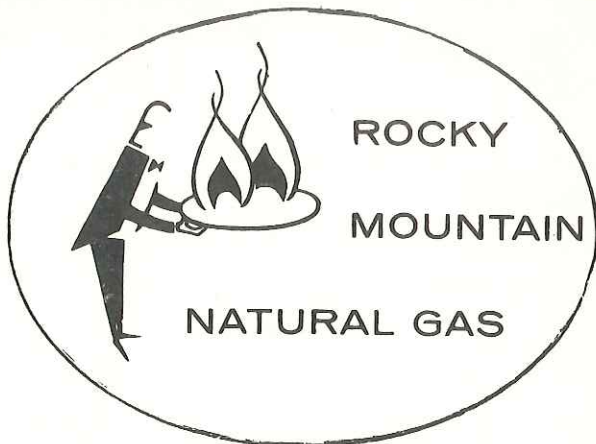


# Aspen Historical Society



# Cook Book

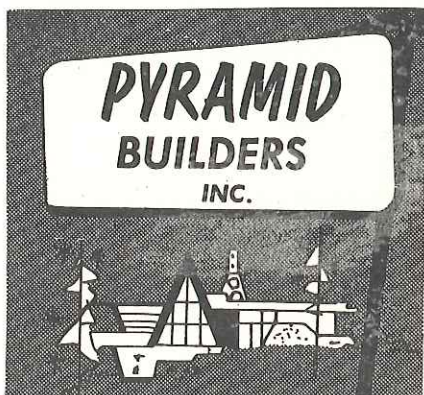


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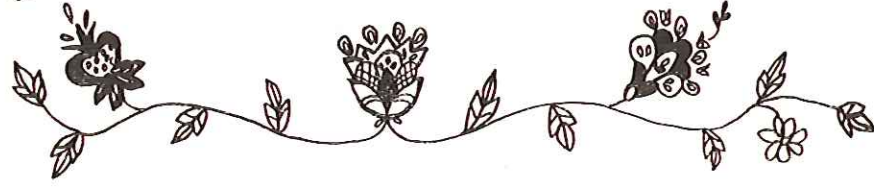
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## Expression of Appreciation

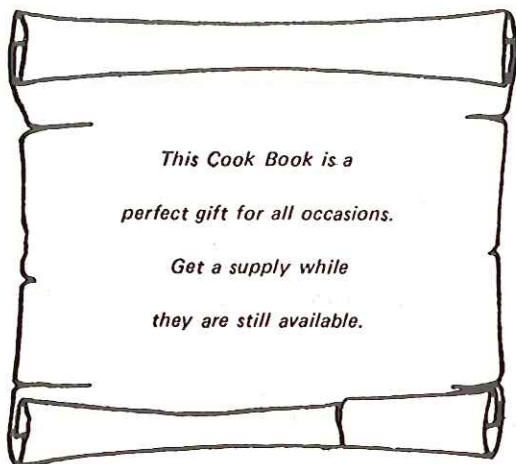
*The Aspen Historical Society wishes to thank all those who helped in the publication of this cook book, particularly those who contributed recipes.*

*Since Aspen is unique in the fact that it probably has more good cooks per city block than any other community, we also would like to express our regrets that we were unable to contact and procure recipes from all those good cooks. We hope that in subsequent editions, this will be possible.*



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1973



*This Cook Book is a  
perfect gift for all occasions.*

*Get a supply while  
they are still available.*

THIS BOOK includes the finest plastic ring binders available, BUT, like most plastics, the BINDERS CAN BE DAMAGED BY EXCESSIVE HEAT, so AVOID exposing them to the direct rays of the SUN, or excessive heat such as IN A CAR on a hot day, or on the top of the kitchen STOVE. If not exposed to heat, the binders will last indefinitely.

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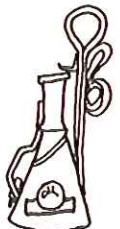
Compiled by the  
ASPEN HISTORICAL SOCIETY  
November 1, 1973  
Aspen, Colorado  
*First Edition*



## ASPEN

The sun peers over the mountains and smiles in its radiance  
down on everything of beauty that graces the little town,  
The mad, foaming, roaring river that dashed so wildly by, the  
trees that grow beside it, so silent and green and high,  
The tall, majestic mountains kissed by the fleecy clouds,  
touching the blue sky of heaven, snow their sepulchre  
shrouds,  
And man heeds not that it lies here, this town in rare beauty  
clad, dropped in the heart of the Rockies, making all  
nature more glad,  
For man is a wanderer ever, seeking happiness always afar,  
unmindful that here in the far west, luck has centered  
the beams of his star.

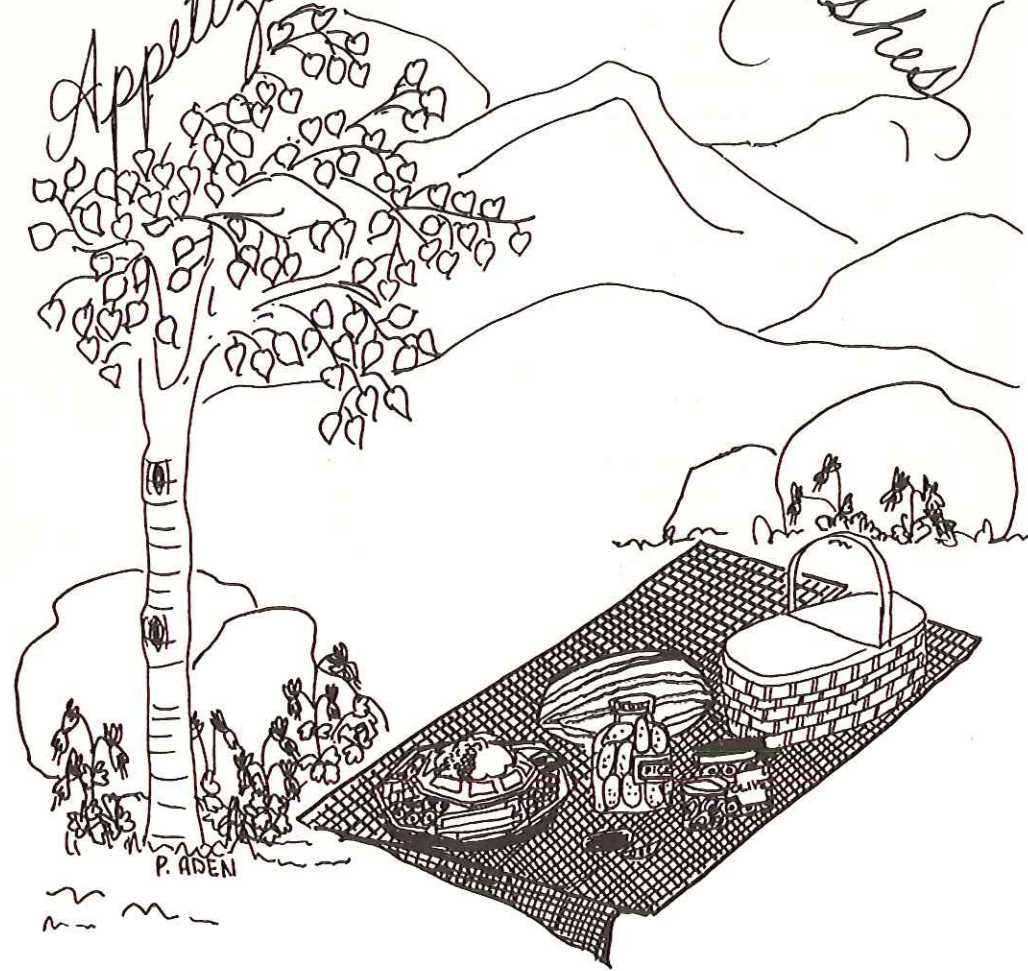
Grace Hillman  
1911



113 K

1st Printing	Dec. 1973	1,000 books
2nd Printing	March 1974	1,000 books
3rd Printing	July 1975	5,000 books

*Appetizers Pickles Relishes*



P. ADEN

## KITCHEN MEASURES

3 tsp. . . . .	1 Tbsp.
2 Tbsp. . . . .	1 fluid oz.
4 Tbsp. . . . .	1/4 cup
6 Tbsp. . . . .	3/8 cup
8 Tbsp. . . . .	1/2 cup
16 Tbsp. . . . .	1 cup
1 cup . . . . .	8 fluid oz.
2 cups . . . . .	1 pint
2 pints . . . . .	1 qt.
4 qts. . . . .	1 gal.
8 qts. . . . .	1 peck
4 pks. . . . .	1 bu.
16 oz. . . . .	1 lb.
2 c. liquid . . . . .	1 lb.
4 c. flour . . . . .	1 lb.
2 c. granulated sugar . . . . .	1 lb.
2 2/3 c. brown sugar . . . . .	1 lb.
3 1/2 c. powdered sugar . . . . .	1 lb.
2 c. butter . . . . .	1 lb.
2 c. solid meat . . . . .	1 lb.
1 lb. brick butter . . . . .	2 cups
9 medium sized eggs . . . . .	1 lb.
4 Tbsp. flour . . . . .	1 oz.
2 tsp. butter or salt . . . . .	1 oz.
1 oz. chocolate . . . . .	1/4 c. cocoa
1 sq. bitter chocolate. . . . .	1 oz.
1 peck tomatoes . . . . .	15 lbs.

## MEASURE ABBREVIATIONS

Teaspoon . . . . .	tsp.
Tablespoon . . . . .	Tbsp.
Ounce . . . . .	oz.
Cup . . . . .	c.
Pint . . . . .	pt.
Quart. . . . .	qt.
Gallon . . . . .	gal.
Peck . . . . .	pk.
Bushel . . . . .	bu.
Pound . . . . .	lb.
Square . . . . .	sq.



## APPETIZERS, PICKLES, RELISHES

### CHEESE BALL

Pat Bird

3 oz. Roquefort cheese	1/2 c. chopped pecans
1/4 lb. Cheddar cheese	1 tsp. Worcestershire sauce
8 oz. cream cheese	
1 small onion, grated	1/3 c. fresh parsley, chopped

Grate Cheddar cheese. Crumble Roquefort and cream cheese. Let stand at room temperature until soft. Add other ingredients and work with large spoon or hands until blended. Form into 2 large balls or 3 logs. Wrap and chill. These freeze nicely.

### CHEESE BALL

Marie Rose

8 oz. Philadelphia cream cheese	1 roll Kraft baron cheese (may substitute sharp Cheddar roll)
1 roll Kraft jalapeno cheese	1/2 c. crushed pecans
1 roll Kraft garlic cheese	

Knead softened cheeses well and form into a ball. Roll ball in crushed pecans. Wrap in Saran wrap and refrigerate until hardened. Will keep indefinitely.

### SAVORY APPETIZER CHEESECAKE

Rita Clausen

2 c. cheese cracker crumbs	1 1/2 c. sour cream
1/3 c. butter	1 tsp. salt
1/2 c. orange juice	1/2 - 3/4 tsp. curry powder
1 envelope plain gelatin	1/3 c. chopped green onion
1 (8 oz.) pkg. cream cheese	1/3 c. sliced stuffed green olives
1 c. grated Monterey Jack cheese	1/3 c. finely chopped celery

Mix crumbs and butter. Set aside 1/4 cup crumbs and press remainder into bottom of 9 inch spring form pan. Sprinkle gelatin over orange juice and let stand until softened. Stir over low heat until gelatin dissolves. Cool.

Beat cream cheese until very soft. Beat in Monterey Jack cheese, sour cream, salt, and curry powder. Fold in gelatin-orange mixture. In a bowl, mix onion, green olives, and celery. Reserve 1/2 cup and stir remainder into cheese mixture. Pour into crumb crust. Sprinkle reserved crumbs around edge; sprinkle reserved onion mixture in center. Chill at least 2 hours. Cut into narrow wedges to serve. Makes 10 to 12 servings.

## HOT OLIVE-FILLED CHEESEBALLS

Dorle Ritsch

2 c. shredded sharp cheese	Dash cayenne
4 Tbsp. soft butter	60 medium stuffed
1 c. flour	olives

Cream cheese and butter. Blend in flour and cayenne. Drop teaspoonfuls of dough on waxed paper. Wrap each piece of dough around an olive, covering it completely. Bake at 400° for 15 minutes. May be baked ahead and reheated at party time.

## APPETIZER (Dip)

Mrs. Ken Snyder

1 can whipped cream cheese (smoked salmon flavor)	3 Tbsp. mayonnaise
3 Tbsp. sour cream	1/2 tsp. curry powder
	1/4 tsp. salt

Combine and serve with raw cauliflower, zucchini, etc.

## ARTICHOKE HEART'S DELIGHT

(Appetizer)

1 jar marinated artichoke hearts	Mayonnaise
1 loaf Pepperidge Farm thin sliced bread	Grated Parmesan cheese

Cut circles with a cookie cutter from the bread. Toast in oven. Cut artichoke hearts in quarters. Place a quartered artichoke heart on each toast round. Cover with mayonnaise. Sprinkle with Parmesan. Toast under broiler. Serve hot.

## ZIPPY MUSHROOMS

Opal Marolt

2/3 c. tarragon vinegar	Dash pepper
1/2 c. salad oil	2 Tbsp. water
1 medium clove garlic, minced	Dash bottled hot pepper sauce
1 Tbsp. sugar	1 medium onion, sliced and separated into rings
1 1/2 tsp. salt	2 (6 oz.) whole canned mush- rooms

Mix first 8 items. Add onions and mushrooms. Refrigerate at least 8 hours, stirring several times. Drain and serve as an appetizer.

PICKLED SHRIMP

Trudy Baar

2 lb. cooked cooled shrimp	1/2 pkg. pickling spice
1 c. salad oil	2 onions
2 lemons	Salt and pepper

Tie pickling spice into thin cloth. Slice onions, put shrimp in bowl, add pickling spice, sliced onions, juice of lemons, oil and salt and pepper. Let marinate all day mixing occasionally.

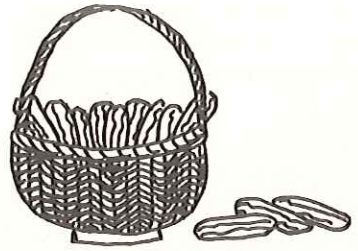
SHRIMP SAUCE DIP

Julia Kleven

1 c. Campbell's frozen shrimp soup	1 tsp. lemon juice
8 oz. Philadelphia cream cheese	1/4 tsp. garlic salt
1/2 can tiny shrimp, drained	1/2 tsp. paprika
	1 Tbsp. Worcestershire sauce

Blend at low mixer speed just until mixed.

\* \* EXTRA RECIPES \* \*



## DILL PICKLES

Ella Hart

Bring to boil:

1 gal. water  
1 qt. vinegar

1 c. salt

Scrub dill-size cucumbers with stiff brush. Rinse well. Pack pickles tightly in 1/2 gallon glass jars. Add sprig of fresh dill, 3 small onions and 1 clove garlic. Cover with boiling hot solution and seal with zinc screw top lids and rubber bands. Let stand six weeks in cool place before using.

## CHUNK SWEET PICKLES

Amelia Trentaz

8 qt. cucumbers

1 c. salt

Boil 15 minutes:

1 pt. vinegar  
2 tsp. turmeric

2 qt. water  
1 tsp. powdered alum

Boil 5 minutes:

10 c. sugar  
5 c. vinegar

4 c. water  
2 handfuls pickling spices

Cut washed cucumbers in one inch chunks. Add 1 cup salt and let soak overnight. In morning, drain and add to boiled mixture of vinegar, turmeric, water and alum; boil 15 minutes. Drain, rinse in cold water. Pack in hot sterile jars. Boil remaining ingredients (sugar, vinegar, water and spices) 5 minutes; pour over pickles and seal jars.

## CRISP AS ICE CUCUMBER PICKLES

Mrs. H. J. Schloffer

1/2 c. salt	1 1/2 tsp. turmeric
4 qt. thinly sliced cucumbers	1/2 tsp. cloves
8 onions, thinly sliced	3 1/2 tsp. mustard seed
2 green peppers, seeded, cut in strips	4 1/2 c. vinegar
4 c. sugar	1 1/2 tsp. celery seed

Sprinkle salt over the sliced vegetables, mix; empty a few trays of ice cubes into the mixture and let stand overnight. Combine sugar, spices and vinegar, heat to boiling. Drain vegetables thoroughly. Pour hot syrup over them. Heat over low temperature to scalding. Do not let boil. Stir frequently. Ladle into hot, sterilized jars, seal at once. Process in boiling water bath 5 minutes at 212°.

## IDAHO FRESH PRUNE CHUTNEY

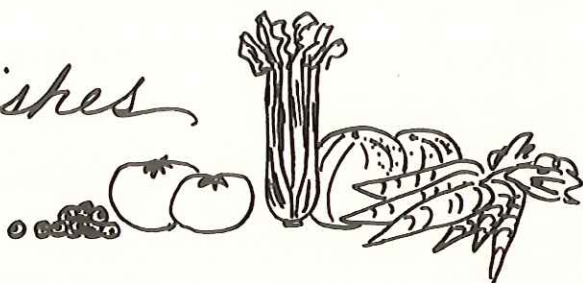
Elaine B. McDade

2 c. light brown sugar, firmly packed	2 fat cloves garlic, thinly sliced
2 c. granulated sugar	1/2 c. thinly sliced onions
1 1/2 c. cider vinegar	1 c. preserved ginger, thinly sliced
3 tsp. crushed red pepper	2 c. seedless white raisins
4 tsp. salt	7 c. fresh Italian prunes, halved and seeded (about 40- 50 prunes)
4 tsp. mustard seed	

Mix together sugars and vinegar and bring to the "boiling point". Add remaining ingredients except prunes, and mix well. Stir in prune halves. Simmer until thickened, about 2 hours at high altitude, stirring frequently and gently. Fill hot sterilized jars. Seal. Store in a dark, cool place. Makes 6 half pint jars.

Note: The prune-plum, also called purple plum, is in season only until early October.

# Relishes



## CRANBERRY SUPREME

Louiva P. Stapleton

Wash and grind in evening 4 cups fresh cranberries. Add 2 cups of sugar and put in colander and drain overnight. Next morning, cut up and seed about two cups of red grapes. Add:

1/2 c. walnuts

1 c. whipped cream

Mix all together. Great for holiday dinners.

## CHILI SAUCE

Marcia Levins Cowee

20 large tomatoes

6 large onions

12 large peaches

1 qt. cider vinegar

12 large pears

2 lb. brown sugar

1 large bunch of celery

1 tsp. cinnamon

4 medium Bell peppers (red)

1 tsp. allspice

3 medium Bell peppers (green)

2 Tbsp. salt

Chop all ingredients and cook slowly, stirring often. Put in hot sterilized jars and seal. Delicious sauce for all meats. Good heated for beef fondue sauce.

## PEPPER RELISH

Alma Beck

1 dozen large red peppers

2 c. sugar

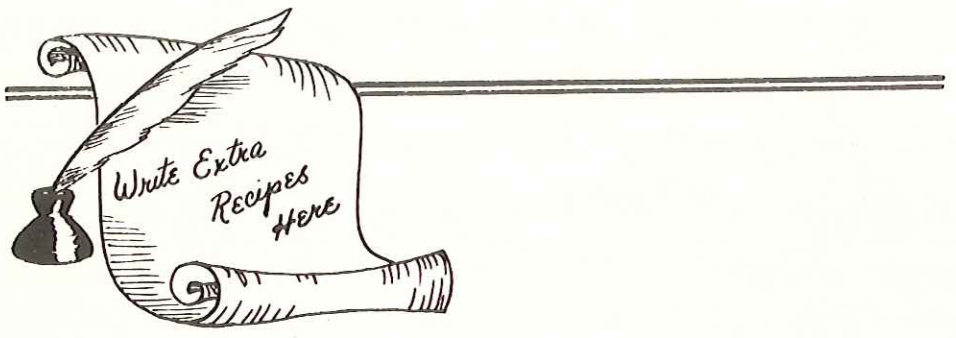
1 dozen large green peppers

2 tsp. salt

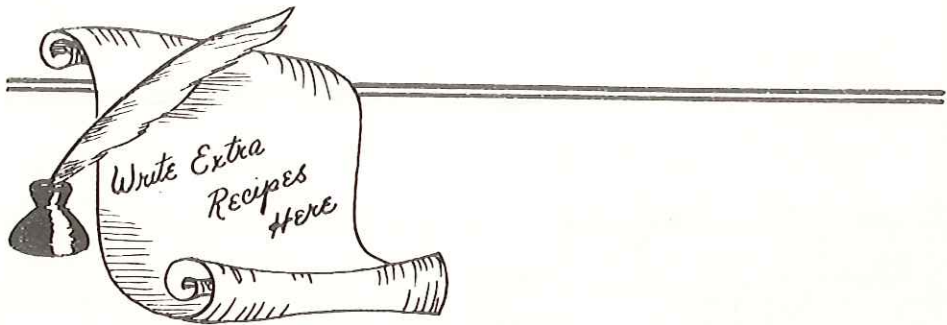
4 large onions

2 pt. vinegar

Remove seeds from peppers and put through meat grinder. Cover with boiling water and let stand 10 minutes. Then drain well and cover again with boiling water. Boil 15 minutes. Drain well and add the vinegar, sugar and salt. Stir well and boil 25 minutes. Then put in sterilized jars and seal.



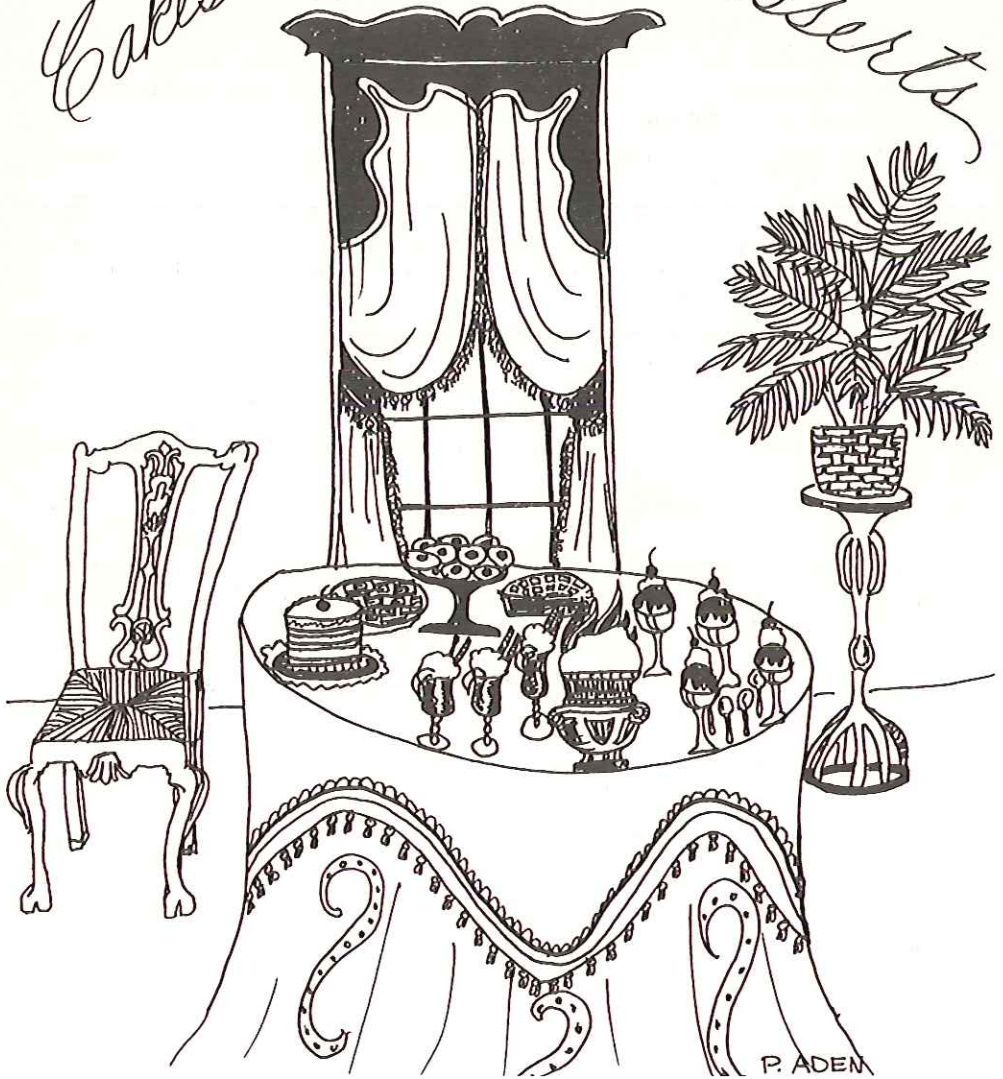
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Recipes  
Here



Cakes Cookies Desserts



## HIGH ALTITUDE BAKING

Living high in the sky poses particular problems on baking day, especially when baking cakes.

**BUTTER CAKES** need the most adjustments. The first time you bake a butter cake in a high altitude, do the following:

1. Bake the cake in a 25° F. hotter oven than required for sea level baking.
2. Decrease the baking powder to 3/4 teaspoon at 5000 feet for each teaspoon required in a sea level recipe and to 1/2 teaspoon at 7000 feet.
3. Substitute general purpose flour for cake flour so that the cake will have more framework and not fall.
4. If the cake is not satisfactory, then adjust each ingredient according to the following directions, making only one correction at a time.

We have found that butter cakes which contain one part shortening to two parts sugar to four parts flour are most successful and require less adjusting than ones which do not have this ratio. Usually a cake with this ratio needs only general purpose flour, reduction in baking powder and a hotter oven.

**LIQUID**—If a cake is dry, or has a very thick batter; add 1 to 4 Tablespoons liquid, starting with the smaller addition.

**FLOUR**—Substitute general purpose flour and leave the amount the same. Or, if you prefer cake flour, increase the amount 1 Tablespoon for each cup required and increase the liquid 1/2 Tablespoon for each Tablespoon flour added. (Sometimes the shortening and sugar will need reduction, also.)

**SHORTENING**—If more shortening is required in the recipe than is stated in the general ratio above, you will probably need to reduce the shortening 1 Tablespoon plus 1 teaspoon for each cup of shortening at 5000 feet. At 7000 feet, reduce the shortening 2 Tablespoons plus 1 teaspoon for each cup of shortening required in the recipe. (If the cake has both too much shortening and sugar, in proportion to the flour, then add one or more additional eggs, starting with the addition of one extra egg.)

**SUGAR**—Sugar is very crucial in high altitude cake making. More sugar than the desired amount in the previously stated ratio will yield coarse, crumbling textured cakes which will often fall. If too much sugar is taken out, the cake will not be sufficiently sweet or tender. The maximum reduction is 1 Tablespoon for each cup at 5000 feet and 2 Tablespoons for each cup at 7000 feet.

**LEAVENING AGENTS**—All types of baking powder need adjustment above 3000 feet. At 5000 feet use 3/4 teaspoon baking powder for each teaspoon required at sea level and at 7000 feet 1/2 teaspoon for each teaspoon.

**Baking soda usually needs little or no adjustment.** There is no rule, but do not reduce the amount of soda to less than 1/2 teaspoon of soda to each cup of sour liquid such as sour milk, orange juice, etc. If a recipe calls for both soda and baking powder, reduce the baking powder and not the soda.

**EGGS**—Eggs provide framework. Always use large size eggs and if a recipe calls for a varying amount, add the larger amount. Also, if there is a choice—whether to add extra yolk or white to complete the measure, add additional egg white.

Eggs also act as mulifiers to evenly distribute the fat and liquid throughout the batter. They will also allow the addition of more fat to a recipe. For this reason, an extra egg plus baking the cake in a 25° F. hotter oven will many times adjust very rich cake recipes to high altitudes.

## CAKES, COOKIES, DESSERTS

### GRANDMOTHER'S APPLESAUCE CAKE

Mrs. Robert Chamberlain

2 1/2 c. applesauce	1 tsp. ground cloves
3 tsp. baking soda	1 tsp. ground nutmeg
2 eggs, beaten	1 lb. raisins
1 tsp. salt	1/2 lb. currants
2 c. brown sugar	1 c. English walnuts, broken
1 c. butter or Crisco	1 small bottle maraschino cherries, halved
4 c. flour	1/2 c. diced citron
1 Tbsp. ground cinnamon	
1 Tbsp. ground allspice	

Heat applesauce to warm, stir in soda and salt, add beaten eggs. Cream sugar and butter and add to sauce. Sift flour with spices and stir into sauce mixture. Add raisins, currants, nuts and citron. Pour into greased and floured tube pan. Bake at 350° for about 45 minutes or until it tests clean with a straw. Cool in pan, unmold and ice with any good white or butter cream icing.

### RUM CAKE

Laura Durrenberger

1 c. butter	1 tsp. each of vanilla, rum extract and lemon extract
2 c. sugar	1/2 tsp. each soda and baking powder
4 eggs	1 tsp. salt
3 c. flour	
1 c. buttermilk	

Beat for 2 1/2 minutes on electric mixer, butter, sugar, extract and eggs. Sift flour, soda, baking powder and salt. Add alternately to creamed mixture. Pour into a well greased and floured tube pan. Bake at 350° for 60 or 70 minutes.

#### Rum Sauce:

1 c. sugar	2 tsp. rum extract
1/2 c. water	

Bring sugar and water to boil, remove from heat; cool; add extract and pour over cake in pan while still warm.

## GERMAN APPLE CAKE

Mrs. Delbert Copley

2 eggs (3 if small)	1 c. salad oil
2 c. sifted flour	1 tsp. vanilla
2 tsp. cinnamon	2 c. sugar
1 tsp. soda	1/2 to 1 c. English walnuts
1/2 tsp. salt	4 c. apples, thinly sliced and chopped (or ground)

Mix all ingredients together with a spoon. Do not use mixer. Batter will be stiff. Spread into floured greased 13 x 9 x 2 inch pan. Bake at 350° for 45 to 60 minutes. Serve cake with whipped cream or frost with icing made by combining:

2 small pkg. Philadelphia cream cheese	1 tsp. vanilla
3 Tbsp. melted butter	1 1/2 c. powdered sugar

## CHOCOLATE CAKE TORTE

Alice Vagneur  
Woody Creek, Colo.

1 c. brown sugar	1 1/2 c. milk
------------------	---------------

Mix yolks of 3 eggs with sugar.

1 c. white sugar	1 tsp. salt
1/2 c. shortening	2 sq. chocolate, melted
2 1/2 c. flour	
1 tsp. soda	

Beat the whites of eggs and fold in last. Bake about 45 minutes or until a toothpick comes out not sticky.

## APRICOT-BRANDY POUND CAKE

Dottie Wolcott

1 c. soft butter	3 c. sifted cake flour
2 1/2 c. sugar	1/4 tsp. soda
6 eggs	1/2 tsp. salt
1 tsp. each: vanilla, orange extract, rum extract	1 c. sour cream
1/2 tsp. lemon extract	1/2 c. apricot brandy

Cream butter. Slowly add sugar and beat until light. Add eggs, one at a time, beating well after each. Add all flavorings. Add dry ingredients alternately with sour cream and brandy, blending well. Pour in greased 3 quart Bundt pan and bake in 325° oven for one hour and 15 minutes. Cool on rack.

# CHOCOLATE YEAST CAKE

Cherie Oates

Cream together:

2/3 c. shortening                      2 c. sugar

Blend in:

3 sq. melted chocolate              2 tsp. vanilla  
3 eggs (one at a time)

Sift together:

3 c. flour                                1 1/2 tsp. salt

Stir in alternately with 1 1/2 cup milk. Dissolve and stir in:

1/2 pkg. yeast in                      1/4 c. lukewarm water

At this point, the batter may be refrigerated up to 24 hours. Just before baking, dissolve and stir into batter.

1 tsp. soda in                          1/4 c. warm water

If too thick, 1/4 to 1/3 cup milk may be added. Bake at 375° for 30 to 35 minutes if using two 9 inch layer pans, or 45 minutes if using a 9 x 13 inch pan.

Any type of frosting is good but the following is special.

Beige Seven Minute Frosting:

Combine in double boiler:

1 c. brown sugar                      5 Tbsp. cool water  
2 egg whites                          Pinch of salt

Place over boiling water and beat with rotary or electric beater until mixture holds its shape (about 7 minutes). Fold in 1 teaspoon vanilla and hand beat 1 minute longer. Frost cake and top with chopped nuts.

# OATMEAL CHOCOLATE CHIP CAKE

Judith L. Zanin

1 3/4 c. boiling water	1 3/4 c. unsifted flour
1 c. uncooked oatmeal	1 tsp. soda
1 c. lightly packed brown sugar	1/2 tsp. salt
1 c. granulated sugar	1 Tbsp. cocoa
1 stick margarine	1 pkg. (12 oz.) chocolate chips
2 extra large eggs	3/4 c. chopped walnuts

## OATMEAL CHOCOLATE CHIP CAKE (Continued)

Pour boiling water over oatmeal. Let stand for 10 minutes. Add brown and white sugar and margarine. Stir until margarine melts. Add eggs and mix well. Sift together flour, soda, salt and cocoa. Add to sugar mixture and mix well. Add about half a package of chocolate bits. Pour batter into greased and floured pan (9 x 13 inches). Sprinkle walnuts and remaining chocolate bits on top. Bake at 350° about 40 minutes.

## FRESH APPLE CAKE

Bobby Berthod

2 c. raw apples, chopped and peeled	1/2 tsp. salt
1 c. sugar	1 egg
1 1/2 c. flour	1/2 c. cooking oil
1 tsp. soda	1 tsp. vanilla
	1/2 c. chopped nuts

Stir apples and sugar together in mixing bowl. Let stand until juice forms. Sift flour, soda and salt, add to apple-sugar mixture. Beat egg and add oil, vanilla and nuts. Beat well. Fold in apple mixture. Pour into greased and floured 8 x 8 inch pan and bake in 350° oven for 40 to 45 minutes.

## CARROT CAKE

Lena Prechtl

2 c. sugar	3 c. raw grated carrots
1 c. Mazola oil	1/2 c. walnuts
4 unbeaten eggs	

Sift together:

2 c. flour	2 tsp. baking powder
2 tsp. soda	1 tsp. salt
2 tsp. cinnamon	

Cream sugar and oil. Add eggs, one at a time, beating until creamy after each. Add remaining ingredients. Bake in ungreased 9 x 13 inch pan or in layer pans at 350° about 40 minutes. Will be like custard until it tests done. Frost with cream cheese frosting.

Cream Cheese Frosting:

1/2 pkg. powdered sugar	1/4 cube butter or margarine
4 oz. cream cheese (room temperature)	1 tsp. vanilla

Beat until creamy with electric mixer.

# SUPREME CHOCOLATE CAKE

Alma Beck

1 c. butter	1 2/3 c. cake flour
1 c. sugar	1 1/2 tsp. vanilla
3 egg yolks	1 tsp. soda
3 egg whites, stiffly beaten	3 Tbsp. hot water
1 c. buttermilk	2 sq. melted chocolate

Cream butter with sugar; beat in egg yolks. Add buttermilk and flour and vanilla. Dissolve soda in hot water and add to above mixture. Then add melted chocolate. Lastly, fold in the stiffly beaten egg whites. Bake in two 9 inch cake pans for 25 to 30 minutes at 350°.

## Icing for Supreme Chocolate Cake:

1 cube butter, creamed	1 egg
2 c. powdered sugar	2 sq. melted chocolate

Beat well with mixer and add more powdered sugar if necessary for correct consistency.

\* \* EXTRA RECIPES \* \*



# Cookies



## GINGER COOKIES

Mrs. John L. Herron

1/4 c. butter  
1/2 c. sugar  
1 egg  
1/3 c. molasses  
2 c. sifted flour  
1/2 tsp. soda

1/2 tsp. salt  
1 tsp. ginger  
1/2 tsp. cinnamon  
1/2 c. water  
Powdered sugar icing

Cream together butter and sugar; add egg, beat well. Stir in molasses. Sift together dry ingredients; add to creamed mixture alternately with water. Drop from teaspoon 2 inches apart on greased cookie sheet. Bake at 400° about 8 minutes. Remove to rack; frost with icing while slightly warm.

## GINGER SNAPS

Mrs. Paul Michel

Recipe is 100 years old.

1 large c. butter (oleo)  
1 large c. sugar  
1 c. molasses  
1/2 c. water (hot)

1 Tbsp. ginger  
1 Tbsp. cinnamon  
1 tsp. cloves  
1 tsp. soda, dissolved in hot water

Add flour enough for pretty stiff dough. Roll out very thin. Bake quickly in 350° oven. Large quantity.



## GINGER COOKIES

Esther Benninghoff

3/4 c. shortening	2 c. flour
1 c. sugar	1/4 tsp. salt
1/4 c. light molasses	2 tsp. soda
1 egg	1 tsp. each cinnamon, cloves and ginger

Mix in order above. Roll into balls the size of walnuts and coat with sugar. Bake 2 inches apart at 350° for 12 to 15 minutes.

## GRANDMOTHER'S GINGER BALLS

Alice Vagneur

1 c. shortening	1 1/2 tsp. soda
1 c. molasses	1/2 tsp. salt
1 c. brown sugar	1 tsp. ginger
3 1/2 to 4 c. flour	1/2 c. boiling water

Cream shortening and sugar together. Add molasses and continue to beat. Sift flour. Measure and add salt, soda and ginger. Sift again. Add sifted dry ingredients alternately with hot water. Mix thoroughly. Chill dough in refrigerator. Roll into balls 1 inch in diameter and dip into granulated sugar. Place balls on buttered baking sheets about two inches apart. Bake at 350° for 12 to 15 minutes. Makes approximately 6 dozen cookies.

## SPRITZ

Ruth Vagneur

Mix thoroughly:

1 c. soft butter	1 tsp. flavoring (almond or vanilla or 1/4 c. grated almonds)
2/3 c. sugar	1/4 tsp. salt
3 eggs	

Work in with the hands: 3 cups sifted flour. Force the dough through cookie press onto ungreased baking sheet in letter S's, rosettes, fluted bars or other desired shapes. Bake until set but not brown. Bake 7 to 10 minutes in moderate hot oven (400°). Yields about 6 dozen cookies.

## OATMEAL LACE COOKIES

Kit Bulkley

Mix:	
1/2 c. flour	1/2 c. white sugar
1/4 tsp. baking powder	

## OATMEAL LACE COOKIES (Continued)

Add:

1/2 c. oats  
2 Tbsp. half and half

2 Tbsp. light corn syrup

Add:

3/4 stick butter, melted  
1 tsp. vanilla

Grated lemon rind

Drop on ungreased baking sheet. Bake at 375° for 6 to 8 minutes or until edges are just brown. Remove from oven and cool until easily lifted from sheet. Place on a cooling rack. I find a Teflon cookie sheet best.

## APPLESAUCE COOKIES

Lena Prechtl

1/2 c. shortening  
1 c. sugar  
1 tsp. baking soda  
1 c. applesauce  
1 egg  
1 c. raisins  
1 c. nuts

2 c. flour  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 tsp. cloves  
(Sift together above)

Cream shortening and sugar. Beat until light. Stir soda into applesauce. Beat egg well. Combine with creamed mixture. Add dry ingredients; add nuts and raisins. Drop by teaspoon into greased baking sheet 2 or 3 inches apart. Bake at 375° for 15 to 20 minutes.

## CHINESE PRETZELS

Mrs. Frank J. Kralich  
Basalt

(A delightful cookie; use patty mold irons.)

Preheat enough oil in pan to cover irons and batter preheating mold at same time. Heating oil or shortening should remain about 350°.

Batter:

1 c. flour  
1 c. cornstarch

Stir together until blended, adding following ingredients all at once - mixing by hand (not mixer)

3 eggs  
1/4 c. water

1/2 c. sugar  
1 1/4 c. canned cream (Carnation or any other brand)

## CHINESE PRETZELS (Continued)

Pour some of batter (stir from time to time to keep from getting too thick - if necessary add more cream from time to time) into bowl flat enough to hold batter and allow mold to be dipped into. Dip hot mold iron into batter coating just enough to hold batter on iron; dip iron into heated shortening, gently pulling batter off iron into oil with fork. Fry in oil only long enough to be light brown in color. Remove and drain on paper toweling. Roll in powdered sugar. Yields about 4 1/2 dozen.

## PECAN GRAHAM CRACKERS

Lotte Bresnitz

1/2 lb. butter  
1 c. light brown sugar

1 c. ground walnuts (generous),  
or pecans

Cook butter and sugar for about 2 minutes. Add nuts and mix thoroughly. Remove from fire. Spray a cooky sheet with Pam. Spread narrow graham crackers closely on cooky sheet and spoon mixture on crackers. Place in preheated oven (350°) for 10 to 15 minutes watching closely, until mixture bubbles. Remove from cooky sheet while crackers are hot.

## FRUIT COCKTAIL COOKIES

Emma Lou Tacker

1 tsp. baking powder  
4 c. flour  
1 tsp. cinnamon  
1 tsp. cloves  
1 tsp. soda  
1/8 c. hot water  
1 tsp. vanilla

1 c. shortening  
1 c. brown sugar  
1/2 c. sugar  
3 eggs  
1 c. raisins  
2 c. fruit cocktail, drained  
1/2 c. chopped nuts

Sift dry ingredients except soda. Cream shortening and sugars in large bowl. Add eggs. Beat until smooth. Add raisin, fruit cocktail, nuts and vanilla; then add dry ingredients. Mix well. Quickly add soda to hot water then to mixture. Drop by teaspoons onto cookie sheets. Bake at 400° for 7 to 10 minutes.

## ENGLISH TOFFEE COOKIE

Fleeta Lamb Cooper

1/2 lb. butter or oleo  
1 egg yolk  
1 c. sugar

1/4 tsp. salt  
2 c. flour  
1 tsp. cinnamon

Work together and spread in pan 9 x 12 inch thinly. Brush top with unbeaten egg white and sprinkle with nuts. Bake 30 minutes at 350°. Cut while hot in squares.

## CHOCOLATE CHERRY DROPS

Mrs. Kenneth Chalmers

1/2 c. butter	2 sq. chocolate, melted
1 c. brown sugar, packed	1/2 c. milk
1 egg, beaten	1 tsp. vanilla
2 c. chopped maraschino cherries	1 3/4 c. sifted flour
1 c. chopped nuts	1/2 tsp. baking soda
	1/4 tsp. salt

Preheat oven to 375°. Mix butter and sugar until fluffy; blend in egg and chocolate. Add milk and vanilla. Add dry ingredients and drain cherries well. Add together with nuts. Drop on greased cookie sheets 1 inch apart. Bake 10 to 14 minutes.

## RAISIN ENERGY COOKIES

Katie Skiff

1 c. raisins	1/2 c. peanut butter
1 c. dried apricots	1 c. firmly packed brown sugar
1/2 c. non-fat dry milk	1 egg
1/4 tsp. baking powder	1 tsp. vanilla
3/4 tsp. salt	3 Tbsp. liquid milk
3/4 c. whole wheat flour	1/3 c. unsalted sunflower seeds
1/3 c. wheat germ	1 c. quick-cooking oatmeal, uncooked
1/2 c. butter or margarine	

Chop raisins and apricots; set aside. Mix and sift dry milk, baking powder, salt and baking soda. Stir in whole wheat flour and wheat germ. Cream butter until light; stir in peanut butter. Add brown sugar while continuing to cream until mixture is fluffy. Add egg, beat well. Add vanilla; mix well. Add flour mixture slowly, alternate with liquid milk. Stir in sunflower seeds and oats (dough will be very stiff). Work in fruits until well distributed. Bake in 375° oven for 12 minutes. Let cookies remain on baking sheet for 5 minutes.

## MOLASSES COOKIES

Lena Van Loon

3/4 c. butter or margarine	2 c. flour, sifted
1 c. sugar	1/2 tsp. cloves
1/4 c. molasses	1/2 tsp. ginger
1 egg	1 tsp. cinnamon
2 tsp. baking soda	1/2 tsp. salt

Melt shortening and let it cool; add sugar, molasses, egg and beat well. Sift together flour, soda, spices and salt; add to first mixture. Mix well and chill. Form in 1 inch balls and roll in granulated sugar. Place on cookie sheet 3 inches apart. Bake at 375° for 12 to 15 minutes.

## ICEBOX COOKIES

Lena Van Loon

1 1/2 c. brown sugar	1 c. nuts
1/2 c. white sugar	2 eggs
1/2 lb. butter or margarine	1 tsp. baking soda
3 1/2 c. sifted flour	1/2 tsp. salt

Cream sugar and butter together; beat eggs and add to sugar mixture. Add flour, soda and nuts. Place the dough in the icebox until it is cold. Roll into balls 1/2 or 2 inches in diameter and place on cookie sheet 3 inches apart. Place in moderate oven and cook from 10 to 12 minutes.

## IOWA BROWNIES

Sigrid J. Stapleton

1/2 c. butter	4 eggs
1 c. sugar	1 c. flour
1 can chocolate syrup	

Cream butter and sugar until fluffy; beat in chocolate syrup, then eggs one at a time. Beat in flour gradually. Bake at 350° for 25 minutes. Frost if wish.

## Frosting:

1/2 c. butter	1/2 c. chocolate chips
1 1/2 c. sugar	1/3 c. evaporated milk

Combine butter, sugar and evaporated milk; bring to boil for one minute; stir in chocolate chips and heat until melted. Frost brownies quickly with wet knife.

## WHOOPIE PIES

Betsy Ward

1/2 c. shortening	1 tsp. baking powder
1 c. sugar	1 tsp. soda
2 eggs	1/2 tsp. salt
2 c. flour	1 c. milk with 1 Tbsp. vinegar
4 Tbsp. cocoa	1 tsp. vanilla

Mix shortening and sugar; add eggs and sift together flour, cocoa, baking powder, soda, and salt. Add milk a little at a time. Drop spoonful on wax paper on cookie sheet. Bake at 350° for 12 to 15 minutes. See filling below.

## Filling: (Uncooked)

2 c. powdered sugar	2 egg whites
3/4 c. shortening	Pinch of salt
	1 tsp. vanilla

## WHOOPIE PIES (Continued)

Mix together and beat with electric mixer until like whipped cream. Put filling between 2 whoopie pie cookies, after they have cooled.

### VARIATION ON RICE KRISPIE SQUARES Josephine Mann

30 marshmallows	3 c. Rice Krispies
1/2 stick margarine	1 pkg. chocolate chips (or raisins, walnuts, etc.)
1/3 c. wheat germ	
1/3 c. sesame seeds	

Melt marshmallows and margarine over low heat, stirring occasionally. Add remaining ingredients. Stir. Place on greased plate.

### MINCEMEAT-GUMDROP COOKIES Edith S. Chisholm

1 c. butter or margarine	1/2 tsp. soda
1 c. granulated sugar	1 tsp. cinnamon
1 c. brown sugar	1 (9 oz.) pkg. Nonsuch mincemeat
2 eggs	1 c. chopped walnuts
2 1/2 c. flour	2/3 c. cut gumdrops (omit licorice)
1 tsp. salt	

Cream together shortening, granulated sugar, brown sugar and eggs. Sift together flour, soda and cinnamon. Blend flour mixture into butter mixture. Add mincemeat (crumbled), walnuts and gumdrops. Blend well and drop by teaspoonfuls onto greased cookie sheet. Bake 6 to 8 minutes at 375° temperature. Cool before removing from cookie sheet.

### MINCEMEAT BARS Alice Rachel Sardy

2 1/2 c. all purpose flour	1 unbeaten egg (reserve 1 Tbsp. egg white)
1/2 tsp. cinnamon	1 tsp. almond extract
1/4 tsp. salt	1 1/2 c. prepared mincemeat
3/4 c. butter or margarine	1/3 c. blanched almonds, chopped
2/3 c. sugar	

Sift flour, cinnamon and salt. Cream butter and sugar; blend in egg and almond extract. Add dry ingredients and mix thoroughly. Roll out half the dough on greased baking sheet to a rectangle about 10 x 8 inches. Spread with mincemeat. Roll out remaining dough between sheets of waxed paper to same size.

## MINCEMEAT BARS (Continued)

Remove top sheet and invert dough over mincemeat. Remove paper. Brush with slightly beaten egg white and sprinkle with almonds. Bake at 350° for 25 to 35 minutes.

## CREAM CHEESE COOKIES

Ella Hart

1 (3 oz.) pkg. cream cheese	1 c. sifted flour
1/2 c. butter or margarine	2 tsp. baking powder
1/2 c. sugar	1/4 tsp. salt
1/4 tsp. almond extract	1 1/2 c. Special K, crushed

Cream cheese and shortening. Add sugar and other ingredients. Mix well. Chill dough one hour. Shape dough in small balls. Roll in crushed flakes. Place on baking sheet about 1 1/2 inches apart. Top with maraschino cherry. Bake at 350° for 12 to 15 minutes.

## WALNUT SHORTBREAD

Joy M. Caudill

2 c. soft butter	2 tsp. vanilla
1 c. sugar	1/4 tsp. salt
1 c. walnut pieces	4 c. sifted flour

Preheat oven to 350°. Cream the butter and sugar together until they are light and fluffy. Grind walnuts into a coarse meal in a blender or food grinder. Beat the nuts, vanilla and salt into the butter, sugar mixture. Add flour and mix well. Spoon the dough into a lightly greased jelly roll pan (15 1/2 x 10 1/2 inch) and smooth it out to fit the pan evenly. Bake 40 to 45 minutes. Cool in pan. Cut into bars. Makes 75 (1 x 2 inch) bars.

## CARAMEL BARS

Elizabeth Stapleton

1 c. brown sugar	2/3 c. chopped nuts
2 eggs	1 tsp. vanilla
1/3 c. butter	1 c. flour

Spread thin and bake at moderate temperature 30 minutes. Cut in bars and roll in powdered sugar.

## JAM FINGERS

Peggy Rowland

3 Tbsp. butter or oleo	2 eggs
3 Tbsp. sugar	1 1/4 c. flour
1/4 tsp. salt	

Cream butter; blend in sugar; add one egg, beaten, flour and spread in 9 by 12 inch pan. Cover with jam. Beat one egg with 1 cup powdered sugar and 1 cup nuts and spread over jam. Bake 20 minutes at 325°. Cut in strips when cool.

## HONOLULU PINEAPPLE SQUARES

Michi Blake

1 lb. crushed canned pineapple, drained thoroughly	1 1/2 c. flour, sifted
4 eggs, beaten well	1/2 tsp. baking soda
1/2 c. melted butter	1/4 tsp. salt
2 c. sugar	1/2 c. chopped nuts

Combine ingredients in the order given. Do not over-beat. Pour into square cake pan and bake for 35 minutes in 350° oven. Cut into squares while still warm.

## "HEAVENLY" BANANA NUT BARS

Elizabeth Callahan

2/3 c. shortening	1/2 tsp. salt
1 1/2 c. sugar	1 c. mashed banana pulp (ripe)
2 egg yolks	4 Tbsp. sour cream
1 1/2 c. cake flour	2 egg whites, beaten stiff
1/2 tsp. vanilla	1/2 c. chopped walnuts
1 tsp. soda	

Cream sugar and shortening together. Add 2 egg yolks and mix well. Now add the one cup banana pulp. Sift flour, carefully measure the flour, soda and salt. Alternate these dry ingredients with sour cream. Mix thoroughly. Put in vanilla, 2 egg whites and the chopped nuts. Place mixture in 8 x 13 inch pan. Bake in slow oven for 1 hour. When cool, cut into strips and roll in powdered sugar.

## PUMPKIN COOKIES

Maude Twining

1 c. white sugar	2 eggs, beaten
1 c. brown sugar	1 tsp. soda
1 1/2 c. margarine	1 tsp. cinnamon
1/2 c. dates or raisins	1 tsp. nutmeg
1/2 c. nuts (optional)	1 tsp. cloves
1 1/2 c. pumpkin	1/4 tsp. salt
	2 1/2 to 3 c. flour



## PUMPKIN COOKIES (Continued)

Cream sugars and margarine. Add pumpkin, dates, nuts and beat well. Add eggs. Combine soda, cinnamon, cloves, nutmeg, salt, and flour. Add to creamed mixture and beat well. Drop from teaspoon onto a cookie sheet. Bake at 375° for 15 minutes. Yields 4 dozen cookies.

## APPLESAUCE CHOCOLATE CHIP COOKIES Mrs. Fred Pearce

1 c. sugar	1/2 tsp. cloves
1/2 c. shortening	1/2 tsp. nutmeg
2 eggs	1/2 tsp. cinnamon
2 c. flour	1 pkg. chocolate chips
1/2 c. walnuts	1 c. applesauce
1 tsp. baking soda	

Combine sugar and shortening. Cream until smooth. Add eggs and blend. Add applesauce. Add the dry ingredients. Stir well. Stir in nuts and chocolate chips; drop on greased cookie sheet by tablespoon full. Bake at 375° or 400° for 15 minutes or until brown. Remove from pan onto waxed paper. Yield about 4 dozen.

Note: Use any size package chocolate chips. Cookies are good without nuts and chips too. A favorite soft cookie.

## BROWNIES

Jane Stapleton

Melt on top of stove:

1/4 lb. butter	2 sq. Baker's chocolate
1 c. sugar	

Remove from fire and add:

2 eggs	1 tsp. vanilla
1/2 c. flour	1 pkg. crushed walnuts
1 tsp. baking powder	

Bake at 325° for 35 to 40 minutes in deep dish which has been greased.



# Desserts



## CHEESECAKE WITH SOUR CREAM TOPPING

Catherine B. Jenson

24 oz. cream cheese  
5 eggs  
Sugar  
1/4 tsp. salt  
3/4 tsp. almond extract

1 1/2 c. commercial sour  
cream  
1/2 tsp. vanilla  
Unsweetened chocolate

Beat cream cheese in electric mixer or with wooden spoon until softened. Add eggs, 1 cup sugar, the salt and the almond extract. Beat until smooth, thick and lemon-colored. Pour into buttered 9 inch spring form cake pan. Bake in moderate oven, 325°, 45 to 50 minutes, or until set. Remove from oven, and cool on cake rack 20 minutes. Mix 2 tablespoons sugar, the sour cream and vanilla. Pour over cake. Return to oven and bake 10 minutes at 325°. Cool; chill. To serve, remove sides of pan. Put cake on plate; decorate with chocolate, shaved with vegetable peeler. Serves 8 - 10.

## DATE PUDDING

Ramona Markalunas

Pour 1 cup boiling water over and let cool:

1/2 c. chopped dates  
1 tsp. soda

2 Tbsp. butter

Mix:

1 c. sugar  
1 egg  
1 1/2 c. flour

1 tsp. baking powder  
1/2 c. nuts

## DATE PUDDING (Continued)

Add first mixture and bake at 350° until a light touch of the finger leaves a faint impression.

Boil until thick and pour over pudding while both are hot. Serve either warm or cold with a bit of whipped cream:

1 c. dates	3/4 c. boiling water
1 c. sugar	

## LEMON-CAKE PUDDING

Mrs. Frank J. Kralich  
Basalt

3 Tbsp. butter	3 eggs, separated
5 Tbsp. flour	1/4 c. lemon juice
1 c. sugar	1 c. milk

Cream butter; work in sugar and flour sifted together, until well blended. Then add beaten egg yolks, lemon juice and milk. Fold in the stiffly beaten egg whites and pour into a buttered casserole. (Sifting some dry fine cookie or cake or macaroon crumbs over the buttered dish will add a flavor too.) Set the pudding into a pan of water and bake in a moderate oven, 375°, about 35 minutes.

## CHOCOLATE POT DE CREME

Kit Bulkley

1 (6 oz.) pkg. semi-sweet chocolate bits (Nestle's)	1 egg
2 Tbsp. sugar	1 tsp. vanilla
	3/4 c. milk

Place first four ingredients in blender. Heat milk to boiling. Pour hot milk over ingredients in blender. Cover and blend one minute. Pour immediately into 6 serving dishes or a pretty bowl. Chill. Serve with whipped cream flavored with light rum.

## FROZEN DESSERT

Mrs. William C. Mason

1/4 lb. oleo or butter	1/3 c. brown sugar
2 (1 oz.) sq. dark chocolate	

Melt above ingredients together and let cool. Put 4 cups corn flakes in bowl. Stir in cooled mixture and mix well. Grease 8 x 11 inch pan and pour in mixture patting it firmly. Let 1 quart vanilla ice cream soften and then put on top of chocolate mixture. Place in freezer. Take out 10 minutes before using.

## SANDKAGE

Carole R. Moyes

1 c. plus 2 Tbsp. butter	4 eggs
1 c. plus 2 Tbsp. sugar	1 3/4 c. sifted flour
1 tsp. vanilla	

Cream butter, sugar and vanilla. Add 1 egg at a time and beat in. Add flour 1/4 cup at a time. Bake in tube pan 1 hour at 325°.

## OLD-FASHIONED BREAD PUDDING

Amelia Trentaz

Pour 2 cups scalded milk over 2 cups dry bread broken in small pieces. Let stand until bread is softened. Add mixture of:

2 beaten eggs	1/2 tsp. cinnamon
1/3 c. sugar	1 tsp. vanilla
Salt	1 c. raisins

Pour in greased baking dish and sprinkle with nutmeg. Bake in 325° oven 1 hour and 15 minutes. Serve warm or cold with cream.

 VIENNESE MOCHA TORTE  
 (A spectacular dessert)

Celia Marolt

Split a quick frozen chocolate cake in two layers. Spread strawberry preserves on unfrosted layer and sprinkle with rum or coffee liqueur. Put the layers together and frost the outside with 1 cup whipped cream flavored with 1/2 tablespoon instant coffee and a little more rum or liqueur can be made well ahead of time and refrigerated.

## FOAMY SAUCE

Mrs. Stuart B. Duncan

2 c. confectioners sugar	1/2 c. butter
2 eggs	2 1/2 tsp. rum

Cream butter and sugar together. Separate eggs. Beat yolks and add to sugar-butter mixture. Beat whites until very stiff. Fold into mixture and add rum. Serve at room temperature on pies and other desserts.

## PINEAPPLE SHERBET

Mrs. A. E. Robison

1 Tbsp. unflavored gelatin  
 1/4 c. cold water  
 1 c. boiling water  
 1 1/2 c. sugar  
 1 1/2 c. cold water

1 can crushed pineapple (approximately 1 1/2 cups)  
 Juice of 1 orange  
 Juice of 1 lemon  
 1 Tbsp. vanilla

Soak gelatin in 1/4 cup cold water until soft. Add boiling water and stir until gelatin is dissolved. Add sugar and cold water, pineapple, orange and lemon juice, and vanilla. Freeze.

## CHOCOLATE SAUCE

Mrs. Bob Perry  
 Carbondale, Colorado

1 c. white sugar  
 1 c. brown sugar  
 1 c. cream (or evaporated milk)

5 sq. bitter chocolate  
 1 tsp. vanilla

Stir in double boiler until dissolved.

## PLUM PUDDING

Mrs. Charles Kettering

2 eggs, beaten  
 1 c. brown sugar  
 1/4 lb. ground suet (1/2 cup)  
 3 slices soft bread crumbs

1 c. milk  
 1 tsp. vanilla  
 1/4 c. dark wine or grape juice

Add:

3/8 lb. raisins (1/2 cup)  
 3/8 lb. chopped dates

1/2 lb. fruit peel  
 1/2 c. nuts

Sift together:

1 c. flour  
 1 tsp. soda  
 2 tsp. cinnamon

1 tsp. cloves  
 1 tsp. mace  
 1/2 tsp. salt

Combine with mixture. Place in two (1 pound) coffee cans, well greased with lids. Steam 3 hours with lid. Serves 8-10.

3 c. finely chopped suet (ask your butcher to grind it)	2 c. currants
4 c. flour, sifted with 2 tsp. baking powder	2 c. chopped dates
2 c. brown sugar	1 c. chopped pineapple
1/2 c. molasses with 1 scant tsp. baking soda in molasses	2 c. chopped cherries
1 tsp. salt	1 c. chopped citron
2 c. raisins	1 c. orange peel
	3 tsp. cinnamon
	2 tsp. nutmeg
	3 eggs, well beaten

Mix all ingredients together and use any kind of fruit juice to make a moist batter. Make batter quite thick. Pour in damp cloth (such as a tea towel), which has been sprinkled with flour. Tie the cloth, but leave some space for the pudding to expand when steamed. Put about three or four inches of water in a large kettle that has a tight fitting lid. Have the water boiling and then place the pudding on a rack in the kettle, cover and steam four hours. Do not let the water touch the cloth with the pudding in it, but be sure that the water keeps boiling. After the pudding is steamed, remove from kettle and let cool. This can be made well in advance of the time you wish to use it. When you are ready to serve it, cut off the amount needed, place in a piece of foil and steam again over boiling water to warm it. Always serve it hot. It cannot be eaten cold because of the suet. This recipe makes a large amount, but it keeps well in a cool place and can be used as needed. Serve with a Hot Sauce or a Hard Sauce. Recipes follow. This pudding is very good and very rich.

#### Hot Pudding Sauce:

1 c. powdered or granulated sugar	Dash salt
2 c. water	1 heaping Tbsp. cornstarch

Mix above together and cook until quite clear. Add good sized lump of butter. Add flavoring -- lemon, vanilla or brandy. Serve hot.

Hard Sauce: Beat until soft 1/2 cup butter (1 stick). Gradually add 2 cups powdered sugar (be sure to sift before measuring) and 2 teaspoons vanilla. Cream thoroughly. Vary flavoring with lemon or orange juice and grated rind. If you want to make cut-out designs, spread sauce in thin layer on waxed paper; chill in refrigerator. With cookie cutter, cut out designs.

## LEMON DESSERT

Frieda Fischer

1 lemon, juice and grated rind	1/2 c. sugar
2 eggs, beaten separately	2 Tbsp. flour
1 c. milk	2 Tbsp. melted butter

Mix all ingredients and fold in beaten egg whites. Put in buttered dish and bake 45 minutes in 350° oven. Put dish in pan of hot water. Serves 6.

## SNOW PUDDING

Peggy Rowland

1 Tbsp. gelatin	1/4 c. cold water
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Mix together until gelatin is soft. Add:

1 c. boiling water	1/4 c. lemon juice
1 c. sugar	

When thick, beat until frothy and add stiffly beaten whites of 3 eggs. Mold.

Sauce:

2 c. milk	1/4 c. sugar
3 egg yolks	1/2 tsp. vanilla
1/4 tsp. salt	

Beat yolks; add rest and cook in double boiler, stirring constantly, until thick.

## RICE PUDDING

Renate Braun

1 c. rice	4 Tbsp. sugar
2 1/2 c. milk	4 Tbsp. butter
1/2 c. seedless raisins	1 Tbsp. lemon juice
1 c. milk	1 Tbsp. vanilla
1/2 c. cream	2 eggs
1/4 tsp. salt	1 c. whipped cream

Wash rice, drain and cook, covered, in 2 1/2 cups milk until rice is fluffy and soft. Wash raisins, drain. Mix 1 cup milk, cream, salt, sugar, butter, vanilla, eggs, and lemon juice (or extract). Mix well. Pour into greased baking dish. Set dish in shallow pan of water. Bake at 350° until set. Cover with whipped cream. Sprinkle with mixture of sugar and cinnamon. Brown top quickly. Serve warm or cold. Serves 6.

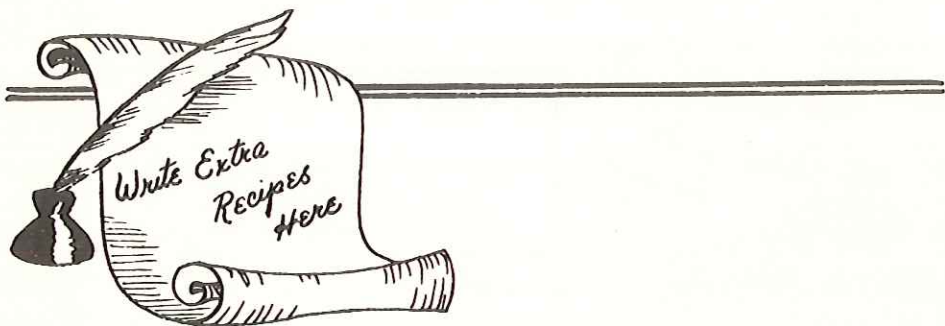
FROZEN GRAND MARNIER SOUFFLE Mrs. H. J. Schloffer

6 egg yolks	1/3 c. water
1 c. sugar	1/2 c. grand marnier
1 Tbsp. grated, fresh orange peel	2 1/2 c. whipping cream

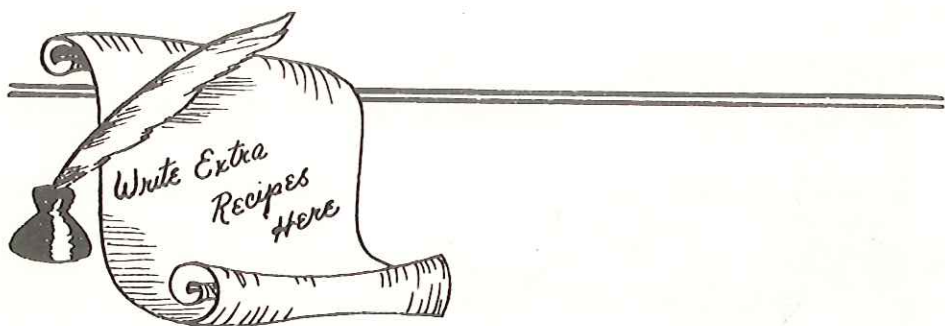
Put a souffle dish in freezer. Beat egg yolks until they are thick and lemon colored. In a saucepan, combine sugar, orange peel and water; bring to a boil until sugar dissolves. Boil briskly until soft ball stage or candy thermometer temperature of 230°. Pour syrup into the egg yolks, beating constantly. Beat until mixture becomes smooth and creamy. Beat in grand marnier. In a chilled bowl, beat cream until stiff peaks form, fold gently into egg yolk mixture. Pour into souffle dish and freeze 6 hours or overnight.

\* \* EXTRA RECIPES \* \*



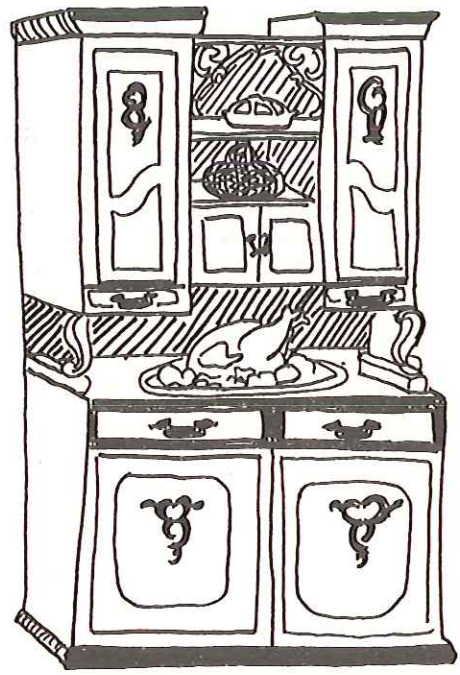
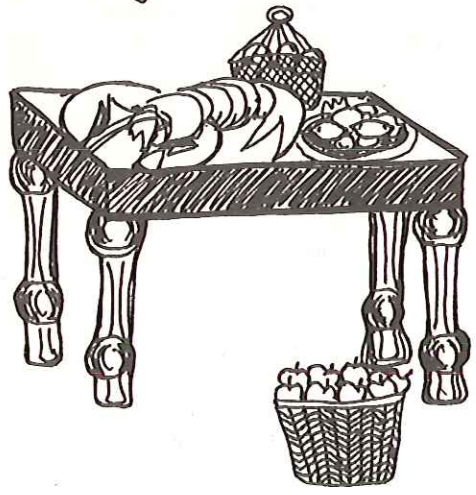


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# Meats Seafood Poultry



RADEN

## WILD GAME RECIPES

### ROASTED WILD DUCK

Clean, wipe and dry the ducks. Sprinkle generously with flour, salt and pepper. Place whole peeled onion inside each duck and place them in self-basting roaster. Fasten with toothpicks 2 or 3 strips of bacon across each bird. If desired, ducks may be stuffed with wild rice dressing made by boiling rice (wild) and seasoning with salt, pepper and chopped onion. Cover bottom of roaster with water. Cover tightly and roast in oven at 350 degrees for 1 1/2 to 2 hours, depending on the number and size of ducks. Remove cover of roaster for last 15-20 minutes, before taking from oven to allow skin to brown.

### LARDED GROUSE

On each bird lay thin slices of bacon until bird is completely covered. Wrap with string to keep bacon in place. Put in roasting pan and pour over birds sufficient water to provide basting. Roast for 20-25 minutes at 400 degrees. Remove strips of bacon, brush birds with melted butter, dredge with flour and place in oven again until the birds turn a rich brown.

### SOUTHERN FRIED QUAIL

Dry, pick quail. Clean and wipe thoroughly, salt and pepper and dredge with flour. Have a deep (heavy) frying pan with close-fitting lid half full of hot fat. Put in quail, cook for a few minutes over a hot fire, then cover skillet and reduce heat. Cook slowly until tender, turning the quail to the other side when golden brown. Serve on hot platter garnished with slices of lemon and sprigs of parsley.

### VENISON WITH SOUR CREAM

2 lbs. venison	1 clove garlic
1/4 c. fat	1 c. diced carrots
1 c. diced celery	2 c. water
1/2 c. minced onion	1 tsp. salt
1 bay leaf	4 Tbsp. flour
4 Tbsp. butter	1 c. sour cream

Cut venison in pieces and melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat was cooked in and boil until thick. Add sour cream and more salt if necessary. Pour over meat and vegetables. Serve with buttered noodles and currant jelly.

### MOOSE STEAK

1/2 c. onions, chopped fine	2 Tbsp. butter
1/2 c. sweet or sour cream	2 Tbsp. flour
1 c. chopped mushrooms	

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender, add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes

CARE AND PREPARATION OF ELK

Dick McCrudden

Immediately after killing an elk it should be cleaned, the skin removed, and quartered on the spot, and the quarters laid in the shade on logs to cool as rapidly as possible.

The quarters should be hung in the shade in the garage or shed from two to four weeks depending on the temperature. Thirty five degrees is an ideal temperature for this aging process. During the aging, enzymes in the meat break down the connective tissue to make the meat more tender and also improve the flavor.

After this period of aging, the thin, hard covering on the meat should be trimmed off, the bones removed, and the meat cut into pieces the size and shape of a small loaf of bread. These pieces of meat can then be frozen in plastic bags. The whole animal can be treated this way except for a very small section just above the knees of all four legs and the meat on the neck. This meat should be cut and labeled as stew meat.

The only preparation needed for cooking is to thaw a piece of meat at room temperature and then just before cooking, cover it with a little cooking oil and salt and pepper to taste. Lawry's seasoning also may be added.

This meat should be cooked exactly as you would cook a rare steak. It should be broiled on a Jenn-air grill (as we do), or broiled in the oven broiler. It should be very dark on the outside and barely cooked on the inside. This will take twenty to forty five minutes depending on the size of the piece of meat. It should then be sliced like a roast and served.

MUSHROOM SAUCE (Excellent with Elk)

Dick McCrudden

Saute in butter or margarine a pound or so of wild or domestic mushrooms until three-fourths cooked. Add the following mixture and simmer at low heat for an hour:

Add to a cup and one half of water; stir until more or less dissolved:

1 Tbsp. cornstarch

1 Tbsp. finely chopped onion

1 tsp. chopped parsley

1 Tbsp. granulated bouillon

Dash of nutmeg

Salt and pepper

BAKED WILD MUSHROOMS

Dick McCrudden

Saute in butter or margarine, a pound or two of chopped boletus mushrooms until about three quarters cooked. The stems should be cooked about twice as long as the caps. Just before the mushrooms are done, add the following mixture and let cook for

## BAKED WILD MUSHROOMS (Continued)

about five minutes; Add to 2/3 cup of water:

1 tsp. chopped onion	Dash of chopped parsley
1 tsp. granulated bouillon	Salt and pepper to taste
Dash of nutmeg	

Pour mixture into casserole dish and sprinkle with 1/4 cup of heavy cream and cover the top with a layer of Pepperidge Farm dressing. Bake in a very hot oven for about 20 minutes.

## SAUTEED MUSHROOMS IN WINE

Dick McCrudden

Use the above recipe up to the last step. Instead of adding the mixture to the casserole dish, it should be rolled into slices of lightly sauteed puffball mushrooms and use a toothpick to secure this to look like a crepe. These rolls of boletus mixture inside the puffball slices are then laid in a baking dish and sprinkled liberally with sherry and baked for 15 minutes in a hot oven. Serve as an accompaniment with elk.

## PHEASANT (OR GROUSE) BRAISED IN WHITE WINE

Mrs. Ted Mularz

Put into the cavity of each bird:

2 stalks celery (1 inch chunks)	A few thin slices of tart apple
2 slices onion	The pheasant liver (optional)

Lace the openings tightly and saute the pheasant in 6 table-spoons hot butter in a deep skillet for 15 minutes, or until brown on all sides. Pour over them 2 ounces of warm brandy and blaze. Transfer birds to an earthen or cast iron Dutch oven or casserole and keep them hot.

To skillet in which the pheasant was browned, add:

1/2 c. chicken stock or broth	1 c. dry white wine
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Stir in the brown bits, simmer for 2 minutes and pour sauce over the pheasant. Cover casserole tightly and cook in hot oven (400°) for 1 to 1 1/2 hours or until pheasant or grouse is tender.

If desired, add 1 cup hot heavy cream to the juices in the casserole just before serving.

## DANISH MEAT BALLS

Mrs. Joy M. Caudill

2 lb. ground chuck	3 tsp. salt
2 eggs	1/2 tsp. pepper
1/2 grated onion	4 Tbsp. flour
1 1/2 c. milk	

Mix above ingredients well. Form into small balls and brown well in hot oil. Can be served plain or with dill sauce. Serves 5 - 6.

### Dill Sauce:

2 Tbsp. butter or margarine	1/2 c. milk
3 Tbsp. flour	1/2 pt. sour cream
1/2 tsp. salt	1 tsp. dill weed
1/4 tsp. dry mustard	

Melt margarine. Blend in flour, salt and mustard. Add milk, cook, stirring until thickened. Stir in sour cream and dill. Heat but don't boil. Pour over meat balls in chafing dish.

## FRESH TONGUE

Mrs. Bob Perry

1 c. vinegar	1/2 c. raisins
1 c. brown sugar	1 lemon, sliced thin

Boil tongue in salted water 3 hours. Skin. Put in deep baking dish. Cover with above plus 1 1/2 cup water in which tongue was cooked. Cover tightly. Bake 2 hours.

## HIGHFALUTIN<sup>1</sup> LAMB SHANKS

Celia Marolt

4 lamb shanks	1/4 c. shortening
2 Tbsp. flour	

Dust shanks with flour; brown in shortening.

Salt and pepper (lemon pepper marinade)	1/2 c. finely chopped onion
	1/3 c. water

Add to meat; cover tightly and cook for 1 1/2 hours over low heat; add more water if needed. Remove any excess fat from meat after browning; best just before adding the olives, etc.

1 c. ripe olives, cut in large pieces	1 c. dairy sour cream
	1 can tomato soup

## HIGHFALUTIN' LAMB SHANKS (Continued)

Combine these three ingredients and add to meat and cook in covered skillet 30 more minutes. Serves 4.

### TERIYAKI STEAK (Flank)

Sigrid J. Stapleton

Double recipe for 2 flanks.

1/4 c. soy sauce	1 tsp. ginger
1/4 c. salad oil	1/2 tsp. dried mustard
1 Tbsp. molasses	1 clove garlic, minced

Marinate 24-48 hours turning from time to time. Grill 4 or 5 minutes on each side on charcoal. Slice thin diagonally with sharp knife.

### PIQUANT STEAK IN FOIL

Mrs. Frank J. Willoughby

2 to 3 lb. chuck or round steak (approximately 1 1/2 to 2 inches thick)	Salt and pepper
2 Tbsp. prepared mustard	3 dashes Tabasco sauce
2 tsp. Worcestershire sauce	2 Tbsp. butter
1 lemon	2 medium onion, slices
	1 Tbsp. capers
	2 tsp. brown sugar

Have steak cut about 2 inches thick. Put into pan a piece of aluminum foil (heavy duty). Rub steak with cut surface of lemon, spread both sides of meat with mustard. Place under broiler and brown both sides. Then season with salt and pepper. Pour over it the juice of lemon; sprinkle with Worcestershire sauce, sugar and Tabasco. Add onions sauteed in butter and the capers. Bring foil up over meat and seal airtight. Bake in slow oven for 3 hours (300°).

### BAKED STEW

Mrs. J. M. Marshall

2 1/2 lb. stew beef	1/2 tsp. salt
3 large carrots	1/2 can tomato soup
3 potatoes	1/2 can mushroom soup
3 small onions	1 large can peas (pour 1/2 juice off peas)

Bake 5 hours in 275° oven.



## BEEF 'N DUMPLING BAKE

Emma Lou Tacker

2 lb. round steak, cut in 1 inch cubes	1 can onion soup
1/2 c. mushrooms, drained	1 Tbsp. Worcestershire sauce
2 medium onions	1 bay leaf
1 can cream of chicken soup	10 oz. pkg. frozen peas
	4 green pepper rings
	1/3 c. flour

## Parsley Dumplings:

1/3 c. milk	1/4 tsp. sage
1 egg	1/2 tsp. salt
2 Tbsp. oil	1 1/2 tsp. baking powder
2 Tbsp. parsley	1 c. flour

Roll cubes of steak in flour; place in greased casserole; add rest of ingredients, blending well. Cover and bake for two hours at 350°. Place parsley dumplings on casserole prepared as follows: Sift flour, sage, salt and baking powder in bowl; add beaten egg, oil to milk; add to flour mixture at once and stir until dry ingredients are just dampened, then add parsley; stir until parsley is distributed; remove cover from casserole; dip up a heaping spoonful batter to drop onto the casserole; drop all dumplings in quickly; cover and replace casserole in oven for 20 to 30 minutes at 400°.

Venison or elk can be used instead of beef.

## SOUR CREAM PORCUPINES

Mrs. Nora Kastelic

1 1/2 lb. ground beef	1/2 c. water
1/3 c. pre-cooked rice	1 beef bouillon cube
1 tsp. paprika	1 tsp. Worcestershire sauce
1 tsp. salt	1 can cream of mushroom soup
1/2 c. diced onion	1/2 c. sour cream
2 tsp. hot shortening	Chinese noodles

Mix beef, rice, paprika, salt and onion. Shape into 16 or 20 balls, depending on size. Brown in hot fat. Put in casserole. Drain fat from skillet, put in water, bouillon, Worcestershire sauce and soup. Add sour cream; pour over meat balls. Bake, uncovered, in moderate oven, 45 minutes. Serve with hot noodles.

## LATTICE TOP BEEF STEW

Mrs. Ted Mularz

1 1/2 lb. beef chuck (1 inch cubes)	1/4 c. flour
1 tsp. salt	3 Tbsp. shortening
1/4 tsp. pepper	1 Tbsp. onion flakes

## LATTICE TOP BEEF STEW (Continued)

1/8 tsp. sweet basil leaves      1 pkg. peas & carrots  
 1 1/4 c. water                      3 oz. button mushrooms

### Biscuit Topping:

1 c. sifted all purpose flour      1 tsp. salt  
 1/2 c. enriched corn meal        3 Tbsp. shortening  
 1 1/2 tsp. baking powder        1/2 c. plus 2 Tbsp. milk

Dredge meat. Brown in shortening. Add onion flakes, basil, and water. Cover and simmer 1 1/2 hours. Add peas and carrots, mushrooms last 10 minutes. Pour in 8 x 8 inch baking dish. Heat oven to 425°.

Biscuit topping: Sift together dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add milk; stir lightly until mixture is dampened (dough should be soft). Knead gently for few seconds on floured board. Roll out. Cut 8 one inch strips. Make lattice topping over top of hot stew mixture. Bake 15 to 20 minutes.

## CHINESE TOMATO-BEEF

Michi Blake

1/2 lb. flank steak, slice thin and against the grain	1 green pepper, cut in 1 inch pieces
1 Tbsp. cornstarch	1 stalk celery, cut in 1 inch pieces
3 Tbsp. shoyu or soy sauce	2 medium tomatoes, cut in wedges
1 tsp. sugar	2 stalks green onions, cut in 1 inch lengths
1/4 tsp. ginger juice	3/4 c. water
Dash pepper	1 tsp. cornstarch
Pinch baking soda	1/4 tsp. salt
3-4 Tbsp. cooking oil	1/4 tsp. Accent (optional)
1 large clove garlic, crushed	

Marinate beef slices for 30 minutes in mixture of cornstarch, soy, sugar, ginger juice, pepper and baking soda. Heat 2 table-  
 spoons oil and saute garlic. Remove. Add beef and stir-fry for  
 1/2 minute. Remove. Add remaining oil and stir-fry green  
 peppers, onion and celery for 1 minute. Add beef, tomatoes and  
 a gravy mixture made with the remaining ingredients. Simmer  
 and continue to stir until liquid comes to a gentle boil and sauce  
 is thickened. Serve with rice, noodles or over soft-cooked won  
 ton. Serves 4-6.

## BEEF STROGANOFF

Woman's Society of  
Aspen Co

1/4 c. butter or margarine  
 1 1/2 lb. filet of beef or sir-  
 loin, cut into 1/4 inch thick  
 strips  
 1 minced large onion  
 1/2 lb. sliced mushrooms  
 2 Tbsp. flour

1 c. canned consomme  
 diluted  
 1 Tbsp. canned tomato  
 1 tsp. Worcestershire  
 2 Tbsp. red wine  
 1 tsp. salt  
 1/8 tsp. pepper  
 1 c. sour cream

PORK  
CHOPS

In hot butter in skillet, saute beef until brown on all sides. Remove beef. To skillet, add onion and mushrooms; saute tender; stir in flour. Gradually stir in consomme, cook, until sauce thickens. Add tomato paste, Worcestershire, salt and pepper. Refrigerate sauce and beef separately, on separate plates immediately.

To serve: Heat beef in sauce. Stir in sour cream, but do not let it boil or sauce will curdle. Makes 6 servings.

## BEEF INTERNATIONAL

Mrs. Alber

2 lb. round steak, cut in  
 strips  
 2 c. onions, sliced thin  
 2 green peppers, cut in  
 narrow strips  
 Salt and pepper

1/2 c. water  
 1 can cream of celery  
 soup  
 1/2 c. mayonnaise  
 Small can mushrooms

Brown meat in margarine; add onions and green peppers. Season with salt and pepper. Add water, cover and simmer tender, adding more water if necessary. Just before serving add soup, mayonnaise and mushrooms. Simmer until blended. Serve over noodles or rice.

## PORK CHOPS WITH HERBS

Tru

6 (1 1/2 inch thick) pork chops  
 2 Tbsp. flour  
 3 Tbsp. oil  
 1/2 onion, chopped  
 1/2 Tbsp. parsley, chopped

1 Tbsp. caraway seed  
 12 mushrooms, sliced  
 2 Tbsp. flour  
 1 c. water  
 1 c. sour cream  
 Salt

Sprinkle flour, salt and caraway on one side of chops. Fry quickly on both sides until golden brown. Separately fry onion, parsley and mushrooms, blend in flour, add water and fry

WITH HERBS (Continued)

Cover and transfer to oven and bake at 350° for 1 1/2  
Add sour cream before serving.

RICE CASSEROLE

Grace Condon

1 lb. pork steak, cut in squares	1 small can mushrooms
2 Tbsp. butter	3 tomatoes, peeled and chopped
1 cup rice	1 tsp. minced parsley
1/2 tsp. pepper, chopped	Salt and pepper to taste
	2 c. boiling chicken broth (canned)

Melt butter in heavy skillet and brown meat well. Transfer to casserole. In fat, remaining in skillet, brown raw rice. Stir constantly to keep from burning. Spread tomatoes, mushrooms and green peppers over meat in casserole. Pour oil and add seasoning to taste. Pour boiling liquid in. Scrape out all the glaze and add to casserole. Cover and bake in moderate oven, 350°, about 45 minutes or until meat is very tender and rice has absorbed all of the liquid. Test with fork before serving.

CHOP-RICE DINNER

Pat Bird

1 lb. chops	1 large onion
1 cup uncooked rice	2 ripe tomatoes
1/2 cup consommé	1/2 green pepper (in rings)
1 Tbsp. marjoram	Salt and pepper
1 Tbsp. thyme	

Put rice in bottom of greased casserole dish. Lay chops on top each with slices of onion, green pepper, and tomato. Pour consommé over and sprinkle marjoram and thyme. Cover and bake at 350° for 1 hour.

PORK CHOPS

Louiva P. Stapleton

1 lb. pork chops	Flour, salt and pepper
1 Tbsp. mustard	1 can cream of chicken soup

Season one side of pork chops with prepared mustard. Then season with salt and pepper both sides. Brown both sides in a frying pan with a little oil. Remove from pan and put in a baking dish. Cover and cover the chops with a can of cream of chicken soup. (Cream of mushroom may be substituted.) A little salt may be added. Place in oven and bake for 45 minutes at 350°.

## PERKY HAM BALLS

Mrs. Frank J. Willoughby

2 c. ground ham (about 1 lb.)	2 Tbsp. finely chopped onion
1/2 lb. pork sausage	1 can (1 lb. 4 1/2 oz.) pineapple slices
1 c. soft bread crumbs	1/4 c. brown sugar
2 eggs	3 Tbsp. garlic wine vinegar
1/4 c. evaporated milk	1 Tbsp. prepared mustard
1/4 c. sauterne wine	

Combine ham, sausage, bread crumbs, eggs, milk, wine and onion. Mix well, using hands until ingredients are completely blended. Divide into 16 equal portions, shaping each into a ball. Arrange balls, about one half inch apart, in lightly greased baking pan.

Drain syrup from pineapple and combine with brown sugar, vinegar and mustard. Spoon half of syrup mixture over ham balls. Bake in preheated oven for 20 or 30 minutes; spoon again with half of the remaining syrup. Bake 10 to 15 minutes longer. Arrange pineapple slices in pan; spoon remaining syrup over all. Bake about 10 minutes longer or until nicely glazed. (Eight servings.) (I also have substituted Mandarin oranges instead of the pineapple when I did not have pineapple.)

## HAM LOAF

Mrs. Kenneth Chalmers

2 lb. ground ham	1 tsp. Worcestershire sauce
1 lb. ground pork	1 tsp. dry mustard
2 eggs, beaten	1 tsp. cloves
1 c. bread crumbs	2/3 c. milk

Mix well; form into loaf and bake for 1 1/2 hours in 350° oven

## HAM LOAF

Mrs. Alberta Moore

1 lb. cured ham, ground	1 c. dried bread crumbs
2 lb. fresh pork shoulder, ground	1 1/2 c. tomato juice or soup
1 1/2 c. milk	1 tsp. sugar
2 eggs	1/2 tsp. salt

Bake one hour (one half recipe serves six).

## Mustard Sauce:

1/4 c. dry mustard	1 beef cube
1 c. brown sugar	3 eggs
1 c. vinegar	2 tsp. flour

Cook over low heat until thick. One third recipe is plenty for meat.

## BROWNE D POT ROAST OF BEEF

Anna Hauser

1/4 c. all-purpose flour	2 cans condensed tomato soup
1 Tbsp. salt	plus 3 c. water or tomatoes
1/2 tsp. pepper	(# 2 1/2 can)
4 lb. chuck, rump or round beef	2 minced cloves garlic
1/4 c. melted fat	2 bay leaves
1 beef bouillon cube	8 medium-sized onions, peeled
1 c. boiling water	8 medium-sized carrots, scraped
	6 celery stalks

Combine flour, salt and pepper. Rub meat with flour mixture and brown well on all sides in melted fat. Slip a rack under the meat. Dissolve bouillon cube in 1 cup boiling water. Combine with diluted tomato soup or tomatoes. Pour over meat. Add garlic and bay leaves, cover and simmer for 2 1/2 to 3 hours. Add additional liquid if necessary. Add carrots, onions and celery and continue cooking 30 to 40 minutes or until vegetables are tender. Before serving, remove bay leaves and thicken drippings for gravy. Serves 6 to 8.

## TILLIE'S CHILI

Mrs. David E. Desorcy

Brown 1 pound hamburger with:

1 medium onion, sliced	1 Tbsp. Maggi seasoning
2 cloves garlic, finely chopped	3 Tbsp. chili powder
	Salt to taste

Add:

1 can kidney beans	1 can stewed tomatoes
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Simmer at least 1/2 hour. Flavor improves with length of cooking.

## SUE'S STEW

Sue Williamson

In a large pot, put three pounds cut-up boneless pork, several peeled, halved potatoes, three skinned onions, skinned carrots in large pieces, two tablespoons of caraway seeds. Cover ingredients with chicken broth and cook slowly (covered) for about two hours. Add one large, quartered head of cabbage, re-cover pot and cook until cabbage is done.

# BARBEQUE SAUCE FOR PORK RIBS

Hazel Loushin

2 c. tomato juice  
2 tsp. sugar  
2 tsp. vinegar

1/2 tsp. dry mustard  
Salt and pepper  
3/4 bottle of tomato catsup

Brown ribs either on top of stove or in the oven. Pour sauce over ribs. Baste occasionally. After the ribs are brown, cook in a 300° oven for about 2 hours. This recipe is equally good for barbequed chicken.

# FURNBURZOLA (Armenian)

Barbara Kay McLoughlin

4-6 shoulder lamb chops, trimmed

Marinate 24 hours in mixture of:

1 Tbsp. each: tomato paste,  
catsup, wine vinegar  
1 tsp. Worcestershire sauce

Salt  
Pepper  
Sprinkle allspice  
Fresh parsley

Spread following ingredients in baking pan to bake at 350° for 1 hour (before adding chops) uncovered.

1 large can tomatoes  
Fresh parsley  
Sliced onions (thin)  
Mushrooms, sliced

1 green pepper, slivered  
Tomato juice, 1 c. or more  
(to keep moist)  
Garlic

One hour before serving, gently lay chops on top of baked sauce. Broil until brown, turning gently. Serve with rice pilaf and French bread.

# STRUKLJI (Rolled Dumplings)

Mrs. Frank J. Kralic  
Basa

Egg Struklji (Shtru-kley) Serve as Main Dish

Dough:

1 1/2 c. flour  
1 Tbsp. butter  
1 tsp. salt

1 egg  
1/2 c. lukewarm water

Sift flour in mixing bowl; cut in butter and add salt, 1 egg and enough lukewarm water (more or less than 1/2 cup called for, depending on flour texture) to make soft dough. Place dough on floured board and knead by hand until dough is smooth. Cover with warm bowl and let rest for half an hour.

## STRUKLJI (Continued)

Egg Filling: Slightly beat 3 eggs in bowl. Turn into buttered frying pan (just enough so eggs will not stick) and cook over low heat, stirring occasionally until eggs are cooked (do not overcook eggs).

2 Tbsp. melted butter

Place dough on cloth-covered table, sprinkled with flour. Roll dough very thin with rolling pin. Spread melted butter over dough following with egg, spreading smoothly over all areas of dough. Roll up as for jelly roll. Wrap rolled dumplings in a wet cloth (cheesecloth or tea towels). Tie both ends with cord and fasten. Place into boiling salt water and cook for one-half hour. When cooked, untie, unwrap and cut dumplings into pieces about 2 inches long. Top with browned buttered bread crumbs and serve.

## ZENKARFA

Mrs. John F. Snyder

(Slovenian dish similar to ravioli)

1 1/2 c. flour, slightly  
salted

1 egg  
Enough water to make a smooth  
dough

Mix dough, knead, cover and let rest all day. Roll dough into rectangle 1/4 inch thick and cut into 4 x 4 inch squares. Spoon filling on square and pinch edges together. Drop into gently boiling salted water and cook for 10 minutes.

### Filling:

2 c. ground cooked meat  
1/4 onion, chopped or  
ground

1/2 c. bread crumbs  
1 egg  
Salt and pepper to taste

Mix together and brown in skillet before spooning on dough squares.

## CURRY SAUCE - MEAT BALLS

Jo Bartlett

2 (# 2) can tomatoes, chopped  
3 tsp. curry powder (more  
or less - it's hot)  
1 tsp. salt

1 tsp. sugar  
1 Tbsp. parsley flakes  
1 Tbsp. instant onion

Make your favorite meat balls. Roll in flour; drop in sauce and simmer 1 1/2 hours. Serve over rice.





## TROUT PIE

Rosemary Mokr

- |   |   |
|---|---|
| 1 pie shell   | 1/4 c. corn                                       |
| 1, 2 (or several imaginary)<br>trout, cooked, boned and<br>broken into pieces | 1/4 c. sliced mushrooms                           |
| 2 large eggs, slightly beaten   | 1 Tbsp. butter                                    |
| 1/4 c. chopped onion and<br>green pepper                                      | 1 c. basic white sauce                            |
|   | 1 Tbsp. sherry                                    |
|   | Salt, pepper, garlic powder,<br>turmeric to taste |

Sauté onions, green pepper and mushrooms in butter. Add corn. Mix vegetables with eggs, white sauce, sherry and seasoning. Fold in trout pieces. Pour into pie shell; bake at 350° for approximately 45 minutes, or until knife inserted comes out clean. Serve with lemon wedges.

## CRAB ON BUNS

Marie R

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1 can King crabmeat         | 1 Tbsp. catsup                  |
| 2/3 c. mayonnaise           | 1 Tbsp. Worcestershire<br>sauce |
| 1 c. grated sharp cheese    | 8 hamburger buns                |
| 1/4 c. green onion, chopped |                                 |
| 1/2 c. diced celery         |                                 |

Butter hamburger buns. Place crab mixture on top of each 1/2 bun. Broil only until bubbly and slightly brown (1 or 2 minutes). Serve with potato chips and relishes. Serves 8 for luncheon.

LEANES SHRIMP (Low Calorie)  
6)

Caroline Mitchell

butter	2 c. stewed canned tomatoes
onions, chopped fine	1 tsp. paprika
green peppers, chopped fine	1 1/2 lb. jumbo shrimp
clove garlic, chopped fine	

Melt butter in large skillet. Add onions, peppers and garlic and cook slowly until tender. Add tomatoes and simmer for 30 minutes. Add the paprika, salt and pepper and shrimp (shelled and cleaned) and cook for five minutes. Serve with rice to which small amount of cayenne has been added. Italian Soane wine good served with this.

CALLOPS TORIAN

Fred Lane

1/2 lb. scallops	1/2 tsp. dill
2 c. white wine	1/2 tsp. salt
1 tsp. lemon juice	1/4 tsp. pepper
1 Tbsp. chopped scallions	1/2 c. half and half
1 Tbsp. chopped parsley	1/4 c. bread crumbs
	2 Tbsp. butter

Place scallops in casserole dish. Blend wine, lemon juice, scallions, parsley, dill, salt and pepper. Pour over scallops. Sizzle half and half over it, sprinkle with bread crumbs; dot with butter and bake, uncovered, in a 450° oven for 15 minutes. Place under broiler for a few minutes until golden brown and serve immediately. Serves 6.

SHRIMP SCAMPI

Fred Lane

1/2 lb. shrimp	1/2 c. parsley, finely chopped
2 c. olive oil	4 cloves garlic, finely chopped

Clean and devein shrimp; heat olive oil in skillet and saute shrimp over medium heat for 5 minutes. Season with salt and pepper. Remove shrimp to preheated casserole dish. Add parsley and garlic to the oil in skillet; shake for a few seconds over flame and pour over shrimp. Serves 6.

SHRIMP AND CRAB

Hilda Thurston

1/2 lb. crabmeat	1/3 c. fresh parsley, chopped
1 lb. medium shrimp	2 c. long grain cooked rice
1 green pepper, sliced thin	
and 2 inches long	1 1/2 c. real mayonnaise

## SHRIMP AND CRAB (Continued)

2 pkg. frozen peas, thawed                      Salt and pepper to taste  
(but not cooked)

Toss lightly. Place in greased casserole, covered. Bake 1 hour at 350°, covered. Serves 6.

## SEAFOOD SUPREME

Mrs. Peter N. Guy

1 pkg. frozen scallops                      1 can cream of chicken soup  
2 or 3 (6 oz.) pkg. Wakefield              1 can cream of mushroom soup  
frozen King crab                              1 stick butter (1/2 cup)  
Bay leaf    1/4 tsp. white pepper  
Dash Tabasco                                   1 oz. sherry  
Pinch red pepper

Cook scallops in boiling salted water, to which bay leaf has been added, until barely cooked, 4 to 5 minutes. Drain and set aside to cool. Drain crabmeat. Mix soups over very low heat with butter, white pepper, Tabasco and red pepper. When smooth, add seafood and sherry. Serve in patty shells or over rice. I sometimes use shrimp instead of crab. Everything is good. This serves 4.

## SHRIMP CREOLE

Laura Durrenberger

1 medium onion, chopped                      1 lb. fresh or frozen shrimp  
1 green pepper, chopped                      or 2 cans shrimp  
1 bay leaf    1 stalk celery, chopped  
Parsley    1 large can tomatoes  
1 pkg. okra (frozen)                              1/2 tsp. salt  
    1/4 tsp. pepper

Saute onion, celery, green pepper in large skillet; add tomatoes, salt, pepper and bay leaf. Simmer 1/2 hour; add okra. Simmer 15 minutes; add shrimp and cook until pink. Serve hot over rice.

## SCALLOPED CRAB

Esther Benninghoff

1 1/2 c. crabmeat                              Chopped parsley  
5 Tbsp. butter                                   1 tsp. onion-juice  
4 Tbsp. flour                                   Salt and pepper  
2 c. milk     1 c. soft bread crumbs

Make white sauce with the butter, flour and milk. Add the chopped parsley, onion-juice, salt and pepper. Mix this with

## SCALLOPED CRAB (Continued)

the crabmeat and 1/2 cup bread crumbs. Fill shells or ramekins, place crumbs on top and dot over with butter. Bake at 350° for 20 to 30 minutes.

## CURRIED SHRIMP CASSEROLE

Mrs. Gordon A. Hardy

2 lb. shrimp, cooked	1 Tbsp. onion, chopped fine (sauteed in butter)
2 cans Campbell's shrimp soup, undiluted	1 lb. mushrooms (sauteed in butter)
1/2 c. green pepper, chopped fine (sauteed in butter)	1 tsp. curry powder
1/2 c. celery, chopped fine (sauteed in butter)	1 c. Minute Rice (let it stand in 1 c. boiling water a few min- utes; it should be moist)

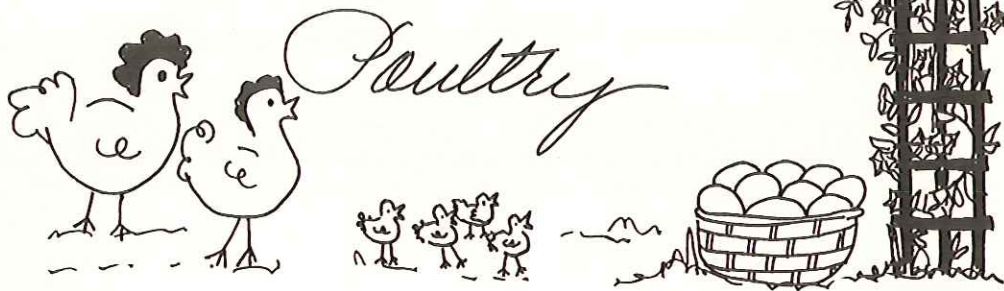
Put all ingredients in casserole. Bake 1/2 hour at 350°. Sprinkle buttered slivered almonds on top before serving. Serves 6.

## SWEET-SOUR FISH SAUCE (Serve hot over cold fish)

Henry L. Stein

6 ginger snaps (Nabisco)	1 c. hot bouillon or fish broth
1/4 c. vinegar	1/4 c. raisins
1/2 c. brown sugar	1/4 c. slivered almonds
1/2 tsp. onion juice	1 lemon, sliced thin

Heat gently together.



### GRANDMA SEUSS'S DRESSING

Mrs. Stuart B. Duncan  
Snowmass, Colo.

1 pkg. (large) Ritz crackers	1/2 c. melted butter
1 c. sugar	1/2 nutmeg, grated
1/2 medium sized onion, grated	2 eggs
Boiling water	Salt and pepper

Pour boiling water over crackers, just enough to soften. Add rest of ingredients and mix. Allow to stand for sometime in order to blend and cool. Excellent with chicken, turkey or pork.

### CHICKEN TARRAGON

Helen Sullivan

4 chicken breasts, boned	1 tsp. salt
Juice of 2 lemons	1/4 stick butter
1 tsp. tarragon	

Marinate chicken in lemon juice 1/2 hour. Sprinkle with crushed tarragon and salt and bake at 350° for one hour, basting occasionally with the lemon juice and butter. Serves 4.

## CHICKEN WITH WINE

Molly MacKinnon

We often have this camping.

1 cut up chicken	Salt and pepper to taste
1 small onion, sliced	1/3 c. white or red wine
1/4 c. butter	

Brown chicken well in butter. Add onion and salt and pepper and wine. Cook slowly, covered tightly, for 20 to 30 minutes. Serve with noodles or rice. Serves 4.

## BAKED CHICKEN FRENCH STYLE

Nancy Thorpe

1 broiler-fryer chicken (3 lb.) (whole)	1 yellow onion
2 tsp. salt, divided	2 Tbsp. butter or margarine
1 tsp. Accent	12 small white onions, peeled
1/2 tsp. dried leaf thyme	12 small potatoes, pared
4 parsley sprigs	1/4 c. dry sherry or giblet broth
2 celery tops, with leaves	Chopped parsley

Sprinkle inside of chicken with 1 teaspoon salt, Accent and thyme. Place parsley, celery tops and yellow onion in cavity of chicken. Tie legs together, then to tail. Place chicken in heavy casserole with tight-fitting lid. Dot with butter. Cover and bake at 375° for 30 minutes. Add white onions and potatoes; sprinkle with remaining 1 teaspoon salt. Add sherry. Cover; bake 30 minutes longer. Remove cover; bake until chicken and vegetables are browned and tender, basting frequently with juices in casserole. Serve sprinkled with chopped parsley. Makes 4 servings.

## SWEET AND SOUR CHICKEN

Jean Knight

1 (8 oz.) bottle Russian dressing	1 envelope Lipton's onion soup mix
	10 oz. apricot & pineapple preserves

Mix together above ingredients. Place 12 to 15 pieces of chicken skin side down in pan. Cover each piece of chicken with sauce. Bake for half hour at 350° then turn to skin side. Cover each piece again with sauce; bake for half hour more or until done. Serve extra sauce with rice.

## NAPPA VALLEY CHICKEN

Jane Stapleton

1 (3 lb.) chicken fryer/broiler	1/3 c. water
Seasoned flour	2 Tbsp. lemon juice
1/4 c. butter	1 minced onion (medium size)
1 c. catsup	1 Tbsp. Worcestershire sauce
1/2 c. sherry	2 Tbsp. melted butter
	1 Tbsp. brown sugar

Coat chicken with seasoned flour and saute in butter until lightly brown. Preheat oven to 325°. In saucepan, combine next 7 items and bring to a boil; pour over chicken in casserole dish and bake 1 1/4 hours. Serves 4.

## CHICKEN AND AVOCADO

Dottie Wolcott

2 whole chicken breasts, boned and sliced thin	1/2 to 1 c. heavy cream
3 or 4 avocados, in chunks	2 tsp. cornstarch
1/2 to 1 c. white wine	Beau Monde seasoning
	Scallions (optional)

Cook chicken in butter 5 minutes per side. Add 1/2 cup wine and cook a few minutes more at lower temperature. Add 1/2 cup cream (room temperature) slowly, followed by seasoning and scallions. Add avocado chunks and 1/4 cup white wine mixed with the cornstarch; cook only another 5 minutes. Add more wine only if desired.

## BAKED CHICKEN

Joan Pomeroy

1 pkg. dry chipped beef	1 c. mushroom soup
1/2 ctn. dairy sour cream	6 chicken breasts

Chop chipped beef up fine and place on bottom of foil-lined pan large enough to hold chicken breasts. Place chicken, breast side down, on beef. Mix sour cream and mushroom soup and pour over chicken. Cook in 300° oven for 3 hours. Serves 4.

## CHICKEN CREPES

Mrs. John (Betsy) Freitas

Crepe Batter:

3 eggs	2 1/2 Tbsp. salad oil
1/4 c. flour	Dash of salt
1/2 c. milk	

Beat all ingredients together and allow batter to set several hours, preferably overnight, in refrigerator. Use only a seasoned

## CHICKEN CREPES (Continued)

crepe skillet and wipe occasionally with oiled paper towel. Pour batter in heated pan and tilt to fill bottom of pan. Brown very lightly, turn and put on waxed paper. Refrigerate until ready for use. Will keep 2 days in refrigerator or may be frozen.

### Filling:

1 1/2 c. thick white sauce	8 (approximately) sliced water-chestnuts
2 Tbsp. sherry	3 tsp. minced shallots
2 c. cubed chicken	3 tsp. minced green onions

Mix filling; place in crepes and roll. Place in shallow buttered baking dish and refrigerate until ready for use.

Sauce: Beat 2 egg whites until stiff and combine with 3/4 cup mayonnaise. (May also add 1/4 cup creamed chicken soup.) Just before serving, cover filled crepes with sauce and liberally sprinkle with fresh grated Parmesan cheese. Bake at 375° for 10 to 15 minutes until bubbly.

## STUFFED CHICKEN BREASTS WITH MUSHROOM SAUCE

Catherine B. Jenson

4 chicken breasts	1/4 tsp. paprika
1/4 c. flour	1/4 tsp. pepper
1/2 tsp. salt	

Split chicken breasts just enough to fold. Combine next four ingredients in paper bag, add chicken and shake.

### Dressing:

2 c. dry bread cubes	1/4 tsp. poultry seasoning or sage
1 Tbsp. chopped onion	2 Tbsp. melted butter
1/2 tsp. salt	1/4 c. hot water
1/4 tsp. pepper	1/2 c. melted butter

Make herb stuffing. Mix bread, onion, salt, pepper, and poultry seasoning. Add 2 tablespoons melted butter, the water and toss gently. Fill the cavity in each piece of chicken. Skewer together with toothpicks. Dip chicken in 1/2 cup melted butter, place in baking dish. If any butter is left, drizzle it over top of chicken. Bake at 325° 45 minutes. Turn and bake an additional 45 minutes or until tender. Pour sauce over chicken.



STUFFED CHICKEN BREASTS WITH MUSHROOM SAUCE  
(Continued)

Sauce:

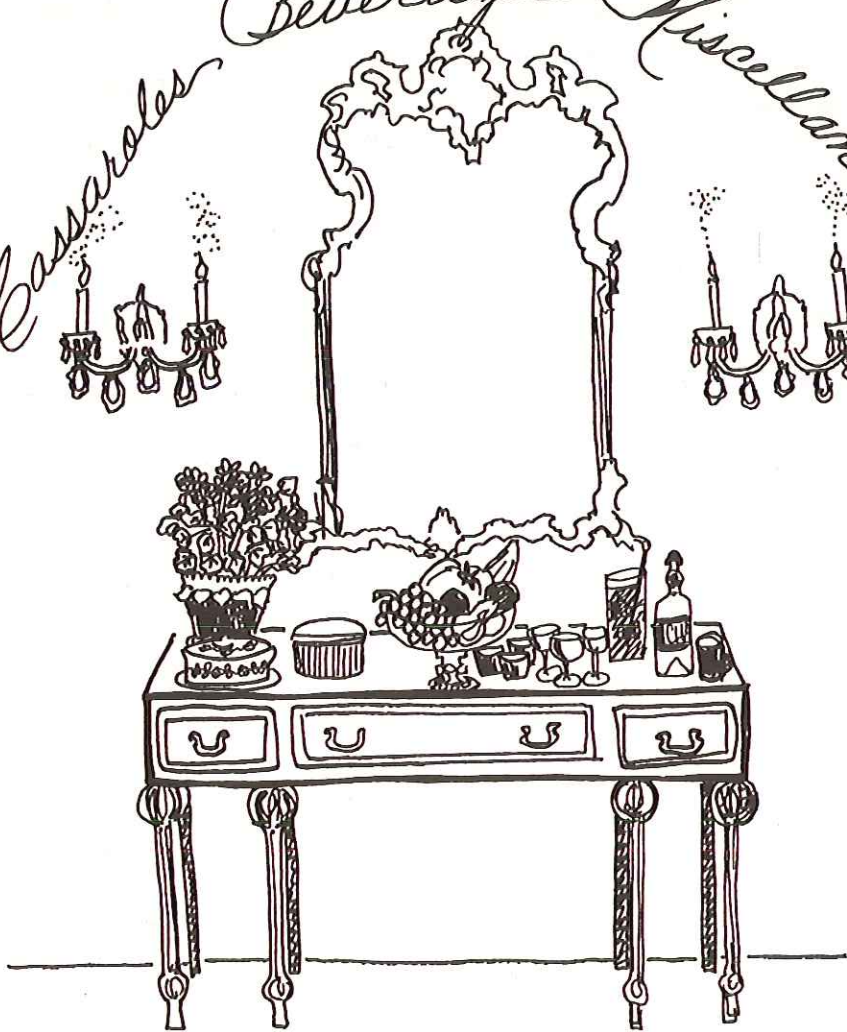
1/2 lb. fresh mushrooms, cut	1/2 c. cream (half and half)
1/4 c. minced onion	1/2 c. sour cream
2 Tbsp. butter	1/2 tsp. salt
2 Tbsp. flour	1/4 tsp. pepper

Brown mushrooms and onions lightly in butter. Cover and cook 10 minutes. Stir in flour, add cream, sour cream and seasonings. Heat slowly, stirring constantly, almost to the boiling point.

\* \* EXTRA RECIPES \* \*

\* \* EXTRA RECIPES \* \*

*Cassavales* Beverages *Miscellaneous*



# Food Quantities for Serving 25, 50 and 100 Persons at Picnic

*Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.*

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
<b>Sandwiches:</b>			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
<b>Meat, Poultry or Fish:</b>			
Wieners	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Ham (bone in)	14 pounds	28 pounds	55 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
<b>Salads, Casseroles:</b>			
Potato Salad	4¾ quarts	2¾ gallons	4¾ gallons
Scalloped Potatoes	4¾ quarts or 1 12x20" pan	8¾ quarts	17 quarts
Spaghetti	1¾ gallons	2¾ gallons	5 gallons
Baked Beans	¾ gallon	1¾ gallons	2¾ gallons
Jello Salad	¾ gallon	1¾ gallons	2¾ gallons
<b>Ice Cream:</b>			
Brick	3¾ quarts	6¾ quarts	12¾ quarts
Bulk	2¾ quarts	4¾ quarts or 1¾ gallons	9 quarts or 2¾ gallons
<b>Beverages:</b>			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
<b>Desserts:</b>			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

## CASSEROLES, BEVERAGES, MISCELLANEOUS

### CHEESE DISH

Mrs. Dolores Stutsman

4 slices buttered bread  
(white or whole wheat)

1/2 lb. grated Cheddar  
cheese

Layer cheese and cubed bread in casserole. Beat 2 eggs,  
add:

1 1/2 c. milk  
Salt

Pepper  
Chili powder

Pour over cheese dish. Let stand 20 minutes before baking.  
Bake at 375° for 45 minutes.

### VEAL OR PORK CASSEROLE

Pearl Hobgood

4 lb. meat  
3 c. onions  
2 ctn. sour cream  
2 oz. American cheese, grated

1 ctn. (that sour cream came  
in) of cream sherry & one  
cup water  
1 Tbsp. chicken bouillon  
1 lb. mushrooms or a can of  
mushrooms

Cut meat in cubes; salt, pepper and flour; brown in fat. Then  
in large bowl, put sour cream, wine, cheese, onions, and chicken  
bouillon; mix well; pour over meat in casserole. Put mushrooms  
in about 10 minutes before you take it out. Bake at 350° for 1 1/2  
hours or until done. Put over vermicelli or rice. This will  
serve 6 or more.

### SAUSAGE--POTATO CASSEROLE

Mrs. Paul Michel

1 lb. pork sausage links  
5 large potatoes, sliced  
Bread crumbs thin

1 (# 303) can tomatoes  
Salt and pepper

Fry sausage until brown and cut into small pieces. Layer  
potatoes, tomatoes, sausage until all ingredients are used; top  
with bread crumbs. Bake at 375° for one hour or until potatoes  
are soft. Serves 5-6.

### COUNTRY CHICKEN CASSEROLE

Ann Loughridge

2 Tbsp. butter or margarine  
1 1/2 c. chopped onion  
2 c. chopped celery  
3/4 c. raw rice

1 can mushroom soup  
1 c. broth  
1 1/2 c. water

## COUNTRY CHICKEN CASSEROLE (Continued)

Use meat from large stewed chicken (taken off bones) or equivalent frozen or canned chicken meat.

Put butter, onion and celery in skillet. Cook, but do not brown. Add other ingredients and mix. Pour into greased casserole and bake at 325° for 1 1/2 hours, with cover. Then, uncover, add 1 1/2 cups cashew nuts and bake 15 minutes more. Serves six.

### CHICKEN AND RICE CASSEROLE

Mrs. Fred Pearce

1 can cream of chicken soup	3 c. cooked rice
1 can Cheddar cheese soup	1 c. cooked peas
1/2 c. milk	1/4 c. chopped pimiento
1 (5 oz.) can boned chicken (use more if desired)	(optional)

Blend above ingredients in a 1 1/2 quart casserole. Bake in a 350-375° oven about 25 minutes. Serves 6. (Yummy and so easy; nutritious too.)

Variations: Frozen vegetables, thawed are great; green string beans; medley of vegetables; shredded processed cheese can be substituted for Cheddar cheese soup.

### CHICKEN CASSEROLE

Mona J. Frost

(This recipe serves eight.)

4 Tbsp. flour	1/2 tsp. salt
4 Tbsp. margarine	1/4 tsp. Worcestershire sauce
1 c. chicken broth	1/4 tsp. pepper
1 c. diced celery	1 Tbsp. lemon juice
2 tsp. minced onion	3/4 c. mayonnaise
1/2 c. slivered almonds	2 1/2 c. diced chicken which has been boiled
2 hard-boiled eggs, chopped	2 c. crushed potato chips

Make white sauce of first three ingredients. Mix with chicken; add all other ingredients except potato chips; mix well. Put half of potato chips on bottom of casserole; add mixture; cover with remaining potato chips. Bake, uncovered in 400° oven for 15 or 20 minutes.

## CHICKEN CASSEROLE

Pearl Hobgood

- 2 (10 oz.) frozen broccoli, or  
can use fresh
- 2 cans cream of chicken soup  
(DO NOT DILUTE)
- 1 c. mayonnaise

- 1 Tbsp. lemon juice
- 1/2 tsp. curry powder (or  
to taste)
- 1 c. grated Cheddar cheese

Line bottom of casserole with cooked broccoli, then pieces of chicken, then in bowl, mix mayonnaise, lemon juice, curry powder and cream of chicken soup, then pour over chicken and broccoli, then sprinkle grated cheese over top. Bake 30 or 40 minutes or until hot; bake at 325°. Will serve 6 to 8 people.

## GREENS CASSEROLE

Mrs. David E. Desorcy

- 1 medium head romaine,  
chopped
- 1 medium head cabbage,  
chopped
- 1 medium head endive,  
chopped

- 2 c. chopped celery
- 2 c. leftover tomato meat sauce
- 1 c. Parmesan cheese
- 6 eggs

Cook greens with one chicken bouillon cube in very little water until tender. Drain. In bottom of casserole, put some of the sauce, add a layer of greens, season with cracked pepper and Parmesan cheese, add more meat sauce, and continue until all ingredients are used. Use a casserole large enough to leave about one inch of space at the top. Beat eggs, pour over the casserole; bake in 350° oven for about 1/2 hour or until eggs are puffy. This freezes well without the eggs.

## BEEF CASSEROLE

Barbara Endsley

- 4 c. noodles
- 1 Tbsp. butter
- 1 lb. hamburger
- 2 (8 oz.) cans tomato sauce
- 1/2 lb. cottage cheese

- 1 (8 oz.) pkg. cream cheese
- 1/4 c. sour cream
- 1/3 c. chopped onions
- 1 Tbsp. minced green pepper
- 2 Tbsp. melted butter

Cook noodles and drain. Brown meat in butter and stir in tomato sauce. Remove from heat. Combine cottage cheese with cream cheese, sour cream, chopped onions, and minced green pepper.

Place half of the noodles in a 2 quart baking dish and cover with the cheese mixture. Place remaining noodles on top. Pour melted butter over noodles and top with tomato-meat sauce. Bake at 375° for 45 minutes.

## LAYERED SPAGHETTI AND SPINACH

Mrs. Robert Chamberlain

4 to 6 oz. spaghetti  
1 cube butter  
1 clove garlic, crushed

Parmesan cheese  
Salt to taste

### Filling:

1 lb. or one pkg. frozen  
spinach

1/2 c. grated Parmesan  
cheese

1/2 lb. Ricotta or small  
curd cottage cheese,  
drained

1/4 tsp. nutmeg

1/4 tsp. ground pepper

Cook spinach, drain thoroughly and chop fine. Mix in Ricotta or cottage cheese, Parmesan, nutmeg and pepper until smooth. Salt to taste. Cook spaghetti in boiling salted water until just tender, drain and rinse in cold water. Melt butter and garlic. Place half of spaghetti in buttered casserole; dribble half of butter over. Place spinach filling over and spread evenly, followed by layer of spaghetti. Pour remaining butter over top layer and sprinkle with Parmesan cheese. Bake in 350° oven 30 to 45 minutes.

## NOODLE RING

Mrs. Kenneth Chalmers

1 (8 oz.) pkg. broad noodles,  
cooked until barely tender

1 onion, chopped and sauteed  
in butter

1 1/2 pkg. chopped spinach,  
cooked and drained

3 eggs, slightly beaten

1/2 c. butter

1 c. sour cream

Mix noodles, onion and spinach. Fold in eggs and sour cream, blend well. Season with salt. Pour into greased ring mold. Bake in pan of hot water for 45 to 55 minutes at 350°. Fill with any mixture such as creamed fish or chicken or other foods such as vegetables.

## IRISH COFFEE

Mrs. Fred Pearce

Coffee  
1/2 tsp. vanilla  
1/2 pt. cream

4 tsp. sugar  
Irish whiskey

Whip 1/2 pint of heavy cream with 4 teaspoons sugar and 1/2 teaspoon vanilla. Place in refrigerator to keep chilled. Make full strength coffee and pour into 6 coffee cups or Irish coffee mugs.



IRISH COFFEE (Continued)

Fill the cups to within an inch of the top. Add 1 teaspoon sugar and stir. Into each, pour 1 jigger of whiskey and whipped cream. Serve immediately. Use no teaspoons at the place of setting so that the guests cannot stir the coffee -- that ruins it entirely.

\* \* EXTRA RECIPE \* \*

# Miscellaneous



## OVEN PANCAKE

Mrs. J. M. Marshall

Make just one huge pancake to eat by yourself or to share with your wife. Beat 3 eggs with a fork to blend. Slowly add 1/2 cup flour, beating constantly. Stir in 1/4 teaspoon salt, 1/2 cup milk and 2 tablespoons melted butter. Grease a 10 inch skillet (handle must be heat-proof or removable) and pour the batter into the cold pan. Slip it into the oven, heated to 450°. Bake 18 minutes at 450°, then 10 minutes at 350°. The results will have you popeyed. Serve with melted butter, powdered sugar, and a lemon wedge or honey butter.

## COTTAGE CHEESE PANCAKES WITH STRAWBERRIES

Trudy Baar

3/4 c. flour  
1/2 tsp. salt  
2 Tbsp. sugar  
3/4 tsp. soda  
4 eggs

1/2 c. cream  
1/2 pt. sour cream  
2 Tbsp. melted butter  
1/2 lb. cottage cheese

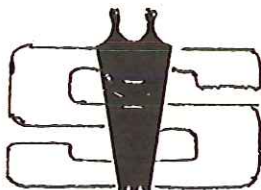
Sift flour with salt, sugar and soda. Beat egg yolks until thick. Add cream, sour cream, melted butter and cottage cheese. Mix with dry ingredients. Beat egg whites until stiff, fold gently into batter. Drop by spoonful into hot griddle spreading out each one with a spoon so pancake won't be too thick. Serve with sweetened crushed berries.

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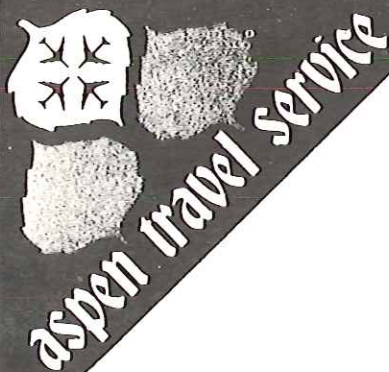
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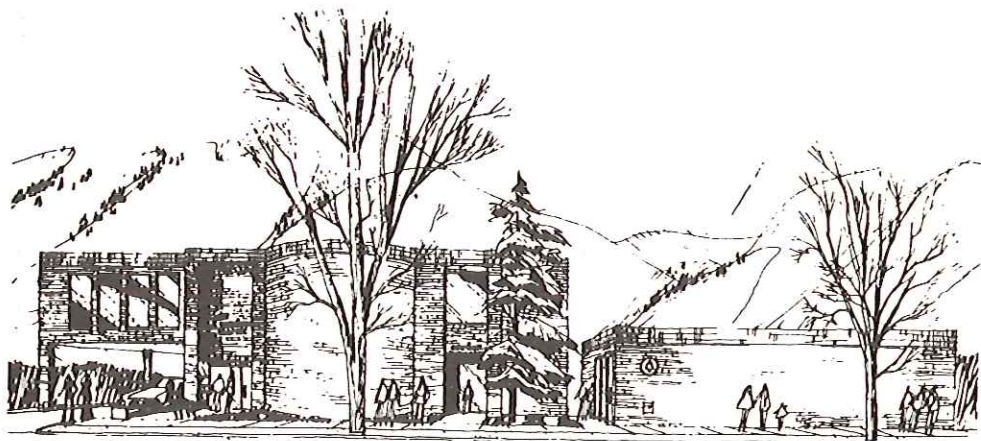
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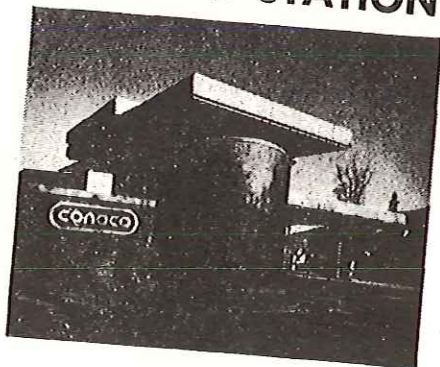


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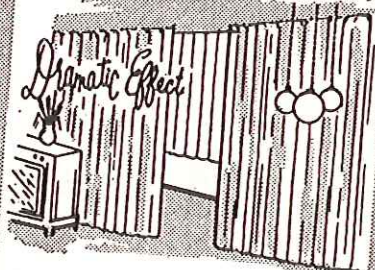
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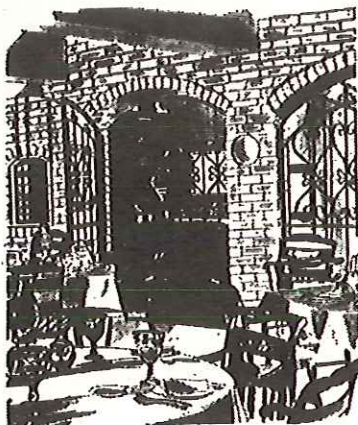
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## EGG SOUFFLE A LA PROSPECTOR

Mrs. F. P. Stone

1 stick butter	Parmesan cheese - 2 Tbsp.
8-10 slices bread, with crusts removed	Lemon pepper
8 oz. grated Cheddar cheese	Paprika
6 eggs, beaten	1 can cream of mushroom soup
2 c. milk	1/2 can milk
Dash cayenne pepper	1/4 c. chopped green onions
	Bacon bits

Melt butter in 9 x 13 inch baking pan. Cut bread into small cubes and spread over bottom of pan. Beat eggs into milk and pour over bread as for custard. Add cayenne pepper, lemon pepper, paprika and Parmesan cheese to taste. Cover and refrigerate overnight (can be frozen at this point). Next morning, sprinkle green onions and bacon bits and top with cream of mushroom soup and bake at 350° for one hour. Let set for about 5 minutes before cutting into serving pieces. Serves 8 - 10.

## SOUFFLE SANDWICH

Esther Benninghoff

8 slices bread	3 c. milk
4 slices ham	1/2 tsp. salt
4 slices natural cheese	4 large eggs
Mushrooms (optional)	

Fit 4 slices of bread in the bottom of a rectangular baking dish. Place slices of the ham and cheese on bread. Top with 4 more slices of bread.

Beat eggs, add milk and salt. Pour over sandwiches and let stand one hour or longer. Bake at 325° for one hour, or until custard is set. Saute either fresh or canned mushrooms in butter and serve on sandwiches.

## CRABMEAT SANDWICH

Mrs. J. M. Marshall

Mix one large package cream cheese with a few drops onion juice and Worcestershire sauce. Add drained 6 oz. can crabmeat, plus enough half and half cream to make spreadable consistency. Spread on rusk. Add slice of tomato and slice of cheese. Broil four minutes. Sprinkle crumbled bacon on top and serve with a spiced peach.

## APPLE FRITTERS

Pare and core four large cooking apples. Slice them into rings about 1/4 inch thick. Dip them into batter and fry them in shallow oil until browned on both sides. Sprinkle generously with granulated sugar and serve them piping hot. They do wonders served with

## APPLE FRITTERS (Continued)

pork roast or pork chops.

Batter: Beat well 1 egg, beat in 1 1/4 cups of milk. Add:

1 1/4 c. sifted flour	1 1/2 tsp. baking powder
1/4 c. sugar	1/2 tsp. salt
2 Tbsp. soft shortening or oil	1/4 tsp. nutmeg

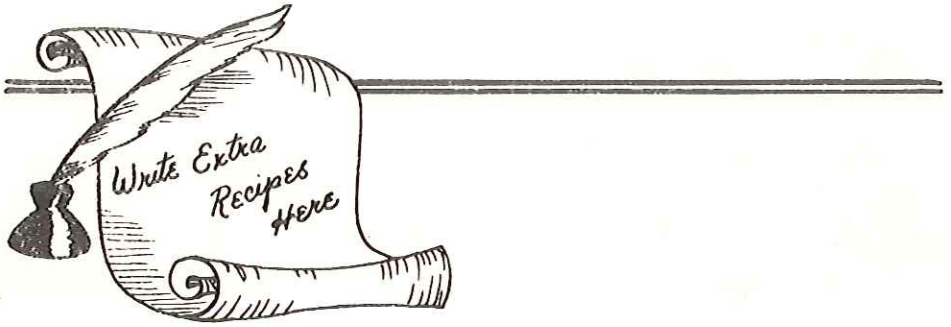
Mix well and dip apple rings into batter.

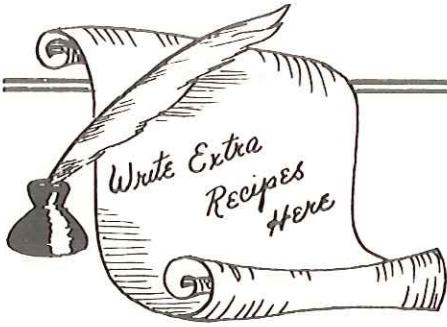
## MINCEMEAT

Anna Anderson

5 lb. lean beef	4 tsp. cloves
2 lb. suet	12 tsp. cinnamon
1 lb. citron	6 tsp. mace
12 lb. apples	5 tsp. allspice
4 lb. raisins	8 tsp. salt
4 lb. currants	2 qt. cider
6 lb. sugar	1 qt. vinegar
	2 qt. molasses

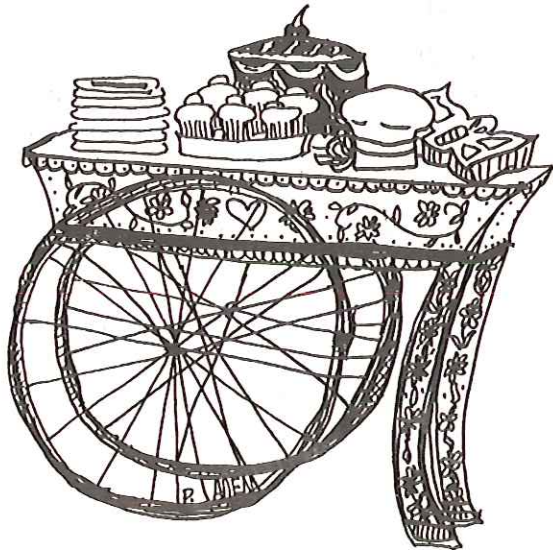
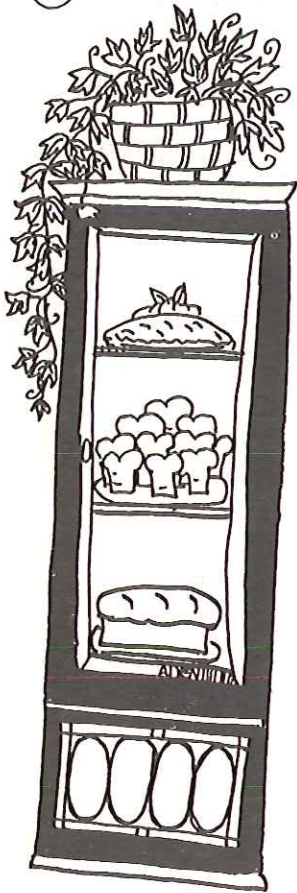
Cover the beef with boiling water and simmer until tender. Remove and measure about 2 1/2 cups of stock. Put meat and suet through the food chopper. Grind and add next four items and add the remaining ingredients and mix well. Bring slowly to a boil and simmer for about 1 1/2 to 2 hours. Pack at once into sterilized jars. Seal. Cool and store in a cool place.





Write Extra  
Recipes  
Here

# Bread Rolls Pastry



## HIGH ALTITUDE BAKING

**YEAST BREAD** needs only a shorter rising time. To determine if bread has risen adequately, insert your finger into the dough about two inches. If finger goes in easily and leaves a hole, bread has risen—if no hole remains, bread needs to rise further.

**QUICK BREADS** need a 25° F. hotter oven and use 3/4 teaspoon baking powder at 5000 feet for each teaspoon of baking powder required at sea level. At 7000 feet, reduce the baking powder to 1/2 teaspoon for each teaspoon required.

**PIES** should be baked on the bottom shelf position, but in the same temperature oven as used for sea level baking.

**COOKIES**, if they are the thin, rolled variety or drop cookies, should be baked at the same temperature as at sea level; but bar type cookies need a 25° F. hotter oven for best results. Very rich cookies require about one Tablespoon more flour for each cup of flour called for and 1/2 Tablespoon more liquid for each Tablespoon flour added.

**ANGEL FOOD CAKES** need to be baked in a 25° F. hotter oven. The egg whites should be beaten only until soft peaks form and general purpose flour should be substituted for the cake flour.

## BREAD, ROLLS, PASTRY

### STAFF OF LIFE BREAD

Mary Eshbaugh Hayes

1 Tbsp. butter	1 yeast cake softened in
1 Tbsp. lard	1/4 c. lukewarm water
2 Tbsp. raw sugar (or honey)	2 c. stone ground flour (dark)
2 tsp. salt	4 c. light stone ground flour
1 c. scalded milk	6 Tbsp. powdered skim milk
1 c. boiling water	2 Tbsp. wheat germ

Put lard, sugar and salt in large bowl. Add liquids. Cool to lukewarm. Add yeast, skim milk, wheat germ and dark flour. Mix thoroughly. Add remaining flour gradually. Flour work-place, turn out dough and let "rest" for 10 minutes. Then knead, let rise, punch down, knead again and then shape, let rise in pans; bake at 325°

### WHOLE WHEAT BREAD

Mrs. Ethel J. McCabe

8 c. sifted all purpose flour	1 cake yeast
3 1/2 c. sifted whole wheat flour	4 c. lukewarm water or
5 1/4 tsp. salt	4 1/2 c. lukewarm whole milk
3/4 c. sugar	1/3 c. melted shortening

Dissolve the yeast, salt and sugar in warm water or milk. (Milk is preferred.) Blend the flours together, but hold out about 3 cups of flour until last. Add the dissolved yeast, etc. to the main portion of the flour and mix to a smooth well-blended mixture. Add and mix in the shortening. Then mix in a sufficient amount of the remaining 3 cups of flour to give a fairly stiff dough. Have dough fairly warm and put in a warm place. Let rise double in bulk and punch down. Let the dough rise half again and make into loaves. Let rise until double in bulk and bake at 400°. If bread starts to color too fast, turn down heat to 375°. Bake 50 to 60 minutes.

### RYE BREAD (A Swedish recipe)

Anna Anderson

4 c. water	1 cake yeast
1/2 c. light molasses	1 Tbsp. salt
1 Tbsp. lard	1 c. rye flour

Heat 3 1/2 cups water, molasses, salt and lard to boiling point. Pour over the rye flour. Let stand until lukewarm. Then add yeast which has been dissolved in the other 1/2 cup lukewarm water. Add enough white flour until you can handle it with ease.





## BREAD (Continued)

2 Tbsp. margarine or butter      1/4 c. chopped onion

Saute onion in butter. Combine egg and milk. Add to Bisquick plus 1/2 cheese and parsley. Bake in loaf pan at 400° for 25 minutes. Sprinkle remaining cheese and parsley on top. Drizzle more butter over all.

### PUMPKIN BREAD

Margaret A. Conner

2/3 c. shortening	1 1/2 tsp. salt
2 2/3 c. sugar	1/2 tsp. baking powder
4 eggs	1 tsp. cinnamon
1 (1 lb.) can pumpkin	1 tsp. cloves
2/3 c. water	2/3 c. walnuts
3 1/3 c. flour	2/3 c. raisins
2 tsp. soda	

Heat oven to 350°; grease and flour two 9 x 5 x 3 inch loaf pans; cream shortening and sugar; add eggs, pumpkin and water; blend in dry ingredients; stir in raisins and nuts. Bake 65 to 75 minutes.

### HONEY DATE BREAD

Elizabeth Stapleton

1 1/4 c. chopped dates	3 c. sifted all purpose flour
1 c boiling water	1 Tbsp. baking powder
2 Tbsp. vegetable oil	3/4 tsp salt
1/2 c. sugar	1/2 tsp. cinnamon
1/2 c. honey	1 medium egg, slightly beaten

Preheat oven to 350°. Prepare 9 1/4 x 5 1/4 x 2 3/4 inch loaf pan. Combine dates, boiling water, oil, sugar and honey. Mix thoroughly and cool to room temperature. Mix and then sift flour, baking powder, salt and cinnamon. Add egg to cooled date mixture and blend well. Add dry ingredients and beat about 20 strokes with a spoon or 30 seconds on low speed of electric mixer. Pour batter in pan and cut through 2 or 3 times with knife or spatula. Bake 60 to 70 minutes or until done. Let loaf stand in pan 10 minutes. Remove and allow to cool on rack.

### DATE COFFEE BREAD

Lena Van Loon

2 c. flour	1/4 tsp. salt
4 tsp. baking powder	

Sift together; add 4 tablespoons butter or margarine (cut in

DATE COFFEE BREAD (Continued)

with knife). Add:

1 egg  
1/2 c. chopped dates

1 c. milk (add this slowly)

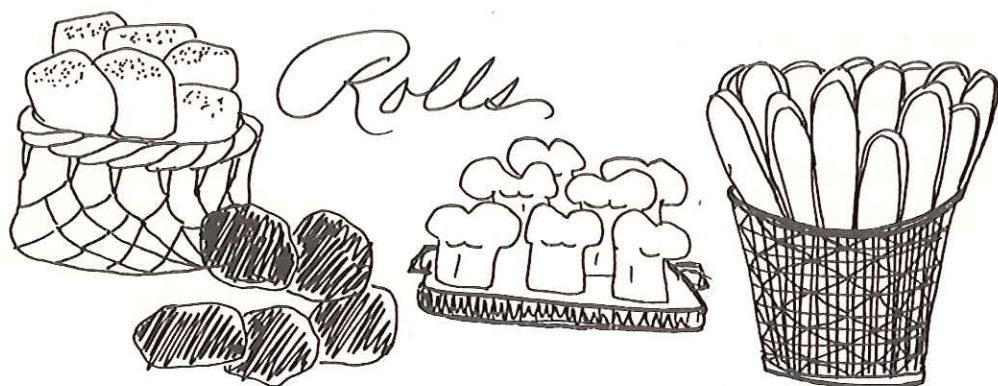
Pour into a greased shallow 8 x 8 inch pan. Spread with topping:

1/2 c. dark brown sugar  
2 Tbsp. butter

1 tsp. cinnamon  
1/4 c. chopped nuts

Spread this over top of dough and bake 20 minutes in a moderate oven. Serve warm or cold.

\* \* EXTRA RECIPES \* \*



### BUTTERHORN ROLLS

Mrs. Dolores Stutsman

1 pkg. yeast  
 1 1/4 tsp. salt  
 4 1/2 c. flour  
 1/2 c. melted butter

1/4 c. sugar  
 3 beaten eggs  
 3/4 c. milk, scalded  
 1/4 c. warm water

Soften yeast in warm water. Add melted butter, sugar, salt and eggs to cooled, scalded milk. Beat in flour. Knead. Let raise about 1 1/2 hours. Divide dough into 4 equal pieces. Roll each into a circle about 1/4 inch thick. Cut with sharp knife into 8 pie shaped pieces. Brush lightly with melted butter. Roll up, beginning at wide end and seal ends firmly. Place on greased baking sheets about 2 inches apart. Cover and let rise 35 minutes. Bake at 350° for 20 minutes.

### BEER MUFFINS

Julia Kleven

1 can room temperature beer      4 Tbsp. sugar  
 4 c. Bisquick

Mix together and bake in muffin tin at 400° for 15 minutes.

### CHEESE MUFFINS

Mary Eshbaugh Hayes

1 egg  
 1 c. milk  
 1/2 c. diced cheese  
 1 1/2 c. flour

4 tsp. baking powder  
 3 Tbsp. lard  
 1/2 tsp. salt

## CHEESE MUFFINS (Continued)

Mix the egg, milk and cheese together. Sift the flour, salt and baking powder together. Combine the two and add the melted lard. Turn into greased muffin tins and bake in a hot oven (400°) for 20 minutes.

## COFFEE CAKE

Dorothy Koch Shaw

1 cake yeast (or 1 pkt. dry yeast)	4 c. flour
1/2 c. sugar	3 eggs, beaten
1/2 c. butter	1 c. sweet milk, heated to lukewarm
	1/2 tsp. salt

Stir yeast with 1 tablespoon of sugar until liquid; add remaining sugar and beaten eggs. Add rest of ingredients and knead until smooth. Use more flour if necessary to make a soft dough which is stiff enough to knead. Put in greased and covered crock or bowl at night and knead down first thing in the morning. Divide dough for cake pans, pat dough in pans about 1/2 inch thick; mix together sugar and cinnamon and sprinkle on dough; dot small pieces of butter on the cake and let rise until double. Bake in 400° oven 20 or 30 minutes or until done.

## FRENCH COFFEE CAKE

Bonnie Brucker

4 c. flour	1 c. warm milk
1/4 c. sugar	3 eggs, separated
1 tsp. salt	1 pkg. yeast
1/2 lb. butter	1/4 c. warm water

Sprinkle with:

1 c. 4 X sugar (use with milk to frost baked loaves)	1 c. sugar
2 tsp. cinnamon	1 c. pecans

Sift together flour, sugar and salt; cut in butter until pea sized; add milk and well beaten egg yolks, stirring well. Add yeast which has been dissolved in warm water. Beat and let stand covered in tinfoil in refrigerator overnight.

Divide dough in 2 parts; roll each half into rectangle on floured board; spread over this, egg whites stiffly beaten. Sprinkle with mixture of cinnamon, sugar and nuts. Roll as jelly roll; put on greased pan; let rise until double. Bake at 350° for 35 to 45 minutes.



### 1970'S PIE CRUST

Josephine Mann

1/3 c. oatmeal  
1/3 c. wheat germ

1/3 c. toasted sesame seeds  
1/2 stick butter or margarine

Toast oatmeal in oven for 10 minutes at 250°. Add wheat germ, stir and bake for 5 more minutes. Add sesame seeds and butter. When butter is melted, mix well and pat into pie shell. Fill with your favorite chiffon filling.

### FOOLPROOF PASTRY

Mrs. Norris Taylor

1 pkg. cream cheese  
1/4 lb. butter

1 1/4 c. flour

Mix all ingredients and chill for 30 minutes. Roll very thinly on floured board. Very good to use for quiche, piroshki or tarts or any kind of rich pie.

### SUGAR PIE

Frances Lamb  
(Great Grandmother of Peggy Cooper Rowland)

1 c. sugar  
1 Tbsp. heaping flour

1/3 c. cream

Mix together and put in uncooked pie shell and dot with butter. Bake at 425° for 10 minutes, 350° for 10 to 15 minutes more.

## FRESH STRAWBERRY PIE

Betty Marolt

2 pt. fresh strawberries	1/4 tsp. salt
4 Tbsp. cornstarch	1/2 tsp. lemon juice
1 1/3 c. water	1 baked pie shell
1 c. sugar	Whipping cream

Mash eight small berries and add cornstarch and mix well. Combine water, sugar and salt. Bring to a boil, stirring until sugar melts. Add lemon juice. Gradually add the hot syrup to the crushed berries, stirring until smooth. Cook over medium heat, stirring until thick and clear. Add remainder of berries gently. Cool and pour into pie shell. Refrigerate until chilled and then top with whipped cream and serve.

## LEMON MERINGUE PIE

Barbara Guy

3 lemons, grated rind and juice	1 1/2 c. sugar
5 egg yolks (save 3 whites for meringue)	1 1/2 c. water
	3 Tbsp. butter
	5 Tbsp. flour

Put water in double boiler. Mix sugar, flour and a pinch of salt. Stir into beaten yolks; add lemon juice, rind and melted butter (make as smooth as possible). Stir into the heated water and cook until thick. Pour into baked pie crust and cover with your best meringue recipe. It is best to make the filling early in the day, put into the shell and leave in the refrigerator for a few hours. Then make meringue and bake, etc.

## DORLE'S DREAM-PIE

Dorle Ritsch

3 egg whites	1 tsp. vanilla
1 c. sugar	20 Ritz crackers, crushed
1 tsp. baking powder	3/4 c chopped pecan nuts

Beat egg whites until stiff. Add sugar, baking powder and vanilla. Fold in crushed crackers and nuts. Put in buttered pie plate and bake at 350° for 25 minutes. Serve with fresh strawberries and whipped cream, or else substitute with other fruits, like peaches, raspberries, etc. Serves 4.

## ANGEL PIE

Gwen Fordyce

4 egg whites	1/2 c. sugar
1/2 tsp. cream of tartar	3 Tbsp. lemon juice
1 c. sugar	Grated rind of lemon
4 egg yolks	1 c. heavy cream, whipped

## ANGEL PIE (Continued)

Beat egg whites until frothy. Add cream of tartar and beat until stiff. Gradually beat in sugar. Spread in a well greased 9 inch, deep-dish pie plate. Bake one hour at 250°. Set aside.

Beat egg yolks until thick. Gradually beat in sugar. Add lemon juice and rind, and cook in a double boiler until thick. Cool and spread lemon mixture on meringue. Cover with whipped cream, refrigerate until ready to serve.

## JUBILEE CHEESE PIE

Mrs. Dolores Stutsman

1 (No. 2) can cherry pie filling mix	1/4 c. sugar
1 (8 oz.) pkg. soft cream cheese	1/2 tsp. vanilla
2 eggs	1 c. commercial sour cream
	Nutmeg
	Unbaked 9 inch pie shell

Heat oven to 425°. Make a high edge on the pie crust. Put cherry filling in shell and bake 15 minutes. Beat cream cheese, eggs, sugar and vanilla until creamy. Reduce oven to 350°. Carefully spoon cheese mixture over top of cherry mix. Bake 30 minutes. Cool. Spread sour cream over top, sprinkle with nutmeg. Refrigerate.

## BUTTERSCOTCH PIE

Mary Vagneur  
Woody Creek

Make baked two pie shells for 9 inch pie plates.

Filling:

1 c. white sugar	Yolks of 3 eggs
1 c. brown sugar	4 Tbsp. flour

Put in double boiler 1 1/2 c. milk. Heat until hot and then add filling. plus flavor with vanilla. Cook in double boiler until thick. Then add 3 tablespoons of butter. Pour into baked pie shells. Spread meringue lightly on top. Bake until delicately browned. Let cool at room temperature. Bake 8 to 10 minutes in moderately hot oven (400°).

## MOLASSES PECAN PIE

Elizabeth Callahan

1/2 c. butter or margarine	1/2 c. heavy cream, whipped and sweetened
1 1/2 c. sugar	2/3 c. light molasses
3 eggs, slightly beaten	
1/4 tsp. salt	

## MOLASSES PECAN PIE (Continued)

1 tsp. vanilla extract                      1 c. coarsely chopped pecans

Line 9 inch pie pan with pastry; flute or crimp edge. Pre-heat oven to 375°. In saucepan, heat butter until melted. Add sugar and molasses; stir until mixture simmers. Slowly add hot syrup to eggs, stirring vigorously. Add vanilla, salt, and pecans. Mix well. Pour filling into pie shell. Place on lowest oven rack. Bake 40 to 45 minutes until just firm. Cool; serve with sweetened or whipped cream.

## PRALINE PUMPKIN PIE

Mrs. F. P. Stone

1 envelope gelatin	1/4 c. milk
1/2 c. cold water	1/2 tsp. salt
3/4 c. firmly packed brown sugar	1 tsp. cinnamon
1 c. cooked pumpkin	3/4 tsp. nutmeg
	1 c. heavy cream, whipped

Topping: Praline Crunch \*

1/4 c. butter or margarine	1 c. coarsely chopped pecan meats
1/2 c. sugar	

Sprinkle gelatin over water in saucepan. Stir constantly over low heat until dissolved. Combine in mixing bowl, pumpkin, milk, salt, cinnamon and nutmeg. Gradually blend in gelatin. Set aside. \* Make Praline Crunch: Melt butter in small skillet. Stir in sugar and add pecan meats. Cook over medium heat until sugar begins to turn golden, about 3 minutes. Remove from heat and turn out on a piece of foil until cool. Crumble into small pieces.

Sprinkle half the Praline Crunch mixture over bottom of baked 9 inch pie shell and add pie mixture. Chill until firm. At serving time, garnish with a ring of remaining Praline Crunch mixture and a dab of whipped cream.

## RAISIN CREAM PIE

Gladyce Christiansen

1 c. raisins                                      1/2 c. water

Stew until tender. Add:

1/2 c. sugar	1 c. cream
2 Tbsp. flour	2 egg yolks

Mix flour and sugar together. Add cream and well beaten



## RAISIN CREAM PIE (Continued)

egg yolks. Add to raisin mixture and cook until smooth. Pour into baked pie shell. Cover with meringue and brown.

## APPLE STRUDEL

Mrs. Frank J. Kralich  
Basalt, Colo.

2 c. flour	3/4 c. sugar (more or less depending on tartness of apples)
1/2 c. butter	
1/2 tsp. salt	1/2 tsp. cinnamon
1 egg, slightly beaten	3/4 to 1 c. melted butter
1/4 to 1/2 c. water (lukewarm)	Handful of raisins (if desired)
1 1/2 qt. tart apples, sliced thinly	

Mix flour, butter and salt. Add egg and water, mixing it quickly, to make a soft dough. Then place dough on floured board and knead by hand, stretching it up and down to make it elastic and until it leaves the board clean. Cover, let stand 30 minutes. Meanwhile, pare, core and slice apples and mix with sugar and cinnamon. Roll dough on a well-floured cloth, stretching until it becomes paper thin but does not break. Then brush well with melted butter and spread apples on dough. Drip 3 tablespoons more butter over the apples. Fold the two opposite ends of the dough over the apples, and by lifting edges of cloth; roll as for jelly roll. Trim edges, press together; place in pan. Bake in a hot oven, 400°, for 45 to 50 minutes, or until browned. Brush top with melted butter several times during the baking. Serve while slightly warm. Serves 4 to 6 people.

## STREUSEL

Gretl Uhl

### Dough:

1 c. flour	1 tsp. vanilla extract
1/4 c. sugar	1 egg
1 tsp. baking powder	1 stick butter

### Topping:

1 c. flour	1 tsp. cinnamon
1 c. brown sugar	1 stick butter

Filling: Any fruit filling equal 1 pound.

Make dough; knead; roll on floured board; fill bottom of 10 inch pie pan. Bake at 350° for 12 minutes. Fill with fruit filling.

