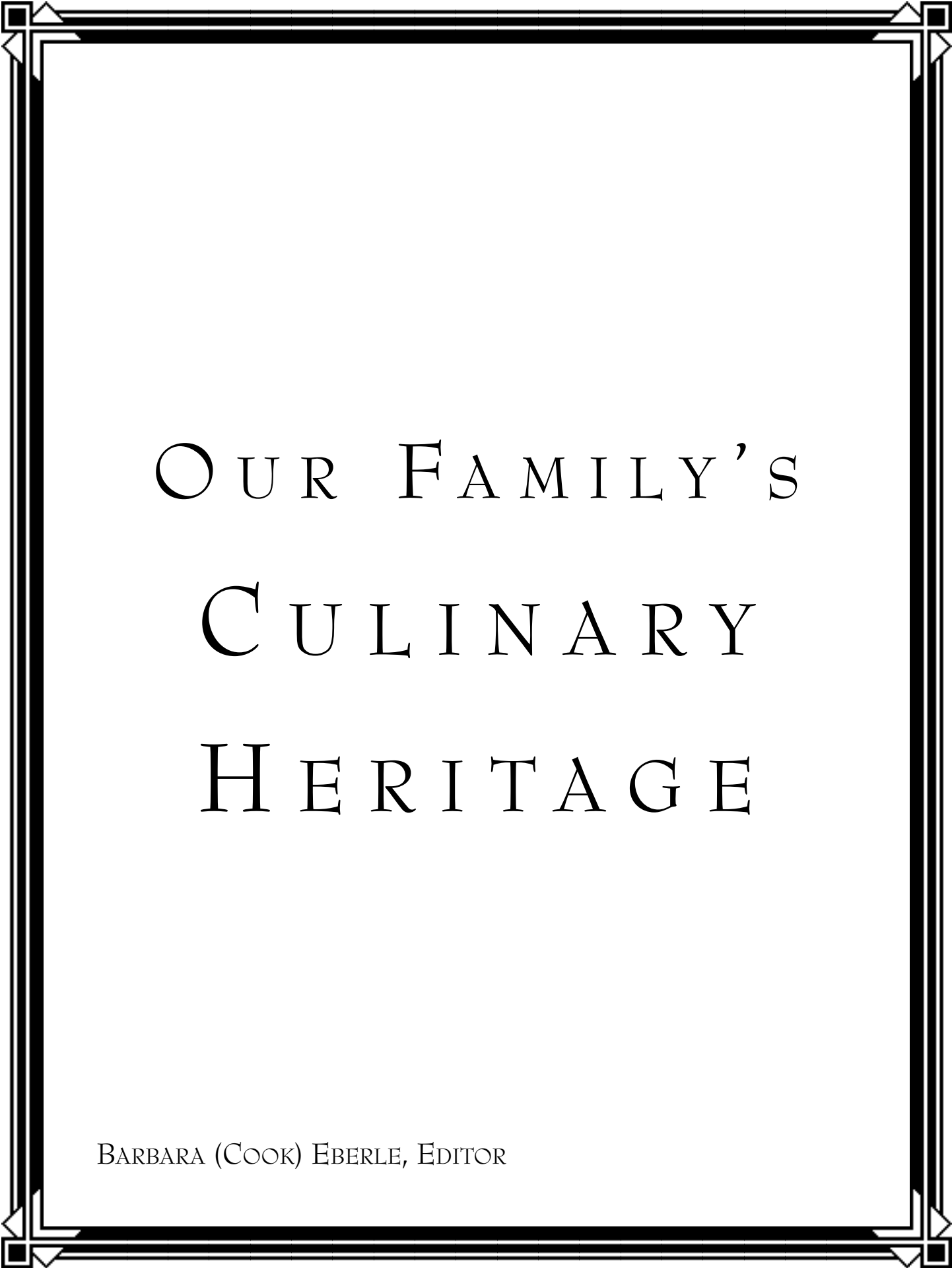


OUR FAMILY'S  
CULINARY  
HERITAGE



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BARBARA (COOK) EBERLE, EDITOR

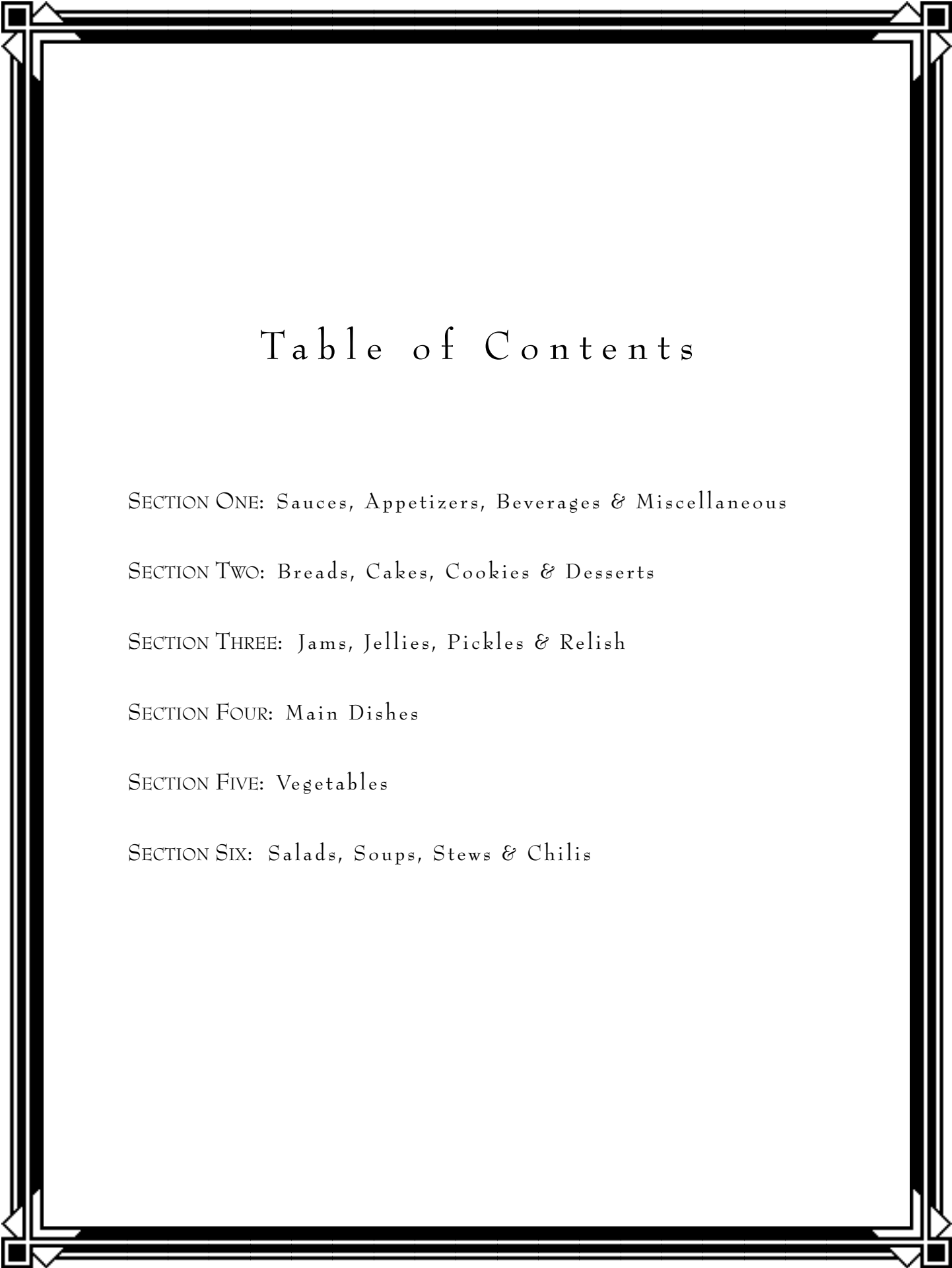
## F o r w a r d   b y   t h e   E d i t o r

While these pages may consist of ink and paper, this cookbook is so much more than that. It is sharing our family's culinary history, those memories of home cooked meals, and the joy of cooking; passed from one generation to the next. Cooking is a way of telling someone you love them, a way of bringing family and friends together.

Over the past few years, I have transcribed these recipes from Mom's old recipe box. The recipes contained on those cards yearn to be shared, and I hope that you find the same enjoyment in them as I have.

It has taken some time, and many rounds of editing and fine-tuning, but at last, the treasures known as the Eberle family recipes are ready to be shared.

Enjoy!  
Barbara



# Table of Contents

SECTION ONE: Sauces, Appetizers, Beverages & Miscellaneous

SECTION TWO: Breads, Cakes, Cookies & Desserts

SECTION THREE: Jams, Jellies, Pickles & Relish

SECTION FOUR: Main Dishes

SECTION FIVE: Vegetables

SECTION SIX: Salads, Soups, Stews & Chilis

## PICNIC LIST

(MOM)

Silverware	Sweater or coats	First aid kit
Plates and cups	Matches	Bottle opener
Knife	Kindling	Aspirin
Can opener	Paper	Large spoons
Tablecloth	Tea towels	Mustard
Towels	Toothpicks	
Washcloth	Camera	
Napkins	Film	
Blankets	Salt	
Extra Clothes	Pepper	

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## NOTES:

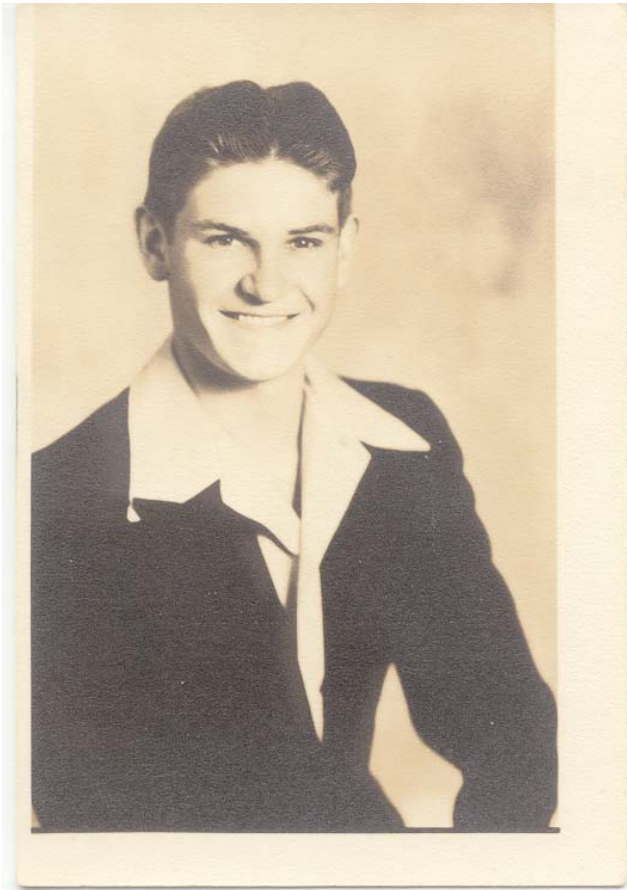
Please note that canning recipes are heirloom and not always recommended by the USDA. These recipes are for historical use. The only safe ways to can food are using a water bath or pressure canner. Check with the USDA for recommended recipes.

A couple of the recipes seem obvious to me that they are from John Owen (AKA, The Intermediate Eater). However, I could not find proof of that. (Chicken Cacciatore and Curves Ahead are two).

Several recipes have some directions that might not make sense. These were copied as written on the recipe cards.



SECTION ONE:  
SAUCES, APPETIZERS,  
BEVERAGES &  
MISCELLANEOUS



**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

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### 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.

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**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

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**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.

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**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.

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**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

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## 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

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## 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.

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**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

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.

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**Nuts—Cold Pack**

(Dad)

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

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**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

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**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.

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**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.





SECTION TWO:  
BREADS, CAKES,  
COOKIES & DESSERTS



### Apple Harvest Apple Bread

(Paper)

1½ cups Golden Delicious apples, chopped and peeled	½ teaspoon salt
2½ cups flour	½ teaspoon cinnamon
½ cup sugar	¾ cup chopped walnuts
¼ cup oil	2 beaten eggs
	1 teaspoon baking soda

Combine flour, sugar, salt, baking soda and cinnamon. Add oil, eggs and milk. Mix well. Then stir in nuts and apples. Pour into well-greased and floured bread pan.

Bake in 350°F oven for 1 hour and 15 minutes or until done.

Take out of oven and cool on wire rack, then remove from pan.

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### Banana-Apple Mincemeat Bread

(Louise Lancaster)

2½ cups flour	½ cup diced apples (or more, if desired)
2 cups sugar	1 cup mincemeat
4 teaspoons baking soda	4 beaten eggs
1 teaspoon salt	1 cup salad oil
2 cups mashed bananas	1 cup chopped nuts

Combine eggs and sugar and beat well. Add oil, beat well. Fold in dry ingredients, apples, bananas, mincemeat and nuts. Mix thoroughly, but do not over mix. Pour into greased loaf pans.

Bake at 350°F for 1 hour for 2 large loaves or 45 minutes for 3 smaller loaves.

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### Zoom Bread

(Box End)

1 cup Zoom	1 package active dry yeast
2 teaspoons salt	½ cup warm water
2 tablespoons oil	1 teaspoon sugar
¼ cup honey	1 cup Fisher's Whole Wheat Flour
1¾ cups hot water	4 to 4½ cups all-purpose flour

In a large mixing bowl, combine the Zoom, salt, oil, honey and hot water. Let cool until lukewarm. Mix yeast, warm water and sugar; add to first mixture. Add whole-wheat flour and 4 cups all-purpose flour. Dough should be firm, but not stiff. Add more flour only if needed. Knead dough 8–10 minutes. Or, use dough hook, following manufacturer's directions. Place in a lightly greased bowl, cover and let rise in warm place until doubled (1½ - 2 hours). Punch down, shape into 2 loaves and place into greased 9x5x3 inch loaf pans. Cover and let rise until double (45 minutes).

Bake in 350°F oven for 25 minutes, reduce to 325°F and bake 20 to 25 minutes more. If crust begins to brown too much cover with piece of foil.

2 loaves

### Old-Fashioned Date Nut Loaves

(Box End)

¾ cup boiling water	2 cups flour
1 package (8oz) pitted dates, chopped	2 teaspoons baking soda
1 cup sugar	½ teaspoon salt
1 egg	¼ teaspoon baking powder
2 tablespoons vegetable oil	1 cup plain nonfat or low fat yogurt
2 teaspoons vanilla extract	¾ cup chopped almonds

Pour boiling water over dates in bowl. Let stand 15 minutes. Beat sugar, egg and oil 3 minutes on high speed of mixer. Blend in date mixture and vanilla. Combine flour, baking soda, salt and baking powder. Add dry mixture, alternately with yogurt, to beaten mixture. Blend well. Stir in almonds. Pour batter into 4 well-greased mini loaf pans (3¼X5¾ inch), about 1 cup batter for each pan. Bake in 350°F oven 35 to 40 minutes or until cake tester inserted in center comes out clean.

4 mini-loaves, 40 servings

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### Date Loaf Cake

(Mom)

1 tablespoon butter	½ cup walnuts
1 cup sugar	1 cup dates
1 egg	1 teaspoon vanilla
1¼ cups flour	1 cup hot water
1 teaspoon soda	

Cream butter, gradually add sugar. Add egg and mix well. Mix and sift flour and soda. Combine with walnuts and dates. Add dry ingredients alternately to egg mixture with combined water and vanilla. Pour into greased loaf pan.

Bake for 1 hour at 350° F

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### Witch Hat Biscuits

(Paper)

1½ cups sifted flour	⅓ cup shortening
1 tablespoon baking powder	⅔ cup milk
½ teaspoon salt	1 egg, beaten
¾ cup oats	Poppy seeds
1 tablespoon minced onion	

Sift together flour, baking powder and salt into bowl. Stir in oats and onion. Cut in shortening until mixture resembles coarse crumbs. Add milk, all at once, stirring lightly only until mixture is moistened.

Turn dough out on lightly floured board; sprinkle dough lightly with flour. Knead gently about 15 times. Roll dough out to 16x18-inch rectangle. Cut into 4-inch squares. Cut each square diagonally.

Starting with long side of triangle, roll up leaving part of tip flat to form point of hat. Brush lightly with egg and sprinkle with poppy seeds.

Place on ungreased cookie sheet. Bake in pre-heated 415°F oven 10 to 12 minutes or until lightly browned.

16 biscuits

## Baked Doughnut Twists

(Mom)

2 cups biscuit mix	¼ cup milk
2 tablespoons sugar	1 beaten egg
1 teaspoon coffee crystals	1 teaspoon grated orange peel

Combine biscuit mix and sugar; set aside. Dissolve coffee crystals in milk, add egg and peel. Add to dry ingredients. Stir until moistened. Turn out on floured surface; knead 10 to 12 strokes. Roll to ½ inch thickness. Cut with a 1½-inch doughnut cutter. Holding opposite sides, twist. Bake on ungreased baking sheet in 400°F oven for 10 to 12 minutes.

Brush with melted butter or margarine. Dip in mixture of ½ cup sugar, 1 teaspoon cinnamon and ½ teaspoon nutmeg. Serve warm.

Makes 8 twists

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## Easy Caramel-Pecan Rolls

1 cup pecan halves	4 cups Bisquick baking mix
⅔ cup packed brown sugar	1 cup milk
½ cup Karo corn syrup	2 tablespoons margarine, softened
½ cup margarine, melted	½ cup packed brown sugar
½ teaspoon cinnamon	

Mix the pecans, ⅔ cup brown sugar, the corn syrup and ¼ cup margarine in rectangular pan, 13x9x2; spread to cover bottom of pan. Set aside.

Stir baking mix and milk until dough forms; beat 20 strokes. Turn onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll dough into rectangle, 15x9 inch; spread with 2 tablespoons margarine. Mix ½ cup brown sugar and cinnamon; sprinkle over rectangle. Roll up tightly, beginning at 15-inch side. Pinch edge of dough into roll to seal well. Cut into twelve 1¼-inch slices. Arrange cut sides down in pan.

Bake at 400°F until golden brown, about 30 minutes. Invert on heat proof serving plate. Let stand 10 minutes; carefully separate rolls. Serve warm.

12 Rolls

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## Applesauce Cake

(Mom/Barb Stewart)

2 cups applesauce	1 teaspoon cinnamon
2 cups brown sugar	1 teaspoon nutmeg
½ cup shortening	½ teaspoon cloves
4 cups flour	2 tablespoons cocoa
4 teaspoons soda	1 cup raisins

(Above is as written on card. No cooking directions)

**Applesauce Cake**

(Mom)

½ cup shortening	½ teaspoon soda
1 cup sugar	¾ teaspoon cinnamon
1 teaspoon salt	¼ teaspoon nutmeg
1 teaspoon vanilla	¼ teaspoon cloves
1 egg	1 cup steamed raisins
2 cups sifted flour	½ cup chopped nutmeats
1½ teaspoons baking powder	1 cup applesauce

Mix thoroughly and bake in a 7½x12x1¼ inch pan lined with wax paper. Bake at 350°F for 50 minutes.

---

**Brown Sugar Chocolate Cake**

(Aunt Theresia)

2 cups sifted cake flour	2 cups brown sugar (packed)
2 teaspoons baking powder	2 eggs
½ teaspoon baking soda	1 teaspoon vanilla
½ teaspoon salt	4 squares unsweetened chocolate (melted)
½ cup shortening	1 cup plus 2 tablespoons milk

Pre-heat oven to 350°F. Grease and flour two 8-inch cake pans. Sift together first four ingredients. Cream shortening; add sugar gradually; beat until fluffy. Add eggs, one at a time; beat well after each addition. Stir in vanilla and chocolate. Add dry ingredients, a little at a time, alternately with milk; stir only enough to blend well. Pour into pans. Bake 30 minutes or until top springs back when touched lightly with fingertips. Cool in pan 5 minutes. Remove; cool on a rack; frost.

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**California Orange Walnut Cake**

(Mom)

½ cup shortening	½ teaspoon salt
1 cup sugar	1 teaspoon soda
2 eggs	1 teaspoon cinnamon
1 cup raisins	¼ cup chopped walnuts
½ cup chopped walnuts	¼ cup sugar
1 cup milk	Grated rind of one orange, Juice of one orange
2 cups sifted flour	

Cream shortening and 1 cup sugar. Add eggs and beat well. Add raisins, ½ cup nuts and orange rind and beat well. Sift flour, soda and salt and add to mixture alternately with milk. Bake for 40 to 50 minutes at 350°F in a 13x9-inch greased pan.

Topping:

Mix cinnamon, ¼ cup nuts, and ¼ cup sugar and sprinkle over top of cake while hot. Dribble orange juice over topping to crystallize sugar.

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**Coca Cola Cake**

(Elsie Moschner)

2 cups flour	1 cup cola beverage
1 cup butter	½ cup buttermilk
2 cups sugar	2 eggs beaten
2 tablespoons cocoa	1 teaspoon soda
1½ cups miniature marshmallows	1 teaspoon vanilla

Combine flour and sugar – heat butter, cocoa, marshmallows and cola until marshmallows melt. Pour over flour mixture and mix, beat together rest of ingredients and add to flour mixture and mix well. Bake in greased 9x13 pan at 350°F for 30 to 35 minutes. Ice while hot.

Icing:

½ cup butter  
3 tablespoons cocoa  
3 tablespoons cola

1 pound powdered sugar  
1 cup chopped pecans

Combine butter, cocoa and cola --- heat to boiling. Pour over sugar and after beating well, add nuts. Spread over hot cake.

---

### Harvest Dream Cake

(Mom)

Sift:

2½ cups flour                      ½ teaspoon cinnamon  
3½ teaspoons baking powder    ¼ teaspoon nutmeg  
1 teaspoon salt                    ¼ teaspoon allspice

Measure into mixing bowl—¾ cup shortening. Measure into cup—1 cup milk, 1 teaspoon vanilla. Have ready—1½ cups brown sugar, 3 eggs.

Stir shortening to soften. Sift in dry ingredients. Add brown sugar. Add ¾ cup milk and mix until all flour is dampened. Then beat. Add eggs and remaining milk and beat. Put batter in pans.

Time: 25 minutes      Temp: 375°F

Spread butter cream frosting between layers and on top and sides of cake. Sprinkle toasted slivered almonds around edge of cake.

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### No Name Cake

(Mom)

¾ cup shortening                    ¾ teaspoon nutmeg  
1½ cups sugar                      1 teaspoon cinnamon  
2 eggs                                  2 tablespoons cocoa  
1¾ cups flour                        ¾ cup sour milk  
½ teaspoon baking powder       1 teaspoon vanilla  
½ teaspoon soda                    1 teaspoon lemon  
½ teaspoon salt                     ~~½ cup milk~~

(This is as written on the card by MOM—no cooking directions)

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### Pecan Upside-Down Coffee Cake

(Box End)

1 cup chopped pecans              ½ cup milk  
½ cup Karo corn syrup              1 teaspoon vanilla  
2 tablespoons margarine, softened    ½ teaspoon ground cinnamon  
2 cups Bisquick baking mix          1 egg  
½ cup sugar

Mix pecans, corn syrup and margarine in ungreased round pan, 9X1½ inch; spread to cover bottom of pan. Mix remaining ingredients; beat 30 seconds. Spread over pecan mixture.

Bake at 350°F until golden brown and wooden pick inserted in center comes out clean, about 30 minutes. Run knife around edge of pan to loosen; immediately invert on heat proof serving plate.

### Rhubarb Cake

(Dad)

½ cup brown sugar	2 cups flour
2 cups rhubarb	½ cup shortening
1 cup buttermilk	1 teaspoon soda
1 egg	½ teaspoon salt

Add 6 teaspoons white sugar to rhubarb----set aside and mix the rest of the ingredients. Then mix all together and put in greased pan.

Make topping of 1 cup brown sugar and 1 teaspoon cinnamon and put on top. Bake at 350°F for 50 minutes.

