour
1 t. baking powder
1 t. baking soda
1/2 t. salt
1 cup sour cream
1 t. vanilla

Filling:

1/3 cup brown sugar
1/4 cup white sugar
1 t. cinnamon
1 cup chopped nuts

Cream butter until soft. Add sugars and blend well until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift the dry ingredients alternately with sour cream; beginning with flour mixture. Add vanilla. Pour half the batter into a lightly greased 9 x 9 pan. Cover with half of the nut filling. Add the rest of the batter and top with the rest of the nut filling. Bake at 325 degrees for about 40 minutes.

ZUCHINNI CAKE

Maureen Vaessen

3 eggs
2 cups sugar
1 cup oil
3 t. vanilla
1 t. baking soda
1 t. salt
1/2 cup walnuts
2 cups grated zucchini
2 cups flour
1 t. baking powder
3 t. cinnamon
1 cup chocolate chips over top

Combine eggs, sugar, oil and vanilla; then dry ingredients. Bake at 325 degrees for 50 minutes. May substitute carrots for zucchini.



DRINKS

BAILEY'S IRISH CREAM

Nancy Proctor

3 eggs
1/2 pint whipping cream
1/4 cup milk
1-1/2 T Hershey's syrup
1 can Eagle brand sweetened condensed milk
1 cup whiskey

Blend the above in a blender.

CRANBERRY SLUSH

Donna Pirman

3 oz. box of cherry jello
1 cup of hot water
2 cups of cranberry juice
3 cups of water
1 can of frozen orange juice
1 can of frozen lemonade
2 cups of vodka

WASSAIL

Kathy Long

6 cups apple cider
2 cups orange juice
1 cup lemonade
1 t. instant tea powder
1/2 t. ground ginger
10 whole cloves
2 cinnamon sticks
1-1/2 to 2 cups bourbon

In large bowl combine all ingredients except bourbon. Microwave on high for 12 to 15 minutes. Stir in bourbon. Garnish with orange or lemon slices, if desired.

I make it without the bourbon and store it in the refrigerator in plastic milk cartons. I then heat one cup at a time.



FISH

BEER BATTER FISH

Donna Pirmann

2 egg whites
1/4 cup flour
1/4 cup corn starch
1/4 cup Beer

Beat the egg whites until stiff. Fold other ingredients together. Dip salted fish in batter and fry.

FILLET OF HADDOCK PARISIENNE

Jeff Proctor

2-4 haddock fillets
1-2 t. butter, softened
1 t. fresh lemon juice
1 sliced lemon, for garnish
3-4 sprigs fresh parsley

PARISIENNE SAUCE:

1/2 cup mayonnaise
1 T fresh lemon juice
1/4 cup Parmesan cheese

Rinse haddock in cold water; drain and dry well on toweling. Cut haddock into serving-size portions; place skin side down in baking dish. Top with butter and lemon juice and place 3" from heat; broil 7-10 minutes depending on thickness of fillets. Top each portion with 1-2 T Parisienne sauce; broil 2-3 minutes or until sauce puffs and turns golden brown. Place fillets on serving plate; garnish with lemon slices and fresh parsley.

NOTE: Unless fillet is very thick, it is not necessary to turn while broiling.



LONG EATING ADVENTURES

The following message should be familiar to anyone who ever fished with Grandpa Long:

"Keep the qoddamned tip out of the water."





SALMON PATTIES WITH DILLED CREAM PEA SAUCE

Tae Long

15-1/2 oz. salmon
1 cup fine dry bread crumbs
1/2 cup chopped green onions
2 beaten eggs
1 T lemon juice
2 T cooking oil

Drain and flake salmon, reserving liquid. Combine salmon with bread crumbs and green onions. Stir in beaten eggs, lemon and reserved salmon liquid. Form into six patties. Fry patties in oil over medium heat until lightly browned on both sides. Serve hot with sauce.

DILLED CREAM PEA SAUCE

10 oz. frozen peas
2 T butter or margarine
2 T flour
1/2 t. salt
1/4 t. dill weed
1-1/2 cups milk

Cook peas according to package directions; drain. In another saucepan, melt butter or margarine. Blend in flour, salt and dill weed. Gradually stir milk into saucepan. Cook over low heat; stir until thickened. Add peas to sauce; heat thoroughly.



MAIN DISHES

AUNT CEILIA'S CHICKEN & DUMPLINGS

Nancy Proctor
(from Angie Long)

Boil whatever amount of chicken you need for your family. I use fryers because they are cheaper than stew--I use a large kettle.

Cover chicken with water; add several onions cut up (as for soup), celery, carrots, salt and pepper to taste.

Cook chickens until tender--then remove chicken pieces (sometimes I brown the chicken in margarine before I serve)

DUMPLINGS

3 cups flour
4 heaping T Crisco
1 t. salt

Add enough condensed milk to make dough easy to roll out. Mix well and roll dough flat, about 1/4" thick. cut in one inch squares and drop into boiling broth--boil slowly for 20 minutes.

BAKED CHICKEN SALAD

Darlene Long

3 cups diced, cooked chicken
3 T minced onion
1 cup diced celery
8 oz. sliced water chestnuts
1 t. salt
1 t. pepper
shredded cheddar cheese
2 T lemon juice
1 cup mayonnaise
2 oz. jar chopped pimentos
1/2 cup slivered almonds
1 can french fried onion rings

Mix all ingredients together and place in a greased three quart casserole. Cover with shredded cheese and one can onion rings crumbled. Cover and bake at 350 degrees for 30 minutes.



BEEF AND PEA PODS

Patricia Peterson

2 medium onions, cut in thin wedges
2 T butter or margarine
3/4 cup water
2 T soy sauce
2 T dry sherry or any dry white wine
2 t. instant beef bouillon granules
1 t. sugar
1/8 t. ground ginger
2 cups cubed or thickly sliced cooked beef
1/4 cup cold water
4 t. cornstarch
6 oz. pkg. frozen pea pods, partially thawed

In saucepan cook onions in butter until tender but not brown. Add 3/4 cup water, soy sauce, dry sherry, beef bouillon granules, sugar and ginger. stir in beef. cover and simmer for 10 minutes. Blend 1/4 cup water into cornstarch, stir into meat mixture. Cook, stirring constantly until thickened and bubbly. stir in pea pods, cover and simmer for 3 minutes. serve over rice. This is great for leftover beef.

BEEF BURGUNDY WITH RICE

Maureen Vaessen

5 medium onions, sliced thin
2 T bacon drippings or shortening
2# boneless beef chuck, cut in 1-1/2" cubes
2 T flour
salt, pepper, thyme, marjoram
1/2 cup beef bouillon
1 cup dry red wine
1/2# fresh mushrooms, sliced
4 cups hot, cooked rice

In a heavy skillet, cook onions in bacon drippings until brown; remove onions from pan. Add beef and more bacon drippings, if necessary. Brown beef cubes well on all sides. Sprinkle beef with flour and seasonings. Stir in bouillon and wine. Simmer very slowly for 2-1/2 to 3 hours, or until meat is tender. If necessary, add more bouillon and red wine (one part bouillon to two parts wine) to keep the meat barely covered with the liquid. Return onions to pan and add mushrooms; cook 30 minutes longer, adding liquid if necessary. Adjust seasonings to taste. Serve over the rice.



BEEF MACARONITEMPTER

Maureen Vaessen

2 T butter or margarine
1-1/2# ground beef
2 cups coarsely chopped onion
1 garlic clove, minced
16 oz. tomato sauce
6 oz. can sliced mushrooms, undrained
1/2# shell or elbow macaroni, cooked and
drained (4 cups cooked)
2 t. salt
1-1/2 t. chili powder (optional)
1 T worcestershire sauce
1 T red wine vinegar
1/4 t. pepper
1/4 t. sugar
4 drops liquid red pepper sauce
1/2# cheddar or American cheese

Melt butter or margarine in large fry pan or dutch oven. Add beef, onion and garlic; cook over moderate heat until onion is soft, leaving beef in large bite-size pieces. Add remaining ingredients, except cheese; mix. Cover; cook slowly until meat is cooked, about 25 minutes.

Slice one half of the cheese and cut slices into triangles; shred remaining cheese. Stir shredded cheese into meat mixture and allow to melt. Pour into heated serving dish and top with cheese triangles. Serve at once.



BEEF STROGANOFF

Nancy Proctor

2# sirloin tip steak
1 t. meat tenderizer
4 T shortening
1 cup chopped onion
1/8 t. garlic powder
3 T flour
1 T catsup
1/2 t. salt
1/8 t. pepper
1 or 2 cans, 10-1/2 oz. each, beef
bouillon, undiluted
1 can cream of mushroom soup
1/2 cup dairy sour cream
6 oz. can drained, sliced mushrooms
2 T parsley

Trim fat from meat and use tenderizer. cut beef into slices lengthwise and then cut across the grain into small pieces.

Melt 1 T of the shortening in heavy skillet and add enough of the beef pieces to cover the bottom of the pan. Brown on all sides and remove from pan as it browns. Set meat aside. Use balance of shortening and put in same pan and brown onions and garlic until golden brown. Remove from heat, add flour, catsup, salt and pepper and stir until smooth. Put back on heat and gradually add beef bouillon and bring to boiling point while stirring. Add meat and simmer until done. over low heat add mushroom soup, sour cream and mushrooms, stirring slowly. Simmer until combined and heated. Serve over rice, noodles or potatoes.



BISCUIT POTPIE

Maureen Vaessen

1 T plus 1 t. margarine
1 cup diced onions
1 cup sliced mushrooms
1 T plus 1-1/2 t. all-purpose flour
1 cup canned, ready to serve beef broth
1/4 cup dry red table wine
1 cup sliced carrots
3/4 cup frozen peas
1/2 pound cooked ground beef
dash salt and pepper
4 ready to bake refrigerated buttermilk flaky
biscuits (1 oz. each)

Preheat oven to 450 degrees. In 10¹¹ nonstick skillet melt margarine; add onions and mushrooms and saute over medium-high heat until onions are softened, about 2 minutes. Sprinkle flour over vegetables and stir to combine; cook, stirring constantly, for 1 minute. Stir in broth and wine and cook, stirring constantly, until mixture comes to a boil; cook 1 minute longer. Add carrots and peas and stir. Reduce heat to low; let simmer for 3 minutes. Add beef, salt and pepper and cook for 1 minute.

Transfer beef mixture to 1 quart casserole; top with biscuits. Bake until biscuits are golden, 8 to 10 minutes. This is a weight watchers recipe.