## STREUSEL (Continued)

Mix all ingredients of topping, crumbling it. Put over fruit filling. Bake at 350° for 45 minutes.

## CINNAMON PUFFS

Mrs. F. W. Kalmes

2 pkg. yeast	1/2 c. shortening
1/2 c. (not hot) water	2 eggs
3/4 c. lukewarm milk	3 1/4 c. flour
1/4 c. sugar	1 Tbsp. vanilla
1 tsp. salt	

### Coating Mixture:

1/2 c. melted butter	4 tsp. cinnamon
1 c. sugar	

Combine yeast and water. Let stand 5 minutes. In large mixing bowl, combine milk, sugar, salt, shortening, eggs, yeast mixture and half of flour. Beat 2 minutes with electric mixer or by hand until smooth. Add remaining flour and vanilla. Beat 2 minutes by hand. Drop 1 tablespoon batter into well greased medium sized muffin tins. Place in warm place (80-85°). Let rise until double in size. Bake at 375° for 18 to 20 minutes. Dip sides and top in melted butter, then roll in cinnamon-sugar mixture. Makes 2 1/2 dozen puffs.

## POTICA

Jan Ducic  
Snowmass, Colo.

1 cake compressed yeast or 1 pkg. active dry yeast	1 tsp. salt
1/4 c. warm water	1 egg
3/4 c. lukewarm milk	1/4 c. soft shortening
1/4 c. sugar	4 c. sifted flour

### Filling:

1/4 c. soft butter	1/4 c. milk
1/2 c. brown sugar, packed	1/2 tsp. vanilla
1 egg	2 c. walnuts, finely ground (1 lb.)

Dissolve yeast in water. Stir in milk, sugar, salt, egg and shortening. Mix in flour until dough is easy to handle. Turn out on lightly floured board, let stand 10 minutes; knead until smooth

and elastic. Round up in greased bowl, bring greased side up. Cover with damp cloth, let rise at 85° until hole remains when finger is pressed deeply into dough (double in bulk), about 2 hours. Punch down, round up on board, cover, let rest 15 minutes. While dough is resting prepare the filling. Mix thoroughly the butter, brown sugar and egg. Stir in milk, vanilla and lemon extract, blend in walnuts. Place dough on large floured cloth and roll out almost paper thin into a rectangle 20 x 30 inches. Spread filling over dough, bringing it to the edges. Starting at the wide side of the rectangle, lift cloth and let dough roll up like a jelly roll. Place in greased oblong pan or on a greased cooky sheet in snail shape. Let rise until impression remains when dough is touched gently, about 1 hour. Bake 40 to 45 minutes at 325°. If top browns too fast, cover with brown paper.

APPLE TART

Monica Mocklin

1 3/4 c. flour	1 c. sugar
1/4 lb. butter	8 large apples
2 tsp. baking powder	2 eggs

Melt butter, add sugar and beat well. Add eggs, mix well, and add flour combined with baking powder. Beat well and spread on bottom of spring form. Pare apples and cut in eight slices. Top dough with apples and sprinkle with cinnamon. Bake at 350° for 1 hour.

Part 2:

1/4 lb. butter	2 eggs
1 c. sugar	

Pour melted butter, 1 cup sugar and 2 beaten eggs combined and mixed over apples and bake for another 15 minutes at 500°.

\* \* EXTRA RECIPES \* \*

Salads, Vegetables

Soups



F. ADEN

## TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then **COUNT THE TIME RECOMMENDED FOR EACH vegetable**. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and **PACK AT ONCE**.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

## SOUPS, SALADS, VEGETABLES

### MOTHER GOODIE'S JEWISH PENICILLIN Mrs. Norris Taylor

5 qt. cold water	1 stalk celery
6 pieces chicken or giblets	Sprig of parsley
1 carrot	1 bay leaf
1 onion	Salt and pepper

Cook soup until chicken is tender. Strain broth and bone and skin chicken. Reserve broth.

2 eggs	Pinch of freshly ground nutmeg
1 Tbsp. chicken fat	
Marrow or butter	1 Tbsp. chopped (fine) parsley
Pinch of salt	1/2 c. matzo meal

Beat eggs until light. Add everything else and carefully fold in the matzo meal as these should be fluffy when cooked. Form six balls and place on plate in refrigerator for at least 1 hour. Boil for 15 minutes in very rapidly boiling broth. Add cut up chicken and let stand for a couple of minutes to heat through.

### BIBLICAL SOUP (Lentil Soup)

Ellen Harland

1 lb. lentils	1 bay leaf
1 stalk celery, cut up	2 Tbsp. dill seed
1 carrot, cut into pennies	8 c. water
1 large onion, chopped	Salt and pepper
1 clove garlic, minced	

Mix these ingredients in large soup kettle, simmer until lentils are soft (3 hours at 8,000 feet above sea level). Now mix the following ingredients, form meat balls about the size of a walnut and drop into simmering soup. Cook approximately 30 minutes longer, correct seasoning and serve with homemade sour dough bread and a green salad for a full meal.

#### Meat Balls:

1 1/2 lb. lean ground lamb	1 clove garlic, minced
1/4 c. flour	2 Tbsp. onion, minced
1 Tbsp. dill weed	Salt and pepper

## VICHYSOISE

Mrs. Bob Perry

3 potatoes  
3 onions  
2 carrots  
1 celery  
Chives

Milk  
Salt and pepper  
Dash of cayenne  
Lawry's salt  
Chicken bouillon

Pressure cook in 1 1/2 cups water with 3 tablespoons chicken bouillon. Then put in blender (won't all fit at once) and blend until smooth. Chill. Before serving add milk or cream to thin to right consistency. Sprinkle each bowl with chopped chives.

## CONSOMME ROYAL

Dorle Ritsch

### Bouillon:

10 c. water  
1 lb. soup meat (or bones)  
1 Tbsp. salt  
1 bay leaf

1 carrot, peeled and cut up  
1 portion bouquet garni  
5-10 drops Maggi seasoning  
Dash of nutmeg

### Egg Sponges:

2 eggs  
1/2 c. milk  
Dash of nutmeg

1 tsp. salt  
Little butter  
Parsley (optional)

Boil all bouillon ingredients for 1 1/2 to 2 hours the day before. The day after, discard the grease with slotted spoon.

Mix eggs and milk in large bowl, put in salt and dash of nutmeg. Add parsley, if you wish. Put in greased double boiler, let boil on very low flame for approximately 45 minutes, covered. Center of the custard should be firm. Cut into little squares and spoon into bouillon. Very gently re-heat bouillon and serve. Serves 4.

## BORSCHT

Anna Hauser

Shin bone, with meat on it  
2 lb. brisket or other soup  
meat  
Medium-size cabbage,  
finely shredded  
2 onions, chopped  
1 or 2 cloves garlic  
2 large cans tomatoes  
2 large beets, diced

Juice of 6 lemons  
3 Tbsp. sugar  
1/2 bay leaf, crumbled  
4 Tbsp. chopped parsley  
1 pinch paprika  
1 pinch basil  
Salt, celery salt and pepper  
1/2 pt. sour cream



## BORSCHT (Continued)

Simmer meat and bone for 1 hour in water which just covers them. Add cabbage, beets, onions, tomatoes, garlic, lemon juice, sugar, parsley, basil, bay leaf, paprika, salt and pepper. Simmer gently until everything is well cooked. Taste after 2 hours, add salt, celery salt, pepper to taste and more sugar or lemon depending on how sweet or sour the soup is desired. One pint of water or less may be added if soup needs thinning. Before serving, remove bone and cut up meat into pieces. Top each individual plateful with large spoonful of sour cream at room temperature so not to chill the soup. Serve with rye or pumpernickel bread.

The trick: Putting in enough lemon juice.

## FRENCH CREAM OF ONION SOUP

Fabienne Benedict

4 medium-large onions  
4 c. milk  
2 c. water  
4 or more slices white toast

3 Tbsp. butter  
2/3 c. grated Parmesan  
Salt, pepper, garlic salt to taste  
Dash of grated nutmeg (optional)

Slice onions and saute in butter until golden but not brown. Add milk and water; bring to boil. Simmer for twenty minutes or more until onions are tender. Place slice of toast, topped with 2 tablespoons grated Parmesan, in each soup plate. Pour hot soup over toast. Serves 4.

## BUTTERDUMPLING SOUP

Gretl Uhl

Make soupstock or use good bouillon cubes for 6-8.

### Dumpling Dough:

2 Tbsp. butter, soft  
2 eggs

Approximately 2 Tbsp. flour  
Salt and nutmeg to taste

Cream butter, add eggs, etc., mass should be like a spread. Let stand for 5 minutes. Heat clear soup to boiling. With teaspoon, spoon in dumpling dough. Let soup come to a boil, turn down to simmer for 10 minutes; turn off. Let stand, covered, a while.

## CHILLED CUCUMBER BISQUE

Jane Kessler

3 large or 4 medium sized cucumbers	2 Tbsp. coarsely chopped fresh basil (1 tsp. dried)
2 c. regular strength chicken broth	1/4 c. butter or margarine
1/2 tsp. salt	1/2 c. sour cream
1/8 tsp. pepper	

Peel and slice cucumbers into 1/4 inch pieces (you should have about 2 quarts). Put cucumber in a saucepan with chicken broth, salt, pepper, basil, and butter; simmer, covered, for about 5 minutes (stirring midway), or until cucumbers are tender when pierced with a fork.

Pour broth and cucumbers into blender container (half at a time); whirl until smooth. Pour through wire strainer into large container. Repeat with remaining cucumbers and broth. Cover and refrigerate 3 hours or more. Just before serving, beat in sour cream with rotary beater. Makes 4-6 servings.

## GAZPACHO

Peggy Baxter

2 (6 oz.) cans tomato juice	2 Tbsp. chopped green pepper
1/2 c. water	1/4 c. chopped cucumber
1 beef bouillon cube	1 Tbsp. olive oil
1 large ripe tomato, chopped	2 Tbsp. red wine vinegar
3 Tbsp. chopped onion	1 tsp. Worcestershire sauce
Salt and pepper	1/8 tsp. Tabasco

Heat tomato juice and water in saucepan. Stir in bouillon cube until dissolved. Remove from heat; add remaining ingredients, stir well and chill. Serves 4.



## CHICKEN SALAD

Woman's Society of Christian Service  
Aspen Community Church

5 c. cooked chicken, boned and  
cut in small chunks.

Set aside. Mix together the following:

1/2 c. Miracle Whip  
1/2 c. sour cream  
2 Tbsp. parsley  
2 Tbsp. chopped onion

1 Tbsp. lemon juice  
1/2 tsp. salt and pepper  
1/2 tsp. dry Good Seasons  
dressing (any flavor)

When mixed, add to chicken. Then add 3/4 cup diced celery,  
1 cup seedless green grapes, and 1 can Mandarin oranges.  
Serve with slivered toasted almonds on top. Serves 10.

## SWEETBREAD SALAD

Lib George

1 pair sweetbreads  
1 Tbsp. vinegar  
1 1/2 Tbsp. green onions  
French dressing

2 Tbsp. celery, chopped  
(optional)  
1 c. diced chicken (optional)  
Mayonnaise  
Salt and black pepper to taste

Soak sweetbreads in cold water for 1 hour, changing water  
2 to 3 times. Drain and plunge into boiling water to which 1 table-  
spoon vinegar has been added. Boil 20 minutes, drain and blanch  
in ice-cold water. Let stand 10 minutes. Remove membranes and  
pull into bite size pieces. Marinate in French dressing with the  
onions at least 1 hour. If celery and chicken are added, marinate

## SWEETBREAD SALAD (Continued)

them, too. After well marinated, drain and mix with mayonnaise and serve on lettuce.

## HERRING SALAD

Lotte Bresnitz

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 (12 oz.) jar herring in cream sauce | 1/2 c. walnuts, chopped coarsely |
| 1 tart apple, peeled and cubed        | 4 oz. cubed red beets (plain)    |
|                                       | 1/2 of large dill pickle, cubed  |
|                                       | 1 ctn. sour cream                |

Dice herring fillets in approximately 1/2 inch squares, put in medium bowl, with sour cream from jars. Add apples, nuts, beets and pickles. Season to taste with approximately 2 teaspoons of wine vinegar, salt, pepper, and 1/2 teaspoon tarragon. Fold in 1/2 - 3/4 cup sour cream. Put in refrigerator for a couple of hours, and serve either with crackers as appetizers, or with boiled, buttered, parsley potatoes as main dish. This recipe can be multiplied to suit number to be served. The above recipe serves 2 as main course.

## COLESLAW

Mrs. Lawrence M. Elisha

- |                                       |  |
|---------------------------------------|--|
| 1 (2 1/2 to 3 lb.) solid head cabbage | 2 Tbsp. sour cream                             |
| 2 or 3 hard-boiled eggs               | Best Foods mayonnaise (approximately 1 1/4 c.) |
| 3 Tbsp. chopped onion                 | 4 Tbsp. heavy cream                            |
|                                       | 2 Tbsp. vinegar                                |

Chop cabbage fine, add chopped eggs and onions. Mix and refrigerate until ready to be used. Mix remaining ingredients, makes approximately 1 pint dressing.

Just before serving season cabbage mixture with salt and pepper to taste, add about two tablespoons of sugar. Toss cabbage mixture with dressing until well coated.

## GERMAN POTATO SALAD

Mrs. F. P. Stone  
Prospector Lodge

- |                         |                              |
|-------------------------|------------------------------|
| 4 slices bacon          | 1/3 c. cider vinegar         |
| 1 1/2 Tbsp. flour       | 1/2 c. water                 |
| 1 Tbsp. sugar           | 3 Tbsp. minced green onions  |
| 1 tsp. salt             | 4 c. sliced, cooked potatoes |
| 1/4 tsp. pepper         | 2 hard-cooked eggs, sliced   |
| 4 tsp. prepared mustard |                              |

Fry bacon until crisp, drain, crumble and reserve. Add flour and sugar to 2 tablespoons bacon drippings. Cook a minute

## GERMAN POTATO SALAD (Continued)

and add salt and pepper, water and vinegar. Continue to cook and stir over moderate heat until thickened. Blend in mustard and onions. Pour mixture over cooked warm potatoes and heat until warmed through. Sprinkle with crumbled bacon and garnish with hard-cooked eggs. Serves 6-8.

## EGGPLANT SALAD

Mrs. Fred Pearce

Eggplants  
Salt  
Oil

Vinegar  
Oregano

Slice eggplants lengthwise. Cook in salted water until tender. Drain and let cool. Combine oil, vinegar, salt and oregano and pour over eggplant slices.

## WILTED LETTUCE SALAD

Jane Stapleton

Cut lettuce in small pieces and arrange on lettuce leaf. Sprinkle with chopped onion. Cut two strips of bacon (per person) and fry. To the bacon drippings, add the following:

4 Tbsp. vinegar  
1 Tbsp. catsup

Pinch dry mustard  
1 Tbsp. sugar

Mix well and simmer for just a moment. Then pour over lettuce and garnish with hard-boiled egg slices and the crumbled bacon.

## CAESAR SALAD

Reda Springer

1/4 tsp. garlic powder  
3/4 c. salad oil  
1 1/2 c. white bread cubes (or croutons)  
2 eggs, uncooked  
3 Tbsp. lemon juice  
2 Tbsp. Worcestershire sauce

1/2 tsp. salt  
1/4 tsp. pepper  
2 heads Romaine lettuce (wash and chill)  
1/4 c. crumbled Blue cheese  
1/4 c. Parmesan or Romano cheese

Mix garlic and oil; refrigerate for 30 minutes. Cook eggs 1 minute in boiling water, if desired. In small bowl, combine lemon juice, Worcestershire sauce, salt and pepper.

In salad bowl, tear lettuce up, break eggs over salad and toss. Pour garlic-oil mixture over salad and toss. Pour lemon mixture over salad and toss. Add croutons and cheese and toss again. Serve

## CAESAR SALAD (Continued)

at once. Serves 6.

Note: We save any leftovers and eat them the next day. Additional crisp croutons may be added if desired.

## TOMATO ASPIC (Salad)

Bobby Berthod

1 (46 oz.) can tomato juice	1/3 c. finely chopped onion
3 envelopes Knox gelatin	1 tsp. salt
1/2 c. finely chopped celery	1/8 tsp. white pepper
1/2 c. finely chopped green peppers	Dash garlic powder (optional)

Soften gelatin in 1/2 of tomato juice. Bring the other 1/2 of tomato juice and remaining ingredients to a full boil for 5 minutes. Combine with the gelatin-tomato juice mixture and mix thoroughly. Chill until set. Serves 10-12.

## APPLE GINGER ALE SALAD

Barbara Endsley

1 (6 oz.) pkg. lemon jello	1/2 c. chopped celery
1 c. boiling water	2 Tbsp. chopped crystallized ginger
2 c. ginger ale	2 c. canned applesauce
1/2 c. chopped nuts	

Dissolve jello in water. Allow to cool. Add ginger ale and chill until it begins to thicken. Fold in remaining ingredients. Serve with mayonnaise or sour cream dressing.

## ORANGE DREAM SALAD

Carole R. Moyes

Fix 1 pint Dream Whip according to directions. Add:

1 box dry orange jello	1 can Mandarin orange segments, drained
1 ctn. small curd cottage cheese	1 small can pineapple chunks, drained

Mix and refrigerate. Serve on lettuce leaves as a salad or as a dessert.

## CHERRY AND PEAR RING

Dottie Wolcott

- |  |                     |
|--|---------------------|
| 1 (No. 2 1/2) can pitted Bing cherries | 1 pkg. cherry jello |
|  | Juice of 1/2 lemon  |
| 1 (No. 2) can pear halves              | 1 pt. sour cream    |

Drain cherries and pears, saving the juice. To the juice, add enough water to make 1 3/4 cups. Use this liquid in making the cherry jello as directed on package. Stir in the lemon juice. Arrange cherries in bottom of 6 cup ring mold. Cover cherries with pear halves, then pour jello mixture over all. Chill until firm. Unmold on serving platter and fill center with sour cream. Serves 6.

## JELLO SALAD

Joan Pomeroy

- |                           |                             |
|---------------------------|-----------------------------|
| 12 oz. can apricot nectar | 1 (3 oz.) pkg. cream cheese |
| 1 small pkg. lemon jello  | 2 Tbsp. mayonnaise          |
| 1 (# 303) can fruit       |                             |

Heat nectar and dissolve jello in it. Let cool. Blend cream cheese and mayonnaise and mix into cooled jello. Add drained fruit and pour into mold. Refrigerate until salad sets.

## TOMATO LUNCHEON OR BUFFET SALAD Mrs. Peter N. Guy

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 3 (3 oz.) pkg. cream cheese | Dash Worcestershire sauce           |
| 2 Tbsp. gelatin             | 1/2 c. green pepper, finely chopped |
| 1/2 c. water                | 1/2 c. celery, finely chopped       |
| 2 c. mayonnaise             | 1 small onion, grated               |
| 1 can tomato soup           |                                     |

Add cold water to gelatin and let stand 5 minutes. Heat soup and dissolve gelatin and cream cheese in it. Use a whip to blend. When cool, add vegetables, Worcestershire sauce, and 2 cups mayonnaise. Double for a big ring mold. In center of mold you can put sliced cucumbers marinated in French dressing or shrimp salad.

## ASPARAGUS SOUP SALAD

Kay Taylor

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 (3 oz.) pkg. lime jello     | 1/2 c. mayonnaise (or less) |
| 1/2 c. boiling water          | mixed with 2 Tbsp. vinegar  |
| 1 can cream of asparagus soup | or 1/2 c. salad dressing    |
|                               | mixed with 1 Tbsp. vinegar  |
| 3/4 c. finely chopped celery  | and 1 Tbsp. water           |
| 1 Tbsp. chopped onion         |                             |

## ASPARAGUS SOUP SALAD (Continued)

Dissolve jello in boiling water. Add soup and stir out lumps. Stir in mayonnaise and vinegar. Add vegetables. Pour into mold and chill. Needs no further stirring. Serves six.

## CINNAMON SALAD

1 c. hot water	1 (8 oz.) pkg. cream cheese
2/3 c. cinnamon red hots	1/2 c. finely chopped nuts
2 pkg. lemon jello	1/4 c. finely chopped celery
1 1/2 c. unsweetened apple-sauce	1/4 c. mayonnaise or sour cream

Dissolve candies in the hot water over low heat. Add jello and stir until dissolved. Add applesauce. Pour half the mixture into mold. Set until firm. Spread the cheese-nut mixture over the firmed portion. Pour the remaining jello mixture over the top. If one wishes individual party molds, use a mold with a hollowed center and roll the cheese into balls and roll the balls in finely chopped nuts instead of putting the nuts in the cheese and celery balls. No dressing is needed.

## CHEESE AND PINEAPPLE SALAD

Mrs. A. E. Robison

3/4 c. sugar	1 c. crushed pineapple, drained
1/2 c. syrup from canned pineapple	1 c. grated American cheese
1 Tbsp. unflavored gelatin	1 c. cream, whipped
1/4 c. cold water	

Dissolve sugar in pineapple syrup over low heat. Add gelatin softened in cold water. Chill until partially set. Add pineapple and cheese. Fold in whipped cream. Chill until firm.

## TEN DOLLAR DRESSING (Makes a pint)

2 tsp. celery seed	1/2 tsp. salt
1 c. plus 2 tsp. sugar	6 Tbsp. vinegar
1 tsp. dry mustard	2 tsp. onion salt
1/2 tsp. paprika	1 1/3 c. salad oil

1. Mix the dry ingredients in your electric mixer bowl.
2. Alternately add the oil and vinegar and let it beat for about 4 minutes. Good on all vegetable salads.



HARLANDS' HOUSE DRESSING  
(For green salad)

Irv Harland

1 1/2 c. light olive oil or corn oil	1/2 tsp. salt
1/2 c. malt vinegar	1/2 tsp. cracked pepper
1 clove garlic, chopped	2 tsp. dill weed
	1 egg

Put all ingredients into blender container. Blend at full speed for approximately 10 seconds. Mix in any oil not blended. This should be the color and consistency of thin mayonnaise.

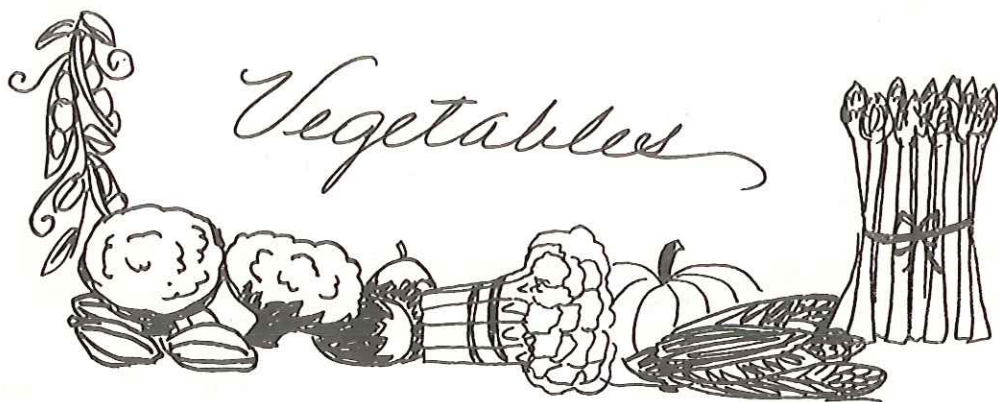
ROQUEFORT DRESSING

Carole R. Moyes

1/3 c. salad oil	1 qt. Kraft mayonnaise
1 Tbsp. dry mustard	Garlic to taste (fresh) at least 2 buds
1 pt. sour cream	1 large pkg. Blue cheese, crumbled (6 oz.)

Mix ingredients together and refrigerate. Will keep forever but if it gets hard, add sour cream or milk.

\* \* EXTRA RECIPES \* \*



### GREEN BEAN CASSEROLE

Ms. Peggy Aden

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 2 cans French style green beans | 1 large pkg. sharp Cheddar cheese |
| 2 pt. sour cream or Emo         | 1 slice onion, chopped            |
|                                 | 1 pkt. saltine crackers           |

Place layers in casserole dish as follows: 1st layer: 1 can green beans. 2nd layer: 1 pint sour cream. 3rd layer: 1/2 package cheese, grated. 4th layer: Sprinkle chopped onion. 5th layer: 1 can green beans. 6th layer: 1 pint sour cream. 7th layer: 1/2 package grated cheese. 8th layer: Crumbled crackers.

Place casserole in oven for 25 to 35 minutes at 350°. Serves eight.

### GREEN BEANS PUCCINI

Mrs. Albert Bishop

- |   |   |
|---|---|
| 3 pkg. frozen green beans, French style | 4 tsp. prepared mustard                   |
| 3 Tbsp. butter                          | 1/2 tsp. soy sauce                        |
| 3 Tbsp. flour                           | 1 tsp. salt                               |
| 1 1/2 c. milk                           | 1/8 tsp. pepper                           |
|   | 1 can water chestnuts, drained and sliced |

Cook the beans according to package directions. Meanwhile, make a cream sauce with the butter, flour and milk. Cook and

## GREEN BEANS PUCCINI (Continued)

stir over medium heat until smooth and thick. Stir in seasonings. Drain the beans and mix with sauce. Add water chestnuts. Serves eight.

### BARBECUED LIMA BEANS

Opal Marolt

2 c. dried lima beans	1 tsp. salt
1/4 lb. salt pork	1/4 c. brown sugar
1 small onion	1 c. tomato soup
2 Tbsp. oleo	1/4 c. vinegar
1/2 Tbsp. prepared mustard	Vienna sausages
2 tsp. Worcestershire sauce	

Soak beans overnight in water. Drain. Add salt pork and water to cover. Simmer until tender. Reserve 1 1/2 cups liquid. Brown sliced onion in oleo. Add remaining ingredients except beans and sausage (including the reserved liquid). Cook 5 minutes. In a large casserole, place alternate layers of beans and sauce. Top with split Vienna sausages. Bake in 400° oven for 30 minutes. Serves 8.

### BAKED BEANS (For 8 servings)

Valeska Broughton

2 c. (1 lb.) dry navy beans	1 tsp. salt
1 1/2 qt. cold water	

Pick over and rinse beans. Drain. Then cover with water and salt. Soak overnight. In morning: Simmer beans in their reserved liquid until tender but not mushy - about 1 hour. (Add 1 small bay leaf to simmering beans if desired.) When beans are tender, drain, reserving liquid. Measure 1 3/4 cups bean liquid, adding water if needed. Combine with following ingredients:

1/3 c. brown sugar	1/2 c. ketchup
1 tsp. salt	1 Tbsp. Worcestershire sauce
1 tsp. DRY mustard	2 tsp. cider vinegar
1/3 c. molasses (or about 5 Tbsp.)	

Set aside to prepare the following:

4 slices salt pork, chopped fine	1 medium onion, sliced or chopped, as preferred
6 slices bacon, chopped fine (see note below first) *	

\* Reserve 2 to 3 slices bacon as top-garnish.

## BAKED BEANS (Continued)

Fry-brown lightly remaining bacon and salt pork. In 2 quart casserole, alternate layers of beans, onion, chopped pork and bacon and sugar mixture. Repeat. Top with 3 inch pieces of bacon. Cover. Bake at 300° for 5 to 7 hours (depending on altitude, etc.) or about 8 hours at 250°. Add more liquid if needed.

### OKRA CASSEROLE

Pat Bird

1/4 c. chopped onion	1/4 tsp. basil
1/4 c. chopped green pepper	2 c. (1 lb. can) tomatoes
1/3 c. margarine	1 (10 oz.) pkg. frozen baby okra
2 Tbsp. flour	1/4 lb. pasteurized process cheese spread
1/2 tsp. salt	
1/4 tsp. pepper	

Cook onion and green pepper in margarine until tender. Blend in flour and seasonings. Add tomatoes and all of cheese, cubed; and cook, stirring until thickened. Stir in okra, pour into 1 quart casserole. Bake at 350° for 30 minutes. Makes 6-8 servings.

### EGGPLANT CASSEROLE

Sigrid J. Stapleton

1 medium eggplant	2 slices bread
1 c. sliced onion	1 1/2 c. grated sharp Cheddar cheese
2 c. chopped celery	Salt and pepper
1/2 stick butter	1/2 lb. cooked shrimp or mushrooms (optional)
1 egg	

Peel and cut up eggplant, add onion and celery, barely cover with water and cook until tender. Drain well, put in bowl and add well beaten egg, melted butter, 1 cup of cheese and bread (cut in small pieces). Add salt and pepper. Put in buttered casserole, sprinkle top with 1/2 cup cheese and dot with butter. Bake 30 minutes at 325°. Serves six.

### MUSHROOMS IN SOUR CREAM

Jane Kessler

1 lb. mushrooms	1/4 tsp. crushed dried tarragon
3 Tbsp. butter or margarine	1 Tbsp. sherry or 1 tsp. lemon juice
1 medium onion, sliced	1/2 c. sour cream
1/2 tsp. salt	Chopped parsley
Dash pepper	

Clean mushrooms, and if an inch or smaller in size, leave whole; cut larger mushrooms in halves or quarters. Heat butter

## MUSHROOMS IN SOUR CREAM (Continued)

in frying pan and saute onion slices until limp, about 3 minutes. Add mushrooms, sprinkle with salt, pepper, and tarragon, and cook over medium heat, stirring, until onions and mushrooms are lightly browned and liquid almost gone. Reduce heat to low, add the sherry, and sour cream. Stir over low heat just until heated through (do not boil). Add more salt and pepper if necessary, and sprinkle with parsley. Makes 4-6 servings.

### SPINACH PIE

Mrs. Fred Glidden

1 (9 inch) unbaked pie crust

Defrost 2 packages Stauffer's spinach souffle. Add:

2 Tbsp. lemon juice	2 Tbsp. finely chopped fresh
2 Tbsp. finely chopped green onions	mushrooms

Bake about 1 hour in 350° oven or until puffy and solid. Serve immediately. Serves 6 or 8.

### BEEETS WITH RAISINS

Mrs. Robert Chamberlain

1 lb. can sliced beets	1 tsp. cornstarch
1/3 c. light or dark raisins	3 Tbsp. lemon juice
1/4 c. sugar	2 Tbsp. butter

Drain beets, reserve liquid. In medium saucepan combine beet liquid and raisins. Cover and simmer about five minutes until raisins are plump. Combine sugar and cornstarch, stir into raisins in pan, add lemon juice and butter. Cook and stir over medium heat until thickened and clear. Add beets and simmer until well heated.

### FRIED CUCUMBERS

Valeska Broughton

Peel medium large cucumbers. Slice lengthwise into 1/2 inch slices, and soak in cold salt water for several hours. Drain, wipe dry and dip in beaten egg, then roll in bread crumbs and fry in butter (or margarine) until tender and nicely browned. (use seasoned bread crumbs.)

## BRAISED LETTUCE

Mary K. Barbee

This recipe is very good for still another way to use all that garden lettuce. Lettuce can be frozen for this recipe.

In a baking dish:

2 sliced carrots	Chopped onion to taste
2 Tbsp. margarine	Salt, pepper, parsley
Sliced lettuce a couple of bunches of leaf lettuce or a head of Iceberg	1/2 c. chicken stock (bouillon)

Bake at 350°, uncovered, or until tender. Can be thickened and served on toast.

## BROCCOLI WITH ALMONDS

Bobbie DeMuth

2 pkg. frozen broccoli spears	3 Tbsp. sherry
1/2 tsp. salt	2 Tbsp. lemon juice
4 Tbsp. flour	Pepper to taste
4 Tbsp. butter	1/2 tsp. monosodium glutamate
1 c. all purpose cream	1/4 c. Parmesan cheese
1 bouillon cube dissolved in 3/4 c. hot water	1/4 c. slivered, toasted almonds

Cook broccoli in very little salted water until just barely tender. Drain. Arrange in 8 x 12 inch Pyrex, shallow, baking dish. Melt butter, add flour and blend. Add cream and bouillon slowly. Cook and stir constantly over low heat until thickened. Add sherry, lemon juice, pepper and monosodium glutamate. Pour over broccoli. Sprinkle with Parmesan cheese and almonds.

Bake at 375° for 20 minutes. Serves 6. (May be prepared in the morning and stored, covered, in the refrigerator. Remove from refrigerator 1 hour before baking.)

## BROCCOLI PARMESAN

Edith S. Chisholm

2 (10 oz.) pkg. frozen broccoli spears, or 2 lb. fresh broccoli	1 can condensed cream of chicken soup
2 Tbsp. butter or margarine	2/3 c. milk
1/4 c. chopped onion	1/3 to 1/2 c. grated Parmesan cheese

Cook broccoli in boiling water (unsalted) until tender. Drain well. Melt butter in pan; add onion and cook until tender, but not brown. Blend in soup, milk and cheese. Heat thoroughly. Serve sauce over hot broccoli and serve at once. Serves 6 to 8 persons.

**POTATOES WHIPPED WITH CHEESE**

Copper Kettle

Potatoes	Cheddar cheese
Butter	Parmesan cheese
Cream cheese	Saffron
Green pepper	Cream (optional)
Scallions	

To 3 pounds cooked, whipped, lightly salted potatoes, blend in beating constantly 1/4 pound butter, 6 oz. cream cheese, 1 chopped green pepper, 1 bunch sliced scallions, 1 small can minced pimiento (with juice), 1/2 cup each grated Cheddar and Parmesan cheese, 1/4 teaspoon saffron. The mixture should be fairly moist. If not, add a bit of cream and more butter. Pile into an ovenproof serving dish and bake, uncovered, at 350° for 30 minutes. (This can be prepared well in advance of serving and popped into the oven when needed.)

**TOMATO STUFFED WITH MUSHROOMS**

Copper Kettle

Ripe tomatoes	Parsley
Butter	Dry sherry
Mushrooms	Salt
Sour cream	Pepper
Flour	Blanched almonds (or sesame seeds)
Roquefort	Paprika
Fines herbes	

Select 8 firm but ripe tomatoes. Cut a slice from the top and with a spoon, carefully scoop out the soft part. Set the shells aside upside down to drain. In a large skillet, melt 1/4 pound butter and saute 1 1/4 pound cleaned, sliced mushrooms until all moisture has evaporated. Mix 1 cup sour cream with 1 tablespoon and 1 teaspoon flour and blend in with the mushrooms (low heat, please) until thick and bubbly. Stir in 3 oz. soft Roquefort until smooth, 1/4 teaspoons Fines herbes, 1 teaspoon chopped parsley, 2 tablespoon dry sherry; salt and pepper to taste. Cool

Stuff the tomatoes (loosely). Sprinkle top with ground blanched almonds (or sesame seeds) and a faint dusting of paprika. Bake at 375° for 15 minutes (or until bubbly). Serve immediately.

**TOMATO PUDDING**

Mrs. Gordon A. Hardy

(Marvelous with roast beef or turkey dinner.)

1 c. tomato puree	2 c. soft fresh bread crumbs
1 c. brown sugar	1/2 c. butter or margarine

## TOMATO PUDDING (Continued)

Boil tomato puree and brown sugar for 5 minutes. Melt butter or margarine. Take two forks and mix bread crumbs and butter together lightly. Place in baking dish. Pour tomato-sugar mixture over this and mix in lightly. Bake, covered, for 30 minutes in a 350° oven. Serves 4.

### "SOUTHERN" ASPEN TOMATOES

Fabienne Benedict

2 or 3 firm tomatoes	Dash sugar
3 Tbsp. olive oil or 3 Tbsp. butter	Sprinkling garlic salt Salt
8 to 12 Tbsp. Pepperidge Farm stuffing (dry)	Pepper

Cut tomatoes in half crosswise. Sprinkle with sugar, salt, pepper, and garlic salt. Place in greased shallow baking dish, sides of tomatoes touching, cut sides up. Pile about 2 tablespoons of dry Pepperidge Farm stuffing on each tomato half, and put large dab of butter or pour olive oil on stuffing. Bake at 375° for 45 minutes. Serves four.

### BAKED BARLEY (Instead of Rice)

Pat Bird

1 c. barley	1 small onion, chopped
2 cans consomme	1 Tbsp. Worcestershire sauce

Mix and bake 1 1/2 hours at 350°. Add a bit of water if it dries out too much. 4 servings.

### RICE CASSEROLE

Mrs. Donald Fraser McCann

3/4 lb. Monterey Jack cheese, grated	2 cans peeled, chopped green chillies
3 c. sour cream	3 c. cooked rice Salt and pepper to taste

Mix together. Bake at 350° for 45 to 60 minutes until bubbly. Serve piping hot.



## SPANISH RICE

Helen F. Taylor

6 slices bacon, chopped  
1/4 c. finely chopped onion  
1/4 c. chopped green pepper  
2 c. canned tomatoes

3 c. cooked rice (1 cup, un-  
cooked)  
1 tsp. salt  
1/8 tsp. pepper

Fry bacon until crisp; remove and add onion and green pepper; cook slowly until onion is soft and yellow. Add remaining ingredients and bacon. Bake in greased casserole in moderate oven (350°) about 30 minutes. If desired, 1/4 cup grated American cheese may be sprinkled over top before baking. Serves 8.

## CAULIFLOWER DIJON

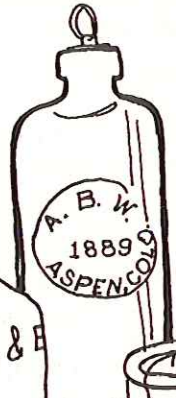
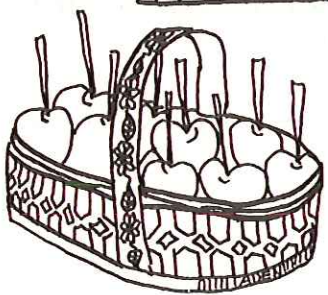
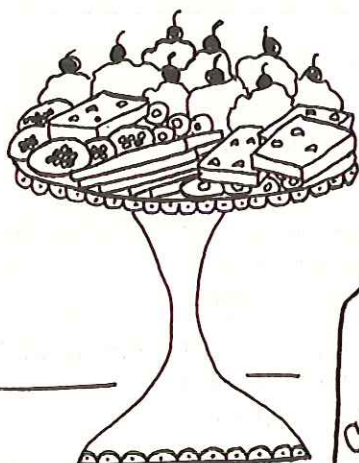
Mrs. David E. Desorcy

Cook two heads cauliflower until tender, adding 2 chicken bouillon cubes. Make a sauce of one cup mayonnaise mixed with one heaping teaspoon dijon mustard or Mr. Mustard, coat cauliflower with sauce, season with coarsely ground pepper.

\* \* EXTRA RECIPES \* \*

\* \* EXTRA RECIPES \* \*

Candy Jelly Preserves



# HIGH ALTITUDE COOKING

## SURFACE COOKING

Water boils at 202° F. at 5000 feet and 198° F. at 7000 feet meaning that you will need to cook everything longer. This is because the food is cooking at a lower temperature.

## CANDY

Cook candies to a lower temperature than stated in sea level recipes to compensate for faster evaporation. The rule is to lower the temperature one degree for each 500 feet of altitude. We recommend that you do not use the candy thermometer alone, as cold water tests are more accurate and should be done even if a thermometer is used.

Cold Water Tests	5000 FEET ADJUSTMENTS	Thermometer Tests
Soft Ball	Syrup, when dropped into very cold water, forms a soft ball, which flattens on removal from water.	224° to 230° F.
Firm Ball	Syrup, when dropped into very cold water, forms a firm ball which does not flatten on removal from water.	232° to 238° F.
Hard Ball	Syrup, when dropped into very cold water, forms a ball which is hard enough to hold its shape, yet plastic.	240° to 258° F.
Soft Crack	Syrup, when dropped into very cold water, separates into threads which are hard but not brittle.	260° to 280° F.
Hard Crack	Syrup, when dropped into very cold water, separates into threads which are hard and brittle.	290° to 300° F.

Cold Water Tests	7000 FEET ADJUSTMENTS	Thermometer Tests
Soft Ball		219° to 225° F.
Firm Ball		227° to 233° F.
Hard Ball		235° to 253° F.
Soft Crack		255° to 275° F.
Hard Crack		285° to 295° F.

## JELLY AND PRESERVES

Jellies and preserves are done when they reach 7° above boiling, or pass the sheet test (jelly slides off a metal spoon in one large drop). Cook jellies to 209° at 5000 feet and 205° at 7000 feet.

## CANDY, JELLY, PRESERVES

### POPCORN BALLS

4 gal. popped corn (or large grocery bag full)  
4 c. sugar  
2 c. cream

1 c. white Karo syrup  
1/2 c. honey  
2 Tbsp. salt

Reda

Mix all above except popped corn. Cook to 241°-245° in large pan (it boils over easily). Pour over popped corn. Weigh in cold water (to keep them from sticking) and shape in balls.

### DATE LOAF CANDY

2 1/2 c. sugar  
1 c. milk  
Butter (size of an egg)

7 1/2 oz. pkg. dates, chopped  
1 tsp. vanilla  
1 c. chopped nuts

Peggy B

Boil together the sugar and milk to soft boil. Add butter, dates, and cook a few minutes (stirring constantly). Take off fire and add vanilla and nuts. Beat until stiff. Pour in cold, wet cloth and shape into a roll. (Makes two rolls for easier handling.) Store in refrigerator. Slice to serve.

### PEANUT PATTIES

1 c. sugar  
1/3 c. white Karo syrup  
1 c. raw peanuts  
1 c. half and half

2 Tbsp. butter  
1 tsp. vanilla  
1/2 tsp. red food coloring

Bob J. Scarborough

Mix sugar, Karo syrup, peanuts and cream together until soft ball. Then add butter, vanilla and red food coloring until you give out, then get someone to help you. Dip out little patties, and let set until firm.

### PEANUT PRALINES

1 c. sugar  
1/2 c. white Karo syrup  
1/2 c. buttermilk

1 tsp. soda  
Pinch of salt

Mary K. Barbee

Combine ingredients and cook to soft ball stage using candy thermometer. Remove from stove and add 1/4 teaspoon vanilla and 1/2 teaspoon butter. Beat until it begins to thicken and add 1 1/2 cans. Continue to beat just a few minutes, then drop on paper.

Mary K. Barbee

## ED NUTS

2 c. walnuts  
sugar  
c. water

1 tsp. cinnamon  
1/2 tsp. salt  
1 1/2 tsp. vanilla

Heat walnuts in oven at 375° for 5 minutes. Butter sides of  
cepan. Combine sugar, water, cinnamon and salt in pan.  
at and stir until sugar dissolves and mixture boils. Cook,  
hout stirring, to 236°. Remove from heat; beat 1 minute or  
il creamy. Add vanilla and warm walnuts. Stir gently until  
ts are coated. Turn out on buttered cookie sheet and separate.

Dorle Ritsch

## RUFFEL

1/4 c. butter  
c. powdered sugar  
4 oz. bitter-sweet chocolate

8 oz. sweet chocolate  
6 Tbsp. dark rum

Whip butter until fluffy; add powdered sugar. In double boiler,  
melt both kinds of chocolate. Add to the butter mixture, mix  
lightly. Add rum and continue to mix until all ingredients are  
blended. Cool in refrigerator approximately 30 minutes. Form  
little balls and roll in chocolate decors.

Grandma Davis/Mary K. Barbee

## LOST BLEND JAM

5 lb. apricots  
1 qt. red raspberries, fresh  
or 2 pkgs. frozen

1 (No. 2) can crushed pine-  
apple (use juice)  
1 pkg. Sure-Jell

Pit apricots and run through blender or grind. Add berries  
and pineapple. Count cups of mixture. Cook fruit slowly. Add  
one cup of sugar for each cup of fruit. Bring to full rolling boil.  
Add Sure-Jell, bring to boil again. Allow two minutes before  
pouring into sterilized glasses. Makes 10-12 jelly glasses.

Jennie Cowlin

## PEAR PRESERVES

5 c. sliced pears (1/4 inch  
thick)

5 c. sugar  
1 lemon, sliced thin, with rind

Mix the pears, sugar and lemon and let set overnight. Do  
not add water. Next day, simmer over low heat until pears  
reach a glazed like appearance. Some water may be added to  
keep from scorching. When syrup is thick, pour into jars or  
glasses and seal.

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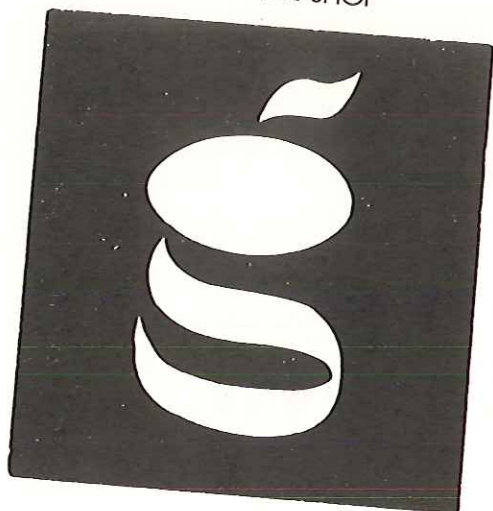
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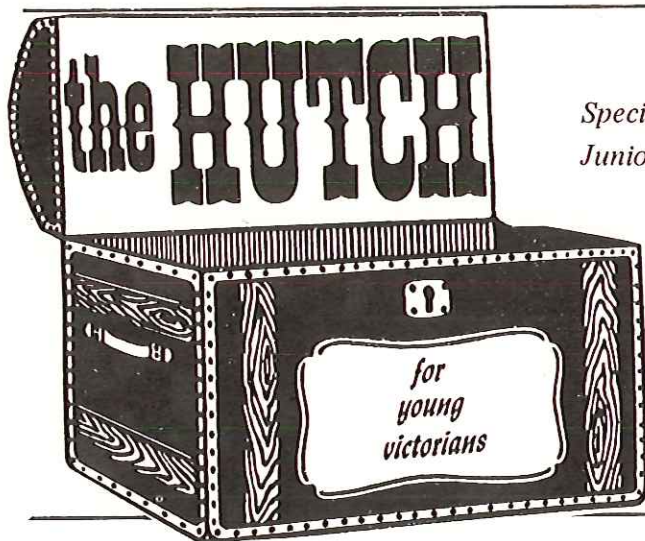
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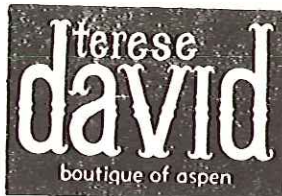


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## ROSE HIP JELLY

Caroline Mitchell

Pick stems off rose hip and wash hips in cold water. Add 2 cups of water to each cup of rose hips, boil 15 minutes. Mash the hips with a potato masher and simmer 10 minutes more. Set mixture aside for 24 hours in a glass or stainless steel container. Then strain juice through a cloth bag and squeeze the bag slightly but not until it is dry as this will make the jelly cloudy. To 2 1/2 cups of juice, add 1 cup apple juice and 1 box pectin. Stir to dissolve the pectin. Bring to a good rolling boil, add 4 1/2 cups sugar, stirring occasionally. Boil for 6 or 7 minutes or until jelly "sheets" when dropped from a spoon. Remove from heat, skim and pour into sterilized jelly glasses. Cover with melted paraffin and store in cool place.

Hips contain more vitamin C than oranges. An unusual tasting preserve, similar to fruit butter, is a result of blending the cooked and strained rose hip pulp with lemon juice, brown sugar and cinnamon.

## ORANGE MARMALADE

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4 large Navel oranges  
2 large lemons

2 grapefruit

Slice all thin; measure cup water to cup fruit. Add extra cup water. Let stand overnight. Take 2 1/2 cups water off. Boil 5 minutes. Add 2 cups water. Let stand overnight. Measure cup for cup of fruit and sugar. Boil in 2 portions. Don't stir too much. Test for desired thickness.

\* \* EXTRA RECIPES \* \*

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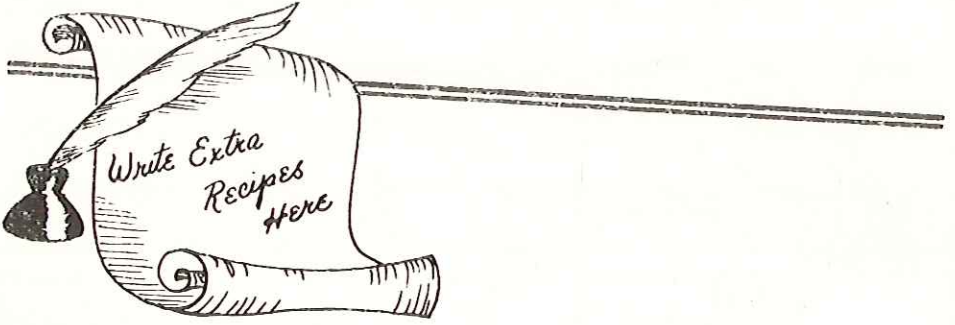
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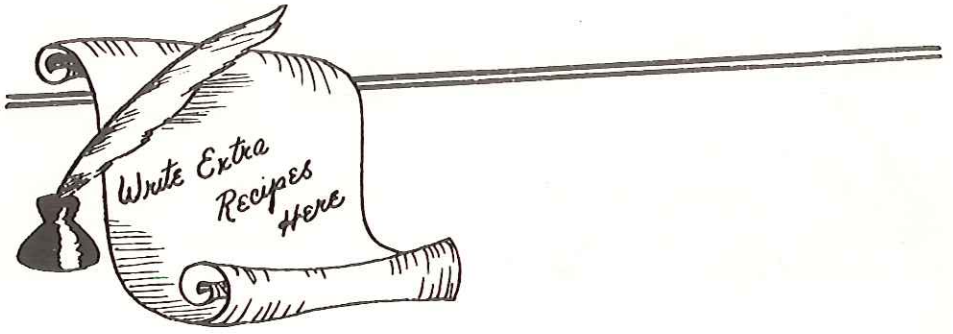
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