

White Sauce

(Dad)

Kind	Flour	Fat	Salt	Liquid
Thin	1 tbl	$\frac{3}{4}$ tbl	$\frac{1}{2}$ tsp	1 cup milk
Medium	2 tbl	$1\frac{1}{2}$ tbl	$\frac{1}{2}$ tsp	1 cup milk
Thick	3 tbl	2 tbl	1 tsp	1 cup milk
Very thick	4 tbl	3 tbl	1 tsp	1 cup milk

Uses:

Thin – Cream soup
 Medium – Creamed vegetables-gravy
 Thick – Cooked salad dressings
 Very thick – Croquettes, soufflés

Microwave White Sauce

(Paper—Dad)

2 tablespoons butter	Pinch pepper
2 tablespoons flour	1 cup milk less 2 tablespoons
$\frac{1}{4}$ teaspoon salt	2 tablespoons white wine

Place butter in 4-cup glass measure and cook uncovered on high for 30 to 45 seconds or until melted. Whisk flour, salt and pepper into melted butter. Whisk until smooth, then gradually add milk and wine, continually whisking to keep mixture smooth. Cook mixture uncovered on high for 4 to 6 minutes, stirring every minute, until sauce thickens and coats a spoon.

Troubleshooting: Sauce will get rubbery if you don't continually stir to keep it smooth.

Basic Cream Sauce

(Promotion Card)

Combine 1 can Campbell's Cream of Celery, Chicken or Mushroom soup with $\frac{1}{3}$ to $\frac{1}{2}$ cup milk. Heat; stir.

Makes $1\frac{1}{2}$ cups.

Variations:

Hollandaise—To basic sauce add 2 tablespoons each butter and lemon juice and 2 egg yolks, slightly beaten. Simmer until just thickened (5 minutes), stirring constantly. ($1\frac{3}{4}$ cups)

Mornay—To basic sauce add $\frac{1}{2}$ cup shredded natural Swiss cheese, 2 tablespoons grated Parmesan cheese. Heat until cheese melts; stir often. ($1\frac{1}{2}$ cups)

Sour Cream Sauce—Cook $\frac{1}{4}$ cup chopped onion in 1 tablespoon butter until tender. Stir in basic sauce, substituting $\frac{1}{2}$ cup sour cream for milk in basic cream sauce recipe and $\frac{1}{8}$ teaspoon paprika. Heat; stir. (2 cups)

Caramel Sauce

(Mom)

$\frac{3}{4}$ cup dark corn syrup
 $\frac{1}{4}$ cup cream or evaporated milk
 1 teaspoon vanilla

Combine corn syrup and cream in a saucepan; bring to a boil and cook 3 minutes. Add vanilla. Cool. Use on ice cream, cake or pudding.
 Makes $\frac{3}{4}$ cup sauce

Apricot Raisin Sauce

(Mom)

Combine 1½ cups slivered dried apricots, ½ cup white raisins, slice lemon, 1 cup water; simmer until apricots are tender. Add ½ cup light corn syrup, dash of nutmeg; cook two minutes. Serve hot on gingerbread.

Bittersweet Chocolate Sauce

(Mom)

1 7-ounce package semi-sweet chocolate pieces
⅔ cup cream or evaporated milk

Place chocolate in the top of a double boiler over boiling water to melt. Add cream and blend until smooth. Serve hot or cold.

Makes 1¼ cup sauce

Strawberry Sauce

(Mom)

½ cup light corn syrup
¼ cup water
1½ cups strawberry preserves

Combine corn syrup and water in a saucepan. Bring to the boiling point and cook ten minutes. Add preserves and mix well. Cool.

Makes 2 cups sauce.

Chocolate Syrup

(Mom/Aunt Mary)

1½ cup sugar
¾ cup cocoa

2 tablespoons flour
⅛ teaspoon salt

Sift. Add to 1½ cups boiling water. Add vanilla. Stir until glossy.

Spicy Pear Sauce

(Dad)

3 large firm ripe pears
¼ cup granulated sugar
3 thick slices lemon

5 whole cloves
¼ teaspoon cinnamon
⅛ teaspoon salt

Peel, halve and core pears; slice ¼ -inch thick. Add all remaining ingredients; simmer, covered, 10 to 20 minutes, or until tender: CHILL. Serve as a dessert or with meat.

Amber Nut Sauce

(Paper/Magazine)

4 tablespoons crunchy peanut butter
¾ cup light corn syrup

Blend peanut butter and corn syrup in small bowl. (Use a wooden spoon to speed the job.) Spoon over ice cream. Sauce keeps well in a covered jar in the refrigerator.

Raspberry Sauce

(Mom)

1 cup fresh raspberries ¾ teaspoon cornstarch
¼ cup currant jelly 1½ teaspoons cold water
¼ cup granulated sugar

In a saucepan, mash raspberries with a fork. Add currant jelly and sugar; bring to a boil. Add cornstarch, mixed to a smooth paste with cold water. Cook while stirring, until thickened and clear. Strain; cool; then chill, covered, until needed.

Chocolate-Almond Sauce

(Paper)

3 one-ounce squares unsweetened chocolate ¼ teaspoon salt
1¾ cups light cream or top milk 1 tablespoon butter or margarine
1 cup sugar 1 teaspoon vanilla
¼ cup enriched flour ½ cup toasted almonds, slivered

Melt chocolate in cream, over hot water; cook until smooth. Stir occasionally. Combine sugar, flour, and salt; add enough of chocolate mixture to make smooth paste; add to remaining chocolate mixture. Cook until smooth and slightly thick, about 10 minutes. Remove from heat; stir in remaining ingredients. Serve hot or cold over ice cream.

Makes 2¼ cups

Zucchini—Tomato Sauce

(Mom)

1 large onion, chopped (1 cup) 2 large tomatoes, diced
1 clove garlic, minced or 1 can tomato sauce plus 2 tablespoons catsup
1 pound zucchini, trimmed and diced 2 teaspoons basil or ½ teaspoon oregano
¼ cup vegetable oil Salt and pepper
Dash of sugar

Sauté onion, garlic, and zucchini in oil until soft. Stir in remaining ingredients; heat to bubbling; simmer 30 minutes. Serve over rice or spaghetti.

You can add ½ pound browned and drained ground beef if you wish.

Italian Spaghetti Sauce

(Promotion Card)

2 tablespoons olive oil 1 bay leaf
1 small onion, diced ¼ cup minced fresh parsley
2 cloves garlic, minced ¼ cup Parmesan cheese
½ teaspoon thyme ½ cup dry red wine
½ teaspoon oregano 4 cups fresh tomato puree
½ teaspoon basil Salt and pepper to taste

In medium-size saucepan, heat olive oil and sauté onion and garlic for 5 minutes. Add herbs and continue cooking for 2 minutes. Add remaining ingredients and cook for at least 30 minutes. This sauce gets better the longer you cook it!

Yields: 4 cups

Chili Sauce

(Dad)

12 ripe tomatoes
3 onions
1½ cups sugar
1 red pepper
1 tablespoon cinnamon

1 tablespoon cloves
1 pint vinegar
1 green pepper
1½ tablespoons salt

Boil 4 to 5 hours, until thick. Seal in jars while hot, at least 10 minutes in boiling water bath.

Rumaki

(Paper)

1 pound chicken livers
¼ cup oil
¼ teaspoon Tabasco
½ teaspoon salt
⅛ teaspoon ground ginger

1 teaspoon minced onion
1 tablespoon finely-chopped parsley
½ pound mushrooms
½ pound bacon

Cut chicken livers in half. Mix oil, Tabasco, salt, ginger, onion and parsley in bowl. Add livers and mushrooms. Marinate at room temperature 30 minutes.

Cook bacon until half-cooked, but not crisp; cut slices in half. Alternate liver, bacon pieces and mushrooms on skewers. Broil 5 minutes, turning occasionally.

Serves 4

Glomp for Shrimp Cocktail

(Mom—Intermediate Eater)

Tiny shrimp, equal amounts of chopped celery and something to glomp on top.

For each cocktail assemble 2 tablespoons catsup, 1 teaspoon lemon juice, 2 teaspoons Worcestershire sauce, 2 drops Tabasco, 1 tablespoon dry vermouth and salt to taste. Mix and chill. Then glomp it on top of the shrimp-celery combination.

Re-Fried Bean Dip

(Dad)

1 (16 oz) can re-fried beans
½ cup salsa
Tortilla chips

Heat beans and salsa until warm. Serve as a dip with chips.

Mini Pizza

(Promotion Card)

1 can (10¾ ounce) Campbell's Tomato Soup
1 small clove garlic, minced
1 to 2 teaspoons oregano leaves, crushed

4 English muffins or hamburger buns, split and toasted
4 slices (4 ounces) Mozzarella cheese cut in half

In saucepan, combine soup, garlic, and oregano: heat to blend flavors. Spread on muffins; top with cheese. Broil until cheese melts.

Makes 8 mini-pizzas

Country Liver Pate

(Mom)

Butter or margarine	1 teaspoon salt
1 pound chicken livers	1 medium clove garlic, minced
½ pound mushrooms	½ cup dry or cooking white wine
⅓ cup minced green onions	⅛ teaspoon hot pepper sauce

In skillet over medium-high heat melt ¼ cup margarine; stir in livers, mushrooms, onion, salt and garlic. Cook about 5 minutes. Stir in wine and pepper sauce. Cover and cook 5 minutes. In blender at medium speed blend the liver mixture and ½ cup margarine until smooth. Mixture will be thin. Pour into 3-cup crock or small bowl. Cover and refrigerate 3 hours or until firm. Serve with party rye and Melba toast.

Cheese Filled Pastries

(Promotion Card)

2 Packages (14-18 ounces each) hot roll mix	1 jar or can (24 ounces) prepared apple pie filling
1 can Campbell's Cheddar Cheese Soup	1 jar or can (24 ounces) prepared cherry pie filling
½ cup sugar	½ cup chopped toasted almonds
½ teaspoon almond extract	¼ teaspoon ground mace

In large bowl, dissolve yeast as directed on roll mixes, using one half the total amount of water. Prepare mixes as directed on packages, substituting can of soup for remaining water, adding sugar and almond extract. Let rise until doubled. Shape into 16 four-inch circles; place on 2 lightly greased large cookie sheets. Let rise until doubled. Meanwhile, combine remaining ingredients. Make small indentation in each circle; spoon about ¼ cup fruit mixture on each indentation. Bake at 375°F for 25 minutes or until golden brown.

Freezer: Baked pastries may be frozen

16 pastries

Fluffy Dumplings

(Paper)

1 cup flour	½ cup milk
½ teaspoon salt	2 tablespoons melted shortening
1½ teaspoons baking powder	

Sift together flour, salt and baking powder. Stir in milk and melted shortening to make a soft dough. Drop dumplings by spoonfuls into gently boiling broth. Cover tightly and steam, without lifting cover for 12 to 15 minutes.

“Slick” Dumplings

(Paper)

3 cups flour
1 teaspoon salt
2 cups boiling chicken broth

Sift together the flour and salt. Pour the boiling broth into the flour and stir until well blended. Place the dough on floured board and roll out to about ⅛ inch thickness. Cut into 1-inch squares and drop into boiling chicken broth. Cook until tender, about 15 minutes.

Russian Tea

(Mom)

1 cup instant tea powder ¾ cup lemonade mix
2 cups orange drink powder (Tang) 3 to 4 teaspoons cinnamon
1 cup sugar 2 teaspoons cloves

Mix all together and store in closed container. Use 2 teaspoons per cup, pour boiling water over. Stir. Delicious and refreshing.

Booze (AKA Dad's cough syrup)

Make a burnt sugar syrup of 1 cup sugar melted in a heavy pan. Add two cups water. Cool.

Mix:

1 part alcohol (190 proof) (Everclear)
1 part blackberry brandy
2 parts burnt sugar syrup

Kahlua

(Dad)

10 cups distilled water 12 tablespoons instant coffee
8 cups white sugar 1 bottle (750 ml) grain alcohol

Bring water and sugar to boil, cover and simmer 30 minutes --- cool. Dissolve 12 tablespoons instant coffee into 2 cups boiling distilled water and cool. Blend coffee mix into sugar mix and add 2 ounces PURE vanilla extract and 1 bottle (750 ml) grain alcohol. Put into dark brown or green bottles. Age 3 weeks in cool dark place if you can wait that long.

Hot Toddy

(Dad)

½ jigger 190 proof 1 cup boiling water
1 teaspoon honey Couple drops of lemon juice

Stir vigorously and add nutmeg and cinnamon to taste.

Oven Dried Jerky

(Dad)

1½ -2 pounds boneless meat—partially frozen ½ teaspoon onion powder
¼ teaspoon each pepper and garlic powder ¼ cup soy sauce
1 Tablespoon Worcestershire Sauce 1 teaspoon hickory smoked flavored salt

Trim all fat, cut ⅛ to ¼ inch slices with grain, long as possible, at least 1½ inches long. In large bowl, mix all ingredients until dissolved. Add meat and mix well. Cover and let stand at least 1 hour or overnight in refrigerator. Shake off excess moisture and place in a shallow pan and heat in 150-120°F oven until done (4 to 7 hours for beef and venison, chicken and turkey take about 5 hours).

Canned Smoked Fish

(Dad)

After smoking, cool; remove skin and major bones from fish. Pack loosely in sterilized jars (no larger than pint). [Add 1 teaspoon cooking oil—optional]

Process at 10 pounds pressure for 70 minutes.

No-Time-At-All Stuffing Loaf

(Paper)

1 medium onion, chopped	1 cup corn meal
1 cup chopped celery	1 cup flour
2 tablespoons margarine	2 tablespoons sugar
2-3 teaspoons poultry seasoning	4 teaspoons baking powder
2-3 teaspoons sage	½ teaspoon salt (opt)
1 teaspoon oregano, crushed	1 cup milk
2 slices whole wheat bread, cubed	½ cup (1 stick) margarine, melted
1 (8 oz) can corn, drained	3 eggs, beaten
½ cup chopped pecans	

Heat oven to 350°F. Grease 9x5 inch loaf pan. Cook onion and celery in 2 tablespoons margarine until tender, about 5 minutes. Stir in spices; mix well. Remove from heat; add bread cubes, corn and pecans, mixing well.

Combine dry ingredients. Add combined milk, margarine and eggs, mixing just until moistened. Add vegetable mixture; mix well. Spread evenly into prepared pan. Bake 45-50 minutes or until wooden pick inserted in center comes out clean. Cool in pan 15 minutes; remove. Cut into ¾ inch slices; serve warm. Store leftovers in refrigerator.

Horseradish Dip

(Dad)

½ cup Sour cream	Few drops Worcestershire sauce
1 pound ground horseradish	Salt and pepper to taste
½ teaspoon lemon juice	

Mix all ingredients and serve as a low-calorie dip for fresh apple wedges.

Homemade Condensed Milk

(Dad)

⅓ cup water	¼ cup of butter
¾ cup sugar	1 cup milk crystals

Heat first 3 ingredients in saucepan. Boil 30 seconds and cool—add crystals. Blend until smooth and creamy. Makes about 1 cup.

Nuts—Cold Pack

(Dad)

Place nuts in clean jars. Put lid on firmly. Process at 225°F heat in oven for 45 minutes.

Nuts—Hot Process

(Dad)

Pack in sterilized jars. Partly seal jars and process 10 minutes at 5 pounds pressure. Remove from canner and seal completely. Do NOT add water to jars!!

Hot Mustard

(Dad)

Mix a little at a time with cold water to consistency of very thick cream—3 tablespoons mustard—3 tablespoons water—stirring well to break up lumps. Let stand 10 minutes to mellow.

Creole Seasoning

(Paper)

2 tablespoons oregano	1/3 cup cayenne
1/8 cup salt	1/3 cup paprika
1/4 cup freshly ground pepper	5 cloves garlic
2 tablespoons thyme	(crushed, with 1 tablespoon salt)

Combine all the ingredients and stir to mix thoroughly. Pour into a large glass jar.

Makes 1 1/2 cups

Chicken Coating Mix

(Paper)

2 tablespoons parsley flakes	1 teaspoon onion salt
1 tablespoon oregano	1 tablespoon celery salt
1 tablespoon marjoram	1 tablespoon ginger
1 tablespoon thyme	1 teaspoon pepper
1 1/2 teaspoons rosemary	1 teaspoon sage
1 teaspoon garlic salt	1 tablespoon paprika

Combine all ingredients in a small bowl until evenly distributed. Spoon mixture into a small airtight container, label. Store in a cool, dry place. Use within 6 months.

Makes about 1/2 cup of mix.

Steak Marinade

(Dad)

1/2 cup salad oil	1/8 teaspoon garlic powder
2 tablespoons lemon juice	1 teaspoon onion powder
1/2 teaspoon Worcestershire sauce	1 teaspoon seasoned salt

Combine ingredients and mix well. Marinate meat in shallow pan 2 hours, turning occasionally. Round steak needs tenderizers and 2 hours more to marinate.

Bucket of Barley

(Paper)

1 soup bone	Lettuce leaves
2 quarts water	3 cups cabbage
1 1/2 tablespoons salt (to taste)	1 cup sliced carrots
1/2 teaspoon pepper	1 cup sliced celery
Celery tops	2 cups sliced onions
1/2 cup barley	1 can tomato paste

Plunk the bone, water, salt, pepper and celery tops in kettle. Cover and cook slowly one hour. Add barley and cook another hour. Discard celery tops and bone. Cut off meat and return to pot. Toss a couple of leaves of lettuce atop the soup and then remove. A lot of the grease on top of the pot will cling to the lettuce. Add the remaining ingredients, bring to a boil, reduce heat, simmer 45 minutes and you're ready for takeoff.