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### Rosy Red Rhubarb Cake

(Barbara)

½ cup shortening	¾ cup milk
2 cups flour (sifted)	6 cups diced rhubarb
2½ teaspoons baking powder	1 package strawberry Jell-O
¼ teaspoon salt	6 tablespoons butter
¼ cup brown sugar	1½ cups sugar
1 egg, slightly beaten	½ cup flour

Cut shortening into sifted dry ingredients and brown sugar the same as for pie crust. Add egg and milk. Mix. Spread mixture in bottom and a little up on sides of 13x9 inch pan. Mixture is moist. Top with rhubarb. Sprinkle Jell-O powder over all. Mix butter with sugar and flour as for pie crust. Sprinkle over rhubarb. Bake at 350°F for 50 minutes.

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### Texas Superb Chocolate Cake

(Paper)

Mix together:

2 cups sugar	½ teaspoon salt
2 cups flour	1 teaspoon soda

Bring to a Boil:

2 sticks margarine  
3 tablespoons cocoa  
1 cup water

Pour over sugar and flour and mix. Add ½ cup buttermilk or sour cream, 1 teaspoon vanilla, and 2 beaten eggs. Bake at 350°F for 25 minutes in a 12x18-inch cookie pan (with sides).

Icing:

Bring to boil 3 tablespoons cocoa, 1 stick margarine and 6 tablespoons milk. Add 1 box powdered sugar, 1 teaspoon vanilla, 1 cup chopped nuts and 1 cup coconut. Beat well and spread while warm.

This cake freezes well.



## Wine Cake

(Mom)

1 box yellow cake mix            ¾ cup oil  
1 box instant vanilla pudding    4 eggs  
¾ cup sherry                        ¼ teaspoon nutmeg

Mix all ingredients and beat 5 minutes in electric mixer. Pour into greased tube pan and bake at 350°F for 40 minutes. Invert and cool. Sprinkle with powdered sugar.

Stores for weeks in refrigerator and taste improves with age.

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## Anise Refrigerator Cookies

(Magazine)

1¾ cups flour                        ½ cup shortening (may be part butter or margarine)  
1½ teaspoons baking powder    1 cup sugar  
½ teaspoon salt                    1 egg  
1 teaspoon anise seed, crushed

Sift flour; measure; add baking powder and salt; sift again. Add anise seed. Cream shortening and sugar together until light and fluffy. Add egg and beat well. Add flour mixture and blend thoroughly. Shape into a roll about 2 inches in diameter and 10 inches long. Wrap in waxed paper; chill. Cut into thin slices; set on greased cookie sheet and bake in hot oven (400°F) for 10 minutes or until browned. Makes 4 dozen

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## Apple Oatmeal Cookies

(Elec. Mag.)

½ cup butter or margarine        ½ teaspoon nutmeg  
⅔ cup sugar                        ½ teaspoon salt  
2 eggs                                1 cup quick-cooking rolled oats  
1 cup sifted all-purpose flour    1 cup chopped Washington apples  
1 teaspoon baking powder        1 cup chopped walnuts  
1 teaspoon cinnamon

Cream butter and sugar until light. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder, spices and salt; add to egg mixture. Stir in oats and apples and beat well. Fold in nuts. Drop by teaspoonful onto greased cookie sheet. Bake at 350°F for about 15 minutes.

Makes about 3½ dozen cookies.

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## Butterscotch Almond Cookies

(Mom)

1 cup brown sugar                    2 teaspoons baking powder  
1 cup white sugar                    4 cups flour  
1½ cups shortening (part butter)    ¼ teaspoon salt  
1 teaspoon soda in 2 tablespoons vinegar    1 teaspoon vanilla  
2 well beaten eggs                    1 teaspoon almond extract

Add in order given. Roll in balls, press with fork.

Time: 15 minutes            Temp: 375°F

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### Cranberry Drop Cookies

(Barbara)

½ cup butter or margarine	2⅓ cups flour
1 cup sugar	1 teaspoon baking powder
¾ cup brown sugar	¼ teaspoon baking soda
¼ cup milk	½ teaspoon salt
2 tablespoons orange juice (or Tang)	1 cup chopped nuts
1 egg	2½ cups chopped cranberries

Cream butter and sugars. Beat in milk, juice and egg. Mix together next four ingredients. Add to creamed mixture and mix well. Stir in nuts and cranberries. Drop by teaspoonfuls onto greased baking sheet. Bake at 375°F about 12 minutes. Will be white with pink spots.

Makes about 6½ dozen

On my second batch, I blended the liquids and egg and then added the nuts and cranberries to be chopped. I then mixed this with the creamed mixture. I added my flour, etc. last. These cookies came out better and a lovely pink color!

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### Cookies—Bourbon Balls

(Dad)

2¼ cups finely ground vanilla wafers	3 tablespoons corn syrup
1 cup sifted powdered sugar	¼ cup bourbon – brandy or whiskey
1 cup chopped pecans	

Mix and roll into balls then cover with powdered sugar --- let age for couple weeks.

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### Crunch Cookies

(Mom--Muriel Murkels)

1 cup white sugar	3 cups sifted flour
1 cup brown sugar, packed	1 teaspoon soda
½ cup shortening	½ teaspoon salt
2 eggs	½ cup chopped nuts
1 teaspoon vanilla	

Roll dough as for peanut butter cookies. Flatten with sugar-dipped glass. Bake at 375°F for 8 to 10 minutes.

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### Drop Sugar Cookies

(Mom/Aunt Mary)

2 cups powdered sugar	8 cups flour
2 cups sugar	2 teaspoons vanilla
2 cups margarine	3 teaspoons salt
2 cups vegetable oil	2 teaspoons soda
4 eggs	2 teaspoons cream of tartar

Mix, roll in balls, flatten with glass dipped in sugar. Bake at 350°F for 10 to 12 minutes

## Gingersnaps

(Aunt Theresia)

Sift together 3 or 4 times:

2 cups flour	¾ cup shortening
1 tablespoon ginger	1 cup sugar
2 teaspoons baking powder	1 egg
1 teaspoon cinnamon	¼ cup molasses
½ teaspoon salt	

Beat shortening until creamy. Add sugar gradually. Beat in egg and molasses. Sift ¼ of flour mixture into molasses mixture, blend well. Continue until all flour mixture is used. Form walnut sized balls of dough, dip in granulated sugar until coated. Place 2 inches apart on cookie sheets (ungreased). Bake at 350°F for 12 minutes or until tops are slightly rounded and crackly.

Yield: 48 cookies

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## Ranger Cookies

(Mom/Katherine Ozbolt's)

1 cup shortening	1 teaspoon soda
1 cup brown sugar	1 teaspoon salt
1 cup white sugar	1 cup coconut
2 eggs	1 cup oatmeal
1 teaspoon vanilla	1 cup crushed cornflakes
2 cups sifted flour	

Cream butter, sugars, eggs, vanilla. Stir oatmeal, cornflakes, and coconut into flour mixture. Add dry ingredients to creamed mixture. Blend well. A very stiff dough is the result. Form into balls on greased pan.

Time: 12 to 14 minutes

Temp: 375°F

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## Raspberry Bars

(Paper)

1 cup butter	10 ounce jar raspberry jam
1½ cups sugar	4 egg whites
2 egg yolks	1½ cups finely chopped walnuts
2½ cups unsifted flour, stir before measuring	

Cream butter and ½ cup of sugar; beat in egg yolks, gradually stir in part of the flour; with fingers work in the remaining flour until a smooth dough is formed. Pat into an ungreased 15x1 inch jellyroll pan. Bake in a pre-heated 350°F oven until firm but not brown --- 15-20 minutes. Remove from oven and spread with jam; set aside. Beat egg whites until foamy; gradually beat in remaining sugar until stiff; fold in nuts; spread over jam. Bake in 350°F oven until meringue is firm --- about 25 minutes. While still slightly warm, loosen edges and cut in bars. Meringue will crack.

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## Raw Golden Delicious Cookies

(Mom—Paper)

½ cup shortening	1 teaspoon baking powder
1 cup sugar	½ teaspoon soda
2 cups flour	1 teaspoon vanilla
½ teaspoon salt	1½ cups grated Golden Delicious apples

Put all ingredients into a bowl. Work with the hands until stiff dough forms. Form into balls. Roll balls in 2 tablespoons sugar mixed with 1 teaspoon each cinnamon and nutmeg. Bake at 350°F for 15 minutes.

## Rhubarb Bars

(Mom—Paper)

Dissolve:

2 tablespoons cornstarch in  $\frac{1}{4}$  cup water

Add:

4 stalks cut rhubarb

$1\frac{1}{2}$  cups sugar

1 teaspoon vanilla

Cook until thick, and that's a long time! When the rhubarb has gone to mush, spoon some onto a plate and if it doesn't move, that's long enough. In another pan, mix:

$1\frac{1}{2}$  cups oatmeal

$1\frac{1}{2}$  cups flour

1 cup brown sugar

1 cup solid shortening

Cut the mixture with a pastry cutter or with two knives pulled in opposite directions against each other until the mixture is crumbles the size of a small pea. Pat  $\frac{3}{4}$  of the crumbles into a buttered 9x13 pan. Pour rhubarb mixture over, then sprinkle remaining crumbs over top. Bake at 375°F for 30 minutes.

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## Ribbon Cookies

(Mom)

1 cup margarine

$\frac{1}{2}$  teaspoon salt

$1\frac{1}{2}$  cups sugar

$\frac{1}{4}$  cup chopped candied red cherries

1 egg

$\frac{1}{4}$  cup chopped candied green cherries

1 teaspoon vanilla

$\frac{1}{3}$  cup chocolate chips, melted

$1\frac{1}{2}$  teaspoons baking powder

$\frac{1}{4}$  cup chopped pecans

$2\frac{1}{2}$  cups flour

Cream margarine and sugar until light and fluffy. Add egg and vanilla; beat. Sift flour, baking powder and salt; blend half into butter-sugar mixture; stir in remaining flour mixture until blended. Divide dough in three parts. Add red cherries to one, green cherries to one and chocolate and nuts to one. Line bottom and sides of 9X5X3-inch loaf pan with foil. Pat red cherry mixture in bottom; chocolate next, then green cherry mixture. Press each layer down firmly. Cover and refrigerate several hours.

Turn out of pan. Cut in half length-wise. Slice each bar in  $\frac{1}{8}$ -inch slices. Place on ungreased cookie sheet. Bake at 400°F for 10 to 12 minutes.

Makes 8 dozen cookies

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## Sandwich Cookies

(Mom)

3 cups flour

1 cup brown sugar

3 teaspoons baking powder

1 egg

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup milk

$\frac{1}{2}$  cup shortening

Prune filling

Sift together flour, baking powder and salt. Cream together shortening and sugar until light and fluffy. Add egg and beat well. Add flour mixture to creamed mixture alternately with milk.

Turn onto lightly floured board and roll about  $\frac{1}{8}$ -inch thick. Cut with floured  $2\frac{1}{2}$  inch cutter. Place 1 teaspoon prune filling on half the rounds. Cover with remaining rounds. Press edges together with fork and prick tops with fork. Bake on greased baking sheet.

Time: 12 minutes

Temp: 400°F

Yield: 40 cookies

### Prune Filling:

1 cup cooked pitted prunes  
½ cup sugar  
¾ cup water

Cook prunes, sugar and water together until thickened, stirring constantly. This makes enough filling for 40 cookies.

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### Sponge Drops

(Mom)

3 eggs  
¾ cup sugar  
1 cup flour  
⅓ level teaspoon salt  
1 level teaspoon baking powder

Beat the eggs until very light; add the sugar and beat again; fold in gently the flour, salt and baking powder sifted together. Drop by teaspoonfuls on greased pans, some distance apart. Bake in hot oven until set.

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### Sugar Cookies

(Mom and Grandma)

¾ cup shortening	3 to 3½ cups flour
2 cups sugar	3 teaspoons baking powder
¼ cup milk	¼ teaspoon nutmeg
2 eggs	1 teaspoon vanilla

Cream shortening and sugar. Add milk, eggs, and vanilla. Add 2 cups flour and baking powder. Mix well. Add enough flour to make stiff dough. Roll out on floured board. Cut with cookie cutter. Bake 8 to 10 minutes at 375°F.

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### Sunshine Orange Cookies

(Mom—Navy Times)

1 whole orange, grated	2 eggs
1 cup milk	4 cups flour
1 tablespoon lemon juice	1 teaspoon baking powder
1¾ cups sugar	1 teaspoon soda
1 cup margarine	½ teaspoon salt

First grate the orange, skin and all. Add the lemon juice to the milk and let it sit. Pre-heat oven to 375°F. Cream together the margarine and sugar. Add eggs and mix well. Add the orange and the milk. Stir. Add the flour, soda, salt and baking powder. Stir well. Drop by spoonful onto greased cookie sheets. Bake at 375°F for 10 minutes.

Make icing of 2 cups powdered sugar, 2 tablespoons margarine, and a little orange juice. Mix well, using orange juice to obtain spreading consistency.

## Apple Torte

(Mom)

¼ cup shortening	½ teaspoon cinnamon
1 cup sugar	½ teaspoon nutmeg
1 egg	¼ teaspoon salt
1 cup flour	3 raw apples (grated)
1 teaspoon soda	½ cup chopped nuts

Cream shortening, sugar and egg. Add dry ingredients. Add apples and nuts. Pour in 8-inch square pan. Bake at 325°F for 45 minutes.

Serve with hot lemon sauce.

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## Lemon Sauce

½ cup sugar	1 cup boiling water
1 tablespoon cornstarch	1 tablespoon butter
⅛ teaspoon salt	1½ tablespoons lemon juice
⅛ teaspoon nutmeg	

Mix first four ingredients. Add hot water and cook over medium heat until thick. Add butter and lemon juice and blend. Serve hot over torte.

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## Banana Splits

(Mom)

Place a portion each of vanilla, chocolate, and strawberry ice cream on individual plates. Split a banana lengthwise and place the halves on either side of the ice cream. Top the ice cream with a sauce; strawberry is especially good. Sprinkle with chopped nuts and place a maraschino cherry on top.

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## Cranberry Velva

(Mom)

Wash 1 pound cranberries and cook in 2¾ cups water until all skins pop. Force through a fine sieve at once. While still hot, add 2 cups sugar, 2 envelopes un-flavored gelatin softened in ½ cup cold water and pinch of salt. Stir until dissolved. Cool. Pour in 2 refrigerator trays. Set indicator at coldest point and freeze 1-1½ hours. When firm around edges but soft in center, scrape into chilled bowl and beat until it becomes light pink and fluffy. Scrape back into trays. Freeze until firm.

---

## Rhubarb Dessert

(Dad)

4 cups rhubarb  
4 cups sugar  
1 package (3 ounces) Strawberry Jell-O

Mix well and set in refrigerator overnight. Cook 7 minutes and cool to eat.

**Russian Cranberry Mold**

(Mom)

4 cups fresh cranberries      2 tablespoons cornstarch  
1 cup sugar                      3 tablespoons cold water  
1 cup water                      Pinch of salt

Combine berries, sugar and water in saucepan; cook until berries are soft. Put through a fine sieve; return to saucepan and stir in cornstarch, mixed to a paste with water and salt. Cook 2 or 3 minutes. Pour into custard cups. Chill. Serve with cream.

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**Strawberry Chiffon Pie**

(Mom)

3 cups strawberries              2 egg whites  
1 3-ounce strawberry Jell-O      ¼ cup sugar  
¾ cup boiling water              ½ cup whipping cream  
2 tablespoons lemon juice      1 baked and cooled 9 inch pie shell  
Dash of salt

Mash 1 cup berries; add water to make ⅔ cup. Slice the rest of berries, refrigerate. Dissolve Jell-O in hot water; add lemon juice and mashed berries. Chill until partially set. Beat until light and fluffy. Add salt to egg whites, beat until soft peaks are formed. Gradually add sugar. Beat until stiff peaks form. Set aside. Whip cream until stiff and fold in egg whites and strawberry mixture. Chill until mixture mounds when spooned. Fold in sliced berries. Pile in pie shell. Chill 4 or 5 hours.

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**Wedding Kuchen**

(Mom/Aunt Lucy)

2 cups sour cream                ½ teaspoon vanilla  
1½ cups sugar                    4 teaspoons baking powder  
3 eggs                              6 cups or more flour  
½ cup cooking oil

**FILLING:**

12 crushed graham crackers  
2 cups brown sugar  
2 cups sour cream

Mix together and spread on kuchen. Sprinkle white sugar and cinnamon over top.

---

**Easy Caramel Icing**

(Mom)

1½ cups brown sugar              2 tablespoons butter  
¼ cup milk                         1 teaspoon vanilla

Mix together in saucepan the sugar, milk and butter. Bring to a boil and boil three minutes, stirring constantly. Remove from heat. Add vanilla. Cool to lukewarm. Beat until creamy and thick enough to spread. Add a little cream if necessary to make it easier to spread.

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**Orange Cream Frosting**

(Mom)

Blend 2 tablespoons Spry (shortening), 1 tablespoon butter, ⅛ teaspoon salt, ½ teaspoon grated orange rind, 1 tablespoon orange juice. Beat in ½ cup powdered sugar and 1 tablespoon orange juice. Add 2½ cups sifted powdered sugar alternately with 3½ tablespoons scalded light cream. Beat well. Spread on cake. Decorate with thinly sliced pecan halves.

**Peerless Frosting**

(Mom)

Put in top of double boiler and mix thoroughly, 2 egg whites, 1½ cups sugar, 5 tablespoons cold water, 1 teaspoon light corn syrup, and ⅛ teaspoon salt. Place over rapidly boiling water; beat constantly with rotary eggbeater until mixture will hold a peak. Remove from fire; add 1½ teaspoons vanilla, 1 teaspoon almond extract, and ½ teaspoon orange extract. Beat until cool and thick enough to spread.

**CANDY**

(Mom)

2¾ cups white sugar	1 cup cream
1 cup white syrup	2 tablespoons cornstarch
1 cup milk	Lump of butter
1 teaspoon vanilla	½ cup nuts

Mix sugar and cornstarch. Pour in everything except nuts and vanilla. Boil till a drop is quite firm in cold water. Beat till very stiff. Add nuts and vanilla and pour into buttered pan.

**Corn Flake Candy**

(Dad)

8 cups cornflakes  
1 pound Hershey chocolate

Measure before rolling corn flakes very fine then add melted chocolate to the flakes (mix). Drop on oiled pan with spoon.

**6# Fudge**

(Mom—from Lois Giaudrone)

4½ cups sugar	1# sweet chocolate
1 large can milk	3 packages chocolate chips (6-ounce size)
¼ cup margarine	1 jar marshmallow crème or ½ pound marshmallows
1 teaspoon salt	1-2 teaspoon vanilla

Bring first four ingredients to boil and cook 4½ minutes exactly, stirring all the time. Pour over chocolate and marshmallows and stir real hard. Let stand for awhile. Stir again and add 1½ cups nuts and vanilla. Pat down in pan.

**Peanut Butter Creams**

(Box End)

4 cups unsifted (1 pound) C & H powdered sugar	½ teaspoon salt
1½ cup peanut butter	1 teaspoon pure vanilla
⅓ cup milk	1 package (6 ounces)
¼ cup honey	semi-sweet chocolate pieces

Combine all ingredients except chocolate pieces. Mix until blended. Remove from bowl and knead on board until smooth. Spread and pat into 9-inch square pan. Melt chocolate pieces over low heat. Spread over peanut butter mixture. Cool until the chocolate is firm (about 30 minutes). Cut into squares.

Makes 64 pieces



## Canned Apple Pie Filling

(Aunt Mary?)

In large pan blend 4½ cups sugar, 1 cup cornstarch\*, 2 teaspoons cinnamon, ¼ teaspoon salt, and ¼ teaspoon nutmeg. Stir in 10 cups water. Cook and stir until thickened and bubbly. Add 3 tablespoons lemon juice and 3 drops yellow food coloring (optional). Pack 6 pounds of tart apples, peeled, cored and sliced into quart jars. I fill 7 and have enough mix. If I don't, I mix a little or pour in some water, leaving 1 inch headspace. Fill with hot syrup leaving ½ inch headspace. Adjust lids tight. Process in boiling water 20 minutes for quarts.

P.S. I made 29 quarts—it's so easy to make a crust and dump in the mix. I use butter and sometimes put in other fruit when I make a pie like blueberries but always add butter when I make a pie. Good luck. Bet you found the old one.

\*mix cornstarch with little water first



SECTION THREE:

JAMS, JELLIES,

PICKLES & RELISH



**Apricot Jam**

(Dad)

3½ cups chopped apricots	2 tablespoons coarsely grated orange rind
¼ cup lemon juice	1 box powdered pectin
½ cup orange juice	

Mix ingredients – boil – add 4½ cups sugar and boil 2 minutes – seal in hot, sterilized jars.

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**Jalapeno Jelly**

(Alice Pasquan 6-19-84)

3 jalapeno peppers	1 bottle liquid pectin
4 bell peppers	5 cups sugar
1 cup white vinegar	

Run peppers through food grinder or blender. Use everything, including juice.

Next, after putting pectin aside till later, Mix together the vinegar, sugar and peppers. Heat at a slow boil for 10 minutes.

Remove from fire, add pectin and put back on fire. Bring all ingredients to hard boil for one minute.

Pour into sterilized jars and seal with paraffin or use lids and water bath for 5 minutes.

Yield about 2½ pints

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**Tomato Jam**

(Dad)

2¼ cups green tomatoes	3½ cups sugar
4 tablespoons lemon juice	1 box pectin
⅛ teaspoon salt	Grated lemon rind
½ cup boiling water	

Skin tomatoes and put everything except sugar in kettle to boil. Add sugar and boil hard 4 minutes. Skim. Put in jars and water bath to seal lids.

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**Zucchini Marmalade**

(?)

4 cups zucchini—chop then blend fine  
1 orange—peel and rind  
1 can crushed pineapple (small)

All in blender—fine—Then add 3 cups sugar. Boil 10 minutes. Let stand 4 hours or overnight. Then add 1 large package Jell-O (red or orange) and 2 tablespoons lemon juice. Boil another 10 minutes. Put in jars.

## 14-Day Pickles

(Aunt Theresia/Grandma)

2 gallons cut pickles  
Add 2 cups salt

Pour over boiling water to cover. Let stand one week, stir every day. On 8<sup>th</sup> day drain water off. Put 1 tablespoon alum in. Pour boiling water on and let stand 24 hours. 9<sup>th</sup> day drain and add just boiling water. The 10<sup>th</sup> day:

2 ounces cinnamon  
5 cups sugar  
2 ounces celery seed  
5 pints vinegar

Boil, pour over pickles. 11<sup>th</sup> day, drain off. Add 1 cup sugar. Bring to boil, pour over pickles. 12<sup>th</sup> day do same, also 13<sup>th</sup> day. The 14<sup>th</sup> day can.

—Hope you can make this out. This is the way Mom had it written—

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## Bread and Butter Pickles

(Auntie Donna?)

48 cucumbers  
24 medium onions

Slice and add 1 cup salt and cover with cold water and let set for 1 hour.

6 cups sugar  
1 quart vinegar  
3 tablespoons each ginger, celery seed, mustard seed and turmeric powder

Pour over the above mixture and let stand for 1 hour; then boil all together for 5 minutes, pack and seal.

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## Chow Chow Relish

(Paper)

1 quart chopped cabbage	1½ cups sugar
3 cups chopped cauliflower	2 teaspoons dry mustard
2 cups chopped onions	1 teaspoon turmeric
2 cups chopped green peppers	½ teaspoon ground ginger
2 cups chopped green tomatoes	2 teaspoons celery seed
1 cup chopped red peppers	1 teaspoon mustard seed
3 tablespoons salt	2½ cups vinegar

Combine chopped vegetables, sprinkle with salt. Let stand 4 to 6 hours in a cool place. Drain well. Combine vinegar, sugar and spices, simmer 10 minutes. Add vegetables; simmer 10 minutes. Bring to boiling. Pack, boiling hot, into sterilized jars, leaving ½-inch headspace. Adjust caps. About 4 pints.

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## Dill Pickles

(Mom)

Wash and split cucumbers. Pack in jars. Cover with hot brine made of 5 quarts water, 1 pint vinegar and 1½ cups salt.

**Irma Looney's Dills**

(Paper)

Soak cucumbers overnight in cold water, wipe dry and pack in jars with dill and a button of garlic, if you like.

