

Flavors ~ of ~ Jefferson Lab

CRACKED
WHEAT
FLOUR

Apple Jelly

1023



Flavors of Jefferson Lab

*A Collection of Cultural Delights by
Thomas Jefferson National
Accelerator Facility
12000 Jefferson Ave.
Newport News, VA 23606*



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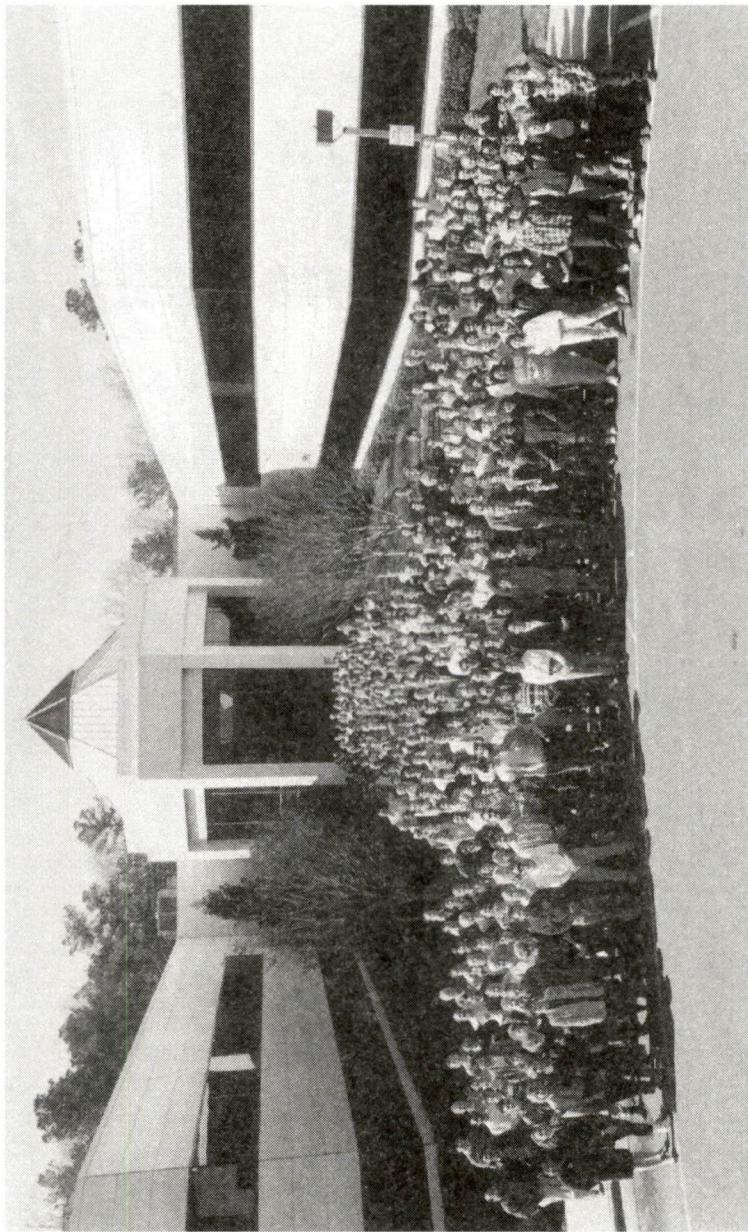
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Dear Colleagues at Jefferson Lab,

I was pleased when asked to write a letter that would be included in a book of recipes contributed by our staff. One of the advantages of working in a national user facility with an international user community is the diversity of backgrounds that are represented. This is no more vividly represented than in the food that we eat. From corned beef and cabbage to baklava to Indonesian satay, food reflects a pride in our heritage and through this cookbook we get to share that pride with others.

Breaking bread together has always been a way of sharing and building relationships. This cookbook allows our staff to share with each other a bit of themselves by sharing their ethnicity, their childhood favorites and even new dishes from distant lands. I hope that as you look through this book and even try some of the dishes for yourself, you gain an appreciation of the diversity that make Jefferson Lab staff world-class citizens of the world.



Hermann A. Grunder





CEBAF Timeline

- 1976 Facility envisioned and requested by physicists to answer emerging questions about the quark structure of matter.
- 1979 Need for new accelerator stated in first Nuclear Science Advisory Committee (NSAC)
- Long Range Plan for Nuclear Science chaired by John Schiffler from Argonne National Laboratory.
- 9/5/80 Southeastern Universities Research Association (SURA) formed through the initiative of James McCarthy, University of Virginia, with Harry Holmgren, of the University of Maryland, as the founding President.
- 1980 The initial accelerator design was developed by McCarthy.
- 12/80 The initial proposal, then called the National Electron Accelerator Laboratory (NEAL), was approved by SURA for submission to the Department of Energy and the National Science Foundation for funding. Harry Holmgren became first President of SURA.
- 1982 In a response to a call for proposals from DOE, SURA submitted a revised second proposal.
- 1983 The SURA proposal was selected by the Department of Energy after competition with Massachusetts Institute of Technology, University of Illinois, Argonne National Laboratory and the National Bureau of Standards.
- 7/83 DOE renames NEAL the Continuous Electron Beam Accelerator Facility (CEBAF).
- The Commonwealth of Virginia provided \$160,000 in start-up funding.
- 1984 The Newport News site was selected and initial federal funding was received for research, development and design.
- Commonwealth of Virginia contributed \$1M per year (to fund nine Governor's Distinguished CEBAF Professorships and Scientists) and 17.5 staffed positions.
- 8/84 James McCarthy of the University of Virginia was named the Director of CEBAF.
- 5/85 SURA recruited Hermann Grunder, Deputy Director of Lawrence Berkeley Laboratory to be CEBAF Director.
- 6/85 Grunder appointed Christoph Leemann, Anthony Chargin and James Coleman Associate Directors.
- 12/4/85 CEBAF staff prepared designs and plans for a cost-effective, upgradeable, superconducting radio frequency (SRF) accelerator, which DOE endorsed.
- 2/86 Construction funding requested in President Ronald Reagan's FY 1997 budget.
- 5/86 J. Dirk Walecka joined CEBAF as Scientific Director.
- 2/87 Construction of CEBAF started, during first meeting of the Program Advisory Committee. The City of Newport News gave DOE \$2.3 million to buy the site.
- 6/87 First cavity pair test met specifications.
- 7/87 SRF laboratory established at CEBAF; Ronald Sundelin appointed Associate Director for SRF Technology.
- John Domingo appointed Associate Director for Research.

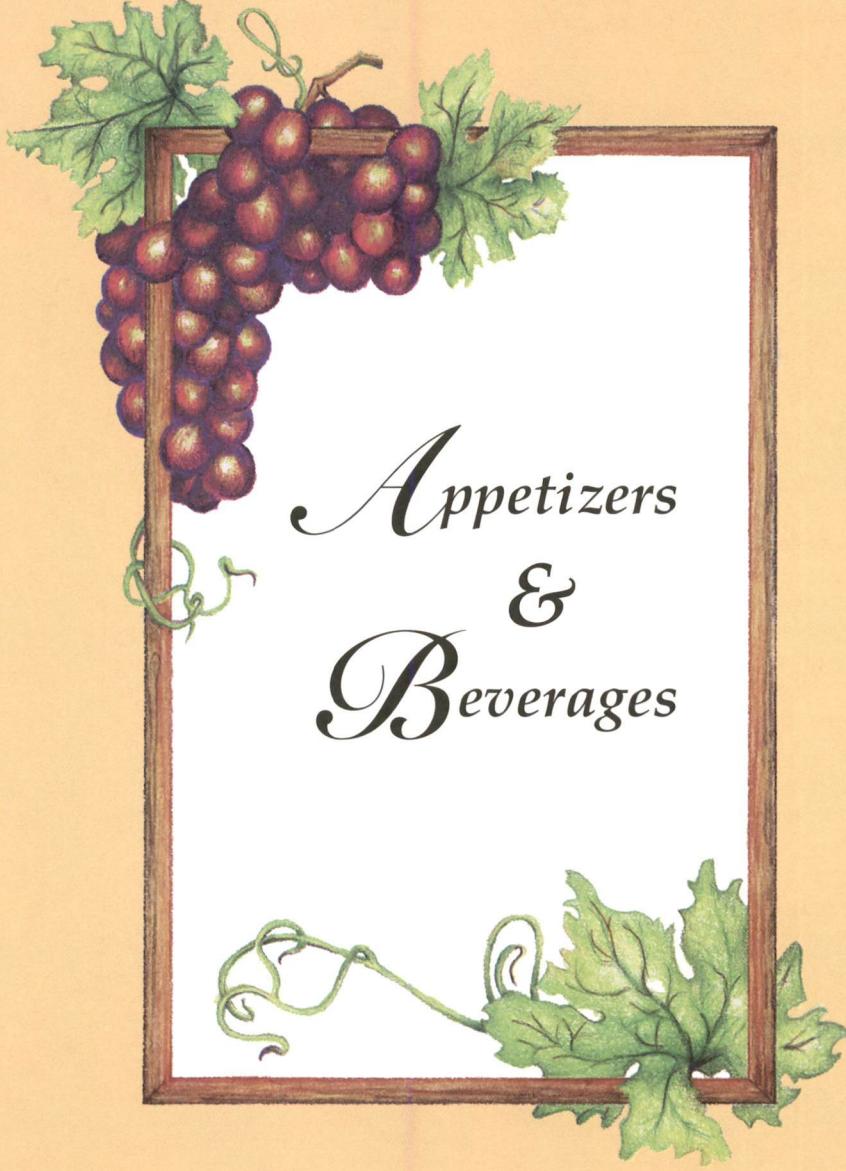


10/87	William Wallenmeyer became President of SURA.
1/88	First cryounit tested successfully.
5/24/88	Groundbreaking for CEBAF Center.
5/88	End Station conceptual design completed by Architectural/Engineering firm Daniel, Mann, Johnson and Mendenhall (DMIM), which incorporated the final circular end station configuration.
7/88	Hermann Grunder announced change from four-pass to five-pass accelerator design.
1988	DOE named K. Dean Helms its CEBAF Site Office Manager.
	City of Newport News funded the construction of a guest house at CEBAF.
3/89	Beverly Hartline named CEBAF Project Manager .
10/89	CEBAF Center dedicated.
7/89	First cryomodule completed.
7/1/90	Nathan Isgur became Theory Group Leader at CEBAF.
1990	First cryomodule installed.
1991	Innovative science education program called BEAMS (Becoming Enthusiastic about Math and Science) started for fifth and sixth-grade classes.
6/91	Front End Test achieved 45 MeV design performance in accelerator tunnel.
8/91	Industrial Advisory Board formed. Free Electron Laser (FEL) proposed by a team led by Fred Dylla, George Neil and Joe Bisognano.
5/92	Dennis Barnes became President of SURA.
8/92	North linear accelerator commissioning tests began.
7/93	Laser Processing Consortium formed.
12/23/93	Last Cryomodule installed.
3/94	NASA panel reviewed FEL proposal.
6/94	Central Helium Liquefier (CHL) produced superfluid—liquid helium cooled near absolute zero. This accomplishment doubled the world's capacity for production of the super-cooled liquid.
7/24/94	First single-pass, 800 MeV (million electron volts) pulsed beam delivered to Hall C target.
12/17/94	Beam circled accelerator three times before hitting Hall C target with a 2.17 GeV (billion electron volts) beam.
5/9/95	Five-pass, 4 GeV pulsed beam delivered to Hall C target.
5/24/95	Five-pass, 4 GeV continuous beam delivered to Hall C target.
11/15/95	Delivery of beam for physics in Hall C began. First experiment led by Don Geesaman of Argonne National Laboratory.
4/96	Start-up infrared FEL with Navy funding.
4/18/96	First single-pass 845 MeV beam delivered to Hall A target.
4/19/96	One-pass 1-GeV beam accelerated.
5/9/96	Groundbreaking for the Applied Research Center.
5/24/96	CEBAF Dedicated by SURA. Laboratory named Thomas Jefferson National Accelerator Facility.



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*Appetizers
&
Beverages*

Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go farther, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass insures the correct serving amount.
- Make your own spiced tea or cider! Place orange peels, whole cloves, and cinnamon sticks in a 6 inch square cheesecloth. Bring up corners and tie with string. Add to hot cider or tea for 10 minutes (longer if you want a stronger flavor).
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to beverage recipes.
- When possible, float an ice ring in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for every cup of water.
- Cheeses should be served at room temperature (approximately 70°).
- When serving hors d'oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.

Appetizers & Beverages

Appetizers

BOURBON HOT DOGS

Bill Williams

1 lb. Hot Dogs, sliced bite-sized	1 1/2 C. Catsup
3/4 C. Bourbon	1/2 C. Brown Sugar

Combine all ingredients in a saucepan. Simmer for 1 hour. Can be frozen. Cook for 20 minutes.

BUFFALO WINGS

Eric Woodworth

2 C Yashida Gourmet Sauce	5 Lb Chicken Wings
1/2 C Balsamic Vinegar	(segmented, tips discarded)
1/2 C Blush Wine	2 Envelopes Lipton Onion Soup
10 Cloves Garlic (finely diced)	Mix
6 Dried Red Habanero Pods (adjust for taste)	

Grind four Habanero pods in a food processor. Be very careful these peppers are extremely hot and can cause blistering. Mix wine, Yashida Gourmet Sauce, vinegar, ground Habanero, and garlic to form marinade. Place chicken wings in gallon Ziploc baggie. Pour all but $\frac{1}{2}$ cup of the marinade over chicken. Add water to chicken to cover. Remove as much air from Ziploc as possible making sure all the chicken is in marinade. Place in refrigerator for up to 48 hours (the longer the better). Broil chicken until well browned bordering on blackened. Turn and repeat. While wings are broiling, powder onion soup mix and remaining two Habanero pods in a food processor. Add powdered mixture to reserved marinade. Place broiled chicken in a disposable aluminum pan and pour reserved marinade mixture in. Mix wings to coat with mixture. Cover with foil and bake at 300° for $\frac{1}{2}$ hour.

GRAND LAKE DIP

Lori A. Beckett

1 1/2 Lbs. Ground Beef	1 Lb. Mexican Velveeta, cut into chunks
1 Lg. onion, diced	1 Sm. Jar Picante Sauce

Brown ground beef with onion, green pepper, and garlic. Drain well. Add cheese and stir over low heat until it is melted. Add picante sauce and heat through. Serve with large size Fritos.

HOT CRAB DIP

Janet Prater

- 1 Lb. Crab (or sea legs)
16 oz. Cream Cheese
1/2 C. Evaporated Milk
1 Tsp. Lemon Juice**

- 2 Tsp. Mustard
1/4 Tsp. Garlic Powder
2 Tbs. white Wine (optional)**

Combine evaporated milk, lemon juice, mustard, garlic powder, and wine in large bowl. Soften cream cheese and stir into above mixture until slightly lumpy in texture. Shread crab (or break sea legs) into small pieces and fold into cream cheese mixture. Pour into baking dish. Bake uncovered at 350° for 20 minutes. Serve warm with several types of crackers.

LOADED CHEESE FRIES

Jennifer J. Williams

- 1 Bag Shoe String Potato French Fries
1 Bag Shredded Cheddar Cheese**

- 1 Bag Shredded Monterey Jack Cheese
1 Container Bacon Bits
Scallions**

Fry bag of French fries in large pan to a golden brown. Season fries with salt. Spread out desired amount of cheddar cheese and Jack cheese over fries. Top with bacon bits and scallions. Microwave for 1½ to 2 minutes on plate until cheese is melted. Serve hot with ranch dressing or ketchup.

MEXICAN ROLL UPS

Teresa Davis

- 10 Lg. Flour Tortillas
2 8 oz. Pkg. Cream Cheese
1 Can Chopped Green Chilies**

- 1/4 Tsp. Garlic Salt
1 C. Grated Cheddar Cheese
1 Jar Picante Sauce**

Mix by hand cream cheese, chilies, salt, and cheddar cheese. Spread on flour tortilla and roll up. After all 10 tortillas are rolled, place in refrigerator for approximately 30 minutes. Slice tortillas in 1 inch increments. Ready to eat and great when dipped in picante sauce.

SAUSAGE BALLS

Rick Wolfley

- 2½ C. Bisquick
1 Lb. Ground Sausage**

- 8 oz. Sharp Cheddar Cheese**

Let sausage and cheese sit in room temperature for a short while until soft. Knead all ingredients together until well mixed. Roll into one inch balls. Bake on cookie sheet 20 to 25 minutes at 350°.

SPINACH BALLS

Diane Hoegerl

- 3 Boxes Frozen Chopped Spinach, cooked and well drained**
12 oz. Stove Top Stuffing
1/2 - 3/4 C. Parmesan Cheese
1 Lb. Mozzarella Cheese, grated

- 9 Eggs, beaten**
2 Lg. onions, chopped
1 C. Oleo Melted
2 Tsp. Salt
1 Tsp. Black Pepper
1/2 Tsp. Garlic Powder

Mix all ingredients well. Form into small balls. Place on cookie sheet. Freeze. After frozen, place in Ziploc bags and freeze until needed. Bake frozen in 375° for 20 minutes.

TEX-MEX DIP

Jian-Ping Chen

- 2 10.5 oz. Cans Bean Dip**
3 Avocados
2 Tbs. Lemon Juice
8 oz. Sour Cream
1 Pkg. Taco Seasoning

- 1 Bunch Chopped Onions**
3 oz. Chopped Black Olives
1 Chopped Tomato
8 oz. Shredded Sharp Cheddar Cheese

Mash avocados with lemon juice. Mix sour cream and taco seasoning. Layer on serving dish in the following order: bean dip, avocados and lemon juice, sour cream and taco seasoning. Top with remaining ingredients. Serve chilled or at room temperature with tortilla chips.

Beverages

**EAST COAST GRILL LAST
RESORT COCKTAIL
(Beverages)**

Julie Black

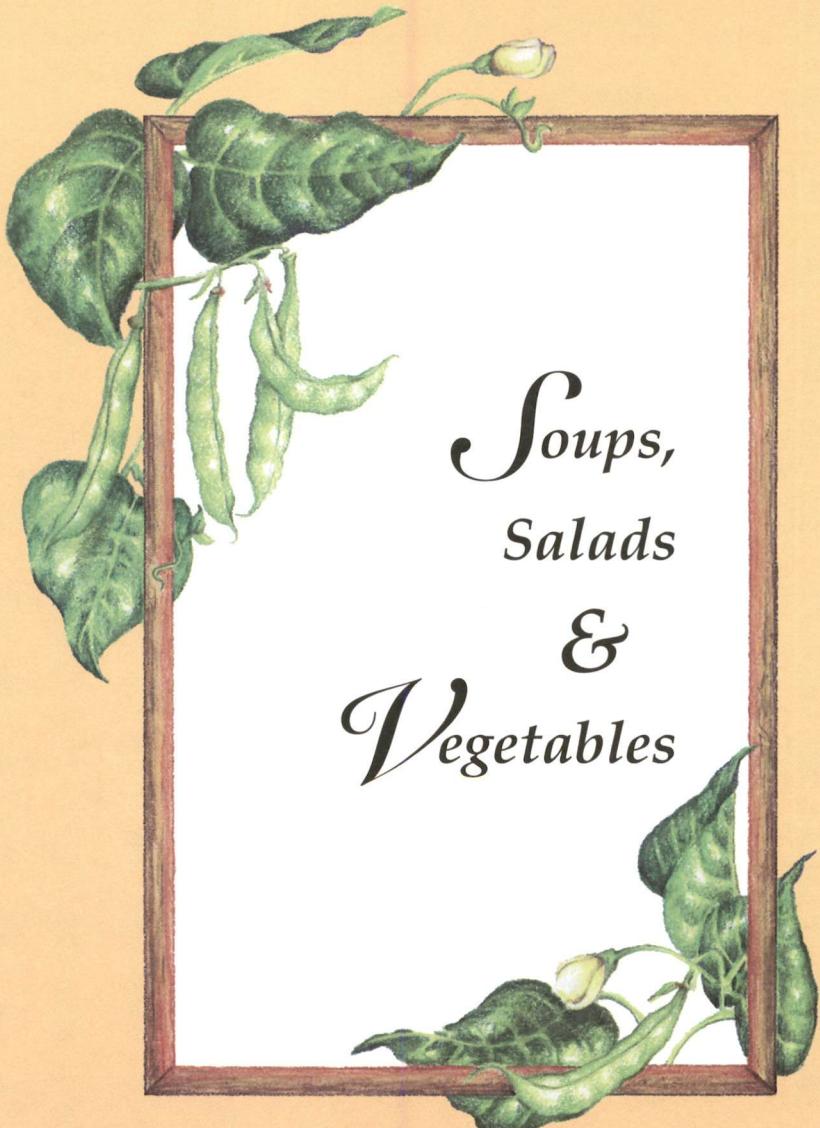
- 1 12 oz. Can Papaya Juice**
2 12 oz. Can Guava Juice
1 1/4 C. Pineapple Juice
1 1/4 C. Orange Juice
1 8 oz. Can Coco Lopez
1/2 C. Grenadine

- 1 Jigger (2 oz.) Golden Run per Drink**
1 Splash Dark Rum per Drink
1 Slice mango or Papaya per Drink for Garnish

Combine papaya, guava, pineapple, and orange juices in a large container with Coco Lopez and grenadine and mix well. Fill a 1 oz. glass with ice and add 1 shot (2oz.) of golden rum such as mount gay or Ron Del Barrilito. Fill the glass to the top of the ice level with the juice mixture and pour the contents of the glass into a blender. Blend about 1 minute and pour into a fancy glass and garnish with a slice of papaya or mango. Float a splash of dark rum such as Meyer's or Goslings on top. Makes 8 drinks.

Appetizers & Beverages

Recipe Favorites



*Soups,
Salads
&
Vegetables*

Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full, add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables that grow above ground, remember to boil them without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking vegetable greens helps retain their fresh color.
- Never soak vegetables after slicing; you will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or placing them in the freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seed, toasted chopped nuts, crumbled cooked bacon, canned french-fried onions, or slightly crushed seasoned croutons.
- When you're grilling your main dish, try grilling your vegetables, too, for an easy no-mess side dish.

Soups, Salads & Vegetables

Salads

BROCCOLI SALAD

Teresa Davis

3 Lg Heads Broccoli	7 pcs Bacon (crumbled)
1 C Raisins	1/2 C Miracle Whip
1 C Swiss Cheese (grated)	1/4 C Sugar
1/4 C Red Onion (chopped)	2 Tbls Vinegar

Mix sugar, Miracle Whip, and vinegar together, set aside. Cut Broccoli into bite size pieces, put in large bowl. Mix remaining ingredients in with broccoli. Pour Miracle Whip mixture over top, stir. Refrigerate for 1 hour.

GERMAN CUCUMBER SALAD

Lori A. Beckett

1 Lrg Cucumber	1 Tbls White Vinegar
1/2 Tsp Salt	1/2 C Sour Cream
1 Sm Onion (diced)	Paprika

Slice Cucumbers paper thin and place in bowl. Cover with water. Add salt and let sit at least 1 hour. Drain well. Add onion, vinegar, and sour cream. Mix well and refrigerate overnight before serving. Sprinkle with paprika before serving.

GERMAN POTATO SALAD

Tarsha Leherr

4 Strips of Bacon	For larger meal use:
1 Tsp. Flour	2 cans sliced potatoes
1 Tsp. Sugar	1 Tbs. Flour
Vinegar	1 Tbs. Sugar
1/2 C. Water	3/4 to 1 C. Water
1 Can of Sliced Potatoes	

Fry bacon in large skillet pan. Remove bacon and pat excess grease with paper towel. Add flour and sugar to left over bacon grease in pan. Stir mixture while heating until bubbly. Drain potatoes and add to skillet. Add 1/2 cup of water. Heat for 15 minutes. Add vinegar to taste. Sprinkle with crunched bacon. Add salt and pepper to taste. Serve with cabbage, sauerkraut and polish kielbasa.

LINDA'S GREEK PASTA SALAD

Esther Sundelin

- 1 Box Bow Tie Pasta (Egg Type)
- 8 Oz Seedless Black olives (sliced)
- Feta Cheese (at least 4 oz.)
- 2-4 Fresh Garlic bulbs

- 1/4 Lb Fresh Spinach (cleaned, torn, and dried)
- 1 Bottle Caesar Salad Dressing (may substitute fat free)

Cook bow ties according to directions. Rinse, drain, and cool pasta. Add Salad dressing and toss lightly. Add black olives, crumbled feta cheese, and spinach and mix lightly. Refrigerate 3 hours. Serves 10-12.

MOCK CAESAR SALAD

Colleen Quinn

- 2 Cloves Garlic (peeled and minced)
- 1/4 C Reduced Sodium Soy Sauce
- 1/4 C Freshly Squeezed Lemon Juice
- 3 C Belgian Endive

- 6 C Torn Romaine Lettuce
- 1/8 Tsp Freshly Ground Black Pepper
- 1 Tbls Freshly Grated Parmesan Cheese
- 1 1/3 C Chopped Tomato

Put the garlic, soy, and lemon juice in a salad bowl and whisk thoroughly. Add endive and romaine. Toss to coat. Sprinkle black pepper and Parmesan on top. Garnish with chopped tomato. Serves 4. 80 calories and 1.2 grams fat per serving.

SISTER IN LAW'S CHINESE CHICKEN SALAD

Martha Cuevas

- 3/4 Lb boneless Chicken Breast
- 1 Pkg Chicken Flavored Top Ramen Noodles
- 4 Tbs Sesame Seeds (toasted)
- 1 C Slivered Almonds (toasted)
- 1 Head Cabbage (sliced thin)

- 1/2 C Parsley (chopped)
- 4 Green Onions (chopped)
- 6 Tbs Rice Wine Vinegar
- 4 Tsp Sugar
- 1 Tsp Pepper
- 2/3 C Vegetable Oil

Break Noodles into small pieces and put in a large bowl. Toast sesame seeds and almonds in oven at 350 degrees for 5 minutes. Add to noodles. Add cabbage, parsley, and onions. Mix well. Stir-fry chicken with ginger, pepper, and vinegar. In a small bowl mix sugar and vegetable oil. Add chicken and vegetable oil mixture to large bowl of ingredients. Toss well. Chill and serve.

Vegetables

KAHLUA GLAZED FRESH VEGETABLES

Sharon Parkinson

1/2 Sweet Red Pepper (julienned)	2 Tbs Water
1/2 C Celery (julienned)	2 Tbs Lemon Juice
1 C Snow Peas	1 Tbs Soy Sauce
1 C Yellow Squash (cut on diagonal)	1 Tsp Instant Chicken (bouillon or granules)
1 Sm Onion (thinly sliced)	1 Sm Clove Garlic (minced)
1 Tsp Vegetable Oil	1 Tsp Cornstarch
2 Tbs Kahlua	

Prepare Kahlua Glaze by combining Kahlua, soy, lemon juice, water, chicken bouillon, garlic, and cornstarch. In boiling water, blanch prepared vegetables, covered, for 5 minutes. Drain well. Pat dry. In medium skillet heat oil. Add vegetables and stir-fry until tender (2-3 minutes). Add Kahlua glaze and cook, stirring until glazed. Serves 4.

ROASTED MUSTARD POTATOES

Colleen Quinn

4 Tbls Dijon Style Mustard	1 Tsp Chili Powder
2 Tsp Paprika	1/8 Tsp Cayenne Pepper
1 Tsp Ground Cumin	16 Baby Red Potatoes

Preheat oven to 400 degrees. Spray roasting pan with 3 times to coat with vegetable oil. Put mustard, paprika, cumin, chili powder, and cayenne pepper in a large bowl. Whisk to blend. Prick potatoes several times with a fork and add them to the bowl. Toss to coat potatoes evenly. Pour the coated potatoes into the prepared roasting pan leaving a little space between them. Bake 45 minutes to an hour, until tender. Serves 4. 137 calories and 1.7 grams of fat per serving.

SPICY POTATOES

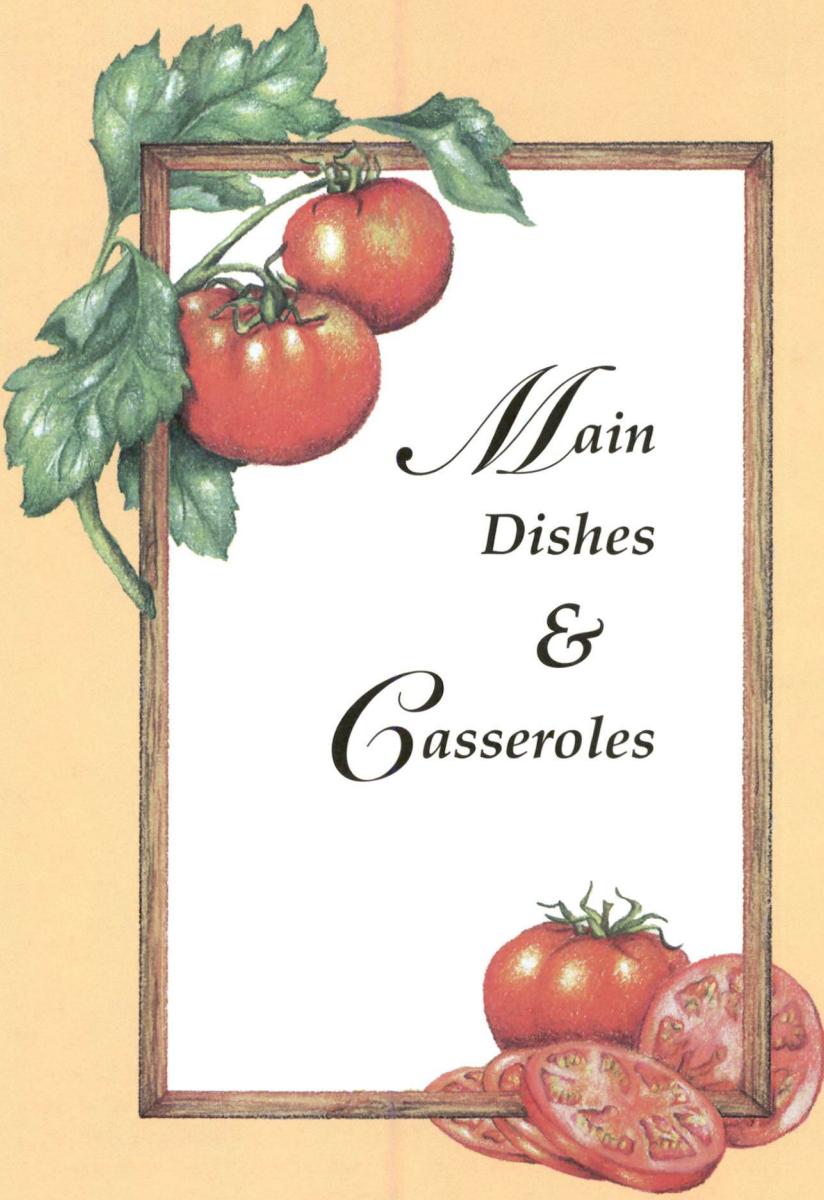
Emily Gonzales

2 Cloves Garlic (minced)
2 Tbs Butter (melted)
4 Lrg Baking Potatoes (peeled
and quartered)
1/2 to 3/4 C Warm Milk
1 Tsp Salt

1/8 Tsp Pepper
2 Tsp Chili Powder
1/2 Tsp Ground Cumin
1 4 1/2 Oz Can Chopped Green
Chiles

Cook the garlic in the butter in a skillet or saucepan until tender, stirring constantly. Set aside. Cook potatoes in boiling water till tender, drain. Combine potato and milk, salt, pepper, chili powder, and ground cumin in a large mixing bowl. Beat at medium speed with a mixer until smooth. Stir in green Chiles and garlic.

Recipe Favorites



*Main
Dishes
&
Casseroles*

Helpful Hints

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated. Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white — it becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- After purchasing, store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice. Refrigerate or freeze grains if they will not be used within five months.
- Glazed pottery, earthenware, glass, metal...take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware. The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made of earthenware and were glazed inside. They had covers and were similar to those that are still used today.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

Main Dishes & Casseroles

Main Dishes

4 CAN BAKED BEANS

Jim Takacs

- 1 Lb. Bacon
- 1 Large Can Bush's Baked Beans
- 1 Small Can Kidney Beans
- 1 Small Can Butter Beans
- 1 Small Can Great Northern Beans

- 1 Large Onion
- 1/2 C. Brown Sugar
- 1/2 C. of the Bacon Drippings
- 1/4 C. Molasses
- 1/4 C. Ketchup
- 3 T. Yellow Mustard
- 1 T. Vinegar

Preheat oven to 300° or crock pot. Brown bacon and break into bite size pieces. Chop onion and brown in bacon fat. Put beans, bacon, chopped onions and 1/2 bacon drippings into pot. Add the rest of the ingredients and mix well. Bake for about 3 hours.

BEEF STROGANOFF

Tarsha Leherr

- 1 Lb. Beef Tenderloin
- 1 T. Flour
- 1/2 C. Sliced Mushrooms
- 1/2 C. Chopped Onion
- 1 Clove Garlic, minced
- 2 T. Butter

- 3 T. Flour
- 1 T. Tomato Paste
- 1 Tsp. Beef Bouillon
- 1 C. Sour Cream
- 2 T. Dry White Wine
- 1/2 Tsp. Salt

Thinly slice meat into bite-sized pieces. Combine 1 T. flour and 1/2 tsp. salt; coat meat with mixture. In skillet, heat 2 T. Butter, brown meat on both sides. Add mushrooms, onion, garlic. Cook 3 to 4 minutes. Remove meat mixture from pan. Add 2 T. of butter; stir in 2 T. flour. Add tomato paste, bouillon, 1/2 tsp. salt. Stir in 1 1/4 cups water. Cook and stir over medium heat until bubbly. Add sour cream and remaining flour. Return meat mixture. Add wine. Heat through but do not boil. Serve over noodles.

**BIG MONTY'S MOUTH-BUSTIN'
POT ROAST**

Monty Lehmann

2 to 3 Lb. Chuck Roast	1/2 Tsp. Ground Black Pepper
1 Large Slice of Onion (1 Slice only)	2 or 3 Cloves Fresh Garlic
3 Tbs. Kitchen Bouquet	4 or 5 Small Bay Leaves
3 Tbs. Light Soy Sauce	1/4 C. Water
	Meat Tenderizer

Score chuck roast with knife in $\frac{3}{4}$ " squares (make $\frac{1}{2}$ " deep cuts) on both sides. Moisten meat slightly and sprinkle tenderizer on. Let sit 20 minutes. Mix kitchen bouquet, soy sauce, pepper, and coat both sides of meat well with this mixture (this mixture smells, but trust me - it works great!). Chop or grate garlic and rub on both sides of meat. Put roast in foil lined pan or pot with lid. Cut up onion slice and put it and bay leaves on top of roast. Cover roast, cook on barbecue (or in oven at 425° to 450° F). For 35-40 minutes, remove cover and cook 10-15 minutes more or until done to your liking. Serve immediately. Also makes very tasty leftovers. (NOTE: Do not add any salt).

CHICKEN ENCHILADA

Lynne Chamberlin

2 Dozen Corn Tortillas	1 Can Cream of Celery Soup
Vegetable Oil	4 Cans Chicken Broth
4 C. Chicken (boiled, skinned, de-boned, and shredded)	1-1/2 C. Green Chili, diced or chopped
1 medium Onion (chopped)	1 Can Milk
8 oz. Sour Cream	1 Tbs. Ground Cumin
1 Lb. Sharp Cheddar Cheese, shredded	1/2 Tsp. Oregano
1 Lb. Monterey Jack Cheese, shredded	1 Tsp. Garlic Powder
2 Cans Cream of Chicken Soup	1 Tsp. Pepper
1 Can Cream of Mushroom Soup	Salt to taste

Fry tortillas one at a time in frying pan in $\frac{1}{4}$ " vegetable oil until semi-hard. Drain on paper towels. In large pot, add soup, broth, milk, chicken, green chili, and seasonings. Mix well and simmer for 30 minutes. In oblong pan (9 x 13 x 2) place a thin layer of soup mixture. Spread 6 tortillas on top of soup mixture, followed by a layer of sour cream, onion, additional sauce and cheese. Repeat 3 times or until tortillas are gone. Bake at 300° uncovered for 30-45 minutes. Let stand for 10 minutes before serving.

CHICKEN ENCHILADAS SUPREME

Linda Williams

2 C. Cooked Chopped Chicken (can used canned meat)	1/2 Tsp. Salt
1 - 4 oz. Can Chopped Mild Green Chilies	2 C. Half and Half
1 - 7 oz. Can Green Chili Salsa	12 Corn Tortillas 1 1/2 C. Grated Monterey Jack Cheese

Combine chicken, green chilies, green chili salsa and mix well. Mix salt and half and half in medium size bowl. heat about 1/2 inch oil in a small skillet, dip each tortilla into hot oil for about 5 seconds, just to soften-drain on paper towels. Dip each fried tortilla into bowl containing cream and salt, coating each side. Fill each tortilla with chicken mixture. Roll and place in ungreased flat baking dish. Pour remaining cream over enchiladas and sprinkle with cheese. Bake uncovered at 350° for 20 to 25 minutes. Yield: 6 servings

DORITO MEXICAN PIE

Norris L. Barnes

1 Lb. or more ground beef (browned)	1 Can Chicken Soup
1 Can Tomatoes and Peppers (10 oz.)	Onion Slices 1 or 2
1 can Mushroom Soup	Velveeta Cheese 1 Pkg. Dorito (crushed)

Mix meat, mushroom soup and chicken soup. Alternate in medium casserole dish with slices of onion, cheese, and Dorito. Pour tomato and pepper on top. Bake at 350° for 25-30 minutes.

DRUNKEN POT ROAST

Sharon Parkinson

3 to 4 Lb. Boneless Chuck Roast	2 Tbs. Soy Sauce
1/4 C. Vinegar	2 Tbs. Cooking Oil
1/4 C. Ketchup	2 to 3 Scallions, chopped
1/4 C. Bourbon	1 Tbs. Worcestershire Sauce
1/4 C. Honey	1 Tsp. Mustard
2 Tbs. Brown Sugar	1 Tsp. Seasoned Salt
	Meat Tenderizer

Place roast in shallow baking pan, and tenderize with meat tenderizer. Combine rest of ingredients and pour over meat. Marinate at least 3 hours or overnight, turning over once in a while. Place meat on foil-covered pan about 6 inches from heat. Broil just until both sides are nice and crispy, spreading marinade over meat. Turn oven to 350° and continue to cook roast about 45 minutes for medium rare, using rest of marinade. Allow roast to stand for about 10 minutes before slicing meat thinly on an angle. Serves 4 to 6 people.

GENERAL TSAO'S CHICKEN

Lori A. Beckett

- | | |
|-----------------------------------|---|
| 1½ C. Cornstarch | 3 lbs. Chicken, deboned, and cut into chunks |
| 1½ Tsp. Garlic, minced | 1 Tsp. White Pepper |
| 1½ Tsp. Ginger, minced | 1 Egg |
| ¾ C. Sugar | 1 C. Salad Oil |
| ¾ C. Soy Sauce | 2 C. Scallions |
| ¼ C. White Vinegar | 16 Thai or Hot peppers, taste |
| ⅓ C. White Wine | |
| 1 12 C. Chicken Broth, hot | ¼ C Water |

Sauce preparation- Sift ½ C. cornstarch into ¼ C water. Add garlic, ginger, ½ C. soy sauce, vinegar, and wine. Add chicken broth and stir until sugar dissolves. Refrigerate until needed. Chicken coating- In a separate bowl, mix chicken, ¼ C. Soy Sauce and pepper. Stir in egg. Add 1 Cup cornstarch until chicken is coated evenly. Add oil and stir to help separate chicken pieces. Divide chicken into small quantities and deep fry at 350° until crispy. Drain on a paper towel. Place a small amount of oil in wok and heat until wok is hot. Add scallions and peppers and stir fry briefly. Stir sauce; add to wok. Add chicken to sauce and cook until sauce thickens. You can add additional cornstarch or water as needed. Serve over rice.

GREEN CHILI CHICKEN ENCHILADAS

Lynne Chamberlin

- | | |
|--|---|
| Cooking Oil | 2 - 3 Tsp. Ground Cumin |
| 2 Dozen Corn Tortillas (white, yellow, or blue corn) | 1 Tsp. Pepper |
| 3 - 4 Cans of Chicken or 1 - 2 lbs. Boiled Chicken | Dash of Paprika |
| 3 Cans Cream of Chicken Soup | Dash of Garlic Salt |
| 1 Can Cream of Mushroom Soup | Dash of Oregano |
| 2-½ Cans Milk | 1 Finely Chopped Onion |
| 1-½ Cans Water | 8 oz. Sour Cream |
| Canned or fresh Green Chili, peeled and chopped (as little or as much as you can stand) | 1 Pound Sharp Cheddar Cheese, grated |
| | 1 Pound Monterey Jack Cheese, grated |

Fry tortillas in hot oil until they just begin to harden; drain on paper towels. De-bone and skin chicken; cut into strips. Mix creamed soups with water and milk in large saucepan. Add chicken, green chili, and spices; simmer on low for at least one hour, stirring frequently. In large pan, layer ingredients, beginning with a thin layer of sauce on the bottom, tortillas, sour cream, onion, sauce, cheese. Bake in 300° oven for 45 minutes to 1 hour.

HOT BROWN SANDWICHES

Nanette Phillips

**3/4 C. Parmesan Cheese
12 Slices Bread, toasted
Sliced Turkey or Chicken
Paprika
12 Slices of Tomato
12 Slices of Bacon (Ham)
Cooked
Parsley**

**6 Tbs. Butter or margarine
3/4 C. All-Purpose Flour
1/2 Tsp. Salt
1/8 Tsp. White Pepper
1 1/2 C. Turkey Broth or Chicken
Broth
1 1/2 C. Milk**

Melt butter and stir in flour. Cook over low heat, blending until smooth. Stir in salt and pepper. Gradually add broth and milk. Cook, stirring constantly until smooth and thickened. Add cheese and simmer about 10 minutes. Sauce will be thick. Place 2 slices toast on each of 6 ovenproof plates. Place turkey on each slice of toast. Cover with sauce, and sprinkle with paprika. Top each with 1 slice tomato and 1 slice bacon (ham). Bake at 400° for 10 minutes or until sauce is bubbly. Garnish with parsley. Yield: 6 servings.

IMPERIAL CRABMEAT BALTIMORE

Julie Black

**1/2 C. Green Pepper or Celery
1 Tbs. Butter
1/2 Tsp. Salt
1/4 Tsp. Pepper
1/4 Tsp. Powdered Mustard
1 Tsp. Worcestershire Sauce**

**1/4 C. Mayonnaise
1 Lb. Cooked Fresh Crab (or 2
Cans Imitation Crab)
1/2 C. Chopped Pimento
2 Tbs. Melted Butter
1/2 Tsp. Paprika**

Sauté green pepper or celery in butter for 1 minute. Mix together salt, pepper, powdered mustard, Worcestershire sauce, and mayonnaise, and add to sautéed mixture. Flake crab and mix with previous ingredients. Pour into a buttered 8" square pan. Mix pimento, bread crumbs, melted butter, and paprika. Sprinkle over top and bake at 350° for 30 minutes.

KATHY'S ENCHILADA*Esther Sundelin*

- 1 Pkg. Corn Tortilla (3 Tortilla per person)
- 1 Lb. Ground Turkey or Beef
- 1-2 Chopped Onions
- 2 Cans Green Chile Enchilada Sauce (I use 2 bottles (8 oz. each) green taco sauce)

Brown meat and onions. Add green sauce, soup, milk, and chilies. Mix and bring to boil, simmer 5 minutes. Using dinner plate (oven or microwave proof). Cover plate with small amount sauce. Add tortilla, sauce, sprinkle with cheese. Repeat this two more times. heat in oven on lowest shelf on preheat setting until sauce begins to bubble and cheese melts. Option: Can serve with refried beans or black beans.

MACARONI AND CHEESE*Linda Williams*

- 1 Medium to Large Onion
- 1 Small Green Pepper
- 1 Large Jar Pimentos
- 1 Small Jar Sliced Mushrooms
- 1 Can Cream of Mushroom Soup

- 1 C. mayonnaise
- 1 Dash Milk
- 8 oz. Cooked macaroni
- 1 Lb. Mild Cheddar Cheese, grated

Combine soup, mayonnaise, dash of milk, and grated cheese. Chop finely the onion, green pepper, jar of pimentos, and the jar of sliced mushrooms. Add to soup mixture. Mix with cooked macaroni. Pour into greased 9 x 13 casserole dish. Bake covered in 350° oven 35 to 40 minutes. Cook last few minutes uncovered if you want a crusty top.

MR. AL'S MACARONI & CHEESE*Alan Gavalya*

- 2 T. Flour
- 1 Tsp. Salt
- 1/2 Tsp. Dry Mustard
- 1/4 Tsp. White Pepper
- 1 1/2 C. Buttermilk
- 1 C. Whipping Cream

- 2 T. Butter
- 1 Lb. Shredded Vermont Extra Sharp Cheddar
- 8 oz. Elbow Macaroni Cooked al dente.
- 1 C. Toasted Bread crumbs

In medium saucepan, make roux with flour, salt, dry mustard, pepper, and butter. Slowly add buttermilk and then whipping cream to make white sauce. Reserve 1/4 cup cheese for topping. Stirring constantly, stir in remaining cheese until melted. Add elbows. Turn into greased 2 qt. casserole. Mix reserved cheese with bread crumbs and sprinkle on top. Bake uncovered in 375° oven for 25 minutes or until hot and bubbly.

POOR MAN BREAD LOAF

Norris L. Barnes

1 Lb Round French Loaf	2 Tsp Chili Powder
1 Lb Ground Beef (round or chuck)	1 Tbs Horseradish
1/4 C Onion (chopped)	1 Tsp Vinegar
1 Clove Garlic (crushed)	1 Tsp Salt
1/2 C Tomato Ketchup	Pepper to Taste

Slice off top of French loaf and set aside. Scoop out soft interior and crumble into soft crumbs, reserve. Brown meat in oil, add onion and garlic. Cook until lightly browned. Combine remaining ingredients and stir into meat mixture. Cook 5 minutes. Toss meat mixture lightly with reserved bread crumbs. Stuff bread shell with mixture and replace top. Wrap loaf in aluminum foil and bake at 425° for 15 minutes or until heated through. Cut into wedges and serve. Yields 4 to 6 servings.

SHEPPARDS PIE

Scot Spiegel

1 1/2 Lbs. Ground Beef (1 can)	5 medium Size Potatoes
2 Cans Creamed Corn	1/2 Tsp. Paprika
1/2 C. Onions	1/4 C. Butter
1 T. Olive Oil	1/4 Tsp. Salt
1/2 Tsp. Garlic Pepper	1/4 tsp. Pepper

Sauté onions in olive oil until browned. Cook ground beef until tender. Drain. Mix beef, onions, garlic pepper, and corn in sauce pan and heat thoroughly. Pour mixture into 9 x 13 baking casserole dish. Boil potatoes. Mash potatoes with butter, 1/4 tsp. salt, and 1/4 tsp. pepper. Spread mashed potatoes over beef mixture and garnish with paprika for color. Bake at 350° for 40 minutes. Serve.

SOGAN DOLMA (STUFFED ONION SHELLS BOSNIAN WAY)

Maja Serdarevic

1½ Lb Onions	2 Tsp Hungarian Sweet Red Pepper
2 Tbs Vinegar	6 Tbs Oil
1 Lb Ground Beef	6 Tbs Flour
¼ Lb Rice	Sour Cream
Salt (to taste)	1½ C Water
Pepper (to taste)	

Roux

3 Tbs Oil	2 Tsp Hungarian Sweet Red Pepper
2 Tbs Flour	

Heat oil in small saucepan. Add flour and stir well. Add Hungarian Pepper.

Add vinegar to water and bring to boil. Add onions and cook for 15 minutes. Slice off onion tops and carefully push out onion layers one by one without tearing them. Mix ground beef, rice, salt, pepper and stuff onions shell. Put stuffed onion shell in a single layer in a wide bottom pan. Pour enough water, mixed with 3 tablespoons oil and ½ teaspoon salt, to cover onion ⅔ of the way. Bring to a boil and simmer till rice is cooked. Remove onion shells. Reserve remaining liquid. Add slowly to roux, stirring constantly. Pour this over onion shells. Serve with dollop of sour cream.

TURKEY CHILI

Barbara Hanson

2 Lbs. Ground Raw Turkey	1 Tsp. Dried Parsley Flaked
2 16 oz. Cans Tomatoes, cut up	¾ Tsp. Dried Oregano
2 15½ oz. Cans Red Kidney Beans, drained	¾ Tsp. Dried Basil
1 8 oz. Can Tomato Sauce	½ Tsp. Black Pepper
½ C. Chopped Onion	½ Tsp. ground Cinnamon
½ C. Dry Red Wine (Marsala)	1 Clove Minced Garlic
1-2 Tbs. Chili Powder	1 Bay Leaf

In large soup pot, cook turkey until no longer pink. Drain fat. Brown onions and garlic in pot with turkey. Add remaining ingredients. Bring to a boil and simmer about 2 hours stirring occasionally.

ZESTY CHILI*Becky James*

1 Lb. Ground Turkey	1 Tsp. Ground Cumin
2 Small Onions	2 T. Chili Powder
2 C. Kidney Beans	3 T. Sugar
2 C. Tomatoe Sauce	2 Tsp. Garlic Powder
1 T. Oregano	2 Tsp. Salt
2 T. Worcestershire Sauce	1 Tsp. Pepper

Brown ground turkey, drain excess fat. Combine all ingredients. Cook over medium heat for 20 minutes.

Casseroles**CHILI-CHEESE
CASSEROLE***Lynne Chamberlin*

1 Dozen Corn Tortillas	3/4 Tsp. Garlic Powder
Vegetable Oil	1 Tsp. Ground Cumin
15 oz. Tomato Purée	3/4 Tsp. Paprika
8 oz. Whipping cream	Salt and Pepper to taste
1 C. Chopped Green Chili	Butter or margarine
2 lbs. Monterey Jack Cheese, grated	1 Medium Onion, diced

Cut Tortillas in to large strips using scissors. Fry in $\frac{1}{4}$ " of vegetable oil. drain on paper towels. Sauté onion in 1 Tbs. oil. Add whipping cream. Simmer for 5 minutes. Stirring frequently. Grease a 2-qt. casserole dish. Add $\frac{1}{2}$ of tortillas followed by $\frac{1}{2}$ sauce mixture and $\frac{1}{2}$ of the cheese. Repeat. Dot with butter and bake covered at 350° for 30-45 minutes.

HAM-EGG CASSEROLE*Esther Sundelin*

1 Lb. Bulk Ham Sausage	1/4 C. Chopped Green Peppers (optional)
6 Eggs	Small Can Mushrooms
2 Cups Milk	5 Slices Cubed Bread
1/2 Tsp. Salt	3/4 C. Grated Sharp Cheese
1 Tsp. dry Mustard	

Brown ham and drain. Add rest of ingredients and mix. Refrigerate overnight. Pour into greased 9 ax 11 pan, put pats of butter on top. Bake 45 minutes at 350°. Serves 4 persons.

**PARTY POTATO
CASSEROLE**

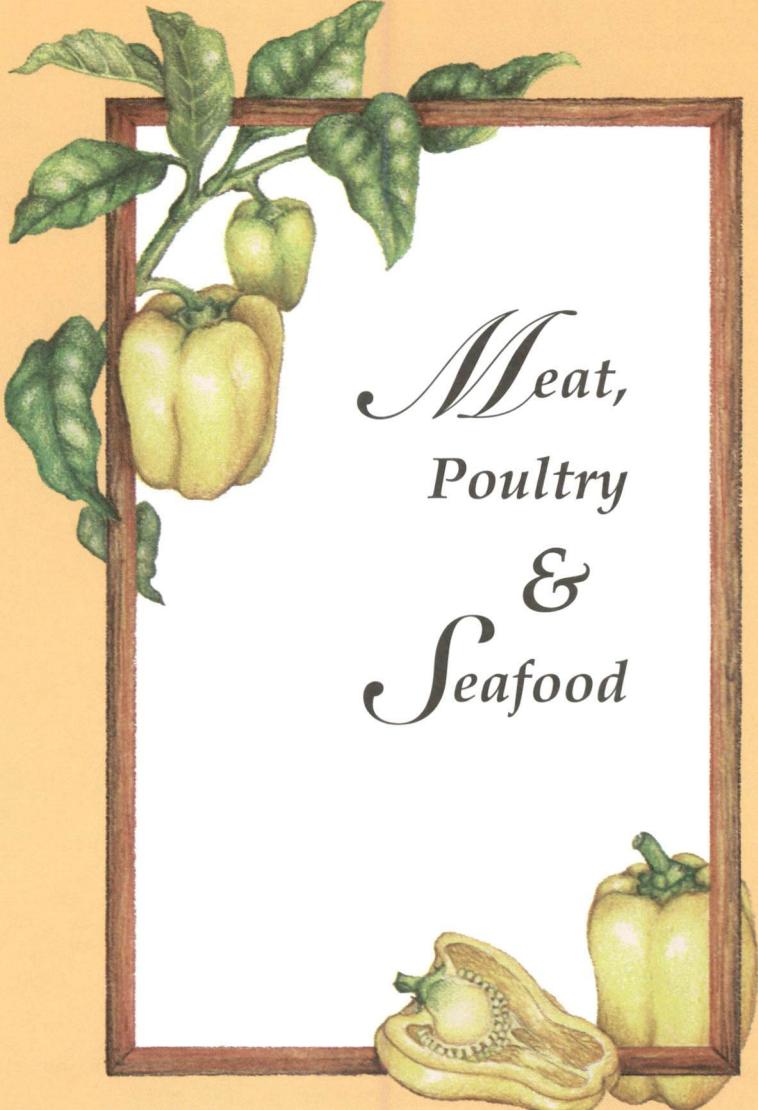
Sharon Parkinson

36 oz. Frozen Hash brown Potatoes
1/2 C. Melted margarine
1/2 C. Onion, chopped
2 C. Grated Cheddar Cheese
8 oz. Sour Cream

1 Can Cream of Mushroom or
Cream of Chicken Soup
1/2 Tsp. Salt
1/4 Tsp. Pepper
2 C. Crushed Corn Flakes
1/4 C. Melted Margarine

Mix together all ingredients except corn flakes and 1/4 cup margarine. Bake in 13 x 9 x 2 inch dish at 350° for 25 to 30 minutes. During the last 10 minutes of baking, top with corn flakes and margarine.

Recipe Favorites



*Meat,
Poultry
&
Seafood*



Helpful Hints

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

Meat, Poultry & Seafood

Meat

MOTHER CHRISTO'S ROAST LAMB'S HEAD

Steve Christo

- | | |
|-------------------------------------|--------------------|
| 2 Lamb's Heads (skinned and washed) | 1 Tsp Black Pepper |
| 2 Tbs Salt | 1 Bunch Parsley |
| | 2 Lemons (sliced) |

Rub salt and pepper over the heads and place in a deep roasting pan with $\frac{1}{2}$ inch of water. Bake at 450° until brown. Seal pan tightly with aluminum foil and continue baking at 250° until the meat easily separates from the bone. Serve split lengthwise garnished with parsley and lemon. Serves 4. Socrates' final request before ingesting hemlock was to have a roasted lamb's head for his final meal. The ancient syllogist argued that this choice offered him the greatest number of distinct gustatory sensation in one food. There are seven kinds of meat on a head, each with it's own unique flavor.

SWEET AND SOUR PORK CHOPS (Colleen Style)

Colleen Quinn

- | | |
|------------------|-------------------|
| 1 Lb Pork Chops | 1 Box Brown Sugar |
| 1 Can Sauerkraut | |

Brown pork chops on both sides in frying pan. Preheat oven to 350° degrees. In a large pan put a layer of sauerkraut and sprinkle with brown sugar. Lay pork chops on it. Add another layer of sauerkraut and brown sugar. Bake for 1 hour.

Poultry

CHICKEN CORDON BLEU

Diane Hoegerl

- | | |
|---|----------------------------|
| 4 Boneless Skinless Chicken Breasts | Bread Crumbs |
| $\frac{1}{2}$ Lb Baked Ham (sliced thick) | Egg |
| $\frac{1}{4}$ Lb Provolone Cheese | Milk |
| 1 Can Cream of Chicken Soup | $\frac{1}{2}$ C Water |
| | $\frac{1}{2}$ C White Wine |

Bread Chicken Breasts. Bake at 350° degrees for 30 to 40 minutes. Place a slice of ham and a slice of cheese on breast. Add water and wine to soup and pour over chicken. Bake 10 to 15 minutes.

HERB AND GARLIC CHICKEN*Pam Knight*

**1 Envelope Herb and Garlic
Soup Mix
2½ to 3 Lb Chicken (cut in
pieces)**

**1 Lb Potatoes (sliced)
2 Lg Carrots (sliced)
1 Lg Onion (cut in wedges)
2 Tbl Water**

Preheat oven to 250 degrees. In large plastic bag or bowl add all ingredients. Shake or toss well. Spread into 13 x 9 baking pan. Bake 1 hour, stirring twice, until tender.

Seafood**CRAB CAKES***Pam Knight*

**½ C Water
½ C Butter
½ Tsp Salt
½ C Flour
2 Eggs**

**1 Tsp Parsley
2 Tsp Worcestershire Sauce
1 Lg Onion
1 Lb Crabmeat**

Boil water, butter, and salt. Add flour, stirring until thick. Add eggs one at a time beating after each addition. Remove from heat. Add parsley, Worcestershire, and onion. Mix well. Gently fold in crabmeat chill 20 to 30 minutes. Form patties and fry in oil until brown on both sides. Yields 6 to 8 cakes.

ITALIAN BROILED SHRIMP WITH GARLIC SAUCE

Denise Vitale

2 Lb Raw Jumbo Shrimp
1/4 C flour
1/4 C Olive Oil

1/4 C Butter
1 C Garlic Butter Sauce

Wash and shell shrimp leaving tail on. Remove veins, wash and pat dry. Dust with flour. Put oil and butter into broiler pan. Heat until butter melts. Add shrimp and broil slowly 8 minutes or until cooked. Pour garlic butter sauce over shrimp, stirring to coat well. Broil quickly 2 to 3 minutes more. Serve immediately.

Garlic Butter Sauce

1/4 C Butter
2 Tbs Garlic (chopped finely)
2 Tbs Flour
1/2 Tsp Fresh Ground Black Pepper

1 C Hot Water
1 Tsp Lemon Juice
1/4 C Parsley (finely chopped)

Melt 2 tablespoons of butter in a sauce pan. Sauté garlic until lightly browned. Slowly stir in flour and pepper until smooth. Add hot water and stir until mixture comes to a boil. Cook and stir 5 minutes. Remove from heat. Add lemon juice, rest of butter, and parsley.

SHRIMP AND TORTELLINI WITH SUNDRIED TOMATO PESTO

Christine Woodworth

1 C Fresh Basil or Parsley
1/2 C Extra Virgin Olive Oil
4 Lrg Cloves Garlic
1/4 C Pecorino Romano Cheese
1/4 C Sundried Plum Tomatoes (julienned)

1 Lb Large Shrimp (peeled, deveined)
1 Lb Cheese or Spinach Tortellini

Place garlic, basil (parsley), and 2 tablespoons oil in food process. Process till well chopped. Heat remainder of oil in sauté pan. Add processed mixture and tomatoes to pan stirring until heated through. Cook tortellini according to package. Steam shrimp, do not overcook. Toss shrimp, tortellini, pesto mixture, and cheese together in serving bowl.



*Breads
&
Rolls*



Helpful Hints

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter and do not help to release baked goods from pan (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm, and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

Breads & Rolls

Breads

BANANA NUT BREAD

Julie Leverenz

1/2 C Butter or Margarine	1/2 Tsp Salt
1 C Sugar	1 Tsp Baking Soda
2 Lg Eggs	1 Tsp Baking Powder
3 Very Ripe Bananas	1/2 1 C Walnuts (chopped)
2 C All Purpose Flour	

Cream butter and sugar. Beat in eggs, then bananas. Mix until only small pieces of banana remain (not completely smooth). Sift flour, salt, baking powder, baking soda and add to mixture. Fold in chopped nuts. Pour into greased, floured 9 x 15 baking pan. Bake at 350° for 1 hour 15 minutes, or until toothpick comes out clean and edges pull away from pan.

BANANA NUT BREAD

Deborah Hyman

2 Stick Butter	1/4 Tsp Vanilla
2 C Sugar	3 C Flour
2 Eggs	2 Tsp Baking Soda
2 Tsp Water	1 C Walnuts (chopped)
2 C Bananas (mashed)	1/2 Tsp Salt

Preheat oven to 350°. Sift flour, salt, and baking soda. Set aside. Melt butter and sugar on stove or in microwave, mix until well blended. Add eggs, one at a time, mixing well after each addition. Add bananas and vanilla. Fold in flour mixture and walnuts and blend until flour is moist. Grease two loaf pans and divide mixture equally. Bake for 1 hour or until center of loaf is firm and a toothpick inserted in center comes out clean.

DILL BREAD

Pam Knight

1 Pkg Yeast	1 Tsp Salt
1/4 C Warm Water	1/2 Tsp Baking Soda
1 C Cottage Cheese	1 Egg
2 Tbs Sugar	2 1/2 C Flour
1 Tbs Instant Minced Onion	Butter
2 Tsp Dill Weed	

Dissolve yeast in warm water in large bowl. Heat cheese until luke warm, stir into yeast mixture. Stir in remaining ingredients except flour and butter. Beat in flour gradually until completely blended (dough will be sticky and heavy). Cover and let rise 1 hour in warm place. Stir down and pour into greased loaf pan. Let rise until double. Bake at 350° for 25 to 30 minutes. Brush with butter. Serve warm.

EAST COAST GRILL CORN BREAD

Julie Black

4 C All Purpose Flour
2 C Yellow Cornmeal
1½ C Sugar
1 Tsp Salt
2 Tbs Baking Powder

4 Eggs
3 C Milk
2½ Tbs Vegetable Oil
½ C Butter (melted)

Preheat oven to 350°. Lightly oil an 8 x 12X 2 baking pan. Sift flour, cornmeal, sugar, salt, and baking powder. In a separate bowl mix eggs, milk, and vegetable oil. Pour the wet ingredients over the dry ingredients and add melted butter. Stir until just mixed. Pour into pan and bake approximately 1 hour or until a toothpick comes out clean. The corn bread should be brown on top when done.

OVERNIGHT FRENCH TOAST

Lori A. Beckett

3 Eggs
¾ C Milk
1 Tbs Sugar

¼ Tsp Salt
4 Slices Bread (¾ inch thick)

Beat eggs, milk, sugar, and salt in a small bowl until smooth. In a 9 inch square dish arrange bread in a single layer. Pour half of egg mixture over bread. Turn bread over and pour in remaining mixture. Refrigerate overnight. Cook until golden brown on both sides (about 4 minutes per side).

POPPY SEED BREAD

Sheila Norman

3 C Flour
1½ Tsp Salt
1½ Tsp Baking Soda
1½ Tbs Poppy Seeds
2¼ C Sugar
1½ Tsp Vanilla

1½ Tsp Butter Flavoring
1½ Tsp Almond Flavoring
1 - 1½ C Oil
3 Eggs
1½ C Milk

Combine flour, sugar, salt, baking soda, and poppy seeds. Mix well. Mix in remaining ingredients until well blended. Pour into a greased and floured pan. Bake at 350° for 1 hour. Cool for 5 minutes. Pour glaze over loaves while in pan. Let stand 5 minutes before removing from pan.

Glaze

¼ C Orange Juice
¾ C Sugar
½ Tsp Butter Flavoring

½ Tsp Almond Flavoring
½ Tsp Vanilla

Mix all ingredients together.

PUFF BREAD

Brian D. Diederich

Waffle Mix

1/2 Doz Eggs

Milk

Cooking Oil

Mix waffle mix according to package except triple the number of eggs. Heat oil as if making french fries. Pour the mix into the hot oil quickly and in one glob. In a few seconds it will puff up. Remove and serve with powdered sugar.

Rolls

EASY PECAN ROLLS

Nanette Phillips

1 Bag Frozen Dinner Rolls

3/4 C Brown Sugar

1 Pkg Butterscotch Pudding

3/4 Tsp Cinnamon

1/2 C Butter

3/4 C Pecans (chopped)

Use a greased angel food cake or fluted tube pan. Sprinkle nuts on bottom of pan. Arrange rolls on nuts. Sprinkle dry pudding mix on rolls. Cook butter and remaining ingredients over low heat until sugar is dissolved and mixture is bubbles. Pour over rolls. Cover tightly with foil and let stand on counter overnight. Next morning bake at 350° for 30 minutes. Let stand 5 minutes and invert carefully over dish.

MELITA'S ROLLS

Maja Serdarevic

2 Lb Flour

Pinch Salt

1 1/2 Sticks Margarine

Caraway Seeds

2 Tbs Sugar

1 Egg Yolk

1 Pkg Yeasts

1 Tbs Water

1 1/2 to 2 C Lukewarm Milk

Melita Roll Filling

1/2 Lb Ham

2 Dill Pickles (not sweet)

1 1/2 Stick Butter

Mustard to taste

3 Eggs (hard-boiled)

In a food processor, finely chop ham, butter, hard-boiled eggs, dill pickles, and mustard.

Dissolve yeast in 1/2 cup lukewarm milk and let sit covered for 10 minutes. Mix flour, salt, margarine, sugar, and yeast and as much additional milk to make soft, yet not sticky, dough. Let it rise in a covered bowl until doubled. Divide dough into 6 balls. Roll out each ball into 1/4 inch thick disk and divide into 10 triangular pieces. Fill each triangle along the short side and roll. Paint with egg yolk, sprinkle with caraway seeds and bake 10 minutes at 400°.

Recipe Favorites

Breads & Rolls

A detailed illustration of a strawberry plant with several ripe red strawberries and small white flowers, positioned at the top left corner of the frame.

*Pies,
Pastry
&
Desserts*

A detailed illustration of a strawberry plant with several ripe red strawberries and small white flowers, positioned at the bottom right corner of the frame.

Helpful Hints

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

Pies, Pastry & Desserts

Pies

AMISH SUGAR CREAM

Lori A. Beckett

PIE

3/4 C Sugar	1/2 C Margarine (cut up)
2 Tbs Corn Starch	1/4 C Brown Sugar (packed)
1/4 Tsp Salt	1 Tsp Vanilla
2 1/2 C Half and Half or Light Cream	1 - 9" Baked Pie Shell
	Ground Cinnamon

Combine sugar, salt, and cornstarch in sauce pan. Stir in cream. Cook and stir over medium heat until thickened and bubbly. Remove from heat. Stir in margarine until melted. Stir in brown sugar and vanilla. Pour into baked pie crust. Sprinkle with cinnamon. Bake at 325° for 30 minutes or until edges are bubbly. Cool completely.

CHOCOLATE NUT PIE

Nanette Phillips

2 Eggs	1 Tsp. Vanilla
1/4 C. Melted, cooled margarine or butter	1 C. Broken Walnuts
1 C. Sugar	1 C. Chocolate Chips
	9 in. Unbaked pie shell

Combine 2 eggs slightly beaten and 1/4 cup melted, cooled margarine or butter. Add 1 cup sugar and 1 Tsp vanilla. Spread in a 9 inch unbaked pie shell. Spread a layer of 1 cup broken walnuts. Then spread a layer of 1 cup chocolate chips, and pour egg mixture over nuts and chips. Bake for 30 minutes in 375° oven. Serve warm with whipped cream. Delicious, but very rich.

Pastry

ZEPPOLI

(A quick favorite of my Italian relatives!)

Janet Prater

1 lb. Ricotta Cheese (can substitute cottage cheese, if desired)	2 Eggs
1 C. Flour	4 Tsp. Baking Powder
	4 Tbs. Sugar
	(Powered) Confectionery Sugar

Makes about 2 dozen. Fill deep fryer or pot slightly more than half full with shortening and heat until very hot. Mix cheese, flour, eggs, baking powder, and sugar in large bowl until smooth. Form balls (about 1½") of the batter and drop into hot shortening, turning them as they fry so that they brown evenly and quickly. Remove and cool slightly. Sprinkle with powdered sugar and serve.

Desserts

BASIC FLAN

(Spanish Custard)

Jo Smith

8 Eggs	2 Tall Cans Evaporated Milk
2/3 C Sugar	2 Tsp Vanilla
1/4 Tsp Salt	1/2 C Brown Sugar

Sprinkle brown sugar into bottom of loaf pan. Beat eggs until well blended. Add sugar and mix well. Beat in milk and vanilla. Gently pour mixture over brown sugar. Place loaf pan in shallow baking dish with hot, but not boiling, water. Bake at 350° for 1 hour until set. Top with fresh fruit if desired. Substitute 1 can of Coco Lopez cream of coconut for 1 can of milk for a delicious variation.

CORN PUDDING

Sheila Norman

1 Can White Shoepig Corn	1 1/2 C. Milk
2 Eggs	1 Tsp. Vanilla
1 1/4 C. Sugar	Pat of Butter

Drain corn and set aside. Mix together eggs, sugar, cornstarch, milk, and vanilla until well blended. Stir in corn. Place pat of butter on top. Bake at 350° for 35 minutes. Stir a couple of times while baking. Pudding is done when golden brown and center jiggles.

GRANNY'S COBBLER

Nannette Kauffman

1 C Flour	1 Egg
1 C Sugar	1 28 oz. Can of Fruit
1 C Milk	1 Tbs Cinnamon
1 Stick Margarine or Butter	Nutmeg to Taste

Mix egg, sugar, flour, and milk together in a large bowl. Batter will be thin. Place margarine in pan. Place in hot oven and melt margarine, about 5 minutes. Pour batter into 9 X 13 baking pan. Pour fruit into batter. Sprinkle cinnamon and nutmeg on fruit. Bake at 425° until brown and bubbly in center of pan, about 20 to 30 minutes.

ICE CREAM SUNDAE FREEZER DESSERT

Nanette Phillips

1/2 C Butter	1/2 C Butter
1 Small Pkg Oreo Cookies (crushed)	1 C Sugar
1/2 Gal Vanilla Ice Cream or Pecan (softened)	18 oz. Carton Cool Whip
1 Large Can Evaporated Milk	1 4 oz. Bar of German Sweet Chocolate

Melt butter and add to crushed cookies. Press into bottom of 1 x 13 baking pan. Spread softened ice cream over cookies. Ice cream should be spread smooth. Freeze. Place butter, sugar, milk, and chocolate in sauce pan and bring to a boil. Boil 15 minutes. Cool mixture. Spread over ice cream. Freeze until set. Spread Cool Whip over sauce and sprinkle with nuts. Freeze. Keep covered in freezer. Remove from freezer 20 minutes before serving.

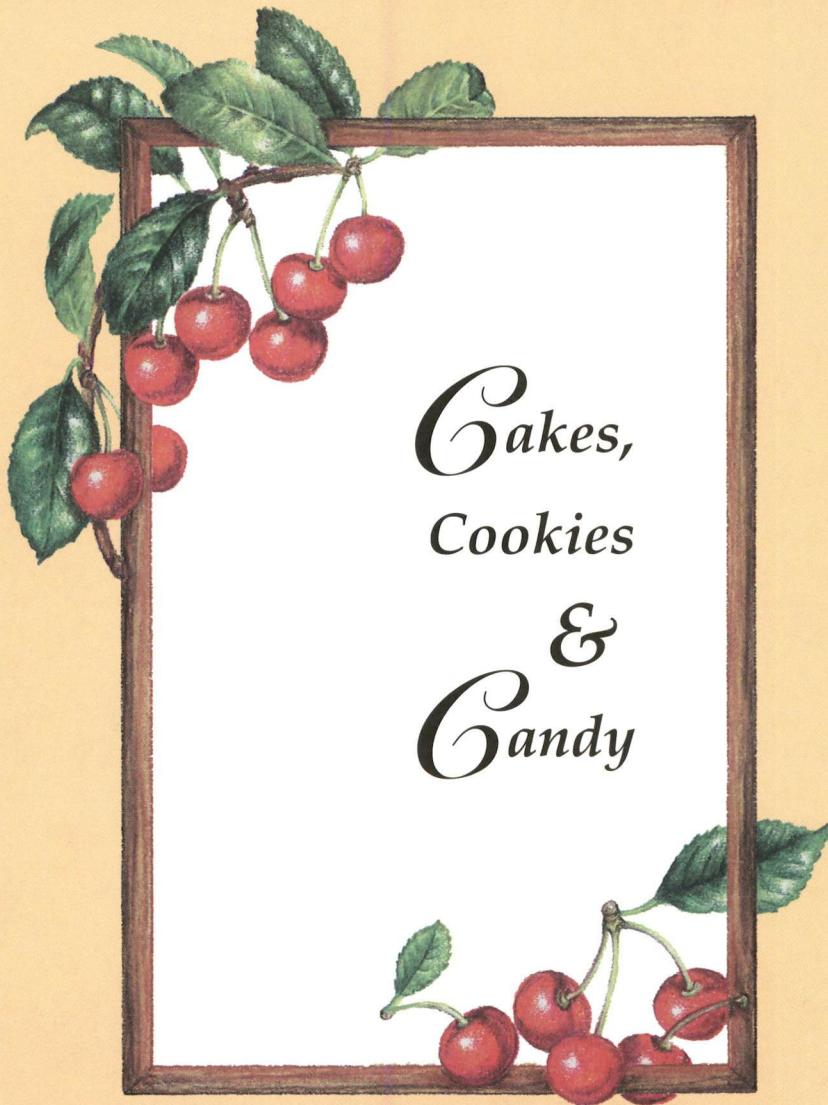
SCHEIDL TORTA

Maja Serdarevic

1/2 Lb Sugar	3/4 C Cold Milk
6 Egg Yolks	2 Boxes European Lady Fingers
2 Sticks Unsalted Butter	1 C Milk
7 oz. Almonds (ground)	4 Tbs Dark Rum
5 oz. Candied Fruit (chopped)	

Cream butter. Add egg yolks and sugar. Beat well. Mix in cold milk. Add ground almonds and candied fruit. Line springform pan (a Charlotte mold can be used) with parchment paper (bottom and sides) and grease. Line pan with lady fingers dipped in milk and rum. Cover with half of the butter cream. Add another layer of lady fingers. Add remaining butter cream. Top with another layer of lady fingers. Cover with a plate that fits snuggly into the springform. Weight it with something heavy and leave in refrigerator overnight. Serve with whipped cream.

Recipe Favorites



*Cakes,
Cookies
&
Candy*

Helpful Hints

Child's Party:

- Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing.
- Fill flat bottom ice cream cones with cake batter half full and bake. Decorate with icing topped with colored sugar.
- Small marshmallows can be used for candle holders on cakes.

Other Useful Tips:

- Spoon for Baby: The tablespoon from your measuring spoons set is ideal for babies to use when eating soup or cereal. The short handle and deep scoop helps them to get more into their mouths as they learn to feed themselves.
- Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.
- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch and it will go much further. Cornstarch is safe and will stretch your money also. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? Take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here is a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

Cakes, Cookies & Candy

Cakes

DUMP CAKE (Cakes)

Joyce Miller

- 2 Cans Pie Filling (any flavor)
1 Box Yellow Cake Mix
1 C. Crushed Walnuts

- 1 C. Coconut
2 Sticks Butter, melted

Dump two cans of pie filling in bottom of greased 13 x 9 pan. Spread to cover bottom. Dump box of yellow cake mix over pie filling and spread to cover. Sprinkle crushed walnuts over top. Cover with melted butter. Bake uncovered for 30 minutes at 350°. Remove cake from oven, sprinkle coconut over top and bake for an additional 15 minutes until top is golden brown.

FUDGEY PUDDING CAKE

Jim Takacs

- 1 C. Biscuit Mix
1/4 C. Cocoa
1 (14 oz.) Can Condensed Milk

- 3/4 C. Chocolate Syrup
1 Tsp. vanilla
1/2 C. Hot Water

Preheat oven to 375°. 8" Baking pan. Mix Biscuit mix, cocoa, condensed milk, chocolate syrup, and vanilla. Spoon evenly into pan. Mix remaining ingredients in bowl and pour over mixture in pan. Do not stir. Bake 25 to 30 minutes. Let cool for 15 minutes. Serve warm.

NANA'S POUND CAKE (Cake)

Tarsha Leherr

- 3 C. Flour
3 C. Sugar
5 Eggs (room temp.)
2 Sticks Butter, Softened
1 C. Milk
1/4 Tsp. Salt

- 1/4 C. Shortening
1 1/2 Tsp. Vanilla Extract
1 Tsp. Orange Flavor
1 Tsp. Lemon Flavor
Few drops yellow food coloring
1/4 Tsp. Baking Powder

Preheat oven to 325°. Mix sugar, butter, and shortening in a bowl. Beat 5 eggs in bowl and pour with flavorings into the sugar mixture. Beat until creamy. Sift flour, baking powder, and salt. Pour flour and milk into mixture. make sure to do this in parts 2 cups flour to 1/4 milk. Grease bunt cake pan with shortening. Pour batter and bake for 1 1/2 hours.

ROSCOE RUM CAKE

(Cakes)

Norris Barnes

1 C. Chopped Pecan or Walnuts	1/2 C. Cold Water
1 (18½ oz.) Yellow Cake Mix	1/2 C. Wesson Oil
1 (3¾ oz.) Pkg. Jell-O-Vanilla Instant Pudding and Pie Filling	1/2 C. Bacardi Dark Rum

Preheat oven to 325°. grease and flour 10 inch tube or 12 inch bundt pan. Sprinkle nut over bottom of pan. Mix all ingredients together. Pour batter over nuts. Bake for 1 hour, cool, and invert on serving plate. prick top, drizzle, and smooth glaze evenly over top and side. Allow cake to absorb glaze. Repeat until glaze is used up.

Glaze

1/4 C. water	1/2 C. Bacardi Dark Rum
1 C. Granulated Sugar	

Mix together.

RUM CAKE

Linda Ware

1/2 C Pecans (chopped)	3 Eggs
1/2 C Water	1 Box Yellow Pudding Cake Mix
1/2 C Oil	

Place pecans in bottom of floured, greased cake 12 c. bundt pan. Preheat oven to 350°. Mix cake mix with rest of wet ingredients and beat batter until smooth. Pour into pan and bake for 45 minutes. Let cool and remove from pan. Poke holes in cake with toothpick. Pour glaze over cake trying to get cake to absorb all the glaze.

Glaze

3/4 Stick Butter	1/2 C Water
3/4 C Sugar	1/2 C Rum

Place all ingredients in a pan and melt.

RUSSIAN TEA CAKES (From a friend in Michigan)

Janet Prater

1 C. Softened Butter	1/4 Tsp. Salt
1/2 C. Sifted Confectioners Sugar	3/4 C. Finely Chopped Nuts (walnuts or pecans)
1 Tsp. Vanilla	
2 1/2 C. Sifted Flour	

Mix together butter, sugar, and vanilla. sift together and stir in flour and salt. Fold nuts into mixture. Chill dough until slightly firm (about 1 hour). Roll dough into 1" balls (if they are any larger than 1", they will crack). Place 2" apart on ungreased baking sheet. Bake at 350° until set, but not brown (approximately 15 minutes, but no longer than 20 minutes; they look raw but are ready). While still warm, roll in confectioners sugar. Cool and roll in sugar again. Delicious!

WATERGATE CAKE

(Cakes)

Scot Spiegel

1 Pkg. Pillsbury Funfetti Cake Mix	1 Sm. Pkg. Chopped Walnuts or Pecans
3 Eggs	1 Pkg. Pistachio Pudding Mix (instant)
1 C. Club Soda	
1 C. Vegetable Oil	

Mix all ingredients in large bowl and beat at high speed for 3 minutes. Pour batter into a bundt cake pan and spread evenly. Bake at 350° for 1 hour and 15 minutes. Check center of cake with toothpick to ensure it is cooked. Let cool on rack for 15 minutes. Remove cake and garnish with confectioner's sugar. Very Moist!

Cookies

BLOND BROWNIES

Jim Takacs

3 Eggs	1 C. Flour
1/2 Lb. Brown Sugar	1/3 C. Vegetable Oil
1/2 Tsp. Baking Soda	1/4 C. Chopped Nuts
1/2 Tsp. Baking Powder	1/4 C. Coconut
1/2 Tsp. Salt	1/4 C. Chocolate Chips

Preheat oven to 350°. 13x9 Pan. Mix all ingredients together. Pour into baking pan. Bake 25 to 30 minutes. Cool, cut into bars.

CALIFORNIA LEMON BARS

Julie Black

1 C. Sifted Flour
1/2 C. Butter or Margarine
1/4 C. Confectioner's Sugar
2 Eggs, beaten
1 C. Sugar
1/2 Tsp. Baking Powder
2 Tbs. Lemon Juice

2 Tbs. Flour
1 1/2 C. Confectioner's Sugar
1 Tsp. Vanilla
2 Tbs. Melted Butter or
Margarine
1 Tbs. Milk (approximately)

Blend 1 C. flour, 1/2 C. butter and 1/4 C. confectioner's sugar as for pastry. Press into 8" square pan. Bake at 350° for 20 minutes. Combine eggs, sugar, baking powder, lemon juice, and 2 Tbs. flour. Pour into baked bottom layer and bake at 350° for 25 minutes. Cool slightly in pan. Combine 1 1/2 C. confectioner's sugar, vanilla, 2 Tbs. butter, and enough milk to make mixture spreadable. Spread on top of baked cookies in pan. Cool in pan on rack, then cut into 2 1/2" x 1 1/4" bars.

CARROT BARS

Bobbie George

4 Eggs, beaten
2 C Sugar
2 Tsp Soda
2 Tsp Cinnamon

1 Tsp Salt
1 1/2 C. Crisco Oil
2 1.2 C. Flour
3 small jars carrot baby food

Combine ingredients in order. Bake at 350° for 30-40 minutes in a greased 15x10X1 pan. Frost with recipe below.

Frosting

1 box powered sugar
1/2 C. Margarine

8 oz. Cream cheese
1/2 Tsp. Vanilla

Mix ingredients together and spread on to carrot bars

CHOCOLATE CHIP COOKIES

Amy Woodworth

2 C Butter
2 Tsp Baking Soda
2 Tsp Baking Powder
2 Tsp Vanilla
4 C Flour
2 C Sugar

24 oz. Chocolate Chips
5 C Oatmeal (blended)
2 C Brown Sugar
1 8 oz. Hershey Bar (grated)
1 Tsp Salt
4 Eggs

Cream butter with both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder, and baking soda. Add chocolate chips and grated Hershey Bar. use a teaspoon to spoon onto ungreased cookie sheet. Bake at 350° for 10 to 12 minutes.

DOUBLE COOKIE BARS

Jim Takacs

1/2 C. Butter
1 1/2 C. Graham Cracker Crumbs
1 (14 oz.) Condensed Milk
1 (12 oz.) Semi-Sweet Chocolate Chips

1 C. Reese's Peanut Butter Cups

Preheat oven to 350°. 13 x 9 pan. Melt Butter in pan and sprinkle crumbs over butter. Pour condensed milk over crumbs. Top with chips and press down firmly. Bake 25 to 30 minutes. Cool and cut into bars.

LEMON SQUARES

(Cakes)

Rick Wolfley

1/2 C. Butter, softened
1 C. Flour
1/4 C. Powdered Sugar
2 Eggs, beaten

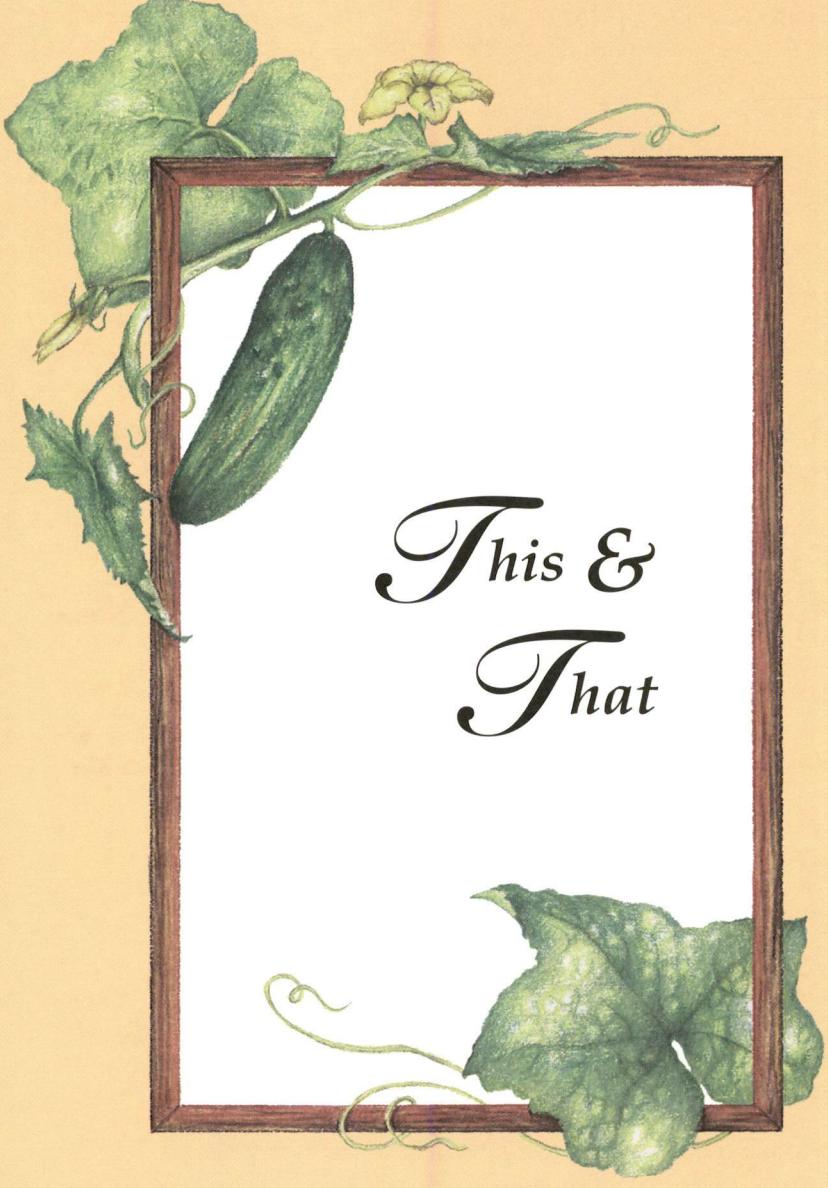
1 C. Sugar
3 Tbs. Lemon Juice
Rind of 1 Lemon, grated
1/4 Tsp. Baking Powder

Combine butter, flour, and powdered sugar. Pat into bottom of 8 x 8 pan. Bake at 350° for 20 minutes. Combine and beat remaining ingredients. Pour over baked crust. Return to oven at 350° for another 20 minutes. Sprinkle with powdered sugar. Cut into squares when cool.

Recipe Favorites

Recipe Favorites

Cakes, Cookies & Candy



*This &
That*

Helpful Hints

- Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.
- Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.
- For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.
- A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.
- Iron cleaner: Baking soda on a damp sponge will remove starch deposits. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon: Combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or until stain disappears. Wash, rinse and dry, and condition with oil before using pan again.
- Corningware cookware can be cleaned by filling them with water and dropping in two denture cleaning tablets. Let stand for 30-45 minutes.
- A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.
- For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.
- For a spicy aroma, toss dried orange and lemon rinds into your fireplace.
- Tin coffee cans make excellent freezer containers for cookies.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen the garbage disposer blades.
- Vinegar will remove rust and mildew stains from most chrome.

This & That

This
&
That

ANTIPASTO KABOBS

Emily Gonzales

- 1 (9 oz.) Package Refrigerated
Cheese Filled Tortellini
1 (14 oz.) Can Quartered
Artichoke Hearts

- 1 (6 oz.) Jar Pitted Black Olives
1/2 lb. Pepperoni Slices
1 (8 oz.) Bottle Italian Salad
Dressing

Cook tortellini per package directions. Thread tortellini, artichoke hearts, olives, and pepperoni on 25 6" skewers. Place in a 13 x 9 x 2 dish. Drizzle with salad dressing. Turn to coat. Cover and refrigerate for 4 hours. Drain before serving.

BLACK BEAN AND ROASTED CORN SALSA

Eric and Chris Woodworth

- 1 C. Black Beans
1 Ear Sweet White Corn
6 Plum Tomatoes
1 Medium Sweet Onion
1 Large Green Pepper
2 Green Chiles, roasted and peeled

- 4 Cloves Garlic, finely diced
4 Sprigs Fresh Cilantro
(optional)
1 Lime

Soak beans overnight. Cook beans until just tender. Roast corn on grill, turning frequently, until husk darkens. Cut corn from ear and separate kernels with a fork. Coarsely chop tomato, pepper, onion, chiles, and cilantro. Mix in bowl and squeeze juice from lime into bowl. Toss all ingredients together. Refrigerate for 2 hours

BREAKFAST PIZZA

Emily Gonzales

- 1 Lb. Pork Sausage (brown and drained)
1 C. Grated Cheddar Cheese
1 C. Hash Browns (partially thawed)

- 1 Pkg (8) Crescent rolls
4 Eggs
1/2 C. Milk

On a round or rectangular pizza pan, greased, pat out rolls, sides touching, and flute edges. Layer in order: sausage, cheese, and hash browns. Beat eggs and milk together. Drizzle on top and bake at 325°F for 20 to 25 minutes or until done.

BREAKFAST SQUARES*Michelle Martin*

- 1 Can Pillsbury Crescent Rolls
 1/2 lb. Sausage (cooked and drained)
 1 C. Grated Swiss Cheese**

Pam spray the casserole dish. Line the bottom with the uncooked crescent rolls. Sprinkle the cooked sausage over dough. Sprinkle the swiss cheese over the sausage then add the beaten eggs over everything. Bake 425° for 20-25 minutes. Let cool.

COUNTRY BARBECUE SAUCE*Scot Spiegel*

- 1/2 C. Chopped Onions
 1 T. Olive Oil
 1 C. Heinz Ketchup
 1 C. Delmonte Chili Sauce**

- 1/2 C. Apple Jelly
 2 T. Worcestershire Sauce
 1 tsp. Chili Powder**

Sauté onion in olive oil until lightly brown. Mix all other ingredients in sauce pan with onion. Bring mixture to a boil stirring frequently. Reduce heat and simmer for 10 minutes. Great with western style beef ribs, pork ribs, or chicken quarters.

DEE'S FRUIT DIP*Pat Stroop*

- 8 oz. Cream Cheese
 3/4 C. Light Brown Sugar
 2 1/2 T. Sour Cream**

- 2 T. Vanilla Extract
 Chopped Pecans or Walnuts**

Blend cream cheese, sour cream, brown sugar, and vanilla until smooth. Add nuts to taste. This fruit dip goes best with Granny Smith Apples, but red apples or bananas also work well.

HUMMUS*Linda Ware*

- 1 (15 oz.) Can Chickpeas,
 drained
 1/4 C. Tahini
 2 Tbs. Chopped Fresh Parsley
 1 Garlic Clove**

- 1/3 C. Lemon Juice
 1 1/2 Tsp. Ground Cumin
 1/4 Tsp. Ground Red Pepper
 2 Tbs. Chopped Onion
 1 Tbs. Soy Sauce**

Process all ingredients in a food processor until smooth. Serve with crackers, bagel bites, or toast points. Yield 2 Cups.

PEROIGIES*Diane Hoegerl*

- 1 C. Flour**
- 1 Egg**
- 1/2 tsp. Salt**
- 1 T. Sour Cream (Heaping)**
- 2 T. Butter, melted**

- Mashed Potatoes**
- Cheddar Cheese, grated**
- Butter**
- Sliced Onions**

Mix all ingredients together except potatoes and cheese. Roll dough out and cut with a cup. Mix potatoes and cheese together. Fill dough with potato mixture. Fold in half and seal with a fork. Drop in boiling water and cook till they come to the top. Fry in butter with onions.

PUFF EGGS*Brian D. Diederich*

- 1/2 Doz Eggs**
- 1 Tsp Milk**

- Cooking Oil**

Boil grease or oil as if you were making French fries. Scramble eggs and milk. Pour into hot oil. They will instantly puff up. Remove from oil and dust with powdered sugar.

PUFFED FRENCH TOAST*Deborah Hyman*

- 2 Eggs**
- 2 1 1/2 Tbs. Sugar**
- 1/2 Tsp. Salt**
- 1/2 Tsp. Vanilla Extract**
- 2 C. Milk**

- 1 C. Flour**
- 2 1/2 Tsp. Baking Powder**
- 12 Slices of Bread**
- Cinnamon Sugar**

Mix eggs, sugar, salt, vanilla, and milk until well blended. Slowly add flour and baking powder and mix until smooth. Dip bread slices in batter, allowing excess to drip off. Fry in hot oil until golden brown on both sides. Drain on paper towels. Serve immediately with syrup or fresh fruit topping.

Cinnamon Sugar Topping

- 4 Tsp. Cinnamon**
- 3/4 C. Granulated Sugar**

While toast is warm, roll in cinnamon sugar topping.

Recipe Favorites

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COOKING TIPS



- ◆ After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks—it will have twice the flavor.
- ◆ To slice meat into thin strips, as for Chinese dishes—partially freeze and it will slice easily.
- ◆ A roast with the bone in will cook faster than a boneless roast—the bone carries the heat to the inside of the roast quicker.
- ◆ Never cook a roast cold—let stand for at least an hour at room temperature. Brush with oil before and during roasting—the oil will seal in the juices.
- ◆ For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- ◆ To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- ◆ To keep cauliflower white while cooking—add a little milk to the water.
- ◆ When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- ◆ To ripen tomatoes—put them in a brown paper bag in a dark pantry and they will ripen overnight.
- ◆ Do not use soda to keep vegetables green. It destroys Vitamin C.
- ◆ When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- ◆ Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- ◆ Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of French fried potatoes.
- ◆ Use greased muffin tins as molds when baking stuffed green peppers.
- ◆ A few drops of lemon juice in the water will whiten boiled potatoes.
- ◆ Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- ◆ Do not use metal bowls when mixing salads. Use wooden, glass or china.
- ◆ Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- ◆ To keep celery crisp—stand it up in a pitcher of cold, salted water and refrigerate.
- ◆ Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.

CALORIE



COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads



Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1-4 in.	60
Pumpernickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105

Cream

Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45

Hot chocolate, with milk, 1 c.	277
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Milk chocolate, 1 oz.	145-155
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Yogurt

made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110

Calorie Counter, Continued

Fruits



Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35 - 55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple, canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
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Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Mинestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 c.	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 c.	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30

MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons
(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)	

Substitutions

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

*In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



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



Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil

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

Bay Leaves

A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

Caraway

Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

Chives

Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.

Curry Powder

A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.

Dill

Both seeds and leaves of dill are flavorful. Leaves may be used to garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel

Both seeds and leaves are used. It has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger

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



Herbs & Spices

Marjoram May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

Mint Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.

Oregano Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

Paprika A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.

Parsley Best when used fresh but can be used dry. Use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

Rosemary Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.

Saffron Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.

Sage Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.

Tarragon Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

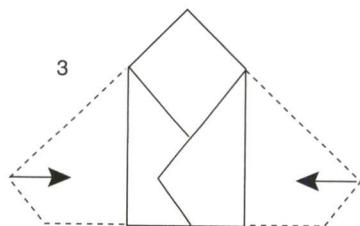
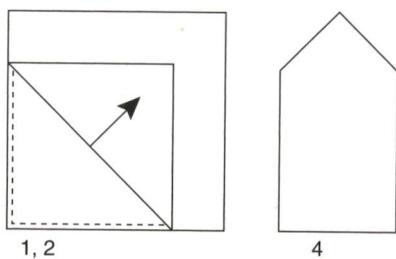
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner.



Instructions:

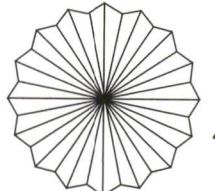
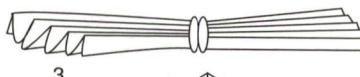
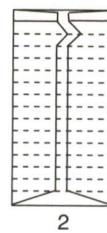
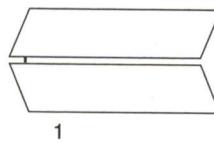
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on Plate.

Instructions:

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



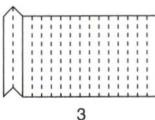
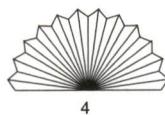
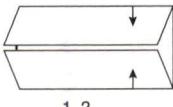
NAPKIN FOLDING

Fan

Instructions:

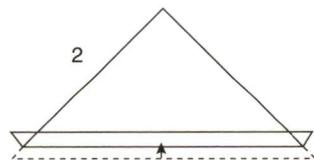
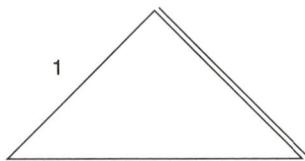
1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. Well-starched napkins will hold the shape.

Pretty in Napkin Ring, or Top of Plate.



Candle

Easy to do; can be decorated.

**Instructions:**

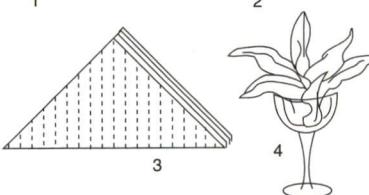
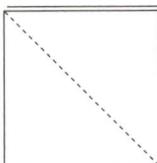
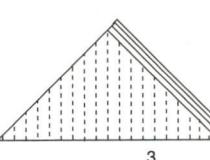
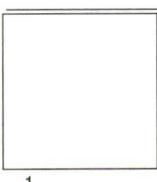
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

Lily

Effective and Pretty on Table.

Instructions:

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



VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes

BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

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

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

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

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

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

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

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

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

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

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

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots.....	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 c. flour use 1 1/4 tsp. Baking Powder
Muffins	To 1 c. flour use 1 1/2 tsp. Baking Powder
Popovers.....	To 1 c. flour use 1 1/4 tsp. Baking Powder
Waffles	To 1 c. flour use 1 1/4 tsp. Baking Powder
Cake with oil.....	To 1 c. flour use 1 tsp. Baking Powder

Rules for Use of Leavening Agents

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

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter.....	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf.....	45 - 60	350° - 400°
Rolls	15 - 30	350° - 425°
Biscuits	10 - 15	400° - 450°
Muffins	15 - 25	400° - 425°
Cornbread	20 - 25	400° - 425°
Nut Bread	60 - 75	350°
Gingerbread	35 - 50	350° - 375°

BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last roll. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- ◆ A pie crust will be more easily made and better if all the ingredients are cool.
- ◆ The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- ◆ Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- ◆ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- ◆ Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- ◆ The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- ◆ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- ◆ Cakes should not be frosted until thoroughly cool.
- ◆ To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	300° - 350°	50 - 80 min.
Butter Cake, layer.....	350° - 375°	25 - 35 min.
Cake, angel	350° - 375°	35 - 50 min.
Cake, sponge	350° - 375°	12 - 40 min.
Cake, fruit.....	250° - 275°	3 - 4 hours
Cookies, rolled	375° - 400°	6 - 12 min.
Cookies, drop	350° - 400°	8 - 15 min.
Cream Puffs	300° - 350°	45 - 60 min.
Meringue	300° - 350°	12 - 15 min.
Pie Crust (shell)	400° - 450°	10 - 12 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 (1-lb.) loaves	100 slices or 6 (1-lb.) loaves	200 slices or 12 (1-lb.) loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Hot dogs (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/4 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12" x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10" x 12" sheet cake	1 12" x 20" sheet cakes	2 12" x 20" sheet cakes
Whipping Cream	2 8" layer cakes	3 10" layer cakes	6 10" layer cakes
	1 pint	1 quart	2 quarts



EQUIVALENCY CHART

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

TERMS USED IN COOKING

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

Au jus: Served in its own juices.

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

Bisque: A thick cream soup.

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

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

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

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

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

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

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

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

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

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

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

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

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

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

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

Saute: To cook and/or brown food in a small quantity of hot oil.

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

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

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

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

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