CHICKEN AND BROCCOLI AU GRATIN

Nancy Proctor

4 cups soft bread, cut in small cubes
1 cup grated cheddar cheese
1/2 cup melted butter or margarine
2 cups cooked broccoli
2 cans cream of chicken soup diluted with a
little liquid from cooking the broccoli
3-4# chicken, boiled, taken off the bone
and cubed

Toss the bread cubes with melted butter and then with the grated cheese. Heat soup and add chicken. Put a layer of bread cubes in 9 x 13 dish, saving some of the cubes for the top. Next, a layer of broccoli. Pour the soup over and put final layer of cubes on top. Bake for 1/2 to 1 hour at 350 degrees.



CHICKEN AND RICE

Maureen Vaessen

10-12 pieces chicken (skinned, if you prefer)
1-1/4 cups raw rice
1 can cream of mushroom soup
1 can cream of chicken soup
1 can cream of celery soup
onion powder
1/2 cup sherry

Heat soups and wine with seasoning. Add rice and put 1/2 in bottom of 9 x 13 baking dish. Arrange chicken; sprinkle with parmesan cheese, top with remaining rice mixture. Top with parmesan cheese.

CHICKEN CACCIATORA

Patricia Peterson

1/4 cup refined olive oil or corn oil
1 disjointed chicken, 2-1/2 to 3# (I use chicken breasts and skin them)
2 medium onions, sliced
3 cloves of garlic, chopped fine
2 cups canned tomatoes or tomato juice
8 oz. can of tomato sauce
salt
pepper
1/2 t. celery seed or several stalks of celery, sliced
1 t. oregano or basil (or 1/2 t. each)
2 bay leaves
1/2 cup sauterne wine or dry sherry
1 green pepper cut in strips lengthwise

Brown chicken in cooking oil and then remove from pan. Sauté onions, garlic and green pepper in remaining oil until tender. Combine all remaining ingredients, except wine, for sauce.

Put chicken in skillet and cover with sauce. Cook at simmer for 45 minutes to an hour. Add wine and cook uncovered until sauce begins to thicken--looks like catsup or chili sauce. Remove bay leaves. Serve with spaghetti or noodles.

You can make this a day ahead of time and then it really thickens nicely. I remove the bones before serving.

If you double this recipe, do not double the wine--put in about 3/4 of a cup.



CHICKEN CRUNCH

Darlene Long

3 cups cooked chicken
1/4 cup chopped onion
1 cup celery
1 cup milk
1 to 2 T butter
2 cans cream of mushroom soup
8 oz. canned mushrooms (drained)
1/2 cup chopped almonds or cashews
2 cups chow mein noodles

Cook chicken and pick meat from bones. Remove skin. Sauté onions and celery in butter until tender and crisp. Mix all ingredients together, reserving a few nuts and noodles for the top. Place in lightly greased casserole.

Sprinkle noodles and nuts on top. Bake, covered, for 40 minutes. Cook 10 minutes longer if dish was refrigerated before putting nuts and noodles on top.

can do all ahead and refrigerate except putting nuts and noodles on. Do that just before baking.

CHICKEN DIVINE

Darlene Long

10 oz. chopped frozen broccoli
(cook until tender and then drain)
2 cups whole chicken
1 can cream of chicken soup
1/2 cup mayonnaise
1 t. lemon juice
1/2 cup sharp cheddar cheese grated

Arrange cooked broccoli on greased casserole dish, then chicken. Mix soup, mayonnaise and lemon juice and pour over chicken and broccoli. Spread cheese on top, bake at 350 degrees for 30 minutes.



CHICKEN IN BAR-B-CUSAUCE

Gerrie & Prank Pirman

For this recipe, I buy chicken legs and thighs, Frank skins the chicken and then I cook it in the crackpot overnight. Frank bones the chicken, but the recipe doesn't call for boned chicken. Then, I pour the following sauce over the chicken and cook it in the crackpot for another hour. It is served with spaghetti or noodles.

1 cup onions
1 cup celery
1/2# fresh mushrooms

sauté the above in butter.

Add: 29 oz. can tomato sauce
 1 cup catsup
 small amount of brown sugar
 (sometimes I don't add any)
 Salt
 Pepper
 Worcestershire sauce to taste

Simmer for about 15 minutes and then pour over the chicken.
Continue to cook in the crackpot for about one hour.

CHICKENVESUVIO

Gerrie & Frank Pirman

8 chicken drumsticks (Frank skins the chicken)
1-1/2# unpeeled baking potatoes, washed,
 cut into lengthwise wedges
1 T minced fresh oregano or 1 t. dried
1/2 t. dried sage
1/2 t. salt
1/4 t. freshly ground black pepper
1/4 cup olive oil
2 T minced garlic
1/4 cup dry white wine or vermouth
2 T minced fresh parsley

Heat oven to 375 degrees. Put chicken and potatoes into a 13 x 9 inch baking pan. Sprinkle with oregano, sage, salt and pepper. Drizzle with oil. Bake 30 minutes, stirring once to turn pieces over. Sprinkle with garlic and wine. Continue baking 30 minutes, until juices run clear and potatoes are tender. Drizzle pan juices over chicken and potatoes on a platter, sprinkle with parsley and serve.



CHOW MEIN

Maureen Vaessen

1/2# pork, diced
3/4# veal, diced
1/2# beef, diced
2 T fat
6 T soy sauce
1 cup water
1 large bunch celery, cut in 1/2" pieces
1 small onion, chopped
2 T cornstarch
1/4 cup water
10-1/2 oz. can water chestnuts, sliced
2-1/2 cups bean sprouts, drained
2 oz. can mushrooms
salt and pepper

Brown meats in hot fat; add soy sauce and 1 cup water; simmer 2 minutes. Add celery and onion; simmer 1-1/2 hours. Blend cornstarch and water; stir into meat mixture. Add water chestnuts, bean sprouts and mushrooms; heat through. Season. Serve over cooked rice, chow mein noodles or french-fried noodles.

French-fried Noodles: Fry narrow, packaged uncooked noodles in deep, hot fat, 360 degrees, until golden, about 2 minutes. Drain.



EASY LASAGNA

Victor Long

1/2# ground beef
32 oz. jar spaghetti sauce
1/2 cup water
1-1/2 cups ricotta or cottage cheese
1 egg
1/2 t. pepper
8 lasagna noodles {uncooked)
1/2# mozzarella cheese, thinly sliced
1/2 cup grated parmesan cheese

In large glass bowl, crumble ground beef. Heat in microwave for 2 to 3 minutes or until beef is browned, stirring once; drain. Stir in spaghetti sauce and water.

Meanwhile, combine ricotta cheese, egg and pepper. In oblong baking dish, spoon 1/2 cup sauce; alternately layer of noodles, egg mixture, mozzarella cheese and sauce, forming two layers. Heat in microwave on high, covered, for 8 minutes.

Set microwave to medium-low, heat, covered for 30 to 32 minutes or until noodles are tender. Top with parmesan cheese, let stand, covered, for 15 minutes before serving.

EGG AND CHEESE SOUFFLE

Gerrie Pirman

6 cups grated sharp cheddar cheese
20 pieces of bread, crust removed, butter one side, tear in pieces, layer bread and cheese in 9 x 13 pan.

In between the bread and cheese layers, you can add diced ham, mushrooms, green peppers or sausage.

Mix together: 8 eggs, well beaten
 2 t. salt
 2 t. dry mustard
 1 qt. milk

Pour over cheese and bread mixture. Refrigerate overnight. Bake one hour at 350 degrees.



EGG RECIPE

Maureen Vaessen

6 eggs beaten with fork
2-1/2 cups milk
1 t. salt
1 t. prepared mustard
1 cup shredded cheese-sharp
1-1/2# pork sausage--brown and drained
(some Italian sausage is very good)
1 small can mushrooms
10 slices of buttered bread cubed

Mix all together and then add bread. Put in 10 x 13 greased baking pan. Sprinkle with onion salt and put some shredded cheese on top. Refrigerate overnight. Bake 1 hour at 325 degrees. Let pan sit a few minutes before cutting.

ENCHILLADA

Maureen Vaessen

1# hamburger
1 pkg. taco seasoning mix
1 pkg. of 10 tortillas
1 qt. salsa
20 oz. grated cheddar cheese

Fry hamburger following taco mix directions. If salsa is thin, thicken it by boiling it with 2 T cornstarch mixed with 1/2 cup of water. Spread tortillas with salsa, divide meat evenly into each. Add a little raw chopped onion and roll up. Spread with remaining salsa and sprinkle with 2 oz. grated cheese. You can substitute 2 cans tomato soup mixed with 1 pkg. taco mix instead of salsa.

FLORIDACHICKEN

Darlene Long

1-1/2 to 2# chicken--cooked and cut in pieces
1# seedless green grapes-halved
4 stalks celery-cut in small pieces
1 cup slivered almonds
1 t. accent
1/2 t. salt
1/2 cup light mayonnaise

Mix all ingredients together. Add more mayonnaise if you desire. Refrigerate for several hours--the accent and almonds give this a great taste.



GARLIC CHICKEN

Maureen Vaessen

2 broiling chickens

Brown all over in 2 T each olive oil and butter. Remove chickens from pan. Stir in 1 T flour, 2-1/2 cups chicken broth, 1 t. salt, 30 peeled garlic cloves. When mixture comes to a boil, add chickens, simmer covered for 45 minutes. sauté 3/4 cups long grain rice in 2 t. olive oil until opaque; add to chickens, easing rice into liquid with fork. Simmer covered 20 minutes.

GORMET RICE DRESSING

Patricia Peterson

1 cup chopped onions
1 cup chopped celery with celery leaves
4 oz. sliced mushrooms, drained
1 cup uncooked rice
3 T butter or margarine
2 cups boiling chicken broth
1 t. salt
3/4 t. poultry seasoning
1/2 cup toasted sliced almonds (optional)

Sauté onions, celery, celery leaves, mushrooms and rice in butter until vegetables are tender and rice is golden. Stir in chicken broth and seasonings. Turn into a greased, shallow 2-quart casserole. Cover and bake at 350 degrees for 30 to 35 minutes or until rice is tender and liquid is absorbed. Spoon into serving dish and sprinkle with almonds.

Prepare dressing and add cubed (raw or leftover) chicken breast to the sauté and then when it is turned into the casserole, add one package of Birdseye french cut green beans with almonds.

This makes a delicious complete meal.



HAMBURGER BEAN CASSEROLE

Maureen Vaessen

16 oz. kidney beans, drained
16 oz. lima beans, drained
16 oz. pork and beans, drained

Combine:

6 to 8 strips of bacon, fried and drained
1# hamburger fried in bacon drippings and
drained
1/2 cup onions
1 cup catsup
1 cup brown sugar
1 t. dry mustard
2 T molasses
1 t. salt

Mix all together and put in the oven for 1-1/2 hours at 350 degrees or until brown on top.

HAMBURGER-VEGETABLE CASSEROLE

Maureen vaessen

1/2 cup diced onion
2 T butter
1# lean hamburger meat
1 cup diced celery
1 cup sliced carrots
1/3 cup diced green peppers
1 beef bouillon cube
3/4 cup hot water
1-1/2 t. salt
1/8 t. ground black pepper
2 T flour
1/4 cup cold water
2 cups mashed potatoes

Sauté onion in butter. Add meat and cook until all the pink has disappeared. Add celery, carrots, green pepper, beef bouillon cube, water and seasonings. Cover and cook for 5 minutes. Mix flour to a smooth paste with cold water and add to the mixture. Turn into 1 quart casserole. Spoon fluffy mashed potatoes around the edge of casserole. Bake at 350 degrees for about 45 minutes or until the top has become a golden brown. Cooking and preparation time: 55 minutes.



ITALIAN SPAGHETTI SAUCE

Maureen Vaessen

1/2 cup sliced onions
2 T olive oil or salad oil
1# ground beef
2 garlic cloves, minced
4 cups canned tomatoes
2 cups seasoned tomato sauce
3 oz. can broiled sliced mushrooms
1/4 cup chopped parsley
1-1/2 t. oregano or sage
1 t. salt
1/2 t. monosodium glutamate
1/4 t. thyme
1 bay leaf
1 cup water
1/2 cup brown sugar

Cook onion in hot oil until golden. Add meat and garlic: brown lightly. Add remaining ingredients; simmer uncovered 2 to 2-1/2 hours or until thick. Remove bay leaf. Serve on hot, cooked spaghetti.



ITALINO MEAT PIE

Kathy Long

1 deep dish pie crust shell
1-1/2# lean ground beef
1/3 cup chopped green pepper
3 T water
16 oz. tomato sauce
4 oz. can mushroom stems and pieces,
drained
1/4 t. oregano
1/4 t. basil
1/4 t. garlic powder
1/3 cup parmesan cheese, divided usage
8 oz. shredded mozzarella chasse, divided
usage

Preheat oven and cookie sheet to 400 degrees. Prick bottom and sides of pie crust with fork. Partially bake pie crust on cookie sheet for 8 to 10 minutes. cool.

In large skillet, brown ground beef. Drain well. Add green pepper and cook 2 minutes. Stir in water, tomato sauce, mushrooms, oregano, basil, garlic powder and simmer 10 minutes. Sprinkle half of parmesan cheese over bottom of pie crust. Spread half of meat mixture over parmesan cheese. Sprinkle 4 oz. of mozzarella cheese over meat. Layer remaining meat and parmesan cheese. Bake on cookie sheet 15 minutes. Sprinkle top with remaining mozzarella cheese. Return to oven 5 minutes or until cheese melts.

JAN'S CASSEROLE

Nancy Proctor II

2# ground beef
2 large onions, chopped
1 cup raw rice
1 can bean sprouts (drain and save liquid)
1 large stalk celery, chopped
1/4 cup peas, drained
1 can tomatoes
1 can tomato soup
1 t. salt
1/4 t. pepper

Brown beef, onions and celery for 1/2 hour. Add bean sprout liquid, cover and steam for 15 minutes. Remove from heat. Place in baking dish; add remaining ingredients. Cover and bake one hour at 350 degrees.



LASAGNA

Gerrie Pirman

I usually make this in two pyrex dishes, one is 10 x 13 and one is about half that size.

I cook up a whole package of lasagna noodles but I never use the whole package, probably about 1/3 is left.

2# ground turkey
garlic powder
6 oz. can tomato paste
#2 can crushed tomatoes (Contandino 28 oz.)
1 t. salt
3/4 t. oregano
16 oz. carton cottage cheese
3 cups grated mozzarella cheese
parmesan cheese

For the sauce, brown turkey, add garlic, tomato paste, tomatoes, salt, pepper and oregano, simmer for about 15 minutes. In pyrex dish, place one layer of cooked lasagna noodles, the cottage cheese and sauce, repeat once, then on top put the mozzarella and parmesan cheese. Bake in 350 degree oven for 40 minutes. Wait about 10 minutes before serving, it cuts better.

LASAGNA

Maureen Vaessen

1-1/2# ground beef (I use 1/2 Italian sausage)
1 t. salt
1-1/2 t. oregano
1/2 t. pepper
1 t. onion salt
1 large chopped onion
1 chopped clove of garlic
16 oz. tomato sauce
28 oz. can tomatoes

Make sauce and cook for one hour. Cook 1 box of lasagna noodles.

1/2# ricotta cheese (or cottage cheese)
1/2# mozzarella cheese (or mountain jack)
shredded
1/2 cup parmesan cheese

Make the lasagna in layers. First noodles, then sauce, then cheese, repeat until all used. Bake at 300 degrees in greased pan for 30 minutes.



LONG EATING ADVENTURES

OLD FASHIONED CHICKEN PIE

Maureen Vaessen

5# ready-to-cook stewing chicken, cut up
3 cups water
1 sliced medium-size onion
handful of celery tops
1 T salt
1/4 t. pepper
1 bay leaf
1/2 cup flour
1-2/3 cups light cream
2 cups cooked sliced carrots
1# cooked small white onions

Place the chicken in a large kettle with the next 6 ingredients. Cover and bring to a boil; simmer 1-1/2 to 2 hours, or until tender. Remove the chicken from broth; cool. Strain the broth; cool. Remove chicken from the bones; leave the meat in rather large pieces.

Skim fat from broth; measure 1/2 cup fat and 2-1/3 cups broth. Heat the 1/2 cup fat in a large saucepan; blend in flour. Slowly add and stir in the 2-1/3 cups broth and the cream. Cook and stir until sauce thickens. Add chicken, carrots and onions and more salt and pepper to taste; reheat. Pour into a 3 quart baking dish. Prepare biscuit dough and cut with a cutter in any desired shape. Arrange the uncooked biscuits over chicken. Bake at 450 degrees for 20 to 25 minutes or until biscuits brown.

PASTY

Kathy Long

Dough: 3 cups flour
 salt
 1 t. baking powder
 1 cup shortening

Mix above. Add 1 cup milk (might not need a full cup). Blend to make crust. Measure dough with pie plate. Makes 8 to 10 shells.

Divide the following between the shells:

7 diced potatoes
onions
salt and pepper
dab of butter on each
2# meat

Fold the crust over and press the edges together. Bake at 40 degrees for 15 minutes and 375 degrees for one hour.



PAUL HORNING STEW

Maureen Vaessen

2# stew meat
1 cup diced celery
6 sliced carrots
4 or 5 sliced potatoes
2 cups diced onions
2 small cans peas, drained
1 slice bread cubed
4 T tapioca
3 t. sugar
1 can tomatoes
1 t. salt
1/2 t. pepper
1/2 t. garlic salt

Place in a casserole dish, covered with aluminum foil. Bake at 250 degrees for five hours. Just mix everything together without browning the meat.

PIZZA BURGERS

Maureen Vaessen

1# hamburger browned, drained and cooled

Grind:
2 cups mozzarella cheese, grated

1 can Spam

1/2 t. salt

Add:
1/4 t. garlic salt
1 t. oregano
15 oz. pizza sauce

Mix all and spread on english muffins. Bake at 400 degrees for 10 minutes.



PIZZA CASSEROLE

Colleen Turnquist

Mix together: 1-1/2 to 2# browned hamburger

 2 cups cooked macaroni or egg noodles

Add: 15 oz. can pizza sauce

 1 can cream of mushroom soup

 Fresh or canned mushrooms

 Onions, chopped

 Green peppers, chopped

 1 t. oregano

 Mozzarella cheese

Mix all together with hamburger and noodles. Put in cake pan or large casserole dish. Bake 1/2 hour uncovered at 350 degrees. Uncover and put as much mozzarella cheese as you like on the top and bake for another 1/2 hour.

QUICHE LARAIN

Nancy Proctor

1 pie shell

10 very crisp bacon strips

1 cup grated swiss cheese

1 cup whipping cream

1/4 cup milk nutmeg

3 eggs

Crumble bacon in shell. Cover bacon with cheese. Beat eggs well and add cream and milk. Pour the egg mixture over the cheese. Sprinkle on nutmeg for color. Bake at 325 degrees for 40 minutes.

Let stand for 20 minutes before serving.



QUICK BEEF STROGANOFF

Maureen Vaessen

1# round steak, 1/4" thick
1/4 cup butter
6 oz. mushrooms, sliced (about 2 cups)
1/2 cup chopped onion
1 can condensed beef broth
1 cup dairy sour cream
2-1/2 T flour

Trim fat from meat. cut meat diagonally across grain in strips, 1/4" wide. (Strips should be very thin.) Brown quickly in butter. Push meat to one side; add mushrooms and onion; cook just until tender. Add broth; heat just to boiling.

Blend sour cream and flour; stir into broth. Cook and stir until mixture thickens (sauce will be thin). Season to taste. Serve over hot, buttered noodles.

SAUERBRATEN

Maureen vaessen

1-1/2 cups red wine vinegar
1/2 cup red wine
2 cups onions, chopped
1 cup chopped carrots
1 cup chopped celery
8 peppercorns
4 all spice
4 cloves
2 bay leaves

Bring the above to a boil and pour over a pot roast. Let sit for 3 or 4 days in a glass bowl in the refrigerator.

Brown the roast on both sides, put in stewing pot. Use marinade, not vegetables. Put in fresh sliced carrots, celery and onions. Simmer for 2-1/2 to 3 hours. Use 6 ground ginger snaps to thicken gravy. Puree juice in blender.



SPAGHETTI

Nancy Proctor

2# hamburger
1 large onion, diced
2 cloves garlic
1 large can tomato sauce
8 oz. can tomato sauce
8 oz. can tomato paste

Brown the hamburger, onion and garlic and season with basil and oregano. Add the remaining ingredients. A little sugar and red pepper should then be added.

After the sauce has simmered for a few hours, add 1-1/2 cups mozzarella cheese and 12 oz. of canned or fresh mushrooms.

SPANISH RICE AND BEEF

Patricia Peterson
(This is exactly like mother's recipe)

4 slices very lean bacon
1 medium onion, chopped
1# lean ground beef
1 t. salt
1 28 oz. can Hunts whole stewed tomatoes
you can break them up with your fingers
directly into the pan)
3/4 cup uncooked rice
1/2 t. paprika (optional)

Sauté bacon in skillet until crisp; remove from heat and if the bacon was not lean, pour off some of the fat. Brown onion in remaining bacon fat; add beef, salt and paprika, stir until beef is browned lightly. Add tomatoes, cooked, crumbled bacon and rice; turn into a greased casserole. Cover and bake in a moderate oven, 350 degrees, for 1-1/2 hours or until rice is tender. Add a little hot water, if needed, during cooking.



STUFFED CABBAGE ROLLS

Maureen vaessen

Mix with fork:

1# ground pork
1 egg
1/2 cup raw long grain rice
marjoram leaves to taste
1 grated onion
salt and pepper to taste

Wilt cabbage leaves in boiling water. Roll ingredients in them.
Cook 2-1/2 to 3 hours on sauerkraut mixture in covered saucepan.

Sauerkraut mixture:

2# sauerkraut (4 cups)
small piece of pork
1 bay leaf
paprika
caraway seeds
whole peppercorns
small onion sliced in 1/4s
can of tomatoes (optional)

Put spices and onion in cheesecloth bag. Cook with stuffed cabbage rolls over sauerkraut mixture. Remove rolls and cheesecloth bag. Discard bag. Thicken with grated potatoes, if desired.



SWEDISH MEATBALLS

Kathy Long

1# ground beef
1/2# ground lean pork
1/2 cup minced onion
3/4 cup dry bread crumbs
1 T snipped parsley
2 t. salt
1/8 t. pepper
1 t. Worcestershire sauce
1 egg
1/2 cup milk
1/4 cup salad oil
1/4 cup all-purpose flour
1 t. paprika
1/2 t. salt
1/8 t. pepper
2 cups water
3/4 cup dairy sour cream

Mix thoroughly beef, pork, onion, bread crumbs, parsley, 2 t. salt, 1/8 t. pepper, Worcestershire sauce, egg and milk. Shape the mixture by rounded tablespoonful's into small balls (about the size of walnuts). Heat salad oil in a large skillet and slowly brown and cook meatballs until they're done. Remove the meatballs from the skillet and keep warm.

Blend flour, paprika, 1/2 t. salt and 1/8 t. pepper into the oil in the skillet. Cook over low heat, stirring until the mixture is smooth and bubbly. Stir in water and heat to boiling, stirring constantly. Boil and stir for 1 minute. Reduce heat and gradually stir in sour cream, mixing until smooth. Add meatballs; heat through.

SWEDISH PANCAKES

Colleen Turnquist

2 cups flour
1/4 cup sugar
1/2 t. salt
6 beaten eggs
4 cups milk

Melt shortening in frying pan. Fry like regular pancakes. Eat with butter and powdered sugar on top.



TACOS

Maureen Vaessen

1# lean ground beef
dash of garlic salt with parsley
2 t. chili powder
1/4 t. cumin
1 t. salt
salad oil
12 tortillas
lettuce
tomato
onion
cheddar cheese
taco sauce

Start browning meat. Add garlic salt, chili powder, cumin and salt. Cook until meat is nicely brown. Serve in shells with other items listed.

TOMATO HAMBURGER CASSEROLE

Nancy Proctor
(from Gerrie Pirman)

1# hamburger
1 medium onion
2 stalks of celery
1 can mushrooms

Brown hamburger, onion and celery. Add mushrooms.

Mix:
1 can tomato soup
1/3 can of water
1 T brown sugar
1 T worcestershire

Mix all ingredients together and pour into casserole. Pour crinkles over top. Bake for 40 minutes at 350 degrees.



TUNA CASHEW CASSEROLE

Maureen Vaessen

5-1/2 oz. chow mein noodles
10-1/2 oz. condensed cream of celery soup
4 oz. can mushrooms
14 oz. tuna
1/4# coarsely chopped, salted cashews
1 medium onion, coarsely chopped
4 oz. pimento, cut in pieces
1 t. Worcestershire sauce

Set aside 1/2 cup noodles. Combine remaining noodles, soup, mushrooms with the liquid, tuna broken into chunks with the oil, nuts, onion, pimento and worcestershire; mix well but lightly.

Place in casserole and sprinkle with remaining 1/2 cup noodles. Bake at 325 degrees for about 40 minutes.

TURKEY AND CHEESE QUICHE

Maureen Vaessen

1-1/2 cups hot cooked rice
1 T chopped fresh chives
1 egg white
2 oz. 96% fat free sliced roast turkey breast
3 eggs
1 egg yolk
12 oz. can evaporated skimmed milk
1/4 t. salt
1/2 cup shredded reduced-fat cheddar cheese (2 oz.)
1/4 cup finely chopped onion
6 tomato slices

Heat oven to 350 degrees. Spray pie plate, 10 x 1-1/2", with nonstick cooking spray. Beat rice, chives and egg white with fork. Turn rice mixture into pie plate. Spread evenly with rubber scraper on bottom and halfway up side of pie plate. (Do not leave any holes.) Bake for 5 minutes.

Cut turkey into small pieces; sprinkle on rice crust. Beat eggs, egg yolk, milk and salt in medium bowl; stir in cheese and onion. Carefully pour into rice crust. Bake about 45 minutes or until knife inserted in center comes out clean. Immediately run knife around edge to loosen crust. Let quiche stand 10 minutes before serving. Cut into wedges. Top each wedge with tomato slice.



MEAT

ALMOST FRIED CHICKEN

Maureen Vaessen

1-1/2# chicken pieces
1/2 cup flour
1/2 cup oatmeal, uncooked
2 t. poultry seasoning
2 t. paprika
1 t. garlic salt
1 t. pepper
low fat milk

Skin the chicken. Combine flour, oatmeal and spices. Dip the chicken in milk and coat with flour mixture. Sprinkle more milk on the chicken and dip again to get a nice coating. Repeat for all chicken pieces. Preheat oven to 425 degrees. Spray a 12" baking pan with vegetable spray or thinly cover the bottom of the pan with vegetable oil. Bake the chicken for 30 minutes; turn and bake 15 minutes more.

BAKED PORK CROPS

Maureen vaessen

4 pork chops, 1/2" thick
2 T fat
1/4 cup diced onion
1 cup condensed cream of celery soup
1/2 cup milk
3 medium potatoes, peeled, sliced
1# cabbage, shredded
1/4 cup flour
1-1/2 t. salt
1/8 t. pepper

Brown chops in hot fat in heavy frying pan; remove from pan. Add onion, soup, milk to fat in pan; blend; set aside. Starting with potatoes, put alternate layers of potatoes, cabbage, into a 1 quart casserole or 8 x 8 x 2 cake pan; sprinkle each layer with flour; pour soup sauce over each layer. Place chops on top; cover casserole or use aluminum foil to cover pan. Bake 1-1/4 hours in 350 degree oven.



BAR-B-Q SAUCE

Tae Long

Add:
1 quart beef stock (or bouillon cubes)
2 small white onions (minced and cooked in
stock)
1 quart ketchup
3/4 T bar-b-que seasoning (Crown Colony or
Schilling)
3 T Wright's liquid smoke
3 T Perrins worcestershire sauce

Simmer to low boil and continue for 15 minutes,
stirring frequently.

Makes 2 quarts and can be stored in
refrigerator.

BARBECUE BEEF BRISKET TEXAS STYLE

Nancy Proctor

2 cups catsup
1/2 beer (6 oz.)
1/2 cup Worcestershire
1/2 cup wine or cider vinegar
1/2 cup brown sugar
1 t. salt
2 garlic cloves, minced
dash cayenne pepper, minced

Combine catsup and remainder of ingredients. Bring to a boil.
Reduce heat and simmer for 20 minutes.

1 whole beef brisket (7#)

If desired, marinate brisket in sauce overnight, turning
occasionally. If desired, brown brisket well on both sides.

Roast for 2-1\2 to 3 hours until meat is tender and thermometer
reads 190 degrees. Cool to slice. Slice diagonally.

Outdoors on the grill: Place brisket on grill and brown for
seven minutes on each side. Place brisket in baking pan and
cover with foil--roast about an hour.



BARBECUED SPARERIBS

Maureen Vaessen

3 to 4# ribs, cut in pieces
1 lemon
1 large onion
1 cup catsup
1/3 cup Worcestershire sauce
1 t. chili powder
1 t. salt
2 dashes Tabasco sauce
2 cups water
1/4 cup brown sugar

Place ribs in shallow roasting pan, meaty side up. On each piece place a slice of unpeeled lemon and thin slice of onion. Roast at 450 degrees for 30 minutes.

Combine remaining ingredients; bring to a boil and pour over ribs. Continue baking in 350 degree oven until tender, about 45 minutes to 1 hour. Baste ribs with sauce every 15 minutes. If sauce gets too thick, add more water.

BARBECUE MEAT

Victor Long

Soak 1 cup soft bread crumbs in 1/2 cup of milk.

Mix in: 2# ground beef
 2 T minced onion
 1-1/2 t. salt
 1 egg
 1/2 cup barbecue sauce (Open Pit or other)

Shape into loaf in lightly greased shallow baking dish or double foil shaped into shallow pan.

Mix 1/2 cup barbecue sauce with 1/2 cup water and pour 1/4 over meat loaf. Bake at 350 degrees or on grill for 45 minutes to 1 hour, basting often with remaining sauce.

Cover pan with heavy duty foil. Bake at 275 degrees for five or more hours.



CHICKEN BREASTS

Maureen Vaessen

6 chicken breasts, 1/2# each
8 slices uncooked bacon
3 oz. pkg. chipped dried beef
2 cans mushroom soup
1 pt. sour cream

Grease glass baking dish. Put in broken dried beef pieces on bottom. Fry bacon just a little so it is still soft. Wrap chicken breasts with bacon and lay on dried beef. Mix soup and cream together and pour over chicken and sprinkle with paprika. Bake uncovered for 3 hours at 250 degrees.

CHICKEN PARMESAN (MICROWAVE)

Victor Long

6 skinned chicken breast halves (boneless if desired)
1/2 cup butter or margarine
1 cup fine dry bread crumbs
1/2 cup grated parmesan cheese
1/2 t. garlic salt
1/2 t. salt
1/4 t. pepper
1 T dried parsley flakes paprika
to taste

Wash chicken and pat dry with paper towels. Melt butter in shallow dish.

In plastic bag, combine bread crumbs, cheese, salts, pepper and parsley flakes. Coat chicken breasts in butter then shake in the plastic bag, 1 or 2 at a time until evenly coated. Arrange chicken in shallow baking dish, with thicker pieces toward outside of dish. Sprinkle remaining crumb mixture and butter over top of chicken. Sprinkle with paprika.

Cover with waxed paper and microwave on high 17 to 21 minutes or until chicken is cooked through. Turn dish 1/2 way around twice during cooking. Cover with plastic wrap or foil and let stand 5 minutes before serving.



FRIED CHICKEN

Maureen vaessen

1/4 cup flour
2 T oil
1/3 cup milk
1 egg beaten with a fork

Dip each piece of chicken into this mixture. cover thoroughly. When grease is very hot, put chicken in. Leave for 7 minutes on high heat and 7 minutes on medium heat. Remove and salt and pepper chicken.

HAM GLAZE

Nancy Proctor

16 oz. ginger ale or 7-Up
1 cup brandy

Pour over meat. Sprinkle brown sugar on ham. Put cloves on ham and pour one can of crushed pineapple over the ham.

HOT BEEF SANDWICHES

Nancy Proctor

Use beef stew meat. Trim off the fat. Brown the meat in oil. Add salt and pepper, garlic salt, Worcestershire sauce, diced onion. Cook on low heat and add water once in a while. Add a can of mushrooms, if desired.



INDONESIAN CHICKEN

Peggy Stiefvater Peterson

1/4 cup smooth peanut butter
1-1/2 t. ground coriander
1-1/2 t. salt
1/2 t. cayenne pepper
1/2 t. pepper
1 t. cumin
1-1/2 T lemon juice
1 T dark brown sugar
3 T soy sauce (lite is fine)
4 chopped green onions
1-2 crushed garlic cloves
2# boneless chicken breasts cut evenly
to skewer and barbecue

Combine all ingredients. Add chicken and marinate for 2 to 8 hours (the longer the better). Skewer meat and barbecue on grill.

KOREAN BARBECUED CHICKEN

Gerrie Pirman

3 whole chicken breasts, boned and skinned
6 small cloves garlic, minced
6 T water
6 T oriental sesame oil
6 T soy sauce
6 t. sugar
several grinds of black pepper

Cut chicken into wide strips large enough so they do not fall through grill. Mix remaining ingredients in non-aluminum dish and add chicken. Marinate 30 minutes. Turn occasionally. Grill chicken.



LEMONCHICKEN

Maureen Vaessen

3 T flour
1/2 t. salt
1/4 t. pepper
4 skinless and boneless chicken breasts
2 T salad oil
1 medium onion
1 T margarine
1 cup chicken broth
3 T lemon juice
1/2 t. Thyme (I use poultry seasoning)

In bag, combine flour, salt and pepper and shake to coat lightly. Remove chicken and reserve excess flour. Warm 1 T oil over medium heat. Brown chicken 5 minutes, add 1 T oil and brown chicken 5 minutes on other side. Transfer chicken to plate and set aside. Add margarine to pan, add chopped onions. Stir in seasoned flour about 1 minute. Add broth, 2 T lemon juice and thyme. Bring to a boil, stirring constantly.

Return chicken to pan, reduce heat to medium low and cover. Cook until chicken is tender--about 5 to 10 minutes. Remove chicken, stir remaining 1 T lemon juice into sauce and pour over chicken.

LOOSE BEEF SANDWICH

Maureen vaessen

4# boneless chuck roast, cut in 2 x 3"chunks

Brown in margarine. Put in crock pot and add 2 chopped onions and 2 cans cream of mushroom soup. Cook on low overnight. In morning, peel apart beef and return to juice.



MUSTARD AND PORK CHOPS

Maureen Vaessen

4 lean pork chops (trim fat)
3 T Dijon mustard
1/4 cup fine dry breadcrumbs
1/4 cup grated parmesan cheese
2 T sesame seeds
1 T minced parsley
1/4 t. garlic powder

Spread mustard on both sides of chops. Combine rest of ingredients. Cover chops in mixture. Spray a baking dish. Bake at 350 degrees for 45 minutes or until chops are tender.

POT ROAST

**Maureen
vaessen**

Combine:

1/4 cup flour
1/4 t. cinnamon
Dash nutmeg
Salt and pepper
2 cups Cranberry Juice
1 cube beef bouillon

Brown a chuck roast for 20 minutes. Put in roaster with the items combined above. Bake at 325 degrees for 3 hours. Add potatoes, carrots and onions during the cooking time. Keep adding water as it cooks.



TENDERLOIN

Gerrie Pirman

3# tenderloin
1/4# butter
1/2 t. garlic powder
Salt
Pepper
Paprik
1/4 cup chopped onion
2 t. soy sauce
1 t. dijon mustard
3/4 cup dry sherry
16 oz. can of mushrooms

In a saucepan, melt butter and add garlic powder. Pour over meat; add salt, pepper and paprika to taste. Let stand uncovered all day at room temperature. To prepare the sauce, saute butter and onion; add soy sauce, mustard, pepper, sherry and mushrooms. Bring to boil and simmer for 10 minutes.

Bake meat for 20 minutes at 400 degrees. Pour sauce over meat and bake for an additional 25 minutes, basting often.

TENDERLOIN

**Nancy
Proctor**

Broil whole tenderloin on each side for 10 minutes--20 minutes total. cut into it and make sure it's done the way you want it.

The sauce is: Durkee's au jus mix--make according to directions except replace the water with 2 T sherry. Add mushrooms, onions and garlic. Slice into correct size. Pour sauce over tenderloin and serve.



TERIYAKI

Nancy Proctor

1 T brown sugar
1/2 t. black pepper
2 T water
1/4 t. Accent
1 clove garlic
1/2 t. ginger
1 T oil
1/4 cup soy Sauce

Pour over meat and marinate.



POTATOES / RICE

AU GRATIN POTATOES

Nancy
Proctor

1/4 cup butter
1 small onion, chopped
1/4 cup flour
1 t. salt
1/4 t. pepper
1-1/2 cups milk
2 cups grated processed american cheese
4 cups cooked, cubed potatoes
1/4 cup fine dry bread crumbs sautéed
in butter

Cook onion in butter until soft. Add flour, salt and pepper and mix. Add milk gradually and stir. Cook until thickened. Add cheese and stir until melted. Place potatoes in casserole.

Pour above mixture over the potatoes. Put bread crumbs on top. Bake uncovered at 350 degrees for 30 minutes.



FARMER'S POTATOES

Nancy Proctor

8-10 large potatoes
4-8 tablespoons butter, do not substitute
Seasoned Salt - to taste
2 a-ounce cartons whipping
cream, unwhipped

Boil potatoes in their skins until ALMOST done; do not overcook. Peel and allow potatoes to cool. When potatoes are cool, grate or shred finely. Place 1/3 of potatoes in the bottom of an ungreased 9 x 13 glass baking dish; top with 6-8 thin pats of butter and a generous sprinkling of seasoned salt. Repeat with 2 more layers. Pour unwhipped whipping cream over potatoes and bake uncovered 1 hour in a preheated 350-degree oven.

NOTE: The cool potatoes grate very easily. The whipping cream will not cover the potatoes; it bubbles up during cooking. This dish can be prepared early in the day and kept chilled until ready to bake. This recipe can be halved and baked in a 6 x 10 dish.

FRIED RICE

**Darlene
Long**

1/2 cup rice, brown in butter
1 cup onion soup
1 cup water
1/4 t. salt
1/8 t. pepper
1 can mushrooms, drained

Cover and bake 1-1/2 hours at 300 degrees.



GERMAN POTATO SALAD

Patricia Peterson

8 medium boiling potatoes
5 slices bacon (1/4#)
1 T flour
1/2 cup water
1/2 cup vinegar
2 t. salt
1/2 cup sugar
1 medium onion sliced thin

Scrub potatoes, but do not peel; cook until just tender in boiling salted water (1 t. salt to one quart of water).

Meanwhile, panfry bacon until done; remove from fat and drain on absorbent paper. Crumble into bits when crisp.

Add the flour to the drippings remaining in the pan and blend well; then gradually stir in the water and vinegar, and stir over direct heat, stirring constantly until mixture boils and thickens.

Add salt, sugar and thinly sliced onion.

Peel and slice potatoes and add to the vinegar mixture; then, add the crumbled bacon.

Simmer for about 15 minutes.



GUILT FREE ROASTED POTATOES

Victor Long

4 large russet baking potatoes (about
8 oz. each)

1/2 cup grated Parmesan cheese

1 t. dried leaf basil, crumbled

1 t. seasoned salt

1/4 t. onion powder

1/4 t. garlic powder

freshly ground

pepper vegetable oil

spray

Thoroughly wash and scrub potatoes; drain on paper towels.
Cut each potato into 4 lengthwise quarters; set aside.

Combine parmesan cheese, basil, seasoned salt, onion and
garlic powders and freshly ground pepper on large paper plate.

Press cut surfaces of potatoes firmly into mixture; place
potato slices, cut sides down, 2 inches apart on 15-1/2 inch
cookie sheet that has been coated with vegetable-oil spray.

Roast potatoes in preheated 350 degree oven 30 minutes. Remove
from oven and, with metal spatula, lift and turn each potato
slice so that the exposed surface is against baking sheet.

Bake 30 minutes more at 350 degrees until potatoes are golden
brown and crunchy.

Place on warmed platter and serve immediately.



POTATO CRISPS

Maureen Vaessen

12 oz. scrubbed potatoes, sliced very thin. Place in bowl of ice water for 15 minutes. Blot dry on paper towels.
Preheat oven to 425 degrees. Spray 2 cookie sheets with non-stick spray. Place in single layers on the sheets. Bake for 10 to 12 minutes until light brown. Cool on rack.

POTATO DISH

**Maureen
Vaessen**

8# red sliced potatoes
3 pkgs. onion soup
1# margarine
2-3 cups of
water salt to
taste

Bake for one hour at 350 degrees.

POTATOES

Maureen Vaessen

2# frozen hash browns (thaw 1/2 hour)
1 pkg. Lipton onion soup
1 stick melted butter
1 small carton sour cream
1 can cream of mushroom soup
1 can milk

Mix ingredients together, then mix with potatoes and put in 13 x 9 cake pan. Spread 1/2 cup of shredded cheddar cheese on top of potatoes. Bake for 1-1/2 hours at 350 degrees.



POTATO SALAD

Nancy Proctor II

2# red potatoes--cooked and sliced
1/4 cup finely chopped onion
1 t. salt
1/4 t. pepper
1/4 cup Italian salad dressing
1/2 cup mayonnaise
1/2 cup chopped celery
2 hardboiled eggs
2 T coarse brown mustard
2 T sweet pickle relish

POTATO SALAD DRESSING

Maureen Vaessen

Mix:
2-1/2 T flour
2 t. dry mustard
2 beaten eggs

Add:
2/3 cup water
dash pepper
1 cup sugar
1/2 t. turmeric
2/3 cup vinegar
1 t. salt

Cook until thickens. Cool. Add an equal amount of miracle whip and mix. Mix at time of use. Sometimes may not want Miracle Whip.



RICE

Gerrie Pirman

1 cup rice (not minute)
2 cans onion soup
1 stick butter
1-1/2 cups chopped mushrooms

Melt butter and add rice and mushrooms. Stir until rice kernels are golden. Add soup and 2 cans of water. Bring mixture close to boing Cover, turn heat down to simmer and cook for 20 minutes.

RICE CASSEROLE

Nancy Proctor
(from Pat Peterson)

1-1/2 cups rice (regular)
3 cans Campbell's onion soup
3 cups water
3/4 cup butter
3 cans mushrooms
3/4 t. salt
3/4 t. pepper

Brown rice in butter. Put all the rest of the ingredients together. Bake at 300 degrees for 1-1/2 to 2 hours.

This same recipe was sent by Maureen vaessen.

SCALLOPED POTATOES

Maureen vaessen

4 cups sliced potatoes
2 T butter
1 small diced onion
1 cup hot water
1 can carnation milk
1 T flour
salt and pepper to taste

Place butter in electric fry pan or on low flame on range. Cut onion in this and sauté for 2 minutes. Add potatoes and stir until they have a clear look. Then add hot water and can of milk, salt and pepper. Cook at low temperature and stir once in a while. This only takes about 1/2 hour.



SESAME SEED POTATOES

Kathy Long

2# frozen hash brown potatoes
1 can cream of celery soup
1 can cream of potato soup
1 large pkg. cream cheese
16 oz. sour cream
salt and pepper

Mix together 1 hour before baking. Place in flat pan, 3 quart casserole, cover with sesame seeds, cheese or paprika.

Bake at 350 degrees for 1-1/2 hours.

This same recipe was also sent by Maureen vaessen.

TWICE BAKED POTATOES

Nancy Proctor

Add:
12 medium potatoes--boiled and mashed
1 cup sour cream
18 oz. cream cheese
2 t. salt
1 garlic clove, crushed
1/4 cup chives

Mix all together, put in casserole dish, pat with butter, sprinkle with paprika and bake at 350 degrees for 30 minutes.



SALADS

ANTIPASTO SALAD

Gerrie Pirman
(from Jayne Broeren)

Boil shell macaroni or spirals, drain

Mix together with: sliced hard salami
artichoke hearts, cut into quarters
fresh mushrooms, quartered
garbanzo beans
black olives
red onions, thinly sliced
celery

Dress with olive oil, lots of grated parmesan cheese, salt, black pepper, oregano and granulated garlic.

CABBAGE SALAD DRESSING

Maureen Vaessen

7-1/2 T vinegar
4-1/2 T water
4-1/2 T sugar
1-1/2 t. salt
small onion

Boil above and cool. Add 6 T oil. Pour over cabbage when ready to serve.

CHICKEN WALDORF SALAD

Donna Pirman

2 cups cubed chicken
1/2 cup coarsely chopped apple
1/2 cup sliced celery
2 T raisins
1/4 cup walnuts
1/2 cup miracle whip

Mix all ingredients until blended. Garnish with shredded carrots, if desired.



COOL WHIP JELL-O

Maureen Vaessen

1 large lime jello
1 large cool whip
1 small carton cottage cheese
1 small can crushed pineapple

Drain crushed pineapple. Mix all together. stir with a spoon.
Chill at least 2 hours. Add 1 t. lemon juice.

FESTIVE LAYERED SALAD

Nancy Proctor

1 cup small macaroni shells
4 cups shredded Romaine lettuce
4 carrots, pared and cut into 2" sticks
1 pkg. (10 oz.) frozen green peas, thawed
1 small red onion, halved, sliced crosswise and separated
into rings
1/2# piece cooked ham, cut into 1/2" cubes (2 cups)
1/2 cup shredded swiss cheese (2 oz.)
1-1/2 cups mayonnaise
2 T snipped fresh dill or 1-1/2 t. dill weed
2 hard cooked eggs, cut into wedges

Cook macaroni shells following package directions. Drain well in colander. Cool to room temperature.

Place lettuce in an even layer in the bottom of a 3 quart clear glass bowl. Arrange the carrot sticks in an even layer over the lettuce. cover with a layer of macaroni, then the peas, onion and ham. Sprinkle the top with Swiss cheese.

Combine the mayonnaise and dill in a small bowl. Mound the dressing in the center of the salad. Arrange the egg wedges around the dressing. Cover with plastic wrap. Chill several hours.

Just before serving, toss well to coat.



FRENCHDRESSING

Maureen Vaessen

1/2 cup sugar
2/3 cup catsup
1/4 cup mazzola oil
1 t. salt
1/4 cup vinegar
1 t. paprika
2 t. A-1 sauce
1 t. grated onion
1 t. garlic powder

FRUIT SALAD

Gerrie Pirman

20 oz. chilled can of pineapple in own
juice
2 bananas
1 chilled orange

Drain the pineapple, add the bananas and orange.

FRUIT SALAD

Maureen vaessen

1 pkg. vanilla pudding w/nutra sweet
16 oz. can peaches, no sugar, drained
20 oz. can pineapple, no sugar, drained
1/2 cup cool whip
1 cup juice from fruit

Reserve juice from fruits. Mix the two juices together and measure out 1 cup. Mix the 1 cup of juice with the pudding. Add fruit and cool whip.



HOLIDAY RIBBON RING

Maureen Vaessen

2 pkgs., 4-serving size, strawberry jello
5 cups boiling water
2/3 cup sour cream or vanilla yogurt
2 pkgs., 4-serving size, lime jello

Dissolve strawberry flavor jello in 2-1/2 cups boiling water. Pour 1-1/2 cups into 6 cup ring mold. Chill until set but not firm, about 15 minutes. Chill remaining jello in a bowl; gradually blend in 1/2 cup sour cream; spoon over jello in mold. Chill until set but not firm, about 15 minutes. Repeat using the lime jello. Chill 2 hours, unmold. I put each mold in freezer for 15 minutes.

HOT SPINACH SALAD

Patricia Peterson

Use the German Potato Salad dressing recipe, except no potatoes and you dice the onions. You can also add sliced strawberries and sunflower seeds (see Nancy's Spinach and Strawberries recipe). This is super good.

LIME JELLO SALAD

Maureen Vaessen

1 pkg. lime jello
9 oz. crushed pineapple
1/2 cup whipped cream
1 cup creamy cottage cheese
1 cup boiling water
1/4 cup chopped nuts

Beat jello until frothy. After it has slightly thickened, fold in the rest of the ingredients.



MELANGE SALAD

Nancy Proctor

2 heads romaine lettuce, washed and torn into 1
inch pieces

4 hearts of palm, cut in half, lengthwise

4 canned white asparagus spears, cut in half,
lengthwise

16 julienne pieces sweet red pepper

2 marinated or pickled artichoke hearts

24 small pitted black olives

1-1/2 cups coarsely chopped cooked shrimp

Crabmeat dressing

Divide romaine between 2 large salad plates. Arrange pieces of hearts of palm, asparagus spears and red pepper in pinwheel pattern over romaine. Place whole artichoke heart in center of each pinwheel. Sprinkle each salad with 12 black olives and 3/4 cup shrimp. Spoon dressing over salads.

Crabmeat Dressing:

1 T catsup

6 T mayonnaise

1 t. horseradish

4 t. cognac or brandy

1/2 cup shredded crabmeat

2 t. chopped fresh tarragon

3 stalks celery

In small bowl, combine all ingredients. Stir until blended.
Makes about one cup dressing.



ORIENTAL CABBAGE SALAD

Gerrie Pirman

1 pkg. cabbage for slaw
8 green onions
2 pkgs. ramen noodles
2 T sesame seeds
1/2 cup slivered almonds

Dressing: 1 T Accent
 4 T sugar
 2 t. salt
 1 t. pepper
 1 cup oil
 6 T rice vinegar

Mix cabbage and onions.

Break up ramen noodles into small pieces. Combine with sesame seeds and almonds on a cookie sheet and place in a 350 degree oven. Toss and watch until golden brown, about five minutes.

Just before serving, toss noodles with cabbage and dressing. (I only use about 2/3 of the dressing. Recipe could probably be cut by 1/3; I also use Equal instead of sugar.)

PINEAPPLE LIME VELVET

Patricia Peterson

1 pkg. lime flavored jello
1 cup boiling water
3 oz. pkg. cream cheese
2/3 cup crushed pineapple with its juice
1/2 cup finely cut celery
1/2 cup heavy cream, whipped

Add jello to water and stir until dissolved. Add cheese and beat with a rotary beater (or use blender, just for the cheese and jello) until cheese is well blended. Chill until slightly congealed, then add pineapple and celery. Fold in whipped cream lightly but thoroughly. I double this recipe.

Turn into a five to 6 cup mold that has been rinsed with cold water. Chill until firm. Unmold. 12 to 16 servings if the recipe has been doubled--6 to 8 servings if a single recipe is used.

The same recipe was submitted by Nancy Proctor except hers calls for sliced pimento olives.



PISTACHIO FRUIT SALAD

Maureen Vaessen

1 pkg. pistachio pudding, instant
20 oz. can chunk pineapple, do not drain
1 cup miniature marshmallows
1/2 cup chopped nuts
1/2 large cool whip

Mix all together. Refrigerate.

SPINACH AND STRAWBERRIES

Nancy Proctor

2/3 cup minus 1/4 cup sugar
1 t. dry mustard
1 t. paprika
1 t. celery seed

Mix all together.

1/4 t. salt
1/3 cup honey
1/3 cup white vinegar
1 T lemon juice
1 t. grated onion

Add 2nd mixture to 1st very slowly. Add 1 cup salad oil to mixture and blend well.

Pour over fresh spinach and fresh strawberries. Sprinkle with sunflower seeds.



STRAWBERRY SPINACH SALAD

Maureen vaessen

2 cups strawberries

Halve the berries and lay in bottom of flat dish. Sprinkle with 2 packets of equal.

Add: 6 cups fresh spinach
 12 fresh, sliced mushrooms

Dressing: 2 T oil
 3 T red wine vinegar
 2 T water
 6 pkgs. Equal
 1/2 t. salt
 1/4 t. dry mustard

SAUERKRAUT SALAD

Maureen vaessen

1# can sauerkraut, drained
1/2 cup green pepper, finely cut
2 cups celery, finely cut
2 or 3 green onions, include a portion of the stem, finely cut
1/2 cup sugar

Drain sauerkraut, mix ingredients and let stand in refrigerator.

SWEET AND SOUR MUSTARD

Patricia Peterson

1 cup dry mustard
1 cup malt vinegar

Mix together and let stand overnight or several hours. Do this so it isn't lumpy. Then add:

1 cup sugar
3 beaten eggs

Cook in double boiler stirring until it is thick. This is delicious and keeps well.



24 HOUR SALAD

Gerrie Pirman

1 head lettuce
1/4 cup onions
1/2 cup celery
1 can sliced water chestnuts, drained
1 pkg. frozen peas, not thawed

Mix lettuce, onions, celery and water chestnuts. Put in pyrex dish, 10 x 13, sprinkle peas over top. Spread 1 pint of Hellman's mayonnaise over top. Sprinkle 2 t. sugar and parmesan cheese over mayonnaise.

Cover with foil and refrigerate overnight. Then add:

3 boiled eggs, sliced
1# bacon, fried crisp and broken into pieces
2 tomatoes, sliced

Also submitted by **Maureen vaessen and Kathy Lonq**. Kathy's Note:
Do not substitute miracle whip for mayonnaise.

WATERGATE SALAD

Kathy Lonq

1 large carton cool whip
15 oz. can crushed pineapple
1/2 cup chopped walnuts
2 cups mini marshmallows
2 pkgs. instant pistashio pudding

Mix all of above in 9 x 9 dish. Top with additional Cool Whip, if desired.



LONG EATING ADVENTURES

SOUPS

BOOYAH

Donna Pirman

1/2 of 16 quart kettle of water
7# of stewing chickens
1 head of cabbage
2 chopped onions
2 stalks chopped celery

Boil above and skim off top.

Add: 2 T poultry seasoning
 6 t. chicken bouillon
 salt
 pepper

Cook the above for 4 hours.

Last 1-1/2 hours add:

3# chopped carrots
5# chopped potatoes

Add shortly before serving:

1 can of peas or 1 pkg. frozen peas
1 can of whole kernel corn

CHICKEN DUMPLINGS FOR SOUP

Maureen Vaessen

1 cup flour
2 unbeaten eggs
1/4 t. salt
1 t. baking powder

Mix above into a ball. Pinch off pieces and drop into soup.
Cool, about 10 minutes, as dumplings will stay hot.



LONG EATING ADVENTURES

CHILI

Patricia Peterson

3# lean ground beef
1 qt. water
6 T chili powder
10 medium chopped garlic cloves
1 t. marjoram
1/2 t. black pepper
3 T flour
1/4 cup olive oil
4 bay leaves (remove after one hour)
3 t. salt
1 t. cumin
1 t. red pepper
1 T sugar
6 T corn meal (optional)

Heat olive oil until it smokes; add meat and stir constantly over high heat until gray, not brown and consistency of whole cream corn; add water and cook covered at a low simmer for 1-1/2 hours. Add all other ingredients except flour and corn meal, stir well and simmer for 30 minutes. Skim off excess fat, add thickening (flour and corn meal) previously well mixed in cold water, stir well and cook five minutes, stirring constantly.

Serve with heated small red beans, chopped onions and spaghetti.

This recipe calls for one t. monosodium glutamate which I never use. It keeps well without it and can be frozen.

CHILI JOHN'S

Nancy Proctor

2# hamburger--brown
add water (2 glasses) and butter
2 t. garlic powder
2 T oil
2 t. ground cumin seed
1-1/2 t. salt
2 t. black pepper
2 t. cayenne pepper
1/4 to 1/3 cup of chili powder

Simmer for 30 minutes. Add 3 T flour and simmer 15 minutes.

Serve over beans and spaghetti with oyster crackers.

Also submitted by **Maureen Vaessen and Victor Long**. Victor uses 2# ground turkey, 4 glasses of water and 2 T butter. After simmering, he uses 4 T flour.



CORN CHOWDER

Jeffery Proctor

3-6 slices of bacon
1 medium onion chopped
1 cup (or more) potatoes cut up and
microwaved
2 cups frozen corn
2-1/2 cups milk
1 can cream of mushroom soup
2 T (or less) flour

Fry the bacon
pot. Add:

crisp. Remove from pan and use 3 T of grease in a
onions and fry till opaque
soup
corn
potatoes
flour

Stir. Then add milk and bacon. Stir again. Heat to boiling.
Reduce heat. Simmer 2 minutes. Add bacon for garnish.

CREAMY CAULIFLOWER SOUP

Harry Proctor

1 medium head cauliflower, broken into florets
1/4 cup (1/2 stick) butter or margarine
1/4 cup chopped onion
1/4 cup flour
3 cups chicken broth
2 cups milk
1 t. worcestershire sauce
1 cup (4 oz.) shredded sharp processed American cheese
Snipped fresh chives for garnish (optional)

In saucepan, cook cauliflower in small amount of boiling, salted water 10 to 15 minutes or until tender. Drain and coarsely chop.

In large saucepan over medium heat, melt butter and cook onion until limp. Blend in flour. Add chicken broth, milk and worcestershire sauce. Cook until mixture thickens slightly.

Add cauliflower. Bring to boil and stir in cheese. Cook, stirring, until cheese melts.

Ladle into serving bowls and, if desired, sprinkle with chives.

NOTE: Broccoli can be used in place of cauliflower.



HEART SMART BEEF NOODLE SOUP

Gerrie Pirman

8 cups water
1 T. beef bouillon granules
2 t. non salt seasoning blend
1/2 t. onion powder
1/2 t. garlic powder
1/2 t. salt
4 oz. cholesterol-free egg noodles
2 cups frozen mixed vegetables
1# boneless beef sirloin, cut into 1/2"
cubes

Bring water, bouillon, seasoning blend, onion powder, garlic powder and salt to boil in dutch oven or stock pot. stir in noodles and frozen vegetables. Return to boil and cook 10 to 12 minutes or until noodles are tender.

Meanwhile, coat large nonstick skillet with vegetable cooking spray. Cook beef cubes in skillet over medium-high heat, stirring frequently, just until cooked through, about 3 minutes. Add to cooked noodle mixture and heat through.

LEEKSOUP

Maureen Vaessen

4 chopped leeks
3 chopped carrots
4 chopped celery stalks

Boil the above separately.

Boil: 5-10# of potatoes, cut up

Mash the potatoes when done, not mashed fine, small chunks. Combine vegetables and potatoes to desired consistency.



NEW ENGLAND CLAM CHOWDER

Maureen Vaessen

2 or 3 T butter
1 cup finely chopped onion
3 cups cold water
4 cups potatoes cut into 1/4" cubes
16 oz. chopped clams
2 cups milk
1/8 t. thyme
1 T salt
1 T freshly ground pepper
1 or 2 T butter
paprika

Use a 2 or 3 quart heavy saucepan. Melt 2 or 3 T butter over moderate heat; add onions. Cook for about 5 minutes, stirring occasionally until onions turn a light golden brown. Add potatoes and enough water to cover. Bring to a boil and cook until potatoes are tender but not falling apart. Add the clams with juices, the milk and thyme. Taste and season with as much salt and pepper as you'd like. Add 1/2 t. crushed rosemary. Heat almost to boiling. stir in additional butter and a little paprika, if you like.

ONION SOUP

Nancy Proctor

1 cup chopped onion
2 T butter
1 can bouillon or consommé

Melt butter and cook onions until lightly browned and soft. Pour in soup and fill can with water and pour in. Do not boil.



ONION SOUP AU GRATIN

Victor Long

2 medium-large onions, peeled and coarsely
chopped
6 T butter
1 T flour
1 cup dry white wine
2 cups beef stock
salt
freshly ground black pepper
pinch of nutmeg
10 T grated Gruyere cheese (or swiss)
8 to 12 small slices of french bread or
small squares of bread

Sauté the onions in 3 T of butter in a heavy saucepan over medium heat until they are limp and golden brown, shaking the pan well as they cook so they don't stick or burn. Stir in the flour, then mix in the wine and the beef stock. Season with salt and pepper to taste and add the nutmeg. Cover and simmer over very low heat for 1 hour, then add 2 T of the cheese.

While the soup simmers, melt the remaining 3 T of butter in a skillet and sauté the bread over medium-high heat until crisply brown on both sides. Ladle the soup into oven proof bowls; arrange two or three of the fried bread croutons on top and sprinkle with about 2 T cheese. Put in a 450 degree oven or under a hot broiler until the cheese melts and forms a thick browned crust.



SHRIMP GUMBO

Patricia Peterson

4 qts. water
2 oz. shrimp-crab boil (1/4 cup)
2-1/2# peeled and deveined shrimp
3 T each butter and bacon fat
1 cup diced celery
1 cup diced onion
1 cup diced green pepper
2-28 oz. cans tomatoes
1 t. dried thyme
1 clove garlic, minced
1 bay leaf
1 t. worcestershire sauce
1 T gumbo file powder
1 t. salt
1/2 t. pepper
10 oz. pkg. frozen cut okra, thawed
1/4 cup rice (I don't use the okra, and
increase the rice to 1/2 or 3/4 cups)

In a large pot, bring 4 quarts water to a boil. Tie shrimp boil in a cheesecloth bag. Add to the boiling water with the shrimp. Bring to a boil, reduce heat and simmer 10 minutes. Turn off heat and let stand 10 minutes. Drain shrimp, reserving 2 cups of stock. Put butter and bacon fat in a dutch oven; add celery, onion and green pepper. Cook until tender. Add 2 cups shrimp stock, tomatoes, thyme, garlic, bay leaf, worcestershire sauce, file powder, salt and pepper; simmer 45 minutes. Add shrimp, okra and rice; simmer 30 minutes or until rice is tender.



VEGETABLES

BAKED BEANS

Maureen vaessen

2 cups small beans
1 t. baking soda
2 t. salt
1-1/2 T molasses
3 t. prepared mustard
12 T catsup
4 T sugar
1 large onion
1/2 cup tomato juice
1/4# bacon

Cover beans with water and bring to a boil. Add baking soda. Cook until skins pop when you blow on them, about 20 minutes. Combine salt, molasses, prepared mustard, catsup and sugar. Chop onion, 1-1/2 cup water from beans, drained from before, tomato juice; add to beans, mix and bake for six hours at 250 degrees. Place 1/4# bacon on top of beans.

BOSTON BAKED BEANS

Patricia Peterson

1# navy beans
2 t. dry mustard
1 T salt
1/4 t. pepper
2 medium onions quartered
1/4 cup brown sugar
1/4 cup molasses
2 T vinegar
a speck of cinnamon and clove
1/4# bacon

Pick, wash and cover the beans with 3 cups of water and soak overnight. Add 2 cups of water and the remaining ingredients, except bacon. Cut bacon at 1/2" intervals and place in the bottom of bean pot (casserole dish) and bake in a 250 degree oven for 6 to 8 hours covered or until tender and bake uncovered for last 30 minutes.

Checks throughout baking to make certain the beans are covered with water. Add more brown sugar (about 2 T and another t. of vinegar).



BROCCOLI AND CAULIFLOWER

Colleen Turnquist

2 pkgs. frozen broccoli
2 pkgs. frozen cauliflower
2 cans cream of chicken soup
2 small jars cheese whiz
2 cans dry onion rings

Mix cauliflower, broccoli, soup and cheese. Put in buttered cake pan. Bake at 350 degrees for 1 to 1-1/2 hours. Top with onions for the last 15 minutes.

BROCCOLI CASSEROLE

Maureen Vaessen

2 cups cooked rice
1 stick butter or margarine
1 can cream of chicken soup
1 can cream of mushroom soup
1 small jar cheese whiz
1 cup diced celery
1 cup diced onions
10 oz. pkg. broccoli
parmesan cheese

Put celery and onions in buttered 9 x 13 inch pan. Put butter in hot rice to melt. Add soups and cheese whiz to rice mixture. Add broccoli. Then put over celery and onions. Put parmesan cheese over top. Bake at 350 degrees for 40 minutes.

BROCCOLI SAUCE OVER RICE

Kathy Long
(from Gerrie Pirman)

Fry the following together for 5 minutes
1 T oil
1 pkg. chopped, thawed broccoli
1 medium onion, diced

Add:

1 can cream of chicken soup
1/2 cup cheese whiz
1/2 cup milk
1 t. salt

Heat and cook for 4 to 5 minutes. Serve over rice.



CAULIFLOWER

Maureen Vaessen

1 head cauliflower, separated and cooked
1 can cream of shrimp soup
3 oz. cream cheese with chives
salt and pepper
2 t. lemon juice

Mix all together and bake at 350 degrees for 1/2 hour.

CELERY/BEAN CASSEROLE

Nancy Proctor

1 1/2 cups celery, sliced
1 1/2 cups canned green beans, drained
1/4 cup almonds, slivered
1/2 cup water chestnuts, sliced
3 T plain flour
1 cup chicken broth
3/4 cup half and half
1/2 cup mushrooms, halved
Dash Worcestershire
1/2 cup Parmesan cheese
1/2 cup Ritz cracker crumbs

Parboil celery until almost tender. Put celery and green beans in a 1-1/2 quart casserole with almonds and water chestnuts. Melt butter in saucepan, add flour and stir until smooth. Slowly stir in broth and half and half. Stir over low heat until thickened. Add mushrooms, salt, pepper and Worcestershire. Pour over celery and beans. Sprinkle with cheese and crumbs. Bake at 350 degrees until hot and bubbly.



COUNTRYCARROTRELISH

Maureen Vaessen

Cook 5 cups of carrots until tender and crisp. Drain and cool. In large bowl, combine 1 large chopped onion and carrots. In blender:

3/4 cup sugar
3/4 cup vinegar
1 t. dry mustard
1 t. worcestershire sauce
1 t. seasoned salt
1 t. pepper
1 can tomato soup

Blend and pour over carrots. Stir. Cover and refrigerate for at least 24 hours before serving. Keeps a long time.

DILL PICKLES

Maureen Vaessen

4 cups water
1 cup vinegar
1/4 cup sugar
1/4 cup canning salt (scant)
1/4 t. alum

Bring to a boil and pour over sliced cucumbers which have been packed with dill and 1/2 clove. Have jars in hot water while adding the above. Then, process in hot water for 8 to 12 minutes. Makes about 3 quarts. Do not soak the cucumbers in water.

FREEZER SWEET PICKLES

Maureen Vaessen

2 quarts cucumbers, peeled and sliced
1 medium onion
sprinkle with 1 T salt

Let above stand for at least two hours.

Drain and mix: 1-1/2 cups sugar
 1/2 cup vinegar

Add to sliced cucumbers and freeze. These also keep in refrigerator for about 3 weeks.



LAYERED VEGETABLES

Kathy Long

one can french cut green beans, drained
sliced fresh or canned mushrooms
frozen cauliflower
frozen broccoli

Layer the above in a baking dish.

Sauce:

1 can mushroom soup
1/2 can evaporated milk

Heat sauce and pour over vegetables. Put sliced Velveeta on top.
Bake uncovered at 325 degrees for 1-1/4 hours.

Same recipe submitted by **Maureen Vaessen**.

OPEN JAR PICKLES

Maureen Vaessen

1/2 t. alum
garlic
dill
water
pickling cucumbers
pickling spice
grape leaves
5 T salt

One gallon jars. May sit open a week, then store in
refrigerator.



RUTABAGAS AU GRATIN

Nancy Proctor

3 T butter
2 T flour
1/4 t. salt
Dash of pepper
1 cup milk
1/2 cup grated sharp Cheddar cheese
2 cups mashed, cooked rutabagas
1/4 cup bread crumbs

Melt 2 T butter in a small saucepan. Add flour and seasonings and blend well; add milk gradually and stir and cook until thickened (about 5 minutes). Add cheese and stir until melted. Pour sauce over rutabagas in a greased one quart casserole. Combine crumbs with remaining butter and sprinkle on top. Bake uncovered in a preheated 400 degree oven 15 minutes.

SAUERKRAUT

Maureen vaessen

In a large container, thoroughly mix 3 T of canning salt with 5# shredded cabbage. Let the salted cabbage stand for several minutes to wilt slightly. Pack the salted cabbage firmly and evenly into the crock. Tamp down (potato masher works) until juice comes to the surface. Repeat the shredding, salting and packing of cabbage until the crock is filled within 3 to 4 inches of the top. Cover with muslin, tuck edges down against the inside of the container. cover with a plate that just fits inside the crock so that the cabbage is not exposed to the air. Place something on the plate as a weight. Fermentation is completed in about 3 to 4 weeks. Pack in jars and seal.



VEGETABLE CASSEROLE

Maureen vaessen

16 oz. bag mixed cauliflower, carrots and
broccoli
1 can cream of mushroom soup
1 cup grated swiss cheese
1/2 cup sour cream
1/4 t. pepper
4 oz. jar pimento, cut up
1 can onion rings

Combine vegetables, soup, sour cream and pimento and 1/2 can onion rings. Cover and bake at 350 degrees for 30 minutes. Top with remaining cheese and onion rings and bake uncovered for additional 5 minutes.

VEGETABLE PLATTER

Nancy Proctor

Whole small cauliflower in center. Broccoli arranged around, then carrots, green pepper rings leaning up against cauliflower. Light vegetables to center. Stir around edges. Cover tightly with glad wrap.

Cook in microwave 6 minutes per pound. About 18 minutes cooking and 6 minutes standing. Pour cheese sauce or garlic butter over vegetables.

2 cups sifted flour	$\frac{1}{4}$ Cup sugar
$\frac{1}{4}$ Teaspoon salt	1 Cup Chopped Pecans
$\frac{3}{4}$ Cup butter	
	2 Teaspoons Vanilla
	Confectioners sugar

Sift flour once - measure - Add
 salt & sift again. Cream butter
 until soft, add $\frac{1}{4}$ Cup sugar
 gradually, beat well. Add nuts
 meat and flavoring. Add flour
 & mix thoroughly. Shape dough
 into finger lengths. Place on
 greased paper sheet about 1 inch
 apart. Bake in moderate oven (350°)
 10 - 12 minutes.

Remove from oven & while still
 hot roll in Confectioners sugar.
 Cool & roll again in Confectioners
 sugar until well coated shake off
 surplus. When cooled store in
 covered container.

Mother's Collection

1-10¢ Cake Yeast
1 Tablespoon sugar
1 cup Lukewarm Water
1 cup Milk
9 Tablesp. shortening
 $\frac{1}{2}$ cup sugar
1 tea. salt
7 cups flour
3 eggs beaten

Dissolve yeast & 1 Tablesp.
sugar in Lukewarm Water
Scald Milk & add shortening
Sugar & salt. Cool to lukewarm.
Add two cups flour to make
batter. Add yeast & beaten
eggs. beat well - Add remaining
flour as enough to make
soft dough. Cut pie crust
boullie in milk.

7 off

$\frac{1}{2}$ lb butter

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

Cook to Hard Crack stage.
When done put in mold.
Then form in pan to cool.
When cool break in pieces &
dip in Chocolate.

Fudge balls.

2 ft dipping choc.

$\frac{1}{2}$ ft whipping Cr.

Melt Chocolate - whip Cream &
add to cooled choc. Let
stand until ready to make in
balls - Roll in Chopped Peanuts.

butter

sugar

water

flour

salt

peppermint

flour

salt

peppermint

Datc. Cake

1 Cup sugar

1 Tablespoon butter

1 egg

$\frac{1}{2}$ cup dates cut up.

1 cup boiling water & 1 teaspoon
baking soda pour over dates.

$\frac{1}{2}$ cup walnuts

1 teaspoon baking Powder

$\frac{1}{4}$ cups flour Bake in 350° oven
40-45 min.

(over)

2 pastries

9 tbsps. Brown sugar

3 " Cream

3 " Melted butter

$\frac{1}{2}$ cup Coconut

$\frac{1}{2}$ " nuts

Fruit in sauce pan over fire
till dissolved Put on cake
while warm & brown under

Broiler

~~Meat - 7 lbs~~ : Nancy Proctor

1967

2 # slab bacon - sliced	178
3 $\frac{1}{4}$ 2 # pkgs. chopped beef	354
20 - Holiday ham were been w/	219
3 large small from bologna	289
42 small pork sausages	259
15 ²⁵ slices big bologna	63
15 slices big small beef	98
15 slices non-smoked pressed ham	98
	(over)

~~15~~ Slices large summer sausage 110

1 - 3 to 4 # pork roast	352
2 pkgs. pork chops - 8 in pig	447
4# spareribs Round Steak	152
1 Blade pot roast	234
1 arm roast	224
1 bone Sirloin Steak (about 1" thick)	240
5 $\frac{1}{4}$ lbf lump of Sirloin tip roast	539
1 lb Butter and lard	<u>38.58</u>

Cook's Chart

Equivalents

3 teaspoons (t) = 1 tablespoon (T)	1 cup = 1/2 pint
4 tablespoons = 1/4 cup	2 cups = 1 pint
5 1/3 tablespoons = 1/3 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	4 quarts = 1 gallon
16 tablespoons = 1 cup or 8 ounces	8 quarts = 1 peck
1 cup = 8 fluid ounces (oz.)	4 pecks = 1 bushel

Emergency Substitutes

1 square chocolate = 3 tablespoons cocoa + 1 tablespoon butter
1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
1 cup butter milk = 1 cup yogurt
1 cup milk = 1/2 cup evaporated milk + 1/2 cup water
1 cup sour milk = 1 cup milk + 1 tablespoon lemon juice or vinegar
1 cup cake or pastry flour = 1 cup all-purpose less 2 tablespoons
1 teaspoon baking powder = 1/4 tsp. baking soda + 1/2 tsp. cream of tartar
1 cup sugar = 1 cup honey (use 1/4 cup less liquid in recipe)
1 cup brown sugar = 1 cup granulated sugar
1 cup oil = 1/2 lb. butter or margarine
1 tablespoon prepared mustard = 1 teaspoon dry mustard
1 clove garlic = 1/8 teaspoon garlic powder

Crumbs

1 slice bread = 1/2 cup crumbs
14 graham cracker squares = 1 cup crumbs
18 chocolate wafers = 1 cup crumbs
22 vanilla wafers = 1 cup crumbs

Dairy

cheese: 4 ounces = 1 cup shredded
1 pound = 4 cups shredded
butter: 1 stick = 1/2 cup
4 sticks = 2 cups = 1 pound

Pasta and Rice

macaroni: 1 cup uncooked = 2 1/2 cups cooked
noodles: 1 cup uncooked = 1 cup cooked
spaghetti: 8 cups uncooked = 4 cups cooked
rice: 1 cup uncooked = 3 cups cooked

Popcorn

1/4 cup unpopped = 5 cups popped

Sugar

1 lb. granulated sugar = 2 c. granulated sugar
1 lb. brown sugar = 2 1/4 c. brown sugar, packed
1 lb. confectioners sugar = 3 3/4 c. confectioners sugar

Herbs

1 teaspoon dried = 1 tablespoon fresh