Bring 6 quarts of water to a boil, set on back of stove and add one quart of vinegar, 1 teaspoon alum and 2 cups ROCK salt. Pour on cucumbers while hot and seal and you will have delicious pickles.

**Lazy Housewife Pickles**

(Paper)

3 quarts vinegar mixed with 1 quart water	1 cup dry mustard
1 cup NON IODIZED salt	1 cup sugar

Wash cukes and place in crock or jars if you wish. Mix the sugar and salt and mustard until sugar is dissolved. Pour over cukes and weight down or seal. Be sure that the cukes are UNDER the vinegar.  
(as written in paper)

**Lindberg Relish** (do not ask us why!!)

(Paper)

Grind in the food chopper:

2 heads of cabbage	8 green and red peppers
8 medium carrots	12 fair sized onions

Now add ½ cup salt and let stand for 2 hours. Drain well and mix with 3 pints vinegar, 6 cups sugar and 3 teaspoons each of mustard and celery seed. Needs no cooking and keeps without sealing. This makes a large batch, so if you are a little skittish about it, halve the recipe or share with a neighbor. It would be fun to make it some afternoon together.

**Lucy's Bread and Butter Pickles**

(Mom/Aunt Lucy)

5 quarts sliced cucumbers (about 25 medium)

Put in brine over night—½ cup salt to 3 quarts cold water. In morning, drain.

Boil 3½ cups sugar in 3½ pints vinegar. Add cucumbers, 2 tablespoons mustard seed, and 1 teaspoon celery seed.

Boil until clear.

**Lucy's Green Tomato Relish**

(Mom/Aunt Lucy)

24 large green tomatoes	1 tablespoon celery salt
8 onions	4 tablespoons mustard seeds
2 red peppers	4 cups vinegar
3 green peppers	4 cups sugar
4 tablespoons salt	

Grind tomatoes and onions coarsely and drain over-night.  
Grind peppers next morning. Combine all ingredients and boil 15 minutes.  
Seal in hot jars.

**Mom's Dill Pickles**

(Aunt Theresia)

Put 3 quarts of water, 1 quart of cider vinegar and  $\frac{3}{4}$  cup of salt together in a saucepan and boil for a few minutes. Then pour the mixture over small cucumbers, which are tightly packed in jars. These pickles may be used after standing for two weeks.

(Originally from Grandma Tretter)

**Never Fail Dills**

(Elizabeth)

Put a large grape leaf in the bottom of the jar. Pack washed cukes  $\frac{1}{2}$  way up and put in a large head of dill or 2 tablespoons of dill seed, and a clove of garlic. Finish packing the jar, put on another grape leaf and a little more dill if you want it. Put  $\frac{1}{4}$  teaspoon alum on top of the jar. Boil 1 cup vinegar with 3 cups water and 3 tablespoons pickling salt. Pour over the cukes and seal or weight down. Crisp and tangy and garlicky.

**Pickled Crab Apples**

(Dad)

1 quart sugar	1 tablespoon cinnamon
1 quart vinegar	1 tablespoon cloves
4 quarts crab apples	1 tablespoon allspice

Simmer ingredients 10 minutes. Add apples. Cook until tender. Allow to sit 6 to 8 hours. Take out apples and pack in jars. Heat juice and add to apples in jars. Process 20 minutes in a boiling water bath.

**Refrigerator Pickles**

(Mom/Aunt Barbara)

4 quarts sliced cucumbers	1 green pepper
6 medium onions – sliced	$\frac{1}{3}$ cup salt

Prepare cucumbers, onions, peppers and salt and put 1 tray ice cubes over. Let stand 3 hours. Bring to boil 5 cups white vinegar, 2 teaspoons celery seed, 8 cups sugar, 2 teaspoons mustard seed and 2 teaspoons turmeric.

Drain water and salt off cucumbers and put into a gallon container. Pour hot vinegar solution over cucumbers and when the mix is cold put in refrigerator. This will keep for a month or more.

**Rhubarb and Onion Relish**

(Paper)

1 quart chopped white onions	1 teaspoon ground cloves
1 quart chopped rhubarb	1 teaspoon ground allspice
1 pint vinegar	1 teaspoon ground cinnamon
1 tablespoon salt	1 teaspoon red pepper, optional
4 cups brown sugar	

Combine all ingredients and boil slowly until quite thick. Seal in jars.

**Tomato Plus**

(Mom)

Wash 7 quart jars. Put 1 teaspoon salt in each. Add 3 or 4 tomatoes that are peeled, pressing down. Prepare vegetables by cooking 1 cup each celery, carrots, onion and green peppers, finely diced, until barely tender. Divide between jars. Fill jars with more tomatoes and seal and pressure.

### Green Tomato Mincemeat

(Mom)

In coarse grinder, grind 16 pounds green tomatoes, 8 pounds apples, 2 pounds raisins and 1½ pounds figs (or all raisins). Chop fine 1½ cups suet. After chopping tomatoes, drain them. Add an equal amount of water. Boil 5 minutes, drain. Do this two more times. Then boil tomatoes until tender and drain. Combine the tomatoes with other ingredients. Add 2 tablespoons salt, 1 cup vinegar, 5 pounds brown sugar, 2 tablespoons cinnamon, 1 tablespoon nutmeg, 1 tablespoon cloves. Boil until thick – about 1 hour. Stir often. Watch closely as burns easily. Seal in jars.

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### Meatless Mincemeat

(Paper)

3 cups chopped green tomatoes	1 teaspoon ground cloves
3 cups chopped tart cooking apples	1 teaspoon allspice
3 cups granulated sugar	1 teaspoon salt
1 pound seedless raisins	¼ cup lemon juice
2 teaspoons cinnamon	1 orange, grated rind and juice

In a 3-quart saucepan, over medium heat, mix green tomatoes, apples, sugar, raisins, cinnamon, cloves, allspice, salt, lemon juice, orange rind and juice. Boil for 3 minutes. Reduce heat and simmer, uncovered, for 30 minutes, or until thickened as desired. Cool. Use as a condiment, pie filling, dessert sauce, etc.

Serves 6

NOTE: For pie filling, if desired, add 1 tablespoon brandy to each cup mincemeat. Recipe freezes well.



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SECTION FOUR:  
MAIN DISHES



**Alpine Goulash**

(Mom)

2½ pounds round steak cut in cubes	1½ teaspoons salt
2 tablespoons shortening	1 teaspoon caraway seed
3 cups chopped onion	1 teaspoon dill seed
1 clove garlic, minced	1 teaspoon Worcestershire sauce
1 can tomato sauce	¼ teaspoon pepper
2 tablespoons brown sugar	½ pint sour cream (optional)
1 tablespoon paprika	Hot buttered noodles

Brown meat on all sides. Add all but sour cream. Cover and cook slowly 2½ hours. Add sour cream.

Serve on top of buttered noodles.

**Beef and Bean Bake**

(Paper)

2 pounds boneless beef for stew, cut in 1-inch cubes	2 tablespoons lard or drippings
1 cup dried navy beans	1 can (8-ounce) tomato sauce
6 cups water	3 small onions, halved
2 tablespoons flour	2 tablespoons mustard
2 teaspoons salt	1 teaspoon chili powder

Sort and rinse beans. Cover with water and bring to boil. Reduce heat and simmer 2 to 3 minutes. Remove from heat and let stand 1 hour. Combine flour and salt. Dredge beef cubes in seasoned flour. Brown in lard or drippings. Pour off drippings. Drain beans, reserving 2 cups of liquid. Combine meat, beans, reserved liquid, tomato sauce, onions, mustard and chili powder. Cover and bake in slow oven (325°F) for 2 to 2½ hours or until beans and meat are tender.

Serves 6 to 8

**Beef Kabobs**

(Low-sodium/Paper)

Alternate cubes of tender beef with green pepper, onions, fresh tomato and broil until tender. Beef may be marinated overnight in the following marinade:

1 cup sliced onions	½ teaspoon pepper
¼ tablespoon vegetable oil	½ teaspoon rosemary
¼ cup white table wine or ¼ cup vinegar	

**Deviled Round Steak**

(Paper—Mom/Low sodium)

1½ pounds round steak	1 cup canned tomatoes
Flour for dredging	1 cup water
3 tablespoons margarine	1 tablespoon vinegar
3 tablespoons flour	1 tablespoon sugar
3 tablespoons diced onion	¼ teaspoon paprika

Cut steak into individual servings. Dredge with flour and brown on both sides in margarine. Mix the 3 tablespoons flour with remaining ingredients. Cover and cook slowly on top of range or in a slow oven (300°F) for 1½ hours or until tender.

6 servings

**Homemakers Hot Dish**

(Mom/Aunt Mary)

1 cup uncooked rice	½ cup chopped green pepper
1 cup corn	1 pound ground beef
1 cup green beans	1 can tomato sauce, vegetable juice
½ cup chopped onions	and water to make 2 cups

Grease bottom of casserole. Put in layers of rice and vegetables with meat as top layer. Salt and pepper. Pour over liquid.

Bake 1 hour at 350°F.

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**Hamburger Patties**

(Low-sodium/Paper)

1 pound lean ground beef	1 tablespoon chopped parsley
2 tablespoons lemon juice	½ teaspoon pepper
2 tablespoons chopped onion	

Shape into patties and broil. Serve in warm "Mother's Buns".

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**Hot Bunwich**

(Paper)

This is a delicious way to use those last meaty shreds you pick from a turkey roast before it goes into the soup pot. Mix diced turkey with finely chopped unpeeled apple, chopped onion, grated Swiss cheese and a tasty fillip of toasted walnuts. Bind with mayonnaise, and season with salt and pepper. Mound into buttered hot dog or hamburger buns or sandwich rolls. Wrap tightly with foil and heat in oven.

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**Lasagna Casserole**

(Mom)

2 tablespoons salad oil	¼ teaspoon pepper
2 cloves garlic, crushed	½ teaspoon oregano
1 pound hamburger	8 ounces lasagna noodles
1 (8 ounce) can tomato sauce	½ pound mozzarella or Monterey Jack
1 (no. 2 size) can tomatoes	¾ pound cottage cheese
1½ teaspoons salt	½ cup grated Parmesan

Make sauce or use purchased one. Cook noodles about 15 minutes and drain. Butter a flat casserole dish and alternate noodles, cheese, tomato-meat sauce and Parmesan, ending with layer of sauce and Parmesan. Bake uncovered for 20 minutes at 375°F

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**Layered Beef and Zucchini**

(Paper)

1 pound ground beef	1 cup small curd creamed cottage cheese
3 or 4 small zucchini cut into ¼ inch slices	1 egg
1¼ cups variety baking mix	½ cup grated Parmesan cheese
	2 cups spaghetti sauce

Grease 8-inch square baking dish. Cook and stir ground beef in 10 inch skillet until brown; drain. Place zucchini slices in single layer in baking dish; sprinkle with ¼ cup baking mix. Top with beef and spaghetti sauce. Mix remaining 1 cup baking mix, cottage cheese and egg until soft dough forms; spread over sauce. Sprinkle with Parmesan cheese.

Bake uncovered in preheated 350°F oven until hot and bubbly, about 30 minutes. Let stand 10 minutes before serving.

## Meat Dressing Nests

(Mom/Catherine Davies)

1 pound ground beef                      ¼ teaspoon nutmeg  
1 pound pork sausage                    3 eggs  
2 cups quick oats                        ½ cup Miracle Whip

Mix all ingredients and form 15 patties. Put a heaping tablespoon of the following filling in the center of each and then close tightly.

1 package Stove Top dressing mix  
2 teaspoons baking powder

Follow directions on dressing mix, adding baking powder.

Put 2 cans celery soup and 2 cans water in a 10x15 inch baking pan and mix well. Add the meat balls, turning to coat with soup, leaving seamed side up. Bake at 400°F for 15 minutes and reduce heat to 350°F for 45 minutes longer. They pop open as they bake.

To freeze, wrap individually in foil. Without thawing re-heat at 450°F for 40 minutes.

Makes 15 nests.

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## Meatloaf

(Low-sodium/Paper)

1 pound lean ground meat                      ½ teaspoon basil  
1 shredded wheat biscuit crumbled fine      1 tablespoon vegetable oil  
¼ cup minced onion                              ½ teaspoon pepper  
1 egg (optional)                                  ¼ cup low sodium non-fat milk  
¼ teaspoon summer savory                      ¼ cup red wine

Mix thoroughly and pat into a loaf pan. Bake at 325°F for 1 hour. Low sodium dietetic chili sauce is excellent on this.

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## Monday Meat Pie

(Magazine)

½ cup diced celery                              1 cup cubed leftover carrots  
½ cup diced onion                              1 No. 1 can (1-cup) peas  
½ cup chopped green pepper                    1 cup gravy  
2 cups cubed leftover chicken, beef or pork    4 slices dry bread, cubed  
1 cup cubed leftover potatoes

Brown celery, onion, and green pepper in hot fat; add combined meat, potatoes, carrots and peas. Add gravy and season to taste. Pour into casserole; top with bread cubes browned in butter. Bake in moderate oven (375°F) 30 minutes.

Serves 6

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## Montana Pot Roast

(Mom/John Owen)

Tear off large piece of foil and place in large flat oven dish. Place about 4-pound pot roast on foil and brown on all sides under broiler. Meanwhile, finely chop 4 stalks celery and 5 carrots, mince 2 cloves garlic. Put on pot roast, add salt and pepper. Fold foil around sides of meat. Pour in 1 cup red wine and close foil. Cook 2 hours at 325°F. Open small hole in foil, add ½ cup wine, seal and cook 30 minutes. Remove meat to platter. Dump wine and juice in saucepan. Mix in 2 tablespoons flour. Serve with sliced roast and mashed potatoes.

(Intermediate Eater)

**Phyll's Tacos**

(Paper)

1 pound ground lean beef	¼ cup water
Medium onion, chopped	1 tablespoon (or more) chili powder
Large green pepper, chopped	1 teaspoon sugar
1 large rib celery, chopped	5 ounce package (12) taco shells
Large clove garlic, chopped	¼ pound cheddar cheese, grated
2 (8 ounce each) cans tomato sauce	¼ head iceberg lettuce, shredded

In a 10-inch skillet, cook the beef—crumbling with a fork—until it loses its red color; add the remaining ingredients except taco shells, cheese and lettuce. Simmer uncovered until vegetables are tender and mixture is as thick as you like—15 to 30 minutes. Heat taco shells according to package directions. Fill shells with the meat mixture and top with cheese and lettuce; or let eaters fill and top the tacos themselves. Serve at once.

Serves 4 to 6

**Porcupine Meatballs**

(Dad)

1 pound ground beef	½ teaspoon salt
¼ cup long-grain rice	Dash pepper
1 egg, slightly beaten	1 (10¾ ounce) can tomato soup
1 tablespoon snipped parsley	½ cup water
2 tablespoons finely chopped onions	1 teaspoon Worcestershire

Combine rice, meat, egg, parsley, onion, salt, pepper and ¼ cup soup. Mix—Shape into 20 balls and put in skillet. Mix remaining soup, water and Worcestershire. Pour over meatballs. Bring to boil, reduce heat, cover and simmer 40 minutes, stirring often.

Serves 4 to 5

**Prize-Winning Meat Loaf**

(Paper)

2 pounds ground meat	⅓ cup finely chopped onion
Combination of beef, pork and veal	1 egg, lightly beaten
1 cup milk	2 tablespoons chili sauce or ketchup
1 cup fresh bread crumbs or	2 teaspoons white horseradish
uncooked rolled oats	1¼ teaspoons salt
½ cup chopped parsley	¼ teaspoon black pepper

Pre-heat oven to 375°F. Combine all ingredients in a large mixing bowl. With your hands, work mixture until ingredients are evenly distributed. Pack mixture into a 9x7-inch loaf pan, smoothing the top. Bake meat loaf in pre-heated oven until nicely browned on top and the meat juices no longer run pink in the center when pierced with a sharp knife, about 55 to 60 minutes. Remove any grease that has accumulated in the bottom of the pan with a bulb baster or by pouring it off. Cut the meat loaf into ¾ inch slices and serve.

**Reuben Burger Pie****Meat Pie Shell:**

1 pound ground beef	¾ teaspoon salt
⅓ cup oats	¼ teaspoon pepper
½ cup Thousand Island Dressing	⅓ teaspoon garlic powder
1 egg	

Filling:

- 1 (16 ounce) can sauerkraut, drained
- 2 cups (8 ounces) shredded Swiss cheese or other of your choice
- 1½ teaspoons caraway seeds

Combine all meat shell ingredients; mix well. Press onto bottom and sides of 9-inch pie plate. Cook in microwave oven 6 to 7 minutes, rotating dish ¼ turn 3 times.

Combine and mix filling ingredients. Spoon into meat shell. Cook in microwave 5 minutes, rotating dish ¼ turn 3 times.

**Rodeo Ribs**

(Paper)

Barbecue Sauce:

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 cup catsup                      | ¼ cup vinegar          |
| 1 tablespoon Worcestershire sauce | 1 tablespoon sugar     |
| 2 to 3 dashes bottled hot sauce   | 1 teaspoon salt        |
| 1 cup water                       | 1 teaspoon celery seed |

Combine all ingredients, simmer 30 minutes. Cut rack of ribs in serving size pieces. Par-boil them for 20 minutes (important), drain. When barbecue coals are gray, lower rack to lowest level possible. Put spareribs into sauce, and then put on grill. Leave on 7 minutes. Turn, baste with sauce and cook until brown and tender.

**Shepherd Pie**

(Paper)

- |   |                                      |
|---|--------------------------------------|
| 1 medium onion, chopped                           | 1 teaspoon oregano                   |
| 1 cup chopped celery                              | Salt and pepper                      |
| 3 tablespoons butter or margarine                 | 4 cups seasoned mashed potatoes      |
| 3 cups coarsely ground or diced cooked roast beef | 2 tablespoons grated Parmesan cheese |
|   | Paprika                              |

Sauté onion and celery in butter until tender. Stir in meat and oregano. Season to taste. Heat through. Pour mixture into buttered shallow 2-quart casserole. Spoon mashed potatoes over hash. Sprinkle with cheese and paprika. Bake at 350°F for 40 minutes.

Serves 6

**Souperburger**

(Promotion Card)

- |  |                               |
|--|-------------------------------|
| 1 pound ground beef  | 1 tablespoon prepared mustard |
| ½ cup chopped onion  | Dash pepper                   |
| 1 tablespoon shortening  | 6 buns, split and toasted     |
| 1 can Campbell's Chicken Gumbo, Golden Mushroom, Tomato, Vegetable or Cream of Mushroom Soup |                               |

In skillet, brown beef and cook onion in shortening until tender; stir to separate meat. Pour off fat. Add soup and seasonings. Cook 5 minutes; stir now and then. Serve on buns. 6 sandwiches

### Strips O'Steak Sandwiches

(Paper—Mom)

¼ cup butter or margarine	1 tablespoon Worcestershire Sauce
¼ cup prepared yellow mustard	1 to 1½ pounds round steak
1 tablespoon sugar	Crusty rolls, split and buttered
1 tablespoon catsup	

Melt butter in small saucepan. Stir in mustard, sugar, catsup and Worcestershire sauce. Cut steak into strips about ¼ -inch thick; brush with sauce. Grill over hot coals or broil 4–5 minutes, turning once, until done. Serve on rolls.

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### Sweet and Sour Meatballs

(Low-sodium/Paper)

4 cups soft bread bits	1 cup warm water
½ cup chopped onion	2 pounds lean ground beef
⅛ teaspoon sage	

Combine first 4 ingredients. Let stand 5 minutes. Add beef and mix. Shape into balls. Brown in margarine. Place in casserole.

Sauce:

½ cup brown sugar	⅓ cup vinegar
2 tablespoons flour	⅔ cup water
3 teaspoons prepared mustard	

Mix ingredients; pour over meatballs. Cover. Bake at 350°F for 45 minutes.

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### Tamale Pie

1 pound ground beef	1 (8¾ ounce) can whole kernel corn, drained
1½ teaspoons garlic powder	½ cup sliced green onions
1 (7½ ounce) can whole tomatoes, crushed & drained	¼ cup cilantro
1 (16 ounce) can refried beans	¼ teaspoon ground cumin
1 (16 ounce) jar mild picante sauce or chunky salsa dip	1 (15-16 ounce) package cornbread mix, prepared according to package directions
	1 cup shredded cheddar cheese

In large skillet, brown beef with garlic powder; drain. In large bowl, mix together meat with remaining ingredients EXCEPT cornbread mix and cheese. Spoon meat mixture into bottom of a 13x9x2-inch baking dish. Fold cheese into prepared cornbread mix. Spoon cornbread and cheese mixture over meat mixture. Bake at 375° F for 30 to 35 minutes, or until wooden pick inserted in cornbread comes out clean. Let stand 10 to 15 minutes before serving.

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### Veal Scallopine

(Mom)

2 pounds veal-leg or steaks	½ teaspoon each pepper, rosemary, oregano and sweet basil
1 clove garlic, crushed	Dash of savory salt
1 onion, chopped	1 cup white wine
1 cup chopped celery	1 cup tomato sauce
½ cup chopped green pepper	¼-½ cup water
¼ cup salad oil	1 tablespoon flour
1 teaspoon salt	1 cup canned mushrooms with liquid
Dash garlic salt	



Freeze or chill veal and slice very thin. Cut in serving pieces and brown in oil. Remove meat from pan and brown garlic, onion, green peppers and celery. Add next 11 ingredients and meat. Add mushrooms and liquid and simmer until meat is tender.

Serves 6 to 8

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### Zucchini Boats

(Penny)

1 large zucchini	Salt and Pepper to taste
1 pound hamburger	3 cups cooked rice (1½ cup raw)
½ medium green pepper	2 unbeaten eggs
2 minced garlic cloves	2 slices torn up bread
½ cup chopped onion	2 tablespoons bacon bits
1 stalk chopped celery	Parmesan cheese

Cut zucchini in half lengthwise and scoop out seeds. Brown hamburger, garlic, onion, celery and green pepper and spices. Cook rice. Add eggs to rice and mix. Add this to meat mixture in skillet. Stir, and add bread and bacon bits. Spoon into zucchini boats and sprinkle (liberally) with Parmesan. Wrap in foil and place on cookie sheet at 350°F for 1 hour.

P.S. If using huge zucchini, maybe increase the hamburger a bit, cook 2 cups raw rice and use 3 eggs.

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### Baked Chicken

(Dad)

1 (3–3½ pound) cut-up fryer	1½ cups long grain rice
1 package dry onion soup mix	2½ cups water
2 (10.5 ounce) cans cream of mushroom soup or cream of chicken, celery	

Place rice in greased casserole. Sprinkle all of soup (onion) over rice. Arrange chicken over rice, skin up. Spoon undiluted soup over chicken and then slowly pour water over all. Bake uncovered in pre-heated oven at 325°F for 2 hours.

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### Baked Turkey (Barbecue)

(Dad)

4 (or more) drumsticks	½ cup catsup
2 teaspoons salt	⅓ cup packed brown sugar
½ teaspoon pepper	1 teaspoon dry mustard
½ cup water	¼ teaspoon nutmeg
¼ cup margarine	

Heat oven to 425°F, melt margarine in pan. Put turkey in pan, turning to coat. Bake uncovered 15 minutes. Reduce to 350°F, cover tightly, turn occasionally, and add water if necessary. Bake 2 to 2 ½ hours.

For Barbecue:

Mix catsup, sugar, mustard and nutmeg. Pour over drumsticks. Bake uncovered 15 minutes, cover then bake 2 to 2½ hours.

## Barbecued Chickens

(Paper)

Salad oil, 1 cup	Salt, 2 teaspoons
Lemon juice, ¼ cup	Pepper, dash
Hot pepper sauce, ⅛ teaspoon	Garlic clove, 1
Prepared mustard, 4 teaspoons	Broilers, about 2½ pounds, split into halves, 2
Brown sugar, 2 tablespoons	

First make barbecue sauce: combine salad oil, lemon juice, hot pepper sauce, mustard, brown sugar, salt and pepper in jar or bottle; add garlic clove cut in half; let stand for several hours; shake well before using. Singe, remove pinfeathers, wash and dry both chickens. Remove broiler pan and pre-heat broiler 5 minutes. Place the 4 chicken halves skin side down on broiler rack, brush with barbecue sauce. Broil slowly for 20 minutes, brushing with sauce once more. Turn halves over, brush well with sauce, continue broiling, brushing once or twice more until tender and evenly browned (15 to 20 minutes).

Serves 4 to 6

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## Chicken Crunch

(Soup Recipe Card)

1 can Golden Mushroom Soup	2 pounds chicken parts
¾ cup water	1 cup finely crushed packaged herb-seasoned stuffing
1 tablespoon finely chopped onion	2 tablespoons melted butter or margarine
1 tablespoon finely chopped parsley	

Mix ⅓ cup soup, ¼ cup water, onion and parsley. Dip chicken in soup mixture; then roll in stuffing. Place in shallow baking dish (12x8x2-inch). Drizzle butter on chicken. Bake at 400°F for 1 hour. Meanwhile, combine remaining soup and water. Heat; stir now and then. Serve over chicken.

Serves 4

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## Chicken and Dumplings

(Paper)

Boil a fat stewing chicken until tender, having enough broth to make about 2 quarts. When chicken is done remove pieces until dumplings are done.

Dumplings:

Beat together 1 large egg, 1 tablespoon water and 1 teaspoon salt until well blended, add 2½ cups flour and mix with fingers until dry and crumbly. When well mixed add 1 cup of boiling liquid (chicken broth) and stir quickly into stiff mass of dough. Turn onto floured board and knead with more flour until smooth and not sticky. Divide and roll thinly and cut into squares or strips. Add to about 2 quarts of boiling broth and boil gently about 20 minutes or until dumplings are tender. Add more salt and pepper if desired. Put chicken pieces back into dumpling pot and stir gently.

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## Chicken and Rice

(Dad)

1 cup rice	1 jar (2 ounces) pimiento drained and chopped
1 envelope dry onion soup mix	1 can cream of chicken soup
1 tablespoon butter	2 cups water
½ cup chopped green pepper	1 cup up fryer (2½ to 3 pounds)
½ cup chopped celery	Paprika—parsley or chives for garnish

Lightly grease 9x13 pan. Pour in rice. Add onion soup—stir. Melt butter in small pan and add green pepper and celery. Sauté. Spoon pepper and celery over rice. Add pimiento over rice.

Combine chicken soup and water, mix well. Pour  $\frac{3}{4}$  of mixture over rice. Add chicken over rice, skin side up. Pour remaining soup mixture over chicken, sprinkle with paprika. Bake uncovered 1- $\frac{1}{2}$  hours at 350°F. Garnish with parsley or chives.

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### Continental Chicken

(Paper)

4 pieces of chicken	$\frac{1}{8}$ teaspoon thyme
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ teaspoon dried celery flakes
1 can condensed chicken soup	$1\frac{1}{3}$ cups water
$2\frac{1}{2}$ tablespoons grated onion	$1\frac{1}{3}$ cups Minute Rice
1 tablespoon chopped celery	$\frac{1}{2}$ teaspoon paprika
1 teaspoon salt	

Roll chicken in flour. Sauté in butter until golden brown. Mix soup, onions, celery and seasonings in saucepan and gradually stir in water and bring to boil, stirring constantly. Remove from fire. Put rice into 2-quart casserole and pour all except  $\frac{1}{3}$  cup of soup mixture over rice. Arrange chicken on top of rice. Pour remaining soup mixture over chicken. Cover and bake 30 minutes in 375°F oven. Sprinkle with paprika just before serving.

Serves 2

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### Creamy Chicken Tarragon

(Box End)

2 tablespoons oil	1 cup water
$2\frac{1}{2}$ - 3 pounds cut-up chicken	$\frac{1}{2}$ cup dry white wine
1 envelope Lipton Onion-Mushroom, Onion, or Golden Onion Recipe Soup	2 tablespoons flour
$\frac{1}{2}$ teaspoon tarragon	Mix $\frac{1}{2}$ cup whipping or heavy cream

In large skillet, heat oil and brown chicken; drain. Add Lipton Soup Mix and tarragon blended with water and wine. Simmer covered 45 minutes or until chicken is tender. Remove chicken to serving platter and keep warm. In skillet, stir in flour blended with cream. Bring to the boiling point, then simmer, stirring constantly, until sauce is thickened, about 5 minutes. Serve sauce over chicken.

Serves 4

Microwave Directions:

Omit oil. In 3-quart casserole, heat chicken, uncovered, at HIGH (full power) 12 minutes, rearranging once; drain. Add Lipton Soup Mix and tarragon blended with water and wine. Heat covered 14 minutes or until chicken is tender, rearranging chicken once. Remove chicken to serving platter and keep warm. Into casserole, stir in flour blended with cream and heat uncovered or until sauce is thickened, stirring once.

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### Chicken Salad Sandwiches

(Magazine)

1 cup finely chopped leftover chicken	$\frac{1}{4}$ cup mayonnaise
$\frac{1}{4}$ cup chopped celery	Salt and pepper
$\frac{1}{4}$ cup chopped stuffed olives	

Combine ingredients; season to taste. Mix thoroughly. Spread between slices of buttered bread.

5-6 sandwiches

**Chicken and Sausage Jambalaya**

(Paper)

4 tablespoons vegetable oil	1 can (16 oz) tomatoes, chopped
1 pound andouille or hot smoked sausage (cut in ½ inch chunks)	2 bay leaves
1 cup sliced celery	1 teaspoon Tabasco pepper sauce
1 large onion, chopped	½ teaspoon oregano leaves
2 green or red bell peppers, chopped	½ teaspoon thyme leaves
2 cloves garlic minced	¼ teaspoon ground allspice
3 cups chicken broth	1½ cups uncooked rice
	1 pound cooked chicken, in 1 inch cubes

In a large heavy pan, heat oil over medium high heat. Add sausage, celery, onion, peppers and garlic. Cook 5 minutes or until vegetables are tender; stir frequently. Stir in broth, tomatoes and seasonings. Bring to a boil. Reduce heat and simmer uncovered 10 minutes; stir occasionally. Stir in rice. Cover, simmer 15 minutes. Add chicken; cover and simmer 5 minutes longer or until rice is tender. Let stand covered 10 minutes. Remove bay leaf. Garnish with celery leaves.

8-10 servings

**Chicken Pie**

(Low-sodium/Mom)

2 tablespoons margarine	4 tablespoons flour
1 cup diced celery	2 cups stock
½ cup diced onion	1 cup skim milk
2 cups chopped cooked chicken	

Slowly cook onion and celery in margarine. Make white sauce with flour, stock and milk. Add onion mixture to white sauce. Add chicken. Heat thoroughly. Pour into shallow baking dish. Cover with low salt biscuits. Bake at 450°F for about 45 minutes.

**Chicken Cacciatore**

(Dad—Paper)

2 fryers, about 2 pounds each	1 green pepper, seeded and diced
½ cup flour	1 cup canned tomatoes
½ teaspoon salt	½ teaspoon oregano
¼ teaspoon pepper	½ cup dry sherry or white wine
⅓ cup olive oil	1 can (3 ounces) sliced mushrooms
2 cloves garlic, chopped	Salt and pepper to taste
1 medium onion, chopped	

Have fryers cut into serving pieces. Combine flour, salt and pepper in a brown bag. Place chicken pieces in the bag and shake until coated. Heat olive oil in a skillet. Add chicken and brown well on all sides. Add garlic, onion, green pepper, tomatoes, oregano and sherry. Cover and simmer 30 minutes. Add mushrooms and salt and pepper to taste. Simmer 10 minutes longer. In some parts of Italy this dish is made without tomatoes, but with more green pepper added. It is delicious served with plain boiled spaghetti over which the chicken sauce is poured. Serves 4 to 6

**Chicken New Orleans**

(Soup Recipe Card)

2 pounds chicken parts	1 tablespoon lemon juice
2 tablespoons shortening	½ small bay leaf
1 can Campbell's Tomato Bisque Soup	½ cup green pepper strips
½ cup sliced onion	

In skillet, brown chicken in shortening; pour off fat. Add remaining ingredients except green pepper. Cover; cook over low heat 30 minutes. Add green pepper; cook 15 minutes more or until tender. Stir now and then. Remove bay leaf.

Serves 4

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### Chicken Marengo

(Mom)

3 tablespoons salad oil            12 small white onions  
1 garlic clove, halved            1/3 cup dry or cooking sherry  
1 (3 1/2 pounds) fryer, cut up    2 teaspoons salt  
Paprika                                1 teaspoon sugar  
1/2 pound mushrooms, sliced    3 cups hot cooked rice  
1 (16 ounce) can tomatoes

Cook garlic in hot oil until browned, discard garlic. Add chicken and sprinkle with paprika; cook until browned on all sides. Push chicken to side, add mushrooms and cook until golden, about 4 minutes. Add tomatoes and their liquid and remaining ingredients except rice. Heat to boiling. Reduce heat to low, cover and simmer 30 minutes, stirring occasionally. Serve with rice.

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### Chicken Crunch

(Mom/Aunt Mary)

1 can mushroom soup            1 fryer chicken cut up  
3/4 cup milk                            2 tablespoons melted butter  
1 tablespoon onions, chopped fine    2 cups crushed stuffing mix

Mix 1/2 cup soup, 1/4 cup milk and onions. Dip chicken in soup mixture. Roll in stuffing. Place in shallow greased pan. Bake at 400°F for 1 hour. Combine remaining soup and milk for a sauce.

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### Chicken and Potatoes Oregano

(Good Housekeeping/Mom)

3 medium potatoes                1 1/2 teaspoons salt  
1 small onion                        1/8 teaspoon pepper  
Vegetable cooking spray        3/4 teaspoon oregano leaves  
1/4 cup margarine                 1 tablespoon chopped parsley for garnish  
8 chicken thighs

Peel potatoes, cut in cubes. Mince onion. Spray skillet with vegetable spray, place over medium heat. Melt butter; add potatoes, onions and chicken. Sprinkle with salt and pepper. Cook 15 minutes gently turning potatoes with turner. Turn thighs, sprinkle with oregano and cook ten minutes more or until chicken is well browned and fork tender. Sprinkle with parsley.

Serves 4

## Chicken 'N Dressing Bake

(Wheat Commission Card)

6 cups cubed bread	2½ cups diced cooked chicken
1 can cream of mushroom soup	½ cup milk
2 cups chicken broth	2 tablespoons chopped pimiento (optional)
2 well-beaten eggs	1 teaspoon poultry seasoning
1 teaspoons salt	

Toss bread cubes with ½ can of the soup, broth, eggs, and seasonings. Spread in 11½x7½x1½-inch baking dish; top with chicken. Combine remaining soup with milk and pimiento; pour over all. Cover with foil; bake at 350°F for 45 minutes or until set.

Serves 6 to 8

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## Chicken Wings

(Paper)

3 pounds chicken wings or other pieces	3 tablespoons vinegar
½ cup soy sauce	1 teaspoon ginger
3 tablespoons white sugar	2 cloves garlic, crushed
3 tablespoons brown sugar	Ac'cent
Fresh ground pepper	

Separate wings and throw away small tips. Marinate chicken in above. Bake at 300°F for 2 to 2½ hours. Baste and turn frequently. If glaze is not thick enough, cook in pan and reduce liquid.

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## Chicken Cacciatore

(Paper)

1 frying chicken	½ cup chopped onions
¼ cup butter	2 cups tomatoes
¼ cup olive oil	½ cup dry white wine
¼ cup flour	1 cup fresh mushrooms, sliced
¼ teaspoon salt	1 small can tomato paste
¼ teaspoon pepper	Another 1 teaspoon salt
2 cloves garlic, minced	Pinch of basil
1 green pepper	½ teaspoon rosemary

Mix the flour with the quarter teaspoon of both salt and pepper. Cut the chicken in serving pieces, ideally with a sword used in the second act of La Forza del Destino. Dry, and then rub each piece well with the seasoned flour.

Now you heat the butter and oil in a deep skillet and brown the chicken on all sides. Add the garlic, green pepper, tomatoes, onion, wine, mushrooms, tomato paste, the teaspoon of salt, and finally the basil and rosemary. When everything is mooshed together and hot, glurp it all into an oven casserole and bake, covered, for two hours in a 325°F oven.

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## Chicken Marengo

(Paper)

3 pounds chicken, washed patted dry, quartered	3 tablespoons vegetable oil
1 teaspoon black pepper	1 clove garlic, peeled, whole
½ cup flour	½ pound fresh mushrooms, cleaned and sliced
Garlic powder, to taste	1½ cups tomatoes, diced
1 teaspoon dried basil	½ cup dry white wine

Rub chicken with pepper. In medium bowl, mix flour, garlic powder and basil. Dredge chicken with flour. Heat cooker over medium heat. Add oil and garlic clove. Brown chicken in batches, turning to brown on

all sides. Remove garlic and chicken with tongs. Stir in mushrooms, tomatoes, and wine and replace chicken. Place pressure regulator on vent pipe. In about 5 minutes, the pressure regulator will rock slowly. Cook 10 minutes from when rocking begins, making sure to stabilize pressure regulator's rocking by reducing heat, if necessary. Remove from heat and let pressure drop of its own accord, about 20 minutes.

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### Chicken Vegetable Medley

(Box End)

¼ cup butter or margarine	2 small zucchini cut in matchstick thin strips (about 2 cups)
1 whole chicken breast, skinned, boned and cubed (1/2 pound boneless)	¼ teaspoon salt
1 teaspoon dried dill weed, crushed	Dash pepper
4 cups cabbage, shredded	4 teaspoons cornstarch
	1½ cup "V-8" vegetable juice

In skillet, in 2 tablespoons hot butter, cook chicken with dill for 3 minutes. Add remaining butter, cabbage, zucchini, and salt and pepper.

Cook, stirring occasionally, until vegetables are tender-crisp.

In small bowl, combine "V-8" juice and cornstarch. Stir into chicken mixture.

Cook, stirring constantly until mixture is thickened. Makes 5½ cups or 4 servings.

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### Chicken and Pears with Mustard Sauce

(Paper)

2 to 3 pound chicken parts	2 tablespoons Dijon mustard
Salt and pepper to taste	2 teaspoons cornstarch
2 tablespoons vegetable oil (opt.)	½ teaspoons basil, crushed
1 (16 ounce) can pear halves	Chopped parsley, for garnish
¼ cup chopped onion	

#### Microwave Method:

Season chicken with salt and pepper. In skillet on stove, brown seasoned chicken in oil, if desired. Place chicken in a microwave-safe baking dish. Drain pears, reserving ½ cup liquid. In a separate bowl, combine pear liquid, onion, mustard, cornstarch and basil. Pour over chicken. Cover with lid or waxed paper. Microwave at HIGH for 12 to 15 minutes, or to internal temperature of 170°F. Add pears; microwave 2 to 3 minutes, or until pears are heated through. Garnish with parsley.

Serves 4

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### Creamed Chicken

(Low-sodium/Mom)

1 cup chopped celery	3 cups chicken broth
4 tablespoons margarine	½ cup skim milk
½ cup flour	3 cups diced cooked chicken

Cook celery in margarine for a few minutes. Stir in flour and blend thoroughly. Then stir in broth and milk and cook until smooth and thick. Add chicken. Heat thoroughly. Serve on crisp toast, waffles, or in a rice ring.

Serves 6

### Dragon King's Tea-Smoked Chicken

(Paper)

3–3½ pound whole fryer chicken	2 teaspoons minced fresh gingerroot
⅓ cup naturally-brewed soy sauce	¼ cup loose cinnamon-apple herb tea (12 to 14 teabags)
2 tablespoons dry sherry	2 tablespoons brown sugar, packed

Discard giblets and neck from chicken. Rinse chicken thoroughly; drain well and pat dry. Combine soy sauce, sherry and ginger; pour over chicken in large plastic bag. Press air out of bag; close top securely. Turn over several times to coat cavity and outside of chicken. Refrigerate 8 hours or overnight; turn over occasionally. Combine herb tea with brown sugar; sprinkle to evenly cover bottom of foil-lined baking pan. Place chicken, breast side up, on rack over tea mixture. Cover pan with foil; bake in 350°F oven 1 hour. Remove pan from oven; discard foil. Increase oven temperature to 400°F. Bake chicken 30 minutes longer, or until tender. Let stand 10 minutes before carving.

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### French Chicken in Orange Sherry Sauce

(Mom/Barbara)

2½ pounds chicken (optional—use all breast) cut up	¼ cup chopped green peppers
½ teaspoon salt	1 cup sliced mushrooms
1 medium onion, sliced	

#### Sauce:

1 cup orange juice	1 teaspoon grated orange rind
¼ cup dry sherry	2 teaspoons chopped parsley
½ cup water	1 tablespoon flour
1 tablespoon brown sugar	Paprika
1 teaspoon salt,	
¼ teaspoon pepper	1 orange, peeled and sliced

Place chicken pieces skin side up on broiler rack, broil 10 minutes. Do not turn. Place in shallow baking pan. Sprinkle with salt, onion, green pepper and mushrooms.

Combine orange juice, sherry, water, brown sugar, salt, pepper, rind and flour in small saucepan. Blend well. Cook over medium heat stirring constantly until thickened. Add parsley. Pour over chicken. Bake at 375°F for 45 minutes. Sprinkle with paprika and garnish with orange slices.

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### Grilled Chicken – Balinese Style

(Paper)

1 chicken (2-3 lbs), washed, dried, quartered	1 tablespoon chopped fresh ginger
1 teaspoon salt	6 macadamia nuts, chopped
2 teaspoons pepper	2 tablespoons ketchup
4 tablespoons oil	1 tablespoon brown sugar
4 shallots, chopped	1 tablespoon soy sauce
2 cloves garlic, chopped	Lemon or lime wedges
3 fresh red chilies, chopped	

Rub chicken with salt and pepper and set aside for 10 minutes. In a mortar, blender or processor, pound or process the shallots, garlic, chilies, ginger and macadamia nuts to a coarse paste. Heat a frying pan. Add the oil and heat. Add the chicken and fry until lightly browned. Remove. Drain on paper towels. Pour off all but 1 tablespoon oil. Add the paste mixture and fry for 2 minutes, stirring. Add the ketchup, brown sugar and soy sauce. Stir until sugar is dissolved. Remove from heat. Let cool. Rub the cooked mixture into the chicken and let the chicken marinate for 1 hour. Broil or grill the chicken until cooked throughout, basting often with the marinade. Serve with lime wedges, rice and a vegetable or salad.



### Grilled Chicken

(Dad)

4 leg quarters  
1 stick margarine, melted  
Salt and pepper

½ cup lemon juice  
½ teaspoon garlic powder

Salt chicken completely, pepper lightly. Make sauce by mixing margarine, lemon juice and garlic powder. Grill chicken over slow fire. After 10 minutes, begin to baste with sauce, continue until chicken is tender (45 minutes to 1 hour).

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### Herbed Chicken

(Dad)

1 cut up fryer (2–3 pounds)  
2 tablespoons cooking oil  
3 eggs  
1½ cups milk  
1½ cups flour  
½ teaspoon salt

1 tablespoon cooking oil  
1 tablespoon tarragon  
1 (10¾ ounce) can cream of chicken soup  
1 (4 ounce) can sliced mushrooms  
⅓ cup milk  
⅓ cup dairy sour cream

Skin chicken, brown in large skillet in 2 tablespoons cooking oil. Place chicken in well-greased baking pan. In mixing bowl, combine eggs, 1½ cups milk, flour, salt, 1 tablespoon cooking oil and tarragon. Beat until smooth. Pour over chicken, bake in 350°F oven for 50 to 60 minutes.

For sauce, combine soup, mushrooms, ⅓-cup milk and sour cream. Heat through.

Serves 6

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### Lemon Broiled Chicken

(Paper)

½ cup lemon juice  
3 tablespoons olive oil  
1½ tablespoons Dijon mustard  
1 tablespoon soy sauce  
½ teaspoon salt

¼ teaspoon cayenne pepper  
4 medium size chicken breasts  
1 scallion, minced  
Lemon wedges for garnish

Combine lemon juice, oil, mustard, soy sauce, salt and pepper in a bowl. Wash chicken and de-fat. Combine chicken and lemon juice mixture and allow to marinate for 2 hours at room temperature but in a cool spot. Broil chicken until crusty and brown, about 25 minutes. Turn pieces and baste frequently. Serve slightly cooled and sprinkled with scallions and garnished with lemon wedges.

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### Marinated Chicken Bake

(Dad—Paper)

2 broiler-fryer chickens, 3 pounds each, cut up  
⅓ cup fresh lemon juice  
¼ cup soy sauce

1 tablespoon oregano  
½ teaspoon garlic powder  
½ cup (1 stick) butter

Combine lemon juice, soy sauce, oregano and garlic powder in a 3–quart rectangular baking dish. Place chicken pieces in marinade, turning to coat both sides. Cover with plastic wrap and refrigerate several hours or overnight. Turn and baste several times.

Pre-heat oven to 350°F. Remove chicken from marinade; reserve marinade. Melt butter in a small saucepan; stir in marinade. Place chicken, skin side down, in a 15x10-inch jellyroll pan. Brush liberally with marinade. Bake 30 minutes, basting frequently. Remove from oven and turn chicken skin side up. Brush with marinade. Bake 20 to 30 minutes longer or until chicken is tender, basting frequently.

Serves 6 to 8

## Microwave Roast Turkey Breast

(Store Card)

One 5 pound frozen turkey breast, defrosted      ¼ teaspoon pepper  
1 teaspoon salt    ½ teaspoon paprika

Sprinkle turkey breast with salt, pepper and paprika. Place skin side down in 12x7½x2-inch glass baking dish and cover with waxed paper. Cook ten minutes, turn skin side up and cook 40 to 50 minutes, or until turkey breast tests done. Remove turkey from pan and let stand 15 minutes before carving. Set aside pan with drippings to use for gravy. Prepare stuffing.

### Stuffing:

¼ cup butter or margarine                                      1 cup chicken broth  
1 cup chopped onion    1 egg, slightly beaten  
1 cup celery    Paprika  
1 package (8 ounces) herb stuffing mix

In a 2 quart glass baking dish, melt butter in microwave oven, one minute. Add onion and celery, cover and cook 2½ minutes. Stir in stuffing mix, broth and beaten egg; sprinkle with paprika. Cover with waxed paper and cook seven minutes. Turn dish and cook an additional 5 to 7 minutes. Remove from oven and prepare gravy.

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## Mom's Special Chicken

(Paper—Mom)

¼ cup salad oil    ¾ teaspoon marjoram  
2 (3 pounds each) fryer chickens cut up                      ¼ cup flour  
1 envelope dry onion soup mix                                      1 cup whipping cream  
1½ cup water    ¼ cup brandy

In large skillet, heat oil and slowly brown chicken a few pieces at a time. Add onion soup mix blended with water and marjoram; simmer covered 40 minutes or until chicken is tender. Remove chicken to serving platter and keep warm. Into onion soup mixture, blend in flour mixed with cream and brandy. Simmer, stirring constantly, until sauce is thickened—serve with chicken.

Serves 6 to 8

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## Microwave Cranberry-Dijon Chicken

(Paper)

2½ -3 pounds fryer, cut up                                      ½ teaspoon salt  
8 ounce can whole cranberry sauce                              2 tablespoons water  
1 medium onion, minced    2 tablespoons vinegar  
½ cup catsup    4 teaspoons cornstarch  
2 tablespoons Dijon mustard    2 tablespoons snipped parsley  
1 tablespoon brown sugar    3 cups hot cooked rice  
1 tablespoon Worcestershire sauce

In a microwave-safe 12x7½x2-inch dish arrange chicken with meatiest pieces toward outside of dish. Cover with waxed paper. Micro-cook on 100% power (HIGH) 8 minutes, rearranging pieces twice. Drain off fat. Meanwhile, in a medium bowl combine cranberry sauce, onion, catsup, mustard, brown sugar, Worcestershire and salt. Spoon over chicken. Cover with waxed paper. Cook on high 10 to 12 minutes or until chicken is tender, basting chicken and rotating dish a half-turn once. Remove chicken, reserving cranberry mixture. Skim fat from cranberry mixture.

In a small bowl stir together water, vinegar and cornstarch. Stir into cranberry mixture. Cook, uncovered, on HIGH about 2 minutes or until thickened and bubbly, stirring after every minute. Cook, uncovered, on HIGH for 30 seconds. Stir parsley into rice. Serve chicken and sauce over parsley rice.

Serves 6

### Microwave Breasts Supreme

(Store Card)

2 large broiler-fryer chicken breasts boned and split	1 teaspoon paprika
$\frac{2}{3}$ cup flour	$\frac{1}{8}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{4}$ cup milk
	2 tablespoons butter or margarine

In shallow dish mix flour, salt, paprika and pepper. Dip chicken breasts first in milk, then in flour mixture. In 10x6x1 $\frac{3}{4}$ -inch glass baking dish, melt butter in microwave oven, 1 minute. Place chicken breasts, skin side down, in melted butter. Cook in microwave oven eight minutes. Turn chicken pieces skin side up and turn dish around. Cook 6 to 8 minutes longer or until chicken is tender. Let stand 3 to 5 minutes. Serve with Sauce Supreme. (See page 35 for Sauce Supreme.)

Serves 4

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### Microwave Chicken Thighs Parmigiana

(Store Card)

6 broiler-fryer chicken thighs, boned and skinned	1 clove garlic, minced
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup water	$\frac{1}{2}$ teaspoon dried basil
1 cup fine dry bread crumbs	$\frac{1}{2}$ teaspoon dried leaf oregano
3 tablespoons butter or margarine	$\frac{1}{4}$ cup grated Parmesan cheese
2 (8 ounces each) cans tomato sauce	4 ounces Mozzarella cheese cut into 6 slices

Flatten chicken thighs by pounding between two pieces of waxed paper. Beat egg with  $\frac{1}{4}$  cup water in small shallow dish. Dip chicken thighs in egg, then in breadcrumbs. In 12x7 $\frac{1}{2}$ x2-inch glass baking dish, melt butter in microwave oven one minute. Place thighs top side down in dish. Cook in microwave oven ten minutes. Turn thighs over and turn dish. Cook ten minutes longer. Mix tomato sauce, garlic, salt, basil and oregano; pour over chicken and cover with waxed paper. Cook five minutes. Turn dish, uncover, sprinkle with Parmesan cheese, and place a cheese slice on each chicken thigh. Cook 2 to 5 minutes before serving.

Serves 6

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### Microwave Cornish Hens with Rice

(Store Card)

2 1 $\frac{1}{4}$ pound frozen Cornish game hens, defrosted	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter or margarine	$\frac{1}{4}$ teaspoon dried leaf thyme
$\frac{1}{4}$ cup finely chopped onion	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup chopped celery	1 teaspoon paprika
$\frac{3}{4}$ cup chicken broth	$\frac{3}{4}$ cup packaged precooked rice
$\frac{1}{4}$ cup chopped nuts	

Remove giblets from Cornish game hens, chop and reserve. Melt butter in 12x7 $\frac{1}{2}$ x2-inch glass baking dish in microwave oven, one minute. Add giblets, onion and celery, cover and cook two minutes. Stir in chicken broth, nuts, salt, thyme and pepper. Place hens in baking dish, breast side down. Cover with waxed paper and cook twelve minutes. Place hens on backs and sprinkle with paprika. Cover, turn dish and cook an additional thirteen to fifteen minutes. Remove hens to serving platter. Stir rice into liquid in dish, cover and cook three to four minutes before serving.

Serves 2

**North Carolina Grilled Chicken**

(Box Top)

2 fryers, quartered	¼ cup sugar
4 tablespoons margarine	1½ teaspoons lemon juice
⅓ cup vinegar	1 tablespoon Worcestershire sauce
1 cup catsup	¼ teaspoon bottled red pepper sauce

In small saucepan, place margarine, vinegar, catsup, sugar, lemon juice, Worcestershire sauce and red pepper sauce. Over medium temperature, bring to boil. Reduce temperature to low and simmer 10 minutes. Place chicken on prepared grill, skin side down. Grill about 10 minutes, or until browned. Turn chicken and grill about 10 minutes more. Brush liberally with sauce and continue to grill, turning and adding more sauce, about 20 minutes longer or until fork can be inserted with ease.

Serves 8

**Northwest Hazelnut Turkey Casserole**

(Promotion Card)

2 tablespoons butter	2 cups cooked turkey, diced
1 cup coarsely chopped hazelnuts	1 tablespoon pimento, chopped
½ green pepper, diced	½ teaspoon salt
1 can condensed cream of celery soup	Parsley for garnish
½ cup milk	8 ounces egg noodles, cooked

Melt butter in small skillet, add hazelnuts and green pepper; cook until hazelnuts are toasted and pepper is tender. Mix together celery soup, milk, turkey, pimento, salt and ¾ of the hazelnut-green pepper mixture. Pour into a buttered 1-½ quart casserole, top with remaining ¼ nut-pepper mixture. Bake at 350°F for 15 to 20 minutes or microwave, covered, on full power for 8 to 10 minutes. Garnish with parsley, serve over cooked noodles.

Note: Roast Hazelnuts for FULL flavor!

Serves 6

**Oven-Fried Chicken**

(Low-sodium/Mom)

2½ pounds fryer chicken cut into pieces  
 ¼ cup soft margarine  
 ⅓ cup bread crumbs

Rinse chicken pieces and dry between paper towels. Brush entire surface of each piece with margarine. Roll in crumbs. Place pieces, skin side up, on foil lined 15½x10½x1-inch baking pan. Bake at 425°F for 45 minutes, or until fork tender. Do not turn.

Serves 4

**Oven-Easy Barbecued Chicken**

(Paper)

2 (3 pound) fryer chickens, cut up	1 (8 ounces) bottle Russian salad dressing (Wish-Bone)
1 envelope dry onion soup mix	1 cup water

Arrange chicken pieces, skin side down, in a single layer, in a shallow 9x13-inch baking pan. In saucepan combine remaining ingredients; simmer 10 minutes. Pour marinade over chicken; cover and refrigerate 1 hour or overnight. Bake in marinade, uncovered, at 350°F for 40 minutes; turn chicken and continue baking about 20 minutes longer, basting frequently, until golden brown and tender.

Serves 8

**Oven-Fried Chicken**

(Paper)

1½ teaspoons Chicken Coating Mix*	½ teaspoon salt
¾ cup all purpose flour	⅔ cup hot water
¼ cup instant non-fat dry milk	2 tablespoons vegetable oil
2 teaspoons sugar	1 fryer chicken (2½ to 3 pounds) cut up
1 teaspoon baking powder	

Preheat oven to 425°F. Combine all ingredients except chicken in a small bowl. Blend well; dip chicken pieces in batter and place on a baking sheet. Bake uncovered 40 to 50 minutes, or until done.

\* Recipe in Misc. category, page 9

**Oven-Fried Chicken**

(Paper)

1 3-pound fryer chicken, cut-up	1 teaspoon salt
1 egg, slightly beaten	½ teaspoon Ac'cent
5 tablespoons milk	¼ teaspoon pepper
1 cup dry breadcrumbs	5 tablespoons butter
1 teaspoon paprika	

Dip each piece of chicken in egg and milk mixed together, then in crumbs plus seasonings. Let stand about 20 minutes to dry coating. Melt butter in shallow baking pan. Arrange chicken pieces, skin side down, in a single layer in pan. Bake at 375°F for about 40 minutes; turn chicken and continue baking about 20 minutes longer until golden brown and tender.

Serves 4

**Picnic Chicken Wings**

(Paper)

Arrange 3 pounds of chicken wings in 13x9x2 inch baking dish. In saucepan, melt ½ cup butter, stir in 1 cup soy sauce, 1 packed cup brown sugar, ½ cup water and 1 teaspoon dry mustard. Pour butter sauce over chicken, turning wings to coat. Cover and chill 2 hours or longer. Bake uncovered in 350°F oven 45 to 50 minutes, basting occasionally, until chicken is tender. Serve hot or cold. Chicken may be re-heated if desired.

Serves 4 to 6

**Pacific Coast Barbecued Chicken**

(Paper)

1 cup dry white wine	1 teaspoon celery salt
½ cup finely chopped onion	½ teaspoon dried leaf marjoram
½ cup chopped parsley	4 broiler-fryer chickens, halved
3 teaspoons salt, divided	

In shallow glass or enamel baking dish mix wine, onion, parsley, 1 teaspoon salt, celery salt and marjoram. Add chicken halves. Cover and marinate several hours or overnight, turning occasionally. Remove chicken from marinade and grill.

## Polynesian Chicken

(Paper)

1 can (20 ounces) sliced pineapple, drained      ¼ cup honey  
1 broiler-fryer cut into quarters                    1 teaspoon lemon juice  
¼ cup prepared mustard                                1 tablespoon sesame seeds

Arrange pineapple slices in a shallow baking dish. Place chicken, skin side down, on pineapple. Combine mustard, honey, lemon juice and sesame seeds. Brush over chicken, using only about ½ of mixture. Bake uncovered at 375°F for 30 minutes or until brown. Turn chicken, skin-side up. Baste with remaining sauce. Continue to bake another 30 minutes or until tender. Chicken should be puffy and moist inside. Don't overcook.

Serves 4

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## Roast Chicken

(Low-sodium/Mom)

⅓ cup margarine    2 tablespoons chopped parsley  
2 teaspoons lemon juice                                1 tablespoon chopped onion

Cream margarine; add remaining ingredients and mix. Push under breast skin, starting from thigh. Use small rubber spatula.

### Stuffing:

½ cup margarine    4 cups day old bread crumbs  
½ cup chopped celery                                    2 tablespoons chopped parsley  
½ cup chopped green onion

Melt margarine; add remaining ingredients. Stuff chicken. Roast as for any roast chicken; 350°F for 1½ hours.

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## Ranch-Style Chicken

(Mom/Freezer)

6 tablespoons shortening                                2 tablespoons olive oil  
½ cup flour    1 (8 ounces) can tomato sauce  
3 teaspoons salt    1 (1 pound) can tomatoes  
¼ teaspoon pepper                                        ½ cup sliced ripe olives and liquid  
2 frying chickens cut up                                1 teaspoons salt  
1 onion    ¼ teaspoon Italian herb seasoning  
8 sprigs parsley    ⅛ teaspoon pepper  
1 clove garlic    1 (4 ounces) can sliced mushrooms and liquid

To prepare for freezer, line 2 (12x8x2-inch) baking dishes with foil. Melt 3 tablespoons shortening in each dish. Coat chicken with flour, salt and pepper. Lightly moisten chicken in fat. Arrange in a layer skin side up -- bake in hot oven 450°F for 30 minutes. Chop onion, parsley and garlic; sauté in oil. Add remaining ingredients. Pour sauce evenly over two dishes. Cool. Cover and place in freezer. When frozen lift from dish and wrap for freezer. To serve remove wrapping, place in dish; bake uncovered at 350°F for 1 hour 15 minutes.

To serve same day bake for 30 minutes as above, pour on sauce, reduce heat to 350°F for 30 minutes.

## Roast Turkey with Rye Dill Stuffing and Giblet Gravy

(Paper)

½ pound rye bread with caraway	½ teaspoon salt
2 large onions	2 eggs
2 stalks celery	¼ cup milk
8 large sprigs parsley	1 (12 to 14 pound) turkey, ready to roast
1 teaspoon dried dill weed	

In food processor fitted with steel blade, make coarse crumbs of rye bread. Turn into large bowl. Finely chop onions, celery and parsley in food processor. Turn vegetables into bowl with breadcrumbs. Add dill weed and salt; mix well. Make a well in center of breadcrumb mixture. Add eggs and milk into well; beat with fork just until well mixed. Then mix together all stuffing ingredients until well combined. Remove neck and giblets from turkey; set aside for gravy. Rinse cavity and neck pocket; pat dry with paper towels. If desired, lightly salt cavity of turkey. Fill cavity with stuffing; reserving a small amount to stuff the neck pocket by the breastbone. Truss turkey using wooden skewers or metal pins and string, or tuck legs inside flap of skin by tail. Fold neck skin flap up over pocket and tuck under back. Insert thermometer in thick part of thigh, not touching a bone. Set turkey on its back on a rack in roasting pan. Cover with foil tent, if desired. Roast at 325°F for about 3½ to 4½ hours. Test turkey for doneness by checking thermometer (turkey is done when temperature reaches 180°F to 185°F). Save drippings in pan for gravy. Place turkey on carving board or platter and let stand for about 20 minutes before carving (resting makes carving easier).

Serves 12 to 14

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## Spiced Turkey, Squash and Apple Medley

(Paper)

1½ pounds turkey thighs, skin removed	¼ cup apple juice
1 pound acorn squash cut in 1-inch rings	3 tablespoons brown sugar
1 pound cooking apples cored and cut in ½ -inch rings	½ teaspoon cinnamon
	¼ teaspoon nutmeg

Preheat oven to 350°F.

In 13x9x2-inch baking dish place turkey thighs in one half of dish. Layer squash and apple rings, alternately, in other half of dish.

In small bowl, combine apple juice, brown sugar, cinnamon and nutmeg; pour over turkey, squash and apples. Cover dish with foil and bake 1 hour; uncover and baste with juices. Bake, uncovered, for 15 minutes or until internal temperature of thighs registers 180°F on meat thermometer.

Serves 4

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## Swiss Chicken Casserole

(Mom/Navy Times)

3 to 4 cups diced cooked chicken	½ cup slivered almonds
1 medium onion, chopped	1½ cup salad dressing
2 cups diced celery	¼ cup milk
1 cup diced green pepper	1 teaspoon salt
½ pound fresh mushrooms, sliced	¼ teaspoon pepper
2 cups croutons	

Preheat oven to 375°F. Combine all ingredients in large mixing bowl and stir well. Spoon into a greased 10X12 baking dish or casserole and bake covered for 45 minutes. Uncover the last 5 minutes for a browned look.

Serves 6

**Stewed Chicken (to use in many dishes)**

(Low-sodium/Mom)

1 stewing hen (3-4 pounds)	2 cloves garlic
3 cups water	4 whole cloves
2 onions (whole)	1/8 teaspoon thyme
2 bay leaves	1/8 teaspoon marjoram
4 pepper corns	

Simmer in a covered pot about 2½ hours or reduce water and cook in pressure cooker 30 minutes at 15 pounds pressure. Remove chicken and strain the broth. Water may be added to make up to 3 cups broth. Chicken may be boned and skinned and refrigerated. Skim fat from top of broth.

**Stir-Fry Chicken with Papaya**

(Paper)

4 dried Oriental mushrooms	3 stalks bok choy, sliced
12 ounces boneless, skinless chicken breast	2 green onions cut in 1-inch pieces
2 tablespoons soy sauce	1 large garlic clove, minced
1 tablespoon sherry	1 teaspoon minced ginger
3/4 teaspoon salt	1 teaspoon cornstarch
3/4 teaspoon sugar	2 tablespoons water
1/4 teaspoon black pepper	1 papaya, peeled, seeded, sliced
1 tablespoon cornstarch	Hot cooked rice
3 tablespoons oil (about)	

Soak mushrooms in hot water to cover 30 minutes. Drain; squeeze out water, thinly slice, discarding stems. Cut chicken into 3/4X1/4 -inch pieces. In bowl, combine 1 tablespoon of soy sauce and the sherry, half the salt, sugar and pepper. Add chicken and marinate 10 minutes. Add (1 tbs) cornstarch, mixing well.

Heat about 1 tablespoon oil in wok or large skillet; add bok choy and green onions and stir-fry 1 minute. Remove from wok. Heat 1 tablespoon oil in wok. Then stir-fry garlic and ginger briefly. Add half of chicken and stir-fry until cooked, about 2 minutes. Remove from wok to platter. Add remaining salt, sugar, pepper and soy sauce. Return chicken to wok and add (1 tsp) cornstarch and water. Cook and stir until thickened. Add papaya, cook and stir until heated through. Taste and adjust seasonings. Serve over rice.

Serves 4

**Stuffed Chicken Thighs**

(Paper)

8 chicken thighs, boned	1/4 teaspoon poultry seasoning
3 slices bacon	1/4 teaspoon pepper, divided
1/2 cup diced celery	2 cups soft bread crumbs
1/2 cup diced onion	1/2 teaspoon garlic salt
2 tablespoons sherry	

In small fry pan, over low heat, cook bacon about 10 minutes or until crisp. Remove bacon from fry pan and drain; crumble and set aside. Pour off bacon drippings leaving 2 tablespoons in fry pan and reserving remainder. Add celery and onion to drippings in fry pan; sauté about 5 minutes or until soft. Remove fry pan from heat and add sherry, poultry seasoning, and 1/4 teaspoon pepper, bread crumbs and crumbled bacon; stir until thoroughly mixed. Spoon 2 tablespoons of stuffing mixture onto each thigh; roll up and fasten with wooden picks or skewers. Arrange stuffed thighs in shallow casserole. Brush thighs lightly with bacon drippings; sprinkle with garlic salt and remaining 1/8 teaspoon pepper. Preheat oven to 450°F. Bake at 450°F for 5 minutes; reduce heat to 350°F and bake for about 45 minutes or until fork can be inserted in chicken with ease.

Serves 4



**Salt-Free Barbecued Chicken**

(Low-sodium/Mom)

½ cup vinegar or lemon juice	2 cups water
1 cup salt free tomato juice	Dash Diazest
½ teaspoon Sweeta	2-pound broiler or fryer chicken

Cut chicken into serving pieces and place in baking dish, skin side down. Mix other ingredients and pour over chicken. Bake in moderate oven 350°F for ½ hour, turn, and bake for another ½ hour or until fully cooked. Baste with sauce frequently.

**Ski Chicken**

(Mom—Intermediate Eater)

½ cup flour	1 teaspoon rosemary
½ teaspoon pepper	1 teaspoon chopped parsley
1 teaspoon tarragon	2 tablespoons milk
1 egg	Grated rind of one lemon
1 teaspoon salt	

Beat egg and milk together. Mix rest of ingredients together. Dip pieces of fryer (enough mix for 1½ chickens) in dry mix. Cover with plastic wrap in refrigerator for one to two hours. Make potato salad. Turn oven to 400°F. Place 4 tablespoons butter and 4 tablespoons olive oil into shallow baking dish. Heat in oven. Put chicken in hot dish, baste once and cook 15 minutes. Turn chicken and cook 15 minutes. Turn chicken. Cook for a total of 40 minutes. Serve with potato salad and French bread.

**Turkey Ham with Mandarin Sauce**

(Paper)

1 ready-to-eat turkey ham	½ cup golden raisins
½ cup firmly packed brown sugar	2 teaspoons grated lemon peel
2 tablespoons cornstarch	¼ cup lemon juice
2 teaspoons instant chicken bouillon	¼ cup mandarin orange segments, drained
2 cups water	

Bake turkey ham according to label directions. Mix brown sugar, cornstarch and bouillon in a 1-cup measure. In saucepan heat to boiling the water, raisins, lemon peel and juice; remove from heat. Stir in sugar mixture and cook, stirring, until mixture thickens and boils. Stir in orange segments. Serve hot over sliced turkey ham.

3 cups sauce

**Turkey with Tomato-Basil Sauce**

(Paper)

½ cup Miracle Whip	1 small tomato, chopped
½ cup milk	1 green onion, chopped
1 teaspoon chopped fresh basil or ¼ teaspoon dried basil	1 pound Louis Rich Hickory smoked turkey breast cut into ¼ inch slices

In 10-inch skillet, whisk together salad dressing, milk and basil over medium-low heat until smooth. Stir in half of tomato and onion. Arrange turkey over salad dressing mixture; cover. Reduce heat, simmer 5 minutes. Uncover; continue cooking until sauce thickens, about 2 minutes. Sprinkle with remaining tomato and onion.

Prep time: 10 minutes  
 Cook time: 10 minutes  
 About 300 calories per serving  
 4 servings

## Turkey Club Sandwich

(Magazine)

For each sandwich butter three slices of bread. Top one slice with lettuce, then sliced turkey. Add a second slice of bread, buttered slice down; spread with mayonnaise and top with thin slices of tomato and crisp bacon slices. Top with third slice of bread. Cut in triangles to serve.

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## Whole Chicken on the Grill

(Paper)

Basting Sauce:

½ cup orange juice	1 teaspoon (or less, to taste) ground red pepper (cayenne)
½ cup red-wine vinegar	Freshly ground black pepper to taste
½ cup tomato paste	

1 chicken, 2½ to 3 pounds, left whole and well-cleaned

Stir ingredients for basting sauce in a bowl until smooth. Brush basting sauce well all over the chicken. Cook the chicken over a low barbecue heat, with grill covered, for about 1 hour and 10 minutes, brushing with sauce and giving chicken a quarter-turn every 17 minutes. Let stand for 10 minutes before serving.

Serves 3 to 4. Per 4 – serving portion: 375 calories, 19 grams fat, and 121 mg cholesterol

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## Apple Beans

(Paper)

2 (15 ounce) cans dark red kidney beans, drained	2 cloves garlic
3 (16 ounce) cans pork and beans	1 cup brown sugar, packed
1 (15 ounce) can diced tomatoes in a rich puree	2 Red Delicious apples, shredded
2 pounds bulk pork sausage, browned and drained reserve drippings	1 teaspoon chili powder
1 Walla Walla onion, chopped and sautéed in 2 tablespoons of sausage drippings	1 teaspoon salt

Combine all ingredients in a covered dish. Bake for 2 hours at 350°F.

Serves 6 to 8

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## Beans and Sausage Italiano

(Paper)

½ pound bulk Italian or pork sausage	1 medium zucchini, cut into 1½x¼-inch strips (about 2 cups)
½ cup chopped green pepper	1 8 ounce can tomato sauce
¼ cup chopped onion	¼ teaspoon Italian seasoning
1 15 ounce can dark or light red kidney beans, undrained	

In 10-inch skillet, brown sausage, green pepper and onion; drain. Add remaining ingredients. Simmer 15 minutes or until zucchini is tender and mixture is slightly thickened.

4 one cup servings

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## Crispy Charcoaled Chops

(Paper)

¾ cup dry white wine	2 bay leaves, crumbled
1 tablespoon lemon juice	1 garlic clove, crushed
1½ teaspoons salt	8 blade, or rib, pork chops, cut about ¾ to 1 inch thick
½ teaspoon pepper	

In 13x9-inch baking dish, combine wine, lemon juice, salt, pepper, bay leaves, and garlic until well mixed. Add pork chops and turn to coat well. Cover with plastic wrap and refrigerate for 1 to 2 hours, turning occasionally.

Grill pork chops 5 inches from medium-hot coals about 25 to 30 minutes or until well done, occasionally turning and brushing with wine marinade.

Serves 8

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### Curves Ahead

(Paper)

2 tablespoons oil	3 cloves garlic, minced
5 pounds pork loin	1 teaspoon salt
2 cups cocktail sherry	Good grinding of black pepper
2 cups water	½ cup flour
4 tablespoons rosemary	

Heat 2 tablespoons oil in an oven pot. Brown the pork roast briefly on all sides. Add the wine, water and seasonings. Cover and fling it into a 300°F oven for 4 hours (or 5, for a larger roast). Remove roast to warm platter to let it coast.

Skim off any obvious fat from the juices but don't sweat it if you can't find any. Scoop a cup of liquid into a cup, mix in the half-cup of flour, return that mess to the pan and stir-cook over low heat as the gravy thickens. Slice the roast; dish up the mashed potatoes and a boatful of gravy, and head for the dinner table.

*NO U TURNS*

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### Charmin' Cherries 'N' Chops

(Paper)

2 cans (30 ounces) dark sweet cherries	2 tablespoons vinegar
½ cup slivered almonds	6 to 8 pork chops one inch thick
9 whole cloves	

Combine cherries, syrup from cans, almonds, cloves and vinegar in a medium saucepan. Place on grill to heat while using. Place chops on grill over moderate temperature coals. Grill 12 to 15 minutes per side, basting with syrup from pan. Place grilled chops in a tray covered with heavy-duty aluminum foil. Pour cherry mixture over the chops and cover with foil lid. Let simmer over coals for 15 to 20 minutes.

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### German Pork and Celery Stir-Fry

(Paper)

½ cup water	12 ounce pork tenderloin or boneless pork cut into ½ inch cubes
1 teaspoon chicken bouillon granules	2 tablespoons white wine Worcestershire sauce
2 teaspoons cornstarch	2 teaspoons caraway seed
2 tablespoons vegetable oil	½ teaspoon salt
2 cups sliced celery	¼ teaspoon pepper
1 cup sliced sweet red pepper	2 cups apples, cored and cut into ½ inch chunks
1 cup sliced onion	

In a small bowl, combine water, chicken bouillon granules and cornstarch until smooth; set aside. In a wok or large skillet heat 1 tablespoon oil until hot. Add celery, sweet red pepper and onion; cook and stir 4 minutes or until vegetables are nearly crisp-tender. Remove vegetables; keep warm. Add remaining oil. Add pork; cook and stir about 3 minutes or until pork is no longer pink. Stir in reserved cornstarch mixture, Worcestershire sauce, caraway seed, salt and pepper; bring mixture to boiling. Stir in apples and vegetables. Cook and stir until thickened and bubbly; cook and stir 2 minutes more. Serve over hot cooked noodles.

Serves 4

## Ham Roast

(Dad)

1 smoked ham about 5 pounds, remove excess fat  
Pepper  
Cloves  
2 cups white or pink wine

Score ham; pepper all sides to taste and insert cloves (optional). Place ham on rack in baking pan, add wine, roast uncovered in 350°F oven about 25 minutes each pound. Baste often with pan juices. After roasting allow to cool at room temperature for ease of cutting.

(Note: Light, crusty cornbread and buttered green beans with dill seed taste great with this ham—)

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## Hearty Ribs, Beans

(Paper)

3½ pounds pork country style ribs	⅛ teaspoon hot pepper sauce
¼ cup water	3 cups cooked and drained great northern beans
1 (15 ounce) can tomato sauce	3 cups cooked and drained red kidney beans
1 package onion soup mix	1½ cups thinly sliced celery
⅓ cup brown sugar	1 sweet red or green pepper, in strips
2 tablespoons prepared mustard	

Place ribs in 13x9-inch baking dish; add ¼ cup water. Cover tightly and cook in moderate oven (350°F) 1¼ hours, remove to absorbent paper. Pour off cooking liquid and reserve. Combine tomato sauce, onion soup mix, brown sugar, prepared mustard and hot pepper sauce in small saucepan and cook slowly 10 minutes. Remove excess fat from cooking liquid; add enough water to remaining liquid to make 1 cup. Stir into sauce mixture. Combine great northern and red kidney beans, celery, pepper strips and all but ½ cup sauce. Place bean mixture into baking dish. Arrange ribs on top of bean mixture; brush with sauce. Cover tightly and cook in moderate oven (350°F) 30 to 45 minutes; remove to warm platter.

Serves 6

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## Hot Tamale Pie

2 cups cooked beef or pork	Salt to taste
1½ cups meat stock	1 cup pitted ripe olives
1 clove garlic, minced	1 pound cornmeal
1 large onion, chopped	3 cups boiling water
2 tablespoons chili powder	1 tablespoon salt
½ teaspoon ground comino seed	

Grind meat, then combine with meat stock, garlic, onion, chili powder, comino and salt. Cook for 15 minutes. Stir in olives. Make a stiff mush by scalding cornmeal with boiling water and 1 tablespoon salt. Line a baking dish with the mush, reserving enough for the topping. Pour the meat mixture into the bottom crust. Make a top crust of remaining mush. Bake 45 minutes at 345° F, until golden brown.

Serves 6

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## Mushroom Pork Chops

(Dad)

2 (10¾ ounce) cans mushroom soup  
6 or 8 pork chops, 1½ to 2 pounds, trimmed

Preheat oven to 375°F. Place chops in 9x13-inch oblong pan, cover with soup. Cover pan with foil and bake 45 minutes. Serve with mashed potatoes, if desired.

## Mexicali Skillet

(Paper)

1 medium onion, chopped	1 cup shredded cheddar (4 ounces)
1 tablespoon cooking oil	1 cup water
1 (16 ounce) can tomatoes	$\frac{2}{3}$ cup long grain rice
1 (4 ounce) can diced green chili peppers, drained	1 teaspoon chili powder
1 (15 ounce) can pinto beans	5 ounce package small smoked sausage links or 4 fully cooked smoked sausage links, cut into 16 pieces

In a 10-inch skillet cook onion in hot oil until tender but not brown. Cut up tomatoes. Add undrained tomatoes, chili peppers, undrained beans, water and uncooked rice to skillet. Stir in chili powder. Bring to boiling. Reduce heat to medium-low. Cover and simmer 15 minutes or until rice is nearly tender.

Stir rice mixture. Arrange sausage pieces on top of mixture. Simmer, covered, 5 minutes more or until sausages are heated through and rice is tender. Sprinkle cheese over mixture in skillet. Cover and cook about 2 minutes or until cheese is almost melted. Serves 6

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## Pork Chops with Cranberry Sauce

(Low-sodium/Paper)

Broil pork chops on a low rack until well done. Serve with cranberry sauce. Delicious.

Cranberry sauce is also a natural with veal and chicken. Fried apples and sautéed pineapple are also good accompaniments.

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## Pork and Spanish Rice

(Dad)

4 pork chops	$\frac{1}{2}$ cup uncooked white rice
1 tablespoon paprika	1 cup sliced onion
2 tablespoons water	$\frac{1}{2}$ teaspoon salt
1 teaspoon sugar	2 cups tomatoes
1 bay leaf	$\frac{1}{2}$ cup water
3 tablespoons chopped green pepper	

Preheat pan to 350°F. Sprinkle chops with paprika, and brown. Remove to plate. Add 2 tablespoons water and stir. Add rice and stir few minutes. Add onions, salt, sugar, bay leaf, tomatoes, pepper and  $\frac{1}{2}$  cup water. Stir together. Place pork on top, cover, and cook at 225°F for 30 minutes.

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## Pork Steaks and Kraut

(Paper)

1 tablespoon flour	1½ teaspoons brown sugar
1 can (27 ounces) sauerkraut, drained	1 teaspoon salt
2 medium apples, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup finely chopped onion	4 teaspoons mustard
2 teaspoons caraway seed	1 teaspoon horseradish
4 pork blade steaks	

Shake flour in large size (14x20-inch) oven cooking bag; place in 13x9x2-inch baking dish. Combine sauerkraut, apples, onion and caraway seed in bag; turn gently to mix. Spread sauerkraut mixture evenly in bag. Combine brown sugar, salt, pepper, mustard and horseradish; spread on pork steaks. Arrange steaks on top of sauerkraut in bag. Close bag with nylon tie, rubber band, string, or  $\frac{1}{2}$  inch strip cut from open end of bag; make 6 half-inch slits in top. Micro-cook on 50% power, 30 to 35 minutes or until pork is done, turning dish periodically.

Conventional oven: Follow directions above except preheat oven to 350°F. Cook 45 to 55 minutes.

Serves 4

**Pork Tenderloin a la Carte**

(Paper)

3 pounds pork tenderloin	$\frac{2}{3}$ cup soy sauce
2 tablespoons brown sugar	2 teaspoon seasoning salt
2 teaspoons garlic salt	1 can pineapple juice
2 cans frozen lemonade	

Mix all of the ingredients and marinate for 24 hours. Cook meat for approximately an hour at 350°F while basting.

**Pork Steaks in Applesauce Gravy**

(Paper)

2 pounds pork steaks	1 tablespoon honey
1 tablespoon oil	2 teaspoons lemon juice
1 package ( $\frac{3}{4}$ ounce) brown gravy mix	1 teaspoon Worcestershire sauce
1 can (15 ounce) or $1\frac{1}{2}$ cup applesauce	$\frac{1}{4}$ teaspoon ginger
$\frac{1}{2}$ cup water	

Using a large heavy skillet, brown pork steaks in oil, drain off excess fat. Combine gravy mix, applesauce, water, honey, lemon juice, Worcestershire sauce, and ginger; pour over pork steaks. Cover tightly and simmer 50 to 60 minutes or until pork is tender. Stir gravy once or twice during cooking period.  
Serves 6

**Pork Roast in Milk**

(Dad)

$2\frac{1}{2}$ to 3 pounds rib end pork roast (ask butcher to remove chine bone)	1 teaspoon margarine
1 teaspoon vegetable oil	1 teaspoon each salt, pepper and garlic
	$2\frac{1}{2}$ cups milk

Heat oil and margarine. Brown the pork on all sides. Season. Slowly add milk so it doesn't boil. Cover pan so steam can escape— $1\frac{1}{2}$  to 2 hours, turning now and then. Remove pork to warm platter and spoon excess fat from sauce, and stir in a teaspoon or two of warm milk to smooth the sauce. Slice the roast and pour the sauce over it and serve. —Yummy!! Yum!!

**Pork Roast**

(Paper—Dad)

“My one-dish meal”—Take about 2 pounds of pork, veal, or ham. Dredge in flour in which the necessary salt and pepper are well mixed. Brown well on all sides in shortening. Place in a baking dish that has been greased with butter. Peel and core four apples; fill the centers with raisins, mixed with sugar and cinnamon, and place around the meat. Add a layer of diced or halved carrots and tuck enough potatoes around to complete the meal. Pour 2 to 3 cups of rich sweet milk over all and bake until the meat is tender. Use sufficient milk to have plenty of gravy.

**Pork Chop Dinner**

(Paper—Dad)

5 pork chops	23-ounce can sweet potatoes, drained
Salt	$\frac{3}{4}$ cup maple-flavored syrup
Pepper	1 can (10 biscuits) refrigerated buttermilk or country style biscuits

Heat oven to 375°F. In skillet, brown pork chops. Place chops in un-greased 13x9-inch (3 quart) baking dish. Season with salt and pepper. Cover; bake at 375°F for 20 minutes.

Remove pan from oven; drain off liquid. Move chops to center of pan. Arrange sweet potatoes around chops. Pour syrup over chops, potatoes and in bottom of pan. Separate biscuit dough into 10 biscuits;

arrange in pan next to chops and potatoes. Return to oven and bake, uncovered, an additional 20 to 25 minutes or until biscuits are golden brown and chops are tender.

Serves 5

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### Pasta del sol

(Paper)

1 pound ground pork	¼ teaspoon rubbed sage
½ cup chopped onion	¼ teaspoon cinnamon
1 clove garlic, minced	4 ounces lasagna noodles, cooked
3 tablespoons flour	1 pound (2 cups) creamed cottage cheese
1½ cups orange juice	1 egg, beaten
1¼ teaspoons salt, divided	¼ cup chopped parsley
½ teaspoon sugar	½ teaspoon grated orange rind
¼ teaspoon pepper, divided	

In large skillet break up pork with fork. Stir over medium heat until browned. Add onion and garlic; cook until tender. Blend in flour. Stir in orange juice, 1 teaspoon salt, sugar, ⅛ teaspoon pepper, sage and cinnamon. Cook until mixture thickens and comes to a boil. Remove from heat. In medium bowl, mix cottage cheese, egg, parsley, orange rind, remaining ¼ teaspoon salt and ⅛ teaspoon pepper. Place a layer of half of lasagna noodles on bottom of 11x7-inch baking dish. Spoon half of cheese mixture over noodles, spoon half of pork mixture over cheese, then repeat with remaining lasagna noodles, cottage cheese and pork mixture. Bake uncovered in 350°F oven 30 minutes. Garnish with orange slices.

Serves 6

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### Romanian Sausages (Mititei)

(Paper)

4 or 5 cloves garlic, peeled	1½ teaspoons salt
¼ cup water	1 teaspoon fresh ground pepper
1 pound ground chuck	½ teaspoon dried thyme
¾ pound ground pork	½ teaspoon dried basil
1 teaspoon baking soda	½ cup beef stock

Crush garlic well in the water, using a fork. Stir in the meat, baking soda and seasonings with the garlic puree, add beef stock and mix well.

For each sausage, take ⅓ cup of the meat mixture and roll between the palms of your hands into a sausage shape about 4 inches long. Keep your hands a bit wet to prevent the meat from sticking to your hands.

Place sausages side-by-side in a container and cover. Refrigerate overnight so the flavors can blend. The sausages may be grilled, broiled or baked in the oven. Cook about three minutes per side until cooked through and browned.

## Roast Stuffed Pork

(Paper)

2 pounds pork tenderloin  
Salt

2 tablespoons butter  
¼ cup lager

### Stuffing:

4½ cups mashed potato  
¼ cup butter  
1 onion, finely chopped

2 large cooking apples  
Fresh sage and thyme  
Salt and pepper

Preheat oven to 350°F. Make stuffing first. Mash the potatoes and add the butter, chopped onions, chopped apples, herbs, salt and pepper. Mix well and check the seasonings.

Place the meat in a ring shape in a casserole or roasting pan. Put the stuffing in the middle. Rub the meat with the salt and butter and pour the lager in the pan. Cover loosely in foil and place in the oven for about one hour. Serve cut into little medallions with the stuffing and roasted apple.

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## Rice Bengali

(Paper)

1 cup raw rice  
2 cups chicken broth  
½ teaspoon salt  
½ teaspoon turmeric  
1 cup sliced celery  
1 cup sliced green onions

2 cups cubed cooked ham  
½ cup mayonnaise  
1 can mushroom soup  
Dash pepper  
3 hard-cooked eggs, chopped  
½ cup seasoned dry breadcrumbs

Cook rice according to package directions, using chicken broth seasoned with salt and turmeric. Add remaining ingredients, except crumbs. Adjust seasonings, if necessary.

Turn into a greased shallow 2½ quart casserole. Top with crumbs. Bake at 400°F for 15 to 20 minutes or until heated.

Serves 6

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## Stuffed Pork Tenderloin

(Paper)

¼ cup finely chopped celery  
¼ cup chopped pecans  
¼ teaspoon thyme leaves  
¼ cup margarine

1½ cups fresh bread crumbs (3 slices)  
¼ cup chopped dried apricots  
¼ cup pure maple syrup  
2 pork tenderloins (about ¾ pound each)

Preheat oven to 375°F. In medium skillet, cook celery, pecans and thyme in margarine until celery is tender. Remove from heat. Add crumbs, apricots and 2 tablespoons pure maple syrup; mix well. Place tenderloins on a 15x10-inch jelly roll pan. Partially slit tenderloins lengthwise, being careful not to cut all the way through. Open and spread slits; fill with stuffing mixture. Bake 30 minutes, brushing meat frequently with remaining 2 tablespoons pure maple syrup. Loosely cover meat with aluminum foil; bake 10 minutes longer or until meat thermometer reaches 160 degrees. Refrigerate leftovers.

Servings: 6 to 8

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## Schinken Kartoffeln (Ham and Potatoes)

(Mom)

1 pound baked ham, julienned  
1 green pepper, chopped  
2 yellow onions, chopped  
2 pounds potatoes cut in thin slices

4 large eggs  
½ cup half and half  
½ cup grated cheese  
Salt and pepper to taste



Arrange ham, peppers, onions and potatoes in layers in buttered 2 quart baking dish. Beat eggs with cream and cheese until foamy and light. Season with salt and pepper. Pour over the vegetables. Bake at 350°F uncovered for 1 hour.

Serve at once with tossed green salad.

For a variation replace half-and-half with 1-cup sour cream and the 4 eggs with 2 egg yolks.

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### Sausage and Spuds

(Paper)

1 pound small red potatoes cut into 1-inch wedges  
1½ pounds any spicy sausage, such as hot Italian sausage, cut into 1-inch pieces  
2 green bell peppers cut into 1-inch squares  
3 tablespoons olive oil

In a large saucepan of boiling salted water, cook the potatoes until just barely softened, about 7 minutes. Drain, rinse under cold running water, and drain well.

Prepare a hot fire. Thread the sausages, potatoes and green peppers onto 6 long metal skewers, alternating the ingredients.

Place the skewers on an oiled grill set 4 to 6 inches from the coals. Grill, brushing the potatoes and peppers with the oil, and turning the skewers frequently, until sausages are browned outside and cooked through and potatoes are tender when pierced with a knife, about 10 to 15 minutes.

Serves 6

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### Sausages in Wine

(Dad)

½ pound Kielbasa	5 green onions, minced
½ pound Italian sweet sausage	½ cup white wine
½ pound Italian hot sausage	½ teaspoon Tabasco pepper sauce
½ pound Bockwurst (veal) sausage	1 tablespoon parsley (optional)

Cut sausage into ½ -inch pieces. Cook Italian sausage pieces 3 to 5 minutes (browned). Drain. Add remaining sausage and green onions. Cook 5 minutes. Reduce heat to low, add wine, Tabasco, and parsley. Simmer 8 to 10 minutes; stir 2 to 3 minutes to cover sausage with wine.

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### Twin Sausage Casseroles

(Mom—Freezer)

1 (6 oz.) can sliced or chopped mushrooms	1 teaspoon salt
6 chicken bouillon cubes	½ teaspoon marjoram
1 pound pork sausage	1 cup chopped green pepper
1 pound ground beef	2 cups uncooked rice
2 cups chopped parsley	½ cup parmesan cheese
⅓ teaspoon pepper	

Drain mushrooms; add liquid and water to make 5 cups. Add bouillon cubes; heat to dissolve. Brown meat and drain. Combine meat with remaining ingredients except bouillon. To prepare for freezer, line 2 (2 quart) casseroles with foil. Divide mixture evenly. Pour half bouillon over each. Stir lightly. Cover. Bake at 350°F for 15 minutes. Remove from casseroles, leave covered and cool. Freeze then lift foil from casserole. Wrap for freezing. To serve, remove from wrapping, place in casserole. Cover; bake at 350°F for 1 hour. (To serve the same day, omit the foil liner and bake covered in 325°F oven about 2 hours.)

## Wild Rice with Pork and Tomatoes

(Paper)

2/3 cup (4 ounces) wild rice	1 cup finely chopped celery
2 cups water	1/2 teaspoon salt
1/2 teaspoon salt	1/8 teaspoon pepper
1 pound pork cut in small cubes	1/2 teaspoon basil
1 can (16 ounces) whole small tomatoes or 6 small fresh tomatoes and 1 cup tomato juice	1/2 cup chopped onion

Rinse wild rice thoroughly. In a saucepan, bring to a boil wild rice, water and salt. Reduce heat; cover and simmer 30 minutes. Do not over cook. Slowly cook pork in small frying pan, turning to brown. Add onions and continue cooking several minutes. Combine with cooked wild rice, celery and seasonings. In a deep saucepan, add tomatoes to meat mixture and pour juice over all. Cover and simmer 30 minutes.

Serves 4 to 6

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## Baked Trout

(Low-sodium/Paper)

3 medium or 6 small trout	1/4 cup sliced green onions
2 tablespoons lemon juice	2 tablespoons fine dry bread crumbs
1 cup dry white wine	1/4 cup melted margarine
2 tablespoons chopped fresh parsley	Lemon wedges

Heat oven to 400°F. Brush inside of trout with some of the lemon juice. Brush outside of trout with remaining lemon juice and arrange in baking dish. Add wine. Sprinkle fish with parsley and onions. Sprinkle with bread crumbs and spoon margarine over. Bake uncovered for 25 minutes. Place trout on serving platter and garnish with lemon wedges.

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## Fish Fillets

(Low-sodium/Paper)

4 fillets of sole	1 tablespoon flour
2 tablespoons salt free margarine or oil	1/4 cup milk (skim)
3 green onions, chopped	1 cup seedless white grapes (or canned)
1/4 cup dry white wine	

Roll up fillets and secure with a toothpick. Melt margarine (or use vegetable oil); add onion and fillets sprinkled with pepper. Pour wine over. Place a round of wax paper with a hole cut in it over fish and cover the pan. Simmer 10 minutes. Remove paper and lift fish to a hot dish and keep warm. Cook down liquid in pan to 1/3 and thicken with flour and milk which has been stirred together. Add grapes and heat. Pour over fish.

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## Grilled Salmon Steaks

(Dad)

Marinade:

1/2 cup wine or chicken broth	1 bay leaf
1/3 cup vegetable oil	2 tablespoons minced green onions
2 tablespoons chopped parsley	1/2 teaspoon minced garlic
1/4 teaspoon salt	1/8 teaspoon pepper

4 1-inch thick salmon steaks (8 ounces each)

Mix marinade ingredients in shallow dish, add fish, turn once to coat both sides then refrigerate 2 hours, turning once or twice. Reserve marinade and place fish in lightly oiled wire basket and grill 4 to 6 inches above hot coals (450°F) 10 to 12 minutes, turning once and brushing twice with marinade until steaks are done.

## Halibut Steaks

(Dad)

### Marinade:

2 small grapefruits (1½ pound)	⅛ teaspoon pepper
¼ cup vegetable oil	1½ teaspoon marjoram leaves
½ teaspoon salt	¼ teaspoon paprika

Four 1-inch thick halibut steaks (about 8 ounces each)

Garnish with marjoram

Peel grapefruit over small bowl. Cut into sections. Drain juice and squeeze enough to make ½ cup. Keep sections for garnish. Mix juice and remaining ingredients in shallow dish and add fish, turning once to coat both sides then cover and refrigerate 1 to 2 hours, turning once or twice. Keep marinade and place fish in oiled wire baskets. Grill 4 to 6 inches above hot coals (450°F) 10 to 12 minutes turning once and brushing twice with marinade. (Dad suggested serving with a corn muffin with honey. Also, broccoli with oil and vinegar dressing with apple pie for dessert.)

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## Herb Baked Fish Steaks

(Low-sodium/Paper)

1 pound fish (salmon, halibut, red snapper, cod, etc.) Place fish in a shallow, oven-proof baking dish.

Put 2 tablespoons oil in small fry pan and add 2 cloves garlic split (cook in and remove).

Add ⅓ cup minced onion and sauté a few minutes.

Stir in—¼ teaspoon tarragon, few sprigs of chopped parsley, ¼ teaspoon thyme, dash of nutmeg and mace and 2 tablespoons lemon juice.

Spread half of this on the steaks, and then mix the rest with ¾ cup fine bread crumbs and spoon over. Bake at 400°F for 20 minutes.

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## Lemon – Herbed Sole

(Paper)

1 pound sole	1 tablespoon chopped green onions
Pepper to taste	2 teaspoons chopped parsley
2 tablespoons margarine, melted	3 tablespoons water
1 teaspoon lemon juice	1 tablespoon flour
¼ teaspoon lemon peel, grated	Pepper
⅛ teaspoon thyme	Parsley sprigs
¼ cup white wine	Lemon wedges

Sprinkle sole with pepper. Combine melted margarine, lemon juice, lemon peel and thyme. Brush over sole; place in lightly oiled baking dish. Sprinkle with wine, onion and parsley. Bake, covered, at 400°F about 12 to 15 minutes or until sole flakes when tested with a fork. Transfer to serving platter and keep warm. Combine water, flour and pan drippings in small saucepan. Cook and stir until thickened; garnish with parsley sprigs and lemon wedges. Pass remaining sauce.

4 servings

### Salmon – Mustard Marinated

(Dad)

6 (4 to 6 ounce each) salmon steaks      3 tablespoons each Dijon mustard and minced onion  
1/8 teaspoon each salt and pepper      1/4 cup each vegetable oil, white wine and lemon juice  
2 cloves minced garlic

Combine everything except salmon in large shallow dish. Turn salmon in mustard mixture to coat. Marinate in refrigerator 3 hours; turn after 1 1/2 hours. Put salmon on well-oiled rack or broiler. Brush with marinade and place 4 inches from heat. Broil, allowing 10 minutes cooking time per inch of thickness or until salmon flakes when tested with a fork. Turn steaks halfway through cooking time and brush with marinade. Recipe can be halved.

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### Steamed Fish

(Dad)

In a small pie pan mix:  
2 tablespoons sesame oil      1 tablespoon minced ginger  
2 tablespoons soy sauce      2 servings fresh fish (halibut, sole, salmon, small trout)

Turn fish in sauce to coat. Sprinkle finely cut green onions on top. Place on rack in Dutch oven or large skillet over 1/2 inch water. Steam for 15 minutes or until fish is done.

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### Baked Spam

(Dad)

1 loaf Spam lunchmeat      2/3 cup brown sugar  
Whole cloves      1 teaspoon vinegar  
2 teaspoons yellow mustard      2 teaspoons water  
1 teaspoon Worcestershire sauce

Pre-heat oven to 375°F. Score Spam in diamond pattern, place cloves in each diamond. Mix sugar, vinegar, mustard, water, Worcestershire sauce. Brush mixture on loaf. Bake 25 to 30 minutes, basting 3 or 4 times.

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### Mixed Bean Casserole

(Mom/Terry Houle)

1/2 pound lean bacon      1/2 cup vinegar  
3 cups diced onions      1 extra large can pork and beans  
3/4 cup brown sugar      1 can butter beans  
1/4 teaspoon dry mustard      1 can green lima beans  
1/2 cup catsup      1 can kidney beans

Cut bacon in small pieces and fry---drain fat, leaving 3 tablespoons. Stir in onions, brown sugar, mustard, catsup and vinegar. Simmer 20 minutes. Drain butter beans, lima beans and kidney beans. Put beans and sauce together in 3 quart casserole and cover. Bake at 350°F for 1 hour. Remove cover, bake 10 minutes more.

## One-Pot Spaghetti

(Paper)

1 pound ground beef or bulk pork sausage	½ teaspoon bottled minced garlic
1 small onion, chopped (½ cup)	or ⅛ teaspoon garlic powder
2 (14½ ounce each) cans chicken broth	¼ teaspoon pepper
1 (6 ounces) can Italian-style tomato paste	6 ounces spaghetti, broken
½ teaspoon dried oregano, crushed	Grated Parmesan cheese or shredded Cheddar cheese

In a large skillet cook beef and onion until meat is brown and onion is tender. Drain off fat. Stir in broth, tomato paste, oregano, garlic and pepper. Bring to boiling. Add spaghetti, a little at a time, stirring constantly. Reduce heat. Boil gently, uncovered, for 15 to 17 minutes or until spaghetti is tender, stirring frequently. Serve with cheese.

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## Salsa Eggs

(Dad)

2 jars chunky salsa	¾ pound longhorn or Monterey Jack—shredded
2 cups crushed white tortilla chips	Dash of Tabasco
4 large eggs	4 sprigs of leaf cilantro
6 green onions	

Heat salsa. Divide chips in 4 buttered plates. Fry sunny side up individual eggs. While frying eggs, pour salsa over chips (½ cup each). Lay eggs on salsa and sprinkle cheese on top.

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## Sauce Supreme

1 tablespoon butter or margarine	½ cup half-and-half
1 tablespoon flour	1 chicken bouillon cube
1 can (4 ounces) sliced mushrooms	⅛ teaspoon pepper

In one-quart glass measuring cup, melt butter in microwave oven, one minute. Blend in flour, then stir in mushrooms with liquid and remaining ingredients. Cook in microwave oven four minutes, stir, and let stand one minute. Serve over chicken breasts. Makes 1⅓ cup sauce.

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## Spaghetti Sauce

(Dad)

½ pound ground beef	½ teaspoon basil
½ cup chopped onion	⅛ teaspoon pepper
1 crushed garlic clove	2 cups (two 8 ounce cans) tomato sauce
½ teaspoon oregano	

Brown beef with onion and garlic. Drain fat. Add remaining ingredients. Heat to boiling. Reduce heat to boil gently 15 minutes.

About 2 cups

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## Untitled

(Paper)

My companions coaxed one of their number to tell how to make the delicious sandwiches she serves evenings to mixed groups: Chop and mix a 12 ounce can of luncheon meat, ½ pound sharp Cheddar cheese, 2 hard-cooked eggs, ⅓ cup of onions (green ones preferred) and 1 small jar (2 or 3 ounces) pimiento-stuffed olives, drained. Blend in 3 tablespoons mayonnaise and ½ cup chili sauce. Use as filling in 12 long hot dog buns. Wrap in aluminum foil and refrigerate. To serve, put in a hot oven, 400°F, for 15 minutes, unwrap and pour the coffee.

A decorative border consisting of two parallel black lines forming a square frame. At each of the four corners, there is a small square with a white center and a black border, positioned such that its corners point towards the center of the page.

SECTION FIVE:  
VEGETABLES



## Beans—Quick Soak

(Dad)

Clean and sort beans, put in pan with 6 cups water for each pound of beans. Boil 2 minutes, then remove from heat. Cover and let sit for 1 hour. The beans are then ready to be cooked or used in recipes requiring cooking time.

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## Chinese Vegetables

(Promotion Card)

1 cup sliced fresh mushrooms (¼ pound)	1 teaspoon vinegar
2 tablespoons chopped green onions	2 packages (10 ounces each) fresh spinach, cooked and drained
4 tablespoons butter or margarine	1 can (5 ounces) water chestnuts, drained and sliced
1 can Campbell's Chicken Broth	Toasted slivered almonds
½ cup drained pineapple tidbits	
4 teaspoons cornstarch	

In saucepan, brown mushrooms and cook onion in butter until tender. Add broth, pineapple, cornstarch and vinegar. Cook, stirring until thickened. Cook over low heat 10 minutes to blend flavors. Stir now and then. Add spinach and water chestnuts; heat. Stir now and then. Garnish with almonds.

Makes about 4 cups

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## Cinnamon-Glazed Squash

(Paper)

1 medium acorn squash (about 1 pound)	2 tablespoons margarine or butter
2 tablespoons brown sugar	¼ teaspoon ground cinnamon
2 tablespoons dark corn syrup	Salt and pepper to taste

Quarter squash length-wise. Scoop out seeds and discard. Arrange squash pieces in an 8x8x2-inch microwave-safe baking dish. Cover with clear plastic wrap, turning back a corner to let steam escape. Cook on 100 percent power (High) 6 to 9 minutes or until done, giving the dish a half-turn once.

In a 1 cup measure combine sugar, corn syrup, margarine and cinnamon. Cook, uncovered, on high 1 to 2 minutes or until margarine is melted. Stir to blend. Sprinkle squash with salt and pepper. Spoon sugar mixture over the top. Cook, covered, for 30 seconds more.

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## Corn on the Cob with Chili Butter

(Paper)

8 ears fresh corn	1½ tablespoon chili powder
8 tablespoons (1 stick) butter cut into bits	1 teaspoon fresh lime or lemon juice
2 scallions, chopped	Salt
1 clove garlic, crushed	

Prepare a medium fire. Gently peel back the cornhusks, leaving them attached at the base. Remove and discard as much corn silk as possible.

In food processor or blender, combine the butter, scallions, garlic, chili powder and lime juice. Process until the chili butter is well blended.

Rub about 2 teaspoons of the chili butter over the kernels in each ear. Fold the husks back over the corn, and tie securely in place with kitchen string or a strip of cornhusk. Soak the corn in a large bowl of cold water for 10 minutes to prevent burning. Squeeze out excess water.

Place the damp corn on an oiled grill set 4 to 6 inches from the coals. Grill, turning and moving the ears frequently, until the outside leaves are lightly charred, about 15 minutes. Peel off the husks and eat with additional chili butter and salt.

Serves 4 to 8



**Corn on the Cob**

(Dad)

Husk corn completely. Rinse in cold water then wrap in wax paper and aluminum foil and freeze, individually.

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**Corn Fritters**

(Mom)

1¾ cups sifted flour	¾ cup milk
2 teaspoons baking powder	1 cup corn, drained
¾ teaspoon salt	1 tablespoon butter
1 egg, beaten	Melted fat for frying

Sift flour, baking powder and salt into bowl. Combine egg, milk, corn and butter. Stir into flour mixture. Drop by spoonful into hot fat and fry until golden brown. Drain. Serve hot.

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**Fried Green Tomatoes**

(Paper)

Wash green tomatoes and pat dry. Thickly slice. Dip into stone-ground cornmeal, flour or fine bread crumbs seasoned with salt and pepper. Shake off the excess coating. Sauté tomatoes until lightly browned in a butter-oil combination or in bacon fat. (You can also cook ripe tomatoes this way, as long as they are firm.)

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**Frozen Corn**

(Aunt Verna and Mom and Dad)

10 cups corn	½ tablespoon sugar
½ cup boiling water	1 teaspoon salt
¼ pound margarine	

Cut corn off cob and simmer for 3 minutes then cool and pack in containers for freezing.

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**Green Bean Casserole**

(Promotion Card)

1 can Campbell's Cream of Chicken or Cream of Mushroom Soup	3 cups cooked French style green beans or two 10 ounce packages frozen or 1 (1 pound) can, drained
½ cup milk	
1 teaspoon soy sauce	1 can (3½ ounces) French fried onions
Dash pepper	

In a 1½ -quart casserole, stir soup, milk, soy sauce and pepper until smooth; mix in beans and ½ can onions. Bake at 350°F for 25 minutes or until hot. Stir. Top with remaining onions. Bake 5 minutes more.

Makes about 4 cups

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**Glazed Squash Rings**

In shallow baking pan, bake ½ inch slices of acorn squash, covered, in small amount of water 30 to 35 minutes or just until tender. Pour off water. Brush with mixture of 3 tablespoons melted butter and 2 tablespoons brown sugar. Season with salt and pepper. Bake, uncovered, 10 more minutes.

## Scalloped Potatoes

(Promotion Card)

1 can Campbell's Cheddar Cheese, Cream of Celery, Cream of Chicken Or Cream of Mushroom Soup ½ cup milk	Dash pepper 4 cups thinly sliced potatoes 1 small onion, thinly sliced 1 tablespoon butter or margarine Dash paprika
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Blend soup, milk and pepper. In buttered 1½ -quart casserole, arrange alternate layers of potatoes, onions and sauce. Dot top with butter; sprinkle with paprika. Cover; bake at 375°F for 1 hour. Uncover; bake 15 minutes more.

Makes about 4 cups

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## Spiced Scalloped Fresh Tomatoes

(Paper)

¼ cup butter or margarine, divided	1 teaspoon salt
¼ cup chopped fresh onion	¼ plus ⅛ teaspoon ground cloves, divided
3 cups fresh bread cubes	¼ teaspoon cinnamon
3 tablespoons dark brown sugar	4 tomatoes, peeled and sliced

In large skillet melt 3 tablespoons butter, add onions and cook until tender, about 5 minutes. Add bread and toast to a light brown color. Stir in brown sugar, salt, ¼ teaspoon cloves and cinnamon. In a greased 1-quart casserole, place half of the bread cube mixture, then a layer of tomatoes, repeat with remaining bread cubes and tomatoes. Dot with remaining 1 tablespoon butter and sprinkle with remaining cloves. Bake in 350°F oven for 30 minutes.

4 servings



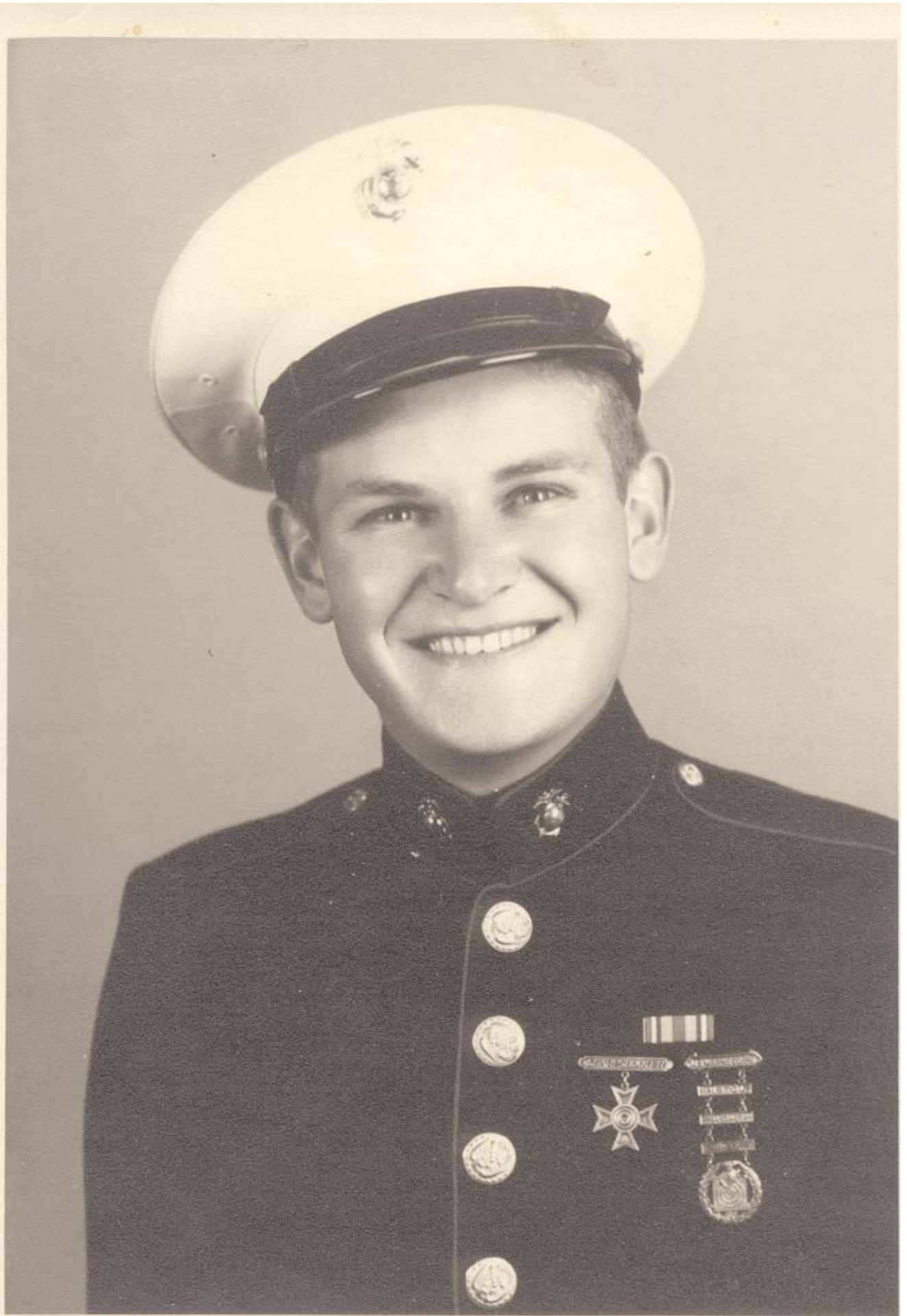
SECTION SIX:

SALADS, SOUPS,

STEWES & CHILIS



Love,  
Virginia



**Carol's Macaroni Salad**

(Paper)

1 package (8 ounces) small salad macaroni	4 tablespoons chopped pimiento
1½ cups chopped celery	Sliced green salad olives
1 cup diced green pepper	½ cup diced dill pickle
1½ cups diced carrots	

## Dressing:

1 tablespoon vinegar	¾ teaspoon dill weed
½ cup mayonnaise	2 teaspoons season all
1 tablespoon sugar	¼ teaspoon dry mustard
2 tablespoons instant minced onion	⅛ teaspoon cayenne pepper

Cook macaroni according to package directions and chill. Combine with all the other salad ingredients. Combine and mix well all dressing ingredients. Let stand 15 minutes. Then combine with salad ingredients and mix well.

**Carrot Salad**

(?)

5 cups cooked sliced carrots  
Marinate at least 12 hours in sauce below.

2 small sweet onions, sliced	¾ cup vinegar
2 small green peppers, sliced	1 teaspoon mustard
1 can tomato soup	1 teaspoon Worcestershire sauce
½ cup salad oil	1 teaspoon salt
¾ cup sugar	1 teaspoon pepper

Will keep at least 2 weeks in refrigerator.

**Celebration Macaroni Salad**

(Paper)

2 cups uncooked elbow or shell macaroni	½ cup milk
1 package (10 ounces) frozen peas	½ cup mayonnaise
1 envelope (1¼ ounces) sour cream sauce mix	1 cup chopped celery

Cook macaroni in 6 cups boiling salted water for 10 minutes. Add peas; cook 5 minutes longer. Drain and chill. Stir together contents of sauce mix envelope, milk and mayonnaise until smooth. Combine macaroni and peas, celery and sour cream dressing; toss lightly.

Serves 6

**Cottage Cheese Salad**

(Mom)

1 can crushed pineapple  
½ cup sugar

Boil this 2 or 3 minutes and add 1 package banana strawberry Jell-O. Stir until dissolved and partly set. Then add 1 small box cottage cheese and 1 box Cool Whip. Fold slightly in Jell-O mixture.

**Country Chicken Salad**

(Mom—Kenny Rogers)

2 cups chopped cooked chicken      ½ cup mayonnaise  
 1 cup chopped apples                  ¼ cup sweet pickle relish, drained  
 4 hard cooked eggs, chopped

Combine all ingredients, mix lightly. Chill.

Serves 4

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**Creamy Fruit Salad**

(Promotion Card)

1 can (8¾ ounces) fruit cocktail      1 package (3 ounces) cream cheese  
 1 package (3 ounces) apricot Jell-O    ⅓ cup mayonnaise  
 1 cup boiling water

Drain fruit, reserving syrup. Add water to syrup to make ½ cup. Combine gelatin and boiling water in electric blender. Cover and blend at low speed until dissolved, 1 minute. Add measured liquid, cream cheese and mayonnaise; cover and blend on high speed, 15 seconds. Chill until slightly thickened. Fold in fruit. Spoon into 6 individual molds and chill until firm, about 2 hours. Unmold. Garnish, if desired.

Serves 6

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**Frozen Fruit Salad**

(Promotion Card)

1 package (3 ounces) strawberry Jell-O      3 cups thawed Cool Whip  
 1 cup boiling water                              1 can (16 ounces) sliced peaches  
 1 can (6 ounces) frozen concentrated lemonade    1 can (8 ½ ounces) pear halves

Drain and chop fruits. Dissolve gelatin in boiling water. Add concentrate and stir until melted. Chill until slightly thickened. Blend in whipped topping and fold in fruit. Pour into 9x5-inch loaf pan. Freeze until firm, about 4 hours. Unmold and slice. Garnish, if desired.

Serves 12

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**Frozen Salad**

(As told by Aunt Lucy)

1 cream cheese                              ⅓ pound marshmallows (about 40)  
 ½ cup mayonnaise                          1 cup cream, whipped  
 1 can crushed pineapple                  Cherries for color

**Lime-Yogurt Salad**

(Promotion Card)

1 can (8½ ounces) pear halves              2 cups boiling water  
 2 packages (3 ounces each) lime Jell-O    1 container (8 ounces) vanilla-flavored yogurt

Drain pears, reserving ½ cup syrup; slice pears. Dissolve gelatin in boiling water. Measure 1 cup gelatin; blend in yogurt and pour into 8-inch square pan. Chill until set but not firm. Add measured syrup to remaining gelatin and chill until slightly thickened. Arrange pear slices on gelatin-yogurt layer and top with clear gelatin. Chill until firm, about 3 hours. Cut into squares. Garnish, if desired.

Serves 9

**Molded Borsch**

(Promotion Card)

1 envelope unflavored gelatin	1 tablespoon lemon juice
$\frac{3}{4}$ cup cold water	2 tablespoons thinly sliced green onion
1 can Campbell's Consommé	1 cup sour cream
1 can (8 ounces) diced red beets	

In saucepan, sprinkle gelatin on cold water to soften. Place over low heat, stirring until gelatin is dissolved. Remove from heat; stir in consommé, liquid from beets and lemon juice. Chill until slightly thickened. Fold in beets and 1 tablespoon onion. Pour into 4-cup ring mold; chill until firm. Unmold on lettuce. Fill center of mold with sour cream; garnish with remaining onion.

About 4 cups

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**Molded Chef's Salad**

(Promotion Card)

2 packages (3 ounces each) lemon or lime Jell-O	$\frac{3}{4}$ cup thin cooked ham strips
2 teaspoons salt	$\frac{3}{4}$ cup thin Swiss or American cheese strips
2 cups boiling water	$\frac{1}{4}$ cup sliced scallions or red onions
1 cup cold water	$\frac{1}{2}$ green pepper cut in thin strips
3 tablespoons vinegar	

Dissolve gelatin and salt in boiling water. Add cold water and vinegar. Chill until thickened. Fold in remaining ingredients. Pour into a 5-cup mold. Chill until firm, at least 6 hours. Unmold. Garnish, if desired.

Serves 5 or 6

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**Molded Vegetable Relish**

(Promotion Card)

1 package (3 ounces) lemon or lime Jell-O	2 teaspoons grated onion
$\frac{3}{4}$ teaspoons salt	$\frac{1}{2}$ cup finely chopped cabbage
1 cup boiling water	$\frac{1}{2}$ cup grated carrots
$\frac{3}{4}$ cup cold water	$\frac{1}{4}$ cup finely chopped celery
2 tablespoons vinegar	3 tablespoons chopped green pepper

Dissolve gelatin and salt in boiling water. Add cold water, vinegar and grated onion. Chill until thickened. Fold in vegetables. Pour into 3 or 4 cup mold. Chill until firm, about 3 hours. Unmold. Garnish, if desired.

Serves 5

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**Sunset Salad**

(Promotion Card)

1 package (3 ounces) orange Jell-O	1 can (8 ounces) crushed pineapple in juice
$\frac{1}{2}$ teaspoon salt	1 tablespoon lemon juice or vinegar
1 cup boiling water	1 cup coarsely grated carrot

Dissolve gelatin and salt in boiling water. Add pineapple with juice and lemon juice. Add carrots and pour into individual dishes. Chill until set, about 1 hour. Garnish, if desired.

Serves 6



For coleslaw with a deliciously different taste, combine two cups sugar, one cup vinegar, one-half cup water, one teaspoon mustard seed, and one teaspoon celery seed in a saucepan. Boil the mixture one minute and let it cool before pouring it over shredded cabbage.

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**Western Hazelnut Romaine Salad**

(Promotion Card)

6 slices bacon	1 tablespoon sugar
1 medium head romaine lettuce	1 tablespoon water
½ cup finely chopped hazelnuts	½ teaspoon salt
¼ cup bacon drippings	¼ teaspoon dry mustard
⅓ cup cider vinegar	¼ teaspoon pepper

Cook bacon until crisp; reserve ¼ cup drippings for dressing. Toss romaine (torn into bite-size pieces) in a large salad bowl. Refrigerate until ready to serve. Mix bacon drippings, vinegar, sugar, water, salt, mustard and pepper. Cook until mixture starts to boil on stovetop or in microwave oven, stir to dissolve sugar. Pour over salad greens and hazelnuts, tossing to coat. Crumble bacon and sprinkle over the top.

NOTE: Roast hazelnuts for FULL flavor!

Serves 6

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**Chili Soup**

(Promotion Card)

1 pound ground beef	2 cans Campbell's Chili Beef Soup
½ cup chopped green pepper	1 soup can water
½ cup chopped onion	1 cup chopped canned tomatoes
1 tablespoon chili powder	

In large saucepan, brown beef and cook green pepper and onion with chili powder until tender. Stir in remaining ingredients. Heat; stir now and then.

Makes 6½ cups

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**Creamy Crab Chowder**

(Paper)

7½ ounces Alaskan King crab or 8 ounces frozen crab, thawed	1 can (13 ounces) evaporated milk
4 slices bacon	1 can (8½ ounces) cream-style corn
1 cup chopped onions	2 tablespoons chopped pimiento
1 clove garlic, minced	1 teaspoon salt, ¼ teaspoon pepper
½ cup chopped celery	¼ teaspoon thyme
¼ cup chopped green pepper	2 tablespoons flour
4 cups water	¼ cup milk
2 chicken bouillon cubes	2 tablespoons butter
2 cups cubed potatoes	Chopped parsley

Drain and slice crab, reserving liquid. Dice bacon and fry until crisp.

Add onions, garlic, celery and green pepper. Sauté until tender. Add reserved crab liquid, water, chicken bouillon cubes and potatoes. Simmer 10 minutes. Add evaporated milk, corn, pimiento and seasonings. Simmer 5 minutes.

Combine flour and milk, blending until smooth. Stir into chowder and simmer, stirring, until slightly thickened. Add butter. Sprinkle with chopped parsley. Serves 6

## Creole Gumbo

(Mom)

2 tablespoons bacon drippings	1 1½-ounce can diced okra
1 green pepper, minced	1 to 1½ teaspoons salt
1 onion, minced	⅛ teaspoon pepper
2 stalks celery, diced	1 clove garlic, crushed
2 tablespoons flour	2 cups shrimp, crab or chicken
1 1-pound, 14 ounce can tomatoes	1 tablespoons Creole filé

Sauté onion, green pepper and celery 5 minutes. Blend in flour. Add tomatoes and okra. Season with salt, pepper and garlic. Now add meat or fish. Simmer 10 minutes. Blend in filé. Simmer 5 minutes. And serve with fluffy boiled rice.

7 cups gumbo

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## Easy Chicken Gumbo

(Paper)

1 broiler-fryer chicken, whole or in parts	1 package (10 ounces) frozen chopped okra or 8 ounces fresh okra, sliced
4 cups water	½ cup celery, chopped
1 stalk celery	½ cup onion, chopped
1 teaspoon salt	½ cup cabbage, chopped
½ teaspoon pepper	
1 can (16 ounces) tomatoes	

In a large kettle, place the chicken with water, celery stalk, salt and pepper and cook 45 to 50 minutes or until done. Remove cooked chicken and celery from kettle. Remove chicken from bones and chop; discard celery. To the broth in kettle add tomatoes, okra, chopped celery and onions and cook over medium low heat for 15 minutes. Add cabbage and cook 5 minutes more. Add chopped chicken and bring to boil. Serve immediately.

Makes 6 servings

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## Gazpacho

(Promotion Card)

2 medium cloves garlic, minced	2 cups chopped cucumber
2 tablespoons olive oil	1 cup chopped green pepper
3 cans (10¾ ounce each) tomato soup	½ cup chopped onion
3 cups cold water	Croutons
¼ cup wine vinegar	

In small saucepan, cook garlic in olive oil; combine in a large bowl with soup, water and vinegar. Chill for 4 hours. Serve in chilled bowls. Pass chilled vegetables and croutons for garnish.

Makes 6½ cups

Blender version:

Cook garlic as above. Combine in electric blender with 1 can soup, 1 cup water, ¼ cup cucumber, ¼ cup green pepper, 2 tablespoons onion, and 2 slices toast. Blend until smooth; combine in a large bowl with remaining soup, water and vinegar. Chill as above. Garnish with remaining vegetables.

**Hamburger Soup**

(Paper)

1 pound hamburger	2 teaspoons salt
1 quart water	½ teaspoon pepper
3 potatoes	½ cup rice
1 onion	1 cup shredded cabbage
1 package mixed vegetables	1 can tomatoes

Brown hamburger and onion. Dice potatoes. Add potatoes, tomatoes, salt, pepper, water, rice and vegetables to hamburger. Simmer 30 minutes.

**Meatball Soup**

(Promotion Card)

½ pound ground beef	1 can Campbell's Bean with Bacon, Minestrone, Tomato, or Vegetable soup
Dash salt	
Dash pepper	1 soup can water

Season beef with salt and pepper; shape into 18 small meatballs. In saucepan, brown meatballs (use shortening if necessary); cook over low heat 5 minutes. Pour off fat. Stir in soup and water. Heat; stir now and then.

Makes 3½ cups

**Meatless Minestrone**

(Paper)

1 1-pound 11 ounce can kidney beans	1 teaspoon salt
2 potatoes	½ teaspoon garlic granules
1 medium zucchini	1 clove garlic
2 celery stalks	¼ teaspoon pepper
1 carrot	1 tablespoon olive or vegetable oil
1 green onion	¼ cup fresh parsley or dash dried
1 small can tomato sauce	4 tablespoons butter or margarine
4 Swiss chard leaves (opt.)	1 tablespoon basil, fresh or dried
4 cups water	1 cup sherry wine

Combine all ingredients in a large pot. Cook for 45 minutes, then add ¼ cup pasta of your choice. We use Parmesan cheese on top of each serving.

You can also use ham hock but then of course it would not be meatless. This is excellent on a cold day with French bread or crackers or all by itself.

Horizons—From Marie Ellen Barone, Richmond, CA

**Minestrone with Sausage**

(Paper)

½ pound Italian Sausage	1 cup sliced carrots
¾ cup chopped onion	1 cup chopped zucchini
7 cups water	5 teaspoons chicken bouillon granules or 5 cubes
26 ounce jar tomato and basil pasta sauce	¾ cup small macaroni shells
¼ pound green beans, cut in 1 inch pieces (1 cup)	Fresh Parmesan, grated
1 cup shredded cabbage	

In Dutch oven or large kettle, brown sausage and onion; pour off fat. Add remaining ingredients except pasta and cheese; bring to a boil. Reduce heat; cover and simmer 20 minutes. Add pasta; bring to a boil. Reduce heat; cover and simmer 15 minutes or until pasta is tender. Serve with cheese. Refrigerate leftovers.

### Microwave Beef and Barley Soup

(Paper)

1½ cup sliced mushrooms	1 (8 ounce) can tomato sauce
½ cup coarsely chopped onion	1 (7½ ounce) can tomatoes, cut up
½ cup sliced celery	2 teaspoons instant beef bouillon granules
¼ cup water	1 teaspoon dried basil, crushed
1 small clove garlic, minced	1 teaspoon Worcestershire sauce
¾ pound beef stew meat, cut into ½ -inch cubes	⅛ teaspoon pepper
2 cups water	⅓ cup quick-cooking barley

In a 3-quart microwave-safe casserole, combine mushrooms, onion, celery, ¼ cup water and garlic. Cook, covered, on 100% power (high) 3 to 5 minutes.

Add beef, 2 cups water, tomato sauce, undrained tomatoes, bouillon granules, basil, Worcestershire sauce and pepper. Cook, covered, on high 12 to 16 minutes or until boiling.

Stir in barley. Cook, covered, on 70% power (medium high) 20 to 25 minutes or until meat and barley are tender, stirring 3 times.

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### New England Tuna Chowder

(Old Magazine Card)

½ cup chopped onion	¼ teaspoon pepper
3 tablespoons butter or margarine	2 cans (7 ounces) tuna, drained and flaked
2 cups water or stock	1 cup milk
2 cups diced potatoes	¼ cup chopped parsley
1 teaspoon salt	

Sauté onions in butter until tender. Add water, potatoes, salt and pepper. Simmer 15 to 20 minutes or until potatoes are tender. Add tuna, milk and parsley. Heat and serve.

Serves 6 to 8

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### Peppery Chicken Posole

(Paper)

2 whole chicken breasts, skinned and boned	2 cans (14 ounce each) chicken broth
1 teaspoon ground cumin	1 (14½ ounce) can hominy, drained
1 teaspoon oregano leaves, crushed	¾ cup picante sauce
½ teaspoon salt	1 tablespoon flour
1 large onion, chopped	1 tablespoon water
2 garlic cloves, minced	1 green or red bell pepper, chopped
1 tablespoon vegetable oil	1 (2¼ ounce) can sliced ripe olives, drained

Cut chicken into ½ inch pieces; sprinkle with cumin, oregano and salt. Cook chicken, onion and garlic in oil in large saucepan or Dutch oven until chicken loses its pink color. Add broth, hominy and picante sauce. Bring to a boil; reduce heat. Cover and simmer 15 minutes. Mix together flour and water; stir into soup with green pepper. Cook uncovered about 5 minutes or until pepper is crisp tender, stirring occasionally. Stir in olives. Serve with additional picante sauce.

**Potato Soup**

(Paper)

8 potatoes (pref. Red)	1 tablespoon butter
2 onions cut fine	1 cup cream or rich milk
Pinch of grated nutmeg	1 egg, beaten
Salt and Pepper to taste	

After washing and peeling potatoes, put them into a saucy tender, mash and pass all through a sieve, and return to the fire. Add the seasonings and butter. Bring to a boil, and add the cream and a beaten egg, serving immediately with croutons.

From "The Picayune's Creole Cook Book"

**Salmon Chowder**

(Dad)

1 can (7.75 ounces) salmon	3 tablespoons butter
½ cup chopped onion	1 cup diced potatoes
½ cup chopped celery	1 cup diced carrots
¼ cup chopped green pepper	1½ teaspoons salt
2 cups chicken broth	½ teaspoon dill seed
¾ teaspoon pepper	1 can evaporated milk
½ cup diced zucchini	1 can (8.75 ounces) cream style corn
1 clove minced garlic	Parsley for garnish

Drain and flake salmon, reserving liquid. Sauté onion, celery, green pepper and garlic in butter until vegetables are translucent. Add potatoes, carrots, chicken broth and seasonings. Cover and simmer 20 minutes. Add zucchini. Cook 5 minutes; add salmon and reserved liquid, evaporated milk and corn. Heat through. Sprinkle with parsley.

Serves 6 to 8

**Seafood Chowder**

(Promotion Card)

3 cans Campbell's Chunky Clam Chowder Soup	¼ teaspoon hot pepper sauce
1 pound (15 to 20) large shrimp, shelled and de-veined	1 pound white fish, cut in 2-inch pieces
1 medium bay leaf	

In large saucepan, combine all ingredients except white fish. Cook over low heat 10 minutes; stir now and then. Add white fish; cook 5 minutes more. Remove bay leaf.

Makes 9½ cups

**Tuna Vegetable Soup**

(Old Magazine Card)

2 cups water	½ cup carrots, cooked or canned
4 chicken bouillon cubes	½ cup corn niblets
¼ teaspoon curry powder	1 can (7 ounces) tuna, drained and flaked
1 can (#2) peas	

Heat water, bouillon cubes and curry together until bouillon dissolves. Add vegetables and tuna, heat thoroughly. Serve at once.

Serves 4

## Veal Stew Continental

(Mimeograph)

1 tablespoon vegetable oil	1 clove garlic, minced (optional)
2 teaspoons soy sauce	1 teaspoon rosemary
1 pound veal stew meat, cut in 1-inch cubes	2 small carrots, sliced thin
1 large onion, chopped	2 large green peppers, sliced thin
$\frac{3}{4}$ cup water or tomato juice	$\frac{1}{2}$ pound fresh mushrooms, sliced
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon salt	

Heat oil and soy sauce in a large fry pan. Sauté veal and onion until brown. Add water or tomato juice, pepper, salt, garlic and rosemary. Cover and simmer for 45 minutes. Check occasionally and add more water if needed.

Add carrots, green peppers and mushrooms. Continue cooking for 30 to 40 minutes or until veal is tender and vegetables are done. Add extra water if necessary. Garnish with lemon rind.

Serves 4

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## Vegetable Bean Soup

(Dad)

1 (28 ounces) can tomatoes	1 cup sliced celery
1 (16 ounces) can pork and beans	$\frac{1}{2}$ cup chopped green pepper
1 (10 ounces) package frozen corn	1 teaspoon oregano
1 cup water	Salt and pepper to taste

In a large saucepan, combine all ingredients. Simmer 25 minutes or until vegetables are tender. Salt and pepper.

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## Vegetable Burger Soup

(Paper)

$\frac{1}{2}$ pound lean ground beef	1 (10 ounce) package frozen mixed vegetables
1 pound can stewed tomatoes (2 cups)	$\frac{1}{4}$ package dry onion soup mix
1 (8 ounces) can tomato sauce (1 cup)	1 teaspoon sugar
2 cups water	

Lightly brown ground beef in a large skillet or Dutch oven. Drain off any excess fat. Add remaining ingredients, bring to a boil, reduce heat and cover. Let simmer for 20 minutes. Serves 6 to 8. This soup is excellent for freezing or for hunters to take along with them!

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## Beef Stew

(Low Sodium/Paper)

2 pounds lean beef (do not brown)	4 tablespoons tapioca
8 carrots cut in thick slices	1 tablespoon sugar
1 large can tomatoes and juice	$\frac{1}{2}$ teaspoon thyme
dietetic or 6 fresh whole	$\frac{1}{2}$ teaspoon marjoram
6 ounces cooking sherry (or wine)	1 package frozen peas (optional)
1 cup celery pieces	

Combine all ingredients except peas—put in 2 quart baking dish. Bake covered in a slow oven (250°F) for 6 hours. The last 20 minutes add peas and bake 20 minutes.

## French Oven Beef Stew

(Paper)

3 pounds stew meat, in 1-inch cubes	2 tablespoons quick-cooking tapioca
6 carrots and 4 potatoes, peeled and quartered	1 can tomato soup (10¾ ounce)
4 stalks celery cut up	1¼ cup water
2 onions, quartered	1 can mushrooms (4 ounces)
1 tablespoon each sugar and salt	½ cup burgundy
½ teaspoon pepper	or ¼ cup lemon juice with 1 teaspoon sugar

Place all ingredients except mushrooms and wine in a 4-quart casserole.

Cover and bake at 300°F for 4 hours or until tender. Add mushrooms and wine just before serving.

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## CHILI

(Mom)

4 to 5 medium onions	2 teaspoons marjoram or oregano
2 garlic cloves	2 No. 2 cans tomatoes
2 tablespoons shortening	2 cups water
3 to 6 tablespoons chili powder	<del>4 tablespoons sugar</del>
1 tablespoon flour	1 tablespoon salt
2 teaspoons cumin	2 squares un-sweetened chocolate
2 teaspoons coriander	

Chop onions and garlic very fine and fry in melted shortening until golden brown and limp. Mix chili powder, flour and all the spices together and stir into onion mixture. Cook about 2 or 3 minutes then pour in tomatoes and water. Cook to the simmering hot stage and season with salt, ~~sugar~~ and chocolate. Stir until the ingredients are dissolved and turn heat low. Cook very slowly for an hour or longer. Sauce should be as thick as medium gravy, so add more water if necessary.

Can add beans and ground beef. Use over meat loaf, spaghetti, rice, etc.

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## Chili Mole Ole!!

(Paper)

2 pounds ground beef	2 teaspoons ground cumin
2 large onions cut into ½ inch pieces	1 teaspoon oregano leaves
2 cloves garlic, minced	1¼ teaspoons salt
2 cans pinto or kidney beans, rinsed and drained	⅛ teaspoon ground cloves
1 can (29 ounces) tomato sauce	⅛ teaspoon nutmeg
1¼ cups picante sauce	⅛ teaspoon allspice
½ cup water	1 large green pepper cut into ¾ inch pieces
3 tablespoons unsweetened cocoa	

Optional toppings:

- Chopped onion
- Sour cream
- Shredded cheese

In saucepan, brown meat with onion and garlic; drain. Add remaining ingredients except green pepper and toppings. Bring to a boil; reduce heat. Cover and simmer 40 minutes. Add green pepper; continue to simmer 20 minutes. Ladle into bowls; top as desired and serve with additional picante sauce.

## Halloween Brew Stew

(Paper)

### Stew:

4 cups shredded cabbage	1 can (17 ounces) whole kernel corn
2 cups carrots, diagonally cut in 1-inch pieces	1 package (10 ounces) frozen lima beans
2 cups cubed potatoes	2 tablespoons Worcestershire sauce
1 cup chopped onion	1 teaspoon salt
3 cups water	

### Meatballs:

1½ pounds ground beef	1½ teaspoons salt
1¼ cups quick or old fashioned oats, uncooked	½ teaspoon pepper
⅓ cup catsup	1 clove garlic, minced

For stew, combine carrots, cabbage, potatoes, onion and water in 4-quart Dutch oven. Bring to a boil; reduce heat and simmer 15 to 20 minutes or until carrots are tender.

Add corn, lima beans, Worcestershire sauce and salt. Return to boil, reduce heat; add browned meatballs and simmer 15 minutes or until beans are cooked.

For meatballs, place ground beef, oats, catsup, salt and pepper in large bowl; mix well. Shape to form 24 meatballs. Heat small amount of shortening in skillet; add garlic and brown meatballs over medium heat.

Serves 8

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## Hamburger Stew

(Paper)

1 pound lean ground beef	4 carrots
2 cups canned green beans	3 stalks celery
2 large onions, quartered	½ cup uncooked macaroni

Cook the meat in a large pan. Leave in large chunks; do not break into fine pieces. Add all the vegetables as for any stew. Add salt and pepper to taste and garlic salt, if desired.

Add macaroni; bring to a boil and simmer for about 1½ hours. Skim off fat.

Add any favorite vegetable combination, whatever your family enjoys.

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## Hearty Washington Chicken Ragout (AKA Chicken Stew)

(Paper/Dad)

Ragout is a tasty meal in one. The tender chicken is surrounded by vegetables and a tasty, seasoned tomato sauce using marjoram, thyme, rosemary and bay leaf.

1 Washington fryer, cut in parts and skinned	1 cup carrots, sliced
2 tablespoons vegetable oil	1 (15 ounce) can tomato sauce
3 cloves garlic	1 teaspoon marjoram
1 medium onion, chopped	½ teaspoon thyme
2 cups zucchini, sliced	¼ teaspoon rosemary
1 cup sliced celery	1 bay leaf
2 large potatoes, diced	

In a large skillet over medium heat, brown chicken parts on all sides in oil, about 10 minutes. Remove browned parts to a plate. Sauté garlic, onion, zucchini, celery, carrots and potato in drippings in skillet for 3 – 5 minutes. Return chicken to skillet and add remaining ingredients. Cover and simmer about 40 to 50 minutes.



## Mulligan Stew

(Mom/Navy Times)

1 4 to 5 pound chicken	2 cups whole corn
1 pound stew beef in chunks	2 cups tomatoes
1 pound veal shoulder cut in chunks	1 (10½ ounce) can tomato puree
3 quarts water	2 tablespoons salt
1 pound small potatoes, halved	1 teaspoon pepper
1 pound small onions, halved	1½ teaspoons dry mustard
2 cups carrots, chopped	1 teaspoon chili powder
2 green peppers, chopped	¼ teaspoon liquid hot pepper sauce
1 (10-ounce) package lima beans	⅛ teaspoon cayenne
2 cups okra	½ cup chopped parsley

Combine meats and water in heavy 8-quart kettle. Cover and cook over low heat for 2 or 3 hours. Remove meats. Skim fat from liquid. When meat is cool enough, remove skin and bones and put meat back. Add vegetables and salt. Simmer for 2½ or 3 hours. Add pepper, mustard, chili powder, liquid pepper, cayenne and parsley. Heat through. Flavor improves with age.

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## Our Rich Beef Stew

(Magazine)

2 pounds stew beef	1 clove garlic
½ pound bacon	¾ cup white wine
5 medium onions	2 cups sour cream
2 teaspoons salt	8 medium potatoes
¼ teaspoon pepper	4 small or 2 large turnips
Good pinch of marjoram	8 carrots

Ask your meat man to cut the beef up in right-size eating pieces. Cut up the bacon rather coarsely, and fry right in your stew pot until brown. Next, chop up the onions on the coarse side and fry until wilted along with the bacon. Now add meat, salt, pepper, marjoram, crushed garlic and wine. Bring to a boil, then turn down heat and simmer over very low heat for ¾ hour. At this point, add the sour cream and simmer (this means only barely bubbling) another 15 minutes.

In the meantime, peel, wash and halve the potatoes and turnips (if large, quarter); scrub the carrots. Then dump them into your stew pot, cover tightly and continue cooking very slowly (barely bubbling) another 50 to 60 minutes or until vegetables are tender when pierced with a fork.

This stew will serve 6 and it's absolutely wonderful.

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## Seafarer's Stew

(Paper)

2 tablespoons salad oil	1 beef bouillon cube
2 pounds beef stew meat cut in 1½ inch cubes	Water
2 medium onions, quartered	3 carrots, julienned
1 teaspoon salt	1 pound zucchini, thinly sliced
6 whole all spice	1 cup dried apricots
1 bay leaf	½ teaspoon sugar
⅛ teaspoon pepper	1 tablespoon flour

In Dutch oven or large saucepan, heat oil; add beef and brown well on all sides.

Add onions, seasonings, bouillon cube and 2½ cups water; bring to a boil. Reduce heat, cover and simmer 1 hour or until meat is tender.

Add carrots to beef and cook 5 minutes. Then add zucchini, apricots, and sugar; continue cooking 10 minutes more or until vegetables are tender.

Remove bay leaf; discard. Blend flour and ¼ cup water until smooth; gradually stir into stew liquid.

Cook, stirring constantly, until sauce thickens and boils 1 minute. Add additional salt and pepper to taste.

Serves 6

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**Student Ragout (Murder Mystery Stew)**

(Mom)

Cover bottom of heavy pan or electric skillet with bacon cut in half. Cut a pound or so of round steak in strips 1½ by ½ inch. Cover the bacon with these and salt and pepper it. Slice three carrots paper-thin and cover steak. Slice three onions paper thin and put on carrots. Slice four potatoes ditto. Salt and pepper. Add water to cover. Cook over low heat.

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**Texas Style Chili (From Georgia)**

(Paper)

3 pounds ground chuck	1½ tablespoon sugar
1 pound hot bulk sausage	1 tablespoon oregano (ground)
3 medium onions, chopped	1 tablespoon salt
4 cloves garlic, minced	2 (28 ounce) cans tomatoes, undrained and chopped
¼ cup chili powder	3 (16 ounce) cans kidney beans, drained
2 tablespoons flour	

Combine ground chuck, sausage, onion and garlic in Dutch oven. Cook until meat is browned; stir to crumble. Drain. Stir in chili powder, flour, sugar, oregano, salt and tomatoes. Cover and simmer 1 hour, stirring occasionally. Add drained beans; simmer for an additional 20 minutes.

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**Turkey Brunswick Stew**

(Mom)

4 pounds turkey drumsticks or wings	1 package frozen Fordhook lima beans
Salt	1 small sweet red pepper, chopped
1 can whole tomatoes	1 can (8½ ounces) okra
1 large onion, sliced	1 can whole kernel corn
4 cups peeled potatoes in quartered thin slices	¼ cup butter or margarine
1 tablespoon sugar	

Put turkey in large kettle and add water to cover. Season with salt and bring to a boil. Simmer covered 3½ hours. Remove turkey from broth. Measure broth, need 7 cups. Put in kettle and add tomatoes, onion, potatoes, sugar and limas, 1 tablespoon salt, pepper to taste and okra. Cook ½ hour. Add turkey meat, butter and corn. Cook 5 minutes.

Serves 12

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**Dressing Salad (Sweet)**

(Mom)

1 cup sugar	1 teaspoon salt
2 tablespoons flour	½ cup water
1 teaspoon mustard (dry)	1 cup vinegar
2 eggs	2 big lumps butter

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(Above is as is written on card.)

### German Salad Dressing

(Paper)

1 cup cider vinegar	¼ tablespoon sweet basil
1 cup honey	¼ tablespoon capers, with juice
1½ tablespoons onion salt	¼ teaspoon dill, whole
1 tablespoon garlic salt	¼ cup lemon juice
½ tablespoon whole thyme	½ cup orange juice
¼ tablespoon rosemary	

Combine all ingredients in a quart jar and shake until salt and sugar are dissolved. Fill jar with oil. Makes 1 quart.

This dressing is good with a tossed green salad or a lettuce and fruit salad.

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### Tomato French Dressing

(Promotion Card)

1 can (10¾ ounce) Campbell's Tomato Soup	2 tablespoons sugar
¼ cup vinegar	2 teaspoons dry mustard
½ cup salad oil	1 teaspoon salt
1 tablespoon minced onion	¼ teaspoon pepper

Combine all ingredients in 1-quart jar. Shake well before using.

Makes about 2¼ cups.

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### Un-named Salad Dressing

(Paper)

If you prefer a lightly seasoned salad, try a dressing of peanut oil, vinegar or lemon juice, salt, pepper and a touch of dry mustard. For a spicier, more robust dressing for a salad main course or a salad which accompanies a hearty evening meal, try this dressing, which should be served at room temperature.

¾ cup peanut oil	1 teaspoon salt
¼ cup vinegar	½ teaspoon dry mustard
2 tablespoons finely chopped parsley	¼ teaspoon dried oregano or basil
½ teaspoon pepper	1 clove garlic

Place peanut oil, vinegar and remaining ingredients in a pint jar with a tight fitting lid. Mix well. Remove garlic clove before serving.

Makes 1 cup dressing