

TREASURY OF RECIPES OLD AND NEW



MATAWAN HISTORICAL SOCIETY
MATAWAN NEW JERSEY

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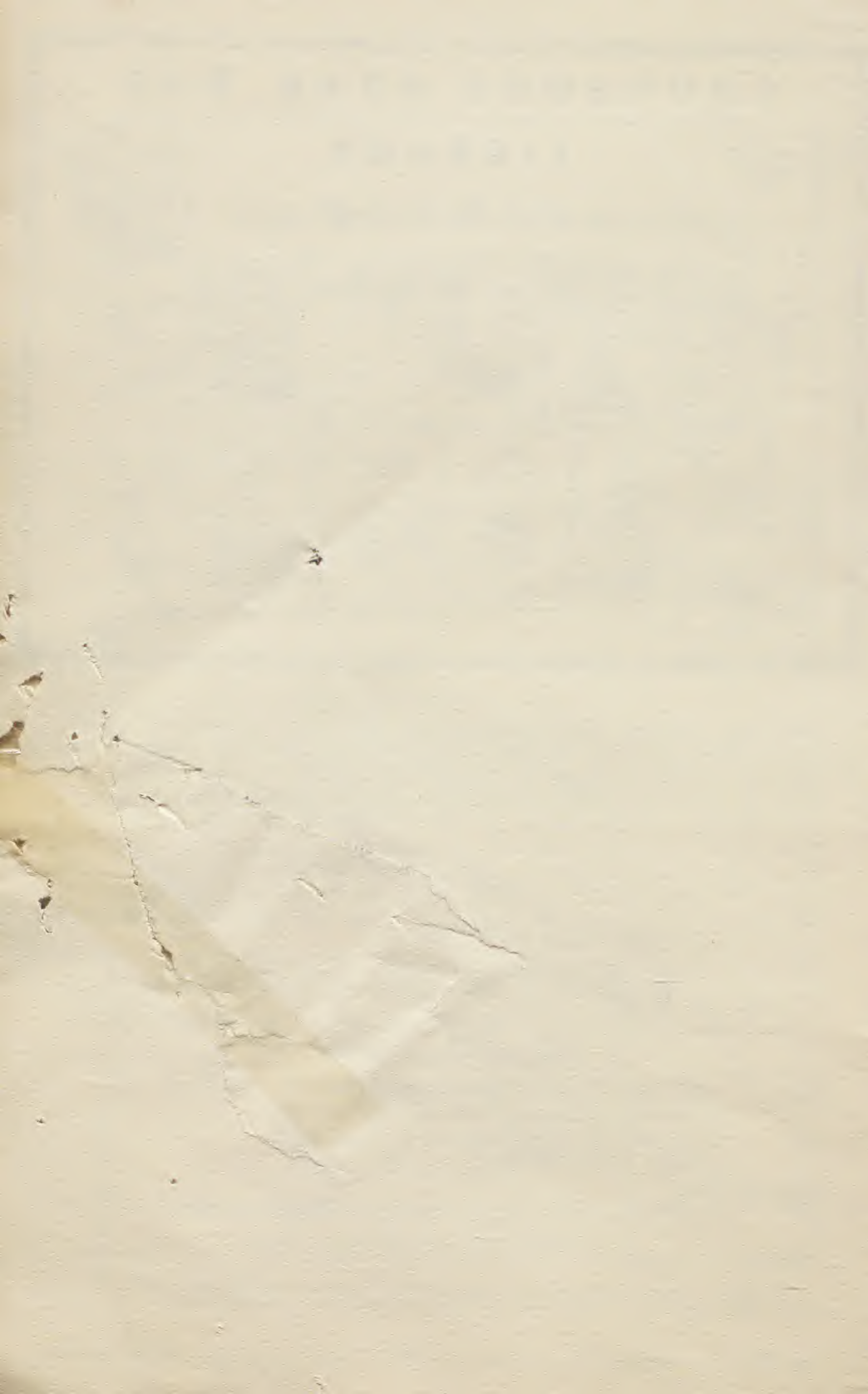
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DEDICATION

The "Treasury of Recipes" is dedicated to the members and friends of the Matawan Historical Society: those who, a half century ago, dreamed of preserving the history and artifacts of Matawan's past; those who, in 1969, formed the society; and those who have sustained it throughout the following years.

ACKNOWLEDGMENT

We are sincerely thankful to our members and friends who generously shared their favorite recipes and to those who collected, typed and assisted in other ways. We wish we had space enough to include all of the recipes submitted.

The advertisers have our special thanks for their confidence and cooperation.

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1983

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Anna V. Rivera

VICE-PRESIDENT OF THE SOCIETY

Glennie Meggison

NOTES OF HISTORY

Elizabeth Henderson

GRAPHICS

Helene Enterline

(All of the recipes in this book have not been tested systematically, but we have edited them carefully and feel sure that we offer a fine cookbook of broad scope--a book of delectable viands you will enjoy.)

A BRIEF HISTORY OF MATAWAN

On September 30, 1686, the proprietors of East Jersey made a grant of 400 acres to Stephen Warne and his son Thomas, including all land between Matawan Creek and Gravelly Brook, subsequently to be known as Warne's Neck.

Shortly thereafter, some time between 1687 and 1689, a group of Scottish immigrants purchased 100 acres from Warne in the district now known as Freneau, referred to then as Mount Pleasant. An interesting feature of this real estate transaction was the division of property: 24 lots of equal size, each 40 feet 9 inches wide and 4,800 feet long, thus providing each property owner with access to both Matawan Creek and the only existing road in the area. Eventually, the settlement became known as New Aberdeen.

As the community grew and prospered, it became the most important seaport in the area, Matawan Creek at the time boasting an average depth of 12 feet--ample enough to accommodate most sailing craft of the period.

Middletown in the early eighteenth century was a huge area comprising more than half of Monmouth and Ocean Counties, plus a strip of Middlesex County. Farmers and craftsmen from Middletown brought their products by wagon to the docks at New Aberdeen where they were loaded on waiting merchant ships. Thus, by common usage, the name of the town gradually became changed to Middletown Point.

The residents of Middletown Point actively supported the movement for liberty during the Revolution and, consequently, were frequent targets for enemy raids conducted by His Majesty's Royal Volunteers, otherwise known as "Greens" due to the color of their uniforms. One such raid resulted in a bloody skirmish in front of the home of John Burrowes, a wealthy grain merchant. His house still stands at 94 Main Street and is known as the Burrowes Mansion. It is now owned by the Borough of Matawan and has been furnished predominantly in that period by the Matawan Historical Society.

Among other prominent citizens of the town during Revolutionary times were Major John Burrowes, Jr., who mustered and drilled the First New Jersey Company of Militia in the garden in the rear of the Burrowes Mansion, and his brother-in-law, Philip Freneau, famed "Poet of the Revolution." Freneau published the first newspaper in Monmouth County at his home in Mount Pleasant.

A BRIEF HISTORY OF MATAWAN (Continued)

Following the Revolution the patriots of Middletown Point turned their energies to growth and industry, and soon the town boasted many new enterprises including a grist-mill, saw-mill, tannery, brickyards, potash factory, boat yard, smoke-house and packing plant, as well as numerous farms and orchards. Quickly adapting to changing times brought on by the advent of the steam engine, large steamboat docks were built on the creek. In later years, as the creek gradually filled in and became too shallow for navigation, the main line of the railroad was brought through the town.

In 1882, due to frequent postal confusion with Middletown, the business center of Middletown Point officially changed its name to Matawan, this name being derived from an early Dutch interpretation of the Indian name for the area, "Mittevang."

THE BURROWES MANSION c. 1900



The New Jersey Gazette Trenton. June 3, 1778.

We are informed that on Wednesday morning last, a party of about seventy of the Greens from Sandy-Hook, landed near Major Kearney's, headed the mill-creek, Middletown-Point, and marched to Mr. John Burrow's, made him prisoner, burnt his mills and both his storehouses, all valuable buildings, besides a great deal of his furniture....



RELISHES APPETIZERS

MIDDLETOWN POINT ACADEMY, BUILT c. 1835 AT CHURCH & JACKSON STS. NOW STANDS AT CHURCH & WYCKOFF STS.

CUCUMBER PICKLES

Elizabeth Henderson

4 qt. cucumbers (about 10)
8 large onions
1/2 c. salt
5 c. vinegar
1/2 tsp. ground cloves

Pinch alum
5 c. sugar
2 tsp. mustard seed
1 1/2 tsp. turmeric
1 tsp. celery seed

Slice onions and cucumbers; add salt and put in large bowl; cover with ice. Chill at least 3 hours. Drain and add vinegar, cloves, alum, sugar, mustard seed, turmeric and celery seed. Bring to a boil, add cucumbers, and bring to a boil again. Pack in sterilized hot jars.

INDIAN RELISH

Gertrude Berendt

6 qt. green tomatoes
1 qt. onions
12 red onions
1 qt. vinegar

2 lb. sugar
4 Tbsp. ground mustard
2 tsp. turmeric powder
4 tsp. celery seed

Chop tomatoes, onions and red peppers very fine. Add remaining ingredients and cook until well done. Add salt to taste.

OLD FASHIONED CHOW CHOW

From Gertrude Berendt's
18th C. Ancestor

4 lb. green tomatoes
2 lb. lima beans
1 lb. green string beans
2 lb. small onions
1 large head cauliflower
1 doz. peppers, red and
green mixed

1 qt. jar sweet pickles
1 16-oz. can whole corn
3 qt. vinegar
2 1/2 lb. sugar
1/2 lb. ground mustard
1 oz. turmeric powder
4 c. flour

Chop tomatoes, peppers, onions and cauliflower. Let stand in salted water all night. Then cook them in that water for 20 minutes and drain. Cook lima beans and string beans until tender. Add all the vegetables together. Boil vinegar and then mix in sugar, ground mustard, turmeric powder and thicken with the flour. After this mixture is thickened, add all the ingredients and put in jars.

SAUERKRAUT RELISH

Matawan Historical Society

1 16-oz. can sauerkraut
1 c. sugar
1 c. diced celery
2/3 c. diced onion
4 Tbsp. vinegar

1 tsp. salt
1/4 tsp. pepper
1 tsp. celery seed
4 tsp. diced pimienta

Drain canned sauerkraut and cut with scissors. Mix all ingredients well and allow to set for several hours.

BEER CHEESE DIP

1 lb. cheddar cheese
1 lb. mild cheese
2 cloves garlic
10 oz. beer
3 Tbsp. Worcestershire sauce

1/4 tsp. dry mustard
1/2 tsp. salt
Dash Tabasco sauce
1/2 tsp. monosodium glutamate

Grind cheddar, mild cheese, and garlic. Add remaining ingredients and beat together. Let sit in a cool place for 2-3 hours and serve with crackers.

MYSTERY CHEESE BALL

Mrs. Emil Klatt's Grandmother

2 3-oz. pkg. cream cheese
1 jar Roquefort cheese spread
3/4 Tbsp. onion, chopped fine

1 tsp. Worcestershire Sauce
Chopped walnuts
Chopped parsley

Continued.....

MYSTERY CHEESE BALL (Continued)

Let cheeses stand at room temperature for 2 hours. Cream together well. Blend this mixture with onion and sauce. Place in small bowl, cover and refrigerate for 6 hours. Roll into ball the size of a small grapefruit. Roll ball in chopped walnuts and parsley. Serve with crackers. Original French Canadian recipe handed down from Mrs. Emil Klatt's grandmother.

ONION CHEESE ROUNDS

Helen Henderson

- | | |
|--------------------------------|-------------------------------|
| 1 c. mayonnaise | 1 loaf party rye bread |
| 3 Tbsp. grated Parmesan cheese | 1 Spanish or red onion, diced |

Combine mayonnaise, cheese and onion. Spread on bread slices. Sprinkle with additional cheese and bake 8-10 minutes at 450 degrees, until cheese is brown and bubbly.

SAUSAGE BISCUITS

Bee Ven Pelt

- | | |
|-----------------------------------|-----------------------------|
| 1 lb. hot sausage (remove casing) | 1/2 lb. grated sharp cheese |
| | 2 c. Bisquick |

Put all in bowl and mix well with hands. Roll into small balls and place on baking sheet. Bake at 350 degrees for 10-15 minutes or until brown. Always serve warm. These can be frozen, thawed and reheated.

SHRIMP DIP

Arlene Meggison

- | | |
|----------------------------------|---|
| 1 packet Knox unflavored gelatin | 1 c. diced celery |
| 1 can tomato soup (undiluted) | 1 c. diced onions |
| 8-oz. pkg. cream cheese | 1 lb. cooked shrimp, chopped small (do not use frozen shrimp) |
| 1 c. mayonnaise | |

In small saucepan combine the gelatin and the tomato soup. Stir and bring to a boil and then let cool. Next, add cream cheese and beat with mixer. Add mayonnaise, celery, onion and shrimp. Must be well chilled before serving, at least 2 hours.

TUNA PUFFS

Alma Koelsch

- | | |
|------------------------|---|
| 1 c. all purpose flour | 1 (6 1/2-oz.) can tuna fish (finely flaked) |
| 1/2 tsp. salt | 1 Tbsp. onion juice |
| 1 tsp. curry powder | 1/2 c. butter or margarine |
| 1 c. boiling water | |
| 4 eggs | |

Continued.....

TUNA PUFFS (Continued)

In a small bowl combine flour, salt and curry powder. Place butter and boiling water in a heavy saucepan over medium heat. When butter melts and water boils, add flour all at once. Stir vigorously until flour leaves the sides of the pan. Remove from heat and beat in eggs, one at a time, until the mixture is waxy and shiny. Stir in the flaked tuna fish and onion juice. Drop by rounded teaspoonfuls on an ungreased (or lightly greased) baking sheet. Bake in preheated 400 degree F. oven until golden and puffed, about 30 minutes. Serve immediately. Makes about 4 1/2 doz.

Write Extra Recipes Here:



SOUPS SALADS VEGETABLES

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U. S. SENATE'S FAMOUS BEAN SOUP

- | | |
|----------------------------------|--------------------------|
| 2 lbs. small Michigan navy beans | 1 onion, chopped |
| 4 qt. water | 1 Tbsp. butter |
| 1 1/2 lb. smoked ham hocks | Salt and pepper to taste |

Wash Michigan navy beans and run them through hot water until the beans are white again. Boil slowly 3 1/2 hours in water and in covered pot along with smoked ham hocks. Braise onion in butter and add to soup. Serve with salt and pepper. Serves 8 persons.

FARMERS CHEESE SOUP (Dutch)

- | | |
|-----------------------------|----------------------|
| 4 Tbsp. butter | 1 qt. chicken stock |
| 1 1/2 c. onion, chopped | 7 slices bacon |
| 3 carrots, diced | 4 slices white bread |
| 2 potatoes, diced | 1/4 lb. Gouda cheese |
| 1/2 lb. cauliflower florets | |

In heavy pan melt butter. Add vegetables and cook 5 minutes, stirring frequently. Add chicken stock. Bring to a boil, then lower heat and simmer until vegetables are tender. Meanwhile, fry bacon slices until brown and crisp; remove and let drain on paper towel. In bacon fat, fry bread slices until golden brown and

Continued.....

FARMERS CHEESE SOUP (Continued)

crisp. Homemade or unsliced bakery bread is best so you can slice about 1/2-inch thick. Drain bread on paper towels. To serve, preheat broiler. Pour soup in ovenproof tureen. Float bacon slices on top of soup, cover the bacon with slices of fried bread and then add sliced Gouda cheese to cover bread. Broil 4 inches from heat until cheese melts and turns a delicate brown.

NEW ENGLAND FISH CHOWDER

Betty Marz

2 lbs. cod fillets	1 qt. rich milk
4 slices bacon, diced	2 c. water (hot)
1 large onion, diced	1 bay leaf
2 large potatoes, diced	1 tsp. salt
2 Tbsp. chopped parsley	1/8 tsp. pepper

Cut fish fillets into 1 1/2-inch cubes. Place bacon in deep kettle over low flame; fry 5 minutes or until golden brown. Add onions and saute 3 minutes; add water, bay leaf, and potatoes. Cover and cook 10 minutes or until potatoes are partially tender. Add fish and simmer 10 minutes or until fish is easily flaked with fork. Add milk, salt and pepper; heat to boiling point but do not boil. Serve piping hot in preheated chowder bowls. Sprinkle each serving with chopped parsley or your favorite green herbs.

CUCUMBER SOUP

4 or 5 cucumbers	1 Tbsp. flour
5 or 6 scallions	1 c. hot cream
4 c. chicken stock	

Peel and slice cucumbers. Trim and slice scallions. In 1 c. of chicken stock add vegetables, salt and pepper to taste. Simmer until cucumbers are soft. Stir in flour mixed to a paste with a little water and add the remaining 3 c. chicken stock, stirring until the soup comes to a boil. Simmer the soup gently for 10 minutes and stir in the hot cream.

OLD-STYLE CLAM CHOWDER

Betty Drumheller
E. Longmeadow, Mass.

1 large onion	1 qt. chopped clams
3 medium potatoes	1/8 lb. butter (1/2 stick)
1/4 lb. salt pork	Salt and pepper to taste
3 c. milk	

Cut salt pork into small pieces and brown in pan until crisp. Use fat to saute onion until golden brown. Cook in large saucepan

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OLD-STYLE CLAM CHOWDER (Continued)

with 1 1/2 c. water and potatoes, peeled and cut small; cook 10 minutes. Drain liquid from potatoes into 4-qt. pan and add clams. Cook for 25 minutes; then add milk, pork crisps, potatoes, onions, butter, salt and pepper. Serves 8. For a delicious corn chowder, substitute for clams: 2 c. cooked corn and a pinch dill weed.

EDNA'S CREAM OF MUSHROOM SOUP

Alma Koelsch

- | | |
|-------------------------------|-----------------------------|
| 1 1/2 c. chicken broth (1 1/2 | 2 Tbsp. butter or margarine |
| c. water and 2 bouillon | 2 Tbsp. flour |
| cubes) | 1/2 tsp. salt |
| 1/2 c. chopped onions | Dash white pepper |
| 1 c. sliced mushrooms | 1 c. milk (skimmed is good) |
| 1/8 tsp. nutmeg | |

Mix first 4 ingredients in saucepan and cook until vegetables are tender, about 5 minutes. Put into blender and blend until chopped fine. Melt butter in saucepan. Blend in flour, salt and pepper. Slowly mix in milk and cook, stirring until thickened. Mix with mushroom mixture and serve.

REDWOOD SORREL SOUP

Wilhelmine Buckland

- | | |
|--------------------------|-----------------|
| 1 c. fresh sorrel leaves | 2 c. milk |
| 1 Tbsp. butter | Salt to taste |
| 1 c. cooked potatoes, | Pepper to taste |
| mashed/pureed | |

Melt butter in saucepan. Add well washed leaves, without stalks, and brown lightly. Add cooked potatoes and seasoning. Mix in milk SLOWLY and heat, being careful not to boil. Serves 4-6. Chopped violet leaves may be substituted for the red sorrel.

COLD BEAN SALAD

Bee Van Pelt

- | | |
|--------------------------------|--------------------------------|
| 1 1-lb. can whole green beans, | 1 red onion, sliced into rings |
| drained | 1 c. wine vinegar |
| 1 1-lb. can red kidney beans, | 1 1/2 c. salad oil |
| drained | 1 1/2 c. sugar |
| 1 1-lb. can garbanzos or chick | 2 tsp. salt |
| peas, drained | 1/2 tsp. ground black pepper |
| 1/2 c. chopped pimiento | |

In large bowl combine green beans, kidney beans, garbanzos, pimiento and onions. Combine remaining ingredients in small bowl. Stir well and pour over bean mixture, tossing gently. Cover and refrigerate to chill and blend flavors. Makes about 10 servings.

JULIENNE OF BEET SALAD

- | | |
|--|-----------------------------|
| 3 large beets (11 oz.),
unpeeled | 1 tsp. Dijon style mustard |
| 1/4 c. parsley leaves, loosely
packed | 6 Tbsp. oil |
| 1 small clove garlic, peeled | 2 Tbsp. red wine vinegar |
| | 1/2 tsp. salt |
| | Freshly ground black pepper |

In a covered saucepan, cook the beets in boiling water for 15-18 minutes, or until they are 3/4 cooked and still crisp. Drain, cool and peel them; reserve. Mince parsley and reserve. Mince garlic. Add parsley, garlic, mustard, oil, vinegar, salt and pepper together in bowl, stirring gently. Now, julienne the reserved beets and add them to the bowl. Add salt and pepper to taste and refrigerate after covering bowl with plastic wrap until serving. Use a slotted spoon to transfer the beets to the lettuce leaves. Garnish with reserved parsley. Makes 1 c.

CHICKEN-CASHEW-APPLE SALAD

- | | |
|---|--|
| 1 c. cooked chicken or turkey,
white meat only | 3 stalks celery, sliced diagonally |
| 3 Tbsp. soy sauce | 2 Tbsp. dry roasted cashews,
broken |
| 1 Tbsp. sherry | 2 Tbsp. mayonnaise |
| 1 red unpeeled apple, cored
and diced | 2 Tbsp. plain yogurt |
| | Lettuce leaves |

Combine cooked poultry with soy sauce and sherry. Set aside for 15 minutes to marinate. Combine the remaining ingredients and serve immediately on lettuce leaves.

DANDELION SALAD

Sue Oppizzi

- | | |
|--------------------|--------------------------|
| 1 lb. dandelions | Vinegar and oil to taste |
| 4 strips of bacon | Salt to taste |
| 3 hard boiled eggs | |

Wash dandelion greens well. Cut and drain in colander. When dry, put them in a bowl. Fry bacon crisp; drain on paper towels, crumble and add to dandelions. Add coarsely chopped eggs to salad and mix well. Add vinegar, oil and salt to taste and mix again. If you are picking your own dandelions, make sure they have not been sprayed with weed killer or insecticides.

GERMAN POTATO SALAD

Betty Marz

- | | |
|-----------------------------|--------------------------|
| 4 lbs. small salad potatoes | 1/2 c. salad oil |
| 1 tsp. sugar | Dash celery salt |
| 1/3 c. white vinegar | Salt and pepper to taste |
| 2/3 c. boiling water | 1 large onion |

Continued.....

GERMAN POTATO SALAD (Continued)

Wash and boil small salad potatoes until tender. Peel potatoes while hot. When cold, slice thinly. Salt and pepper between slices. Peel and cube onion into small pieces. Stir sugar into mixture of vinegar and boiling water. Add salad oil, dash of celery salt and salt and pepper to taste; mix well. Pour mixture over sliced potatoes and mix gently. Serve either warm or cold.

FLAVORFUL POTATO SALAD

Helen Henderson

1 c. mayonnaise	3-4 hard-boiled eggs (chopped)
2 tsp. vinegar	4 c. sliced boiled potatoes
1/2 tsp. prepared mustard	2 Tbsp. green pepper
1/4 c. chopped celery	1/2 c. chopped onion
1-1 1/2 tsp. salt	

Boil potatoes in jackets. Cool, peel and cut into quarters, then into 1/4-inch slices. Sprinkle with salt. Mix in bowl with onion, celery, pepper and egg. Mix vinegar, mustard and mayonnaise together. Stir into vegetables. Chill 4-5 hours before serving to blend flavors. Garnish with tomato wedges or with hard-cooked egg halves.

RASPBERRY CAROUSEL (Gelatin)

1 3-oz. pkg. raspberry Jell-O	1/4 c. diced celery
2 c. boiling water	1/4 c. chopped nuts
3/4 c. cranberry juice cocktail	1 3-oz. pkg. lemon Jell-O
1 c. diced apple	4 1/2 oz. Cool Whip
	1/2 c. mayonnaise

Dissolve raspberry Jell-O in 1 c. boiling water. Add cranberry juice cocktail and chill until thickened, about 1 hour. Fold in apple, celery and nuts; spoon into 6-c. mold and chill until set, about 15 minutes. Dissolve lemon Jell-O in remaining boiling water. Chill until slightly thickened, about 45 minutes. Combine whipped topping and mayonnaise; fold into gelatin. Spoon into mold and chill until firm, at least 4 hours. Unmold.

SPAGHETTI SQUASH SALAD

1 spaghetti squash (2 1/4 - 2 lbs.)	1/4 c. slivered almonds, toasted at 350 degrees until golden brown
8 oz. plain yogurt	1/4 c. toasted salted sunflower kernels
1/4 c. golden seedless raisins	Lettuce leaves or watercress
1/4 c. unsweetened coconut	
1 Tbsp. honey	
3/4 tsp. salt	

Continued.....

SPAGHETTI SQUASH SALAD (Continued)

Preheat oven to 375 degrees. Put squash in a baking pan and add at least 2 inches of hot water. Bake for 1 hour, turning squash every 15 minutes, until tender when pierced with a fork. Remove from baking dish and cut in half crosswise. Cool thoroughly and discard the seeds. Pull out the strands of squash with a fork and put them in a 2-qt. mixing bowl. Add yogurt, raisins, coconut, honey and salt. Stir well. Refrigerate for several hours or up to 2 days. Stir in the almonds and sunflower kernels. Serve on lettuce leaves or watercress. Makes 8 servings.

JELLIED VEGETABLE SALAD

Mabel Pike

1 pkg. lemon or lime Jell-O	1/4 tsp. salt
2 c. hot water minus 1 Tbsp.	1 c. grated carrots
1/2 c. mayonnaise	1 c. chopped celery
1 tsp. vinegar	1/2 c. chopped green pepper
1 Tbsp. sugar	1 Tbsp. onion

Mix Jell-O with boiling water; cool. Mix together and add next 4 ingredients. When Jell-O begins to thicken, add the vegetables. Pour in oiled mold and chill.

CREAMY DILL DRESSING

1 c. cottage cheese	1/2 tsp. celery salt
1 Tbsp. lemon juice	1/8 tsp. grated lemon
1 tsp. dill weed	2 Tbsp. milk

Beat cottage cheese in a small mixing bowl at highest speed on the electric mixer until fairly smooth. Then slowly beat in lemon juice, dill weed, celery salt and lemon peel. Blend with milk. Cover and chill until ready to serve.

RUSSIAN DRESSING

Elizabeth Henderson

1 c. mayonnaise	1 tsp. red-wine vinegar
2 tsp. mustard (Dijon)	Dash of hot pepper sauce
1 tsp. Worcestershire	Optional: chopped eggs, chopped
1/4 c. <u>each</u> catsup and chili	onions, chopped green pepper,
sauce	or celery may be added before
	serving.

Mix and refrigerate, tightly covered. Makes 1 1/2 c. and will keep a month in refrigerator.

MOTHER'S RECIPE FOR SALAD DRESSING

Mrs. Charles Baker

1 1/2 Tbsp. flour	1 or 2 eggs
1/4 tsp. mustard	1 c. milk
2 Tbsp. sugar	1/2 c. vinegar
1/2 tsp. salt	Lump of butter

Mix dry ingredients with 1 or 2 eggs. Add milk; then take not quite 1/2 c. vinegar and lump of butter. Heat and when almost boiling, pour in the above mixture and stir briskly to prevent burning. When done, beat with egg beater.

HERB VINAIGRETTE

1 c. loosely packed parsley leaves	6 small shallots (1 1/2 oz.), peeled
2 Tbsp. chopped fresh chives	3/4 c. safflower oil
1 Tbsp. fresh basil leaves, cut into fine strips or 1 tsp. dried basil	1/4 c. water
1 medium garlic clove, peeled	3 Tbsp. raspberry vinegar
2 tsp. fresh chopped tarragon, or 1 tsp. dried tarragon	2 tsp. fresh chopped chervil, or 1 tsp. dried chervil
1 1/2 tsp. Dijon mustard	1 tsp. sugar
	1/2 tsp. salt
	Freshly ground pepper

Mince the parsley until finely chopped. Transfer it to a small dish with the chives and basil. Finely chop the shallots and garlic. Stir all ingredients together until thoroughly mixed. Makes 1 1/3 c.

GREEN BEANS WITH HERBS

Agatha V. Rivera

2 1/2 lb. green beans	1 Tbsp. minced fresh tarragon or 3/4 tsp. dried tarragon
2 1/2 tsp. salt	1 Tbsp. fresh sage or 3/4 tsp. dried sage
4 medium onions, thinly sliced	
2 Tbsp. butter or margarine	

Wash beans; cut in half lengthwise and then in half crosswise. Cook or steam beans until tender. Meanwhile, saute onions in butter in small skillet just until tender; add herbs. When beans are cooked, drain excess water. Add herbed onions to beans and toss with a fork. Serve at once or keep on low flame to keep warm but do not cook.

LEMON GLAZED CARROTS

Bee Van Pelt

1 lb. carrots	2 Tbsp. sugar
Pinch salt	4 thin slices lemon
3 Tbsp. butter	

Continued.....

LEMON GLAZED CARROTS (Continued)

Wash and pare carrots. Place in saucepan with 1 inch boiling water. Simmer 15 minutes or until tender; drain, if necessary. Melt butter in heavy skillet. Stir in sugar and lemon slices and carrots. Cook over medium heat. Stir occasionally until carrots are glazed.

BROCCOLI CASSEROLE

3 pkg. chopped broccoli	1 can undiluted cream of mushroom soup
2 eggs	1/2 c. mayonnaise
Dash of salt, pepper	1 c. cheddar cheese

Cook and drain broccoli. Beat the eggs and add salt and pepper. Add mushroom soup and the mayonnaise. Mix with the broccoli. Put in a casserole dish and sprinkle with grated cheddar cheese. Bake, uncovered, at 350 degrees for 45 minutes or until inserted knife comes out clean.

CORN CUSTARD

2 c. corn kernels, fresh or canned	1/2 tsp. pepper
1/4 c. flour	3 eggs, beaten well
1 tsp. sugar	2 c. milk
1 tsp. salt	2 Tbsp. melted butter

Mix the corn and dry ingredients. Add eggs, milk and butter. Bake in a buttered baking dish or casserole set in a pan of hot water in a preheated 350 degree oven for 50-60 minutes, or until a knife inserted into the center comes out clean. Serves 6.

JULIENNE OF PARSNIPS AND CARROTS

8 large carrots (1 1/2 lb. total), peeled and cut to 4 1/2-inch lengths	6 Tbsp. (3 oz.) unsalted butter
8 large parsnips (1 1/2 lb. total), peeled and cut in 4 1/2-inch lengths	1/2 tsp. tarragon
	1/2 tsp. salt
	Freshly ground black pepper

Julienne the carrots and parsnips and reserve. Melt the butter in a large skillet; add the julienne vegetables and cook them 3-5 minutes over high heat, stirring occasionally. The vegetables should be heated through, but not overcooked. Transfer the vegetables to a serving dish; season with tarragon, salt and pepper to taste. Makes 8 servings.

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POTATO PANCAKES

Esther Blau

2 c. raw grated potatoes
2 whole eggs
1 1/2 tsp. salt

1 Tbsp. flour or bread crumbs
Garlic powder, onion powder
Pepper to taste

Peel large potatoes and soak several hours in cold water. Grate and drain. Beat eggs well and mix with the rest of ingredients adding a little pepper, a little onion and garlic powder to taste. Drop by spoonfuls into hot well-greased skillet. Brown on both sides and serve with applesauce.

BAKED SQUASH AND APPLE CASSEROLE

1 small butternut squash
(2 lbs. or less)
2 apples (cored, peeled and
sliced)
1/2 c. brown sugar

1/4 c. cold butter
1 Tbsp. flour
1 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg

Pare, seed and cut squash into small slices. Place squash and apple slices in oblong baking dish. Blend rest of ingredients with fork, fingers or pastry cutter until crumbly. Distribute over squash and apple. Cover and bake 45-50 minutes in oven preheated to 350 degrees.

ZUCCHINI AU GRATIN

Mabel Pike

1 1/2 lbs. zucchini, 1/2-inch
slices
1 onion, sliced
1 c. boiling water
1/2 tsp. salt

2 c. grated cheddar cheese
1/2 c. evaporated milk
1/4 c. drained vegetable liquid
1/4 tsp. salt and pepper
3/4 c. buttered bread crumbs

Cook zucchini with onion. Drain and save liquid. Alternate zucchini with cheese; add liquid and milk. Top with bread crumbs and bake uncovered 30 minutes.

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MEAT FISH POULTRY

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CRANBERRY-GLAZED HAM ROLLS

- | | |
|-----------------------------|---------------------------------|
| 1 can whole cranberry sauce | 1/4 c. minced celery |
| 1/2 c. packed brown sugar | 2 c. cooked rice |
| 2 Tbsp. fresh, frozen or | 1/4 tsp. salt |
| canned lemon juice | 1/8 tsp. pepper |
| 1/4 c. butter or margarine | 8 thin slices cooked canned ham |
| 1/4 c. minced onions | |

Start heating oven to 350 degrees. With fork break up cranberry sauce; mix with brown sugar and lemon juice. In skillet melt butter; add celery and onions and saute until tender. Add rice, salt and pepper; spread this mixture on each ham slice. Roll up and fasten with toothpicks. Place in a shallow greased baking pan, spooning 1/2 of cranberry sauce over ham rolls. Bake 10 minutes. Spoon on rest of sauce and bake 5-10 minutes longer.

HAM LOAF

- | | |
|----------------------------|----------------------|
| 2 lbs. fresh ham, ground | 1 c. bread crumbs |
| together with 1 lb. smoked | 1/2 c. milk |
| ham | 3 Tbsp. tomato juice |
| 1 egg, beaten | Sliced onion on top |

Purchase ham ground together. Add all ingredients and mold together into a loaf. Slice onions for the top and bake at 350 degrees for 1 1/2 hours.

Continued.....

HAM LOAF (Continued)

Sauce:

1/2 c. tomato soup	1/2 c. sugar
1/2 c. French's mustard	1/2 c. butter
1/2 c. vinegar	3 beaten egg yolks

Cook over medium heat until mixture thickens, stirring constantly.

WEDNESDAY SPECIAL GOULASH

The Matawan Diner

5 lb. cubed stew meat	1 tsp. salt
3 stalks celery	Dash of pepper
2 medium carrots	1 tsp. garlic powder
1 medium onion	4 oz. can tomato puree

Saute meat in large pot until browned. Add vegetables and spices. Add puree and cover with water. Bring to a boil, then lower heat and simmer until meat is tender, approximately 1 1/2 hours. Serve on a bed of large egg noodles with buttered carrots.

ROAST LAMB WITH POTATOES

1 leg young spring lamb	20 small potatoes, peeled
2-3 cloves garlic	Salt
Salt and pepper	2 Tbsp. tomato paste
4 Tbsp. butter, melted	2 c. hot water
1 lemon, juice of	

Wash leg of lamb. With a sharp knife slit lamb in various places on both sides. Slice garlic thinly and insert slices in slits. Season with salt and pepper and brush with melted butter. Squeeze lemon juice over lamb and place in roasting pan, fat side up. While lamb is browning in 450 degree oven, sprinkle potatoes with salt, rub with tomato paste, and let stand for a few minutes. Add potatoes to the baking pan with the water and lower oven temperature to 350 degrees. Turn and baste potatoes occasionally during the roasting period. When lamb is done (after about 3 hours), remove to hot serving platter and keep warm. Increase oven temperature to 425 degrees and brown potatoes for 20 minutes longer. Makes 8 servings.

BEER-SIMMERED PORK CHOPS

Bee Van Pelt

4 center cut pork chops	1 can (3-oz.) sliced mushrooms, drained
Margarine	2 Tbsp. packaged onion soup mix
1 1/2 cans cream of mushroom soup	1 pkg. long grain and wild rice
1/2 c. beer	

Continued.....

BEER-SIMMERED PORK CHOPS (Continued)

In skillet with margarine brown pork chops on both sides. Lower heat and add cream of mushroom soup, sliced mushrooms, beer and onion soup mix. Blend ingredients and all chops and sauce to simmer, covered, over low heat for approximately 50 minutes. Cook rice as directed on pkg. Serve pork chops and sauce over the rice. Serves 2 or 4.

QUICK PORK CHOP SPANISH RICE

Alma Koelsch

3 pork chops, 1 1/2-inch thick	Dash pepper
3/4 tsp. salt	3/8 c. long grain rice
1/2 tsp. chili powder	1 1-lb. can stewed tomatoes

Trim excess fat from chops. Brown slowly in heavy skillet. Combine seasonings and sprinkle over meat. Add rice and pour tomatoes over all. Cover and cook over low heat about 30-35 minutes stirring occasionally, until meat and rice are tender. Serves 3.

SAVORY BEEF ROLL

2 lb. round or flank steak	2 hard boiled eggs, sliced
1/4 c. fresh lemon juice	2 Tbsp. raisins
2 Tbsp. soy sauce	6 green olives, chopped
2 garlic cloves, minced	2 c. water
1/2 tsp. pepper	1 medium onion, sliced
1/2 lb. cooked smoked ham, sliced in strips	1/4 c. vinegar
	8-oz. can tomato sauce

Pound steak to 1/4-inch thickness. Spread pounded beef out flat and sprinkle surface with lemon juice, soy sauce, minced garlic and pepper. Spread ham strips and egg slices evenly over the meat. Sprinkle raisins and chopped olives over all. Beginning at narrow end, carefully roll up beef, tucking in the ends. Tie the roll with string. Place the rolled beef in a deep skillet or pan and add water, sliced onions, vinegar and tomato sauce. Cover pan tightly and simmer the meat slowly for about 1 hour or until it is tender when a fork is inserted into it. To serve, slice rolled beef crosswise and top with sauce from pan.

TOP-STOVE MEAT LOAF

Bee Van Pelt

1 1/2 lb. ground beef	Generous dash pepper
1/2 c. dry bread crumbs	1 Tbsp. shortening
1 can Campbell's tomato soup	1/4 c. water
1/4 c. finely chopped onion	1/2 tsp. prepared mustard
1 egg, slightly beaten	2 slices processed cheese, cut in half
1 tsp. salt	

Continued.....

TOP-STOVE MEAT LOAF (Continued)

Thoroughly mix beef, crumbs, 1/4 c. soup, onion, egg and seasonings. Shape firmly into 2 loaves and brown on both sides in skillet in shortening. Cover and cook over low heat 25 minutes. Spoon off fat. Pour remaining soup mixed with water and mustard on loaves; top with cheese. Cook 10 minutes uncovered. Makes 4-6 servings.

Oven method: Mix and shape as above. Bake at 350 degrees F. for 40 minutes; spoon off fat. Pour remaining soup (omit water) mixed with mustard on loaves and top with cheese. Bake 5 minutes more.

OUTDOOR BARBECUED FRANKFURTERS

Bee Van Pelt

1/2 c. chopped onion	1 c. chili sauce
2 Tbsp. butter or margarine	2 c. canned applesauce
3 Tbsp. cider vinegar	1 tsp. salt
3 Tbsp. brown sugar	1 lb. frankfurters

Saute onion in butter or margarine until light brown. Add vinegar, brown sugar, chili sauce, applesauce and salt. Add frankfurters and simmer 20 minutes. Serve in split toasted frankfurter rolls with spoonfuls of sauce over all. Makes 8 servings. And keep in mind for an indoor meal. Frankfurters simmered and served in this sauce make a tasty supper dish any time and an easy one.

SPICY SAUSAGE HASH

Charlotte Hopkins

1 lb. ground sausage (fresh homemade by local butcher is best)	1 lb. can tomatoes
1 large onion, chopped	2 Tbsp. sugar
1 c. uncooked elbow macaroni	1 c. sour cream
	2 tsp. chili powder

Brown sausage with onion and then add raw macaroni. Cook and stir 2 or 3 minutes; drain off the fat. Stir in remaining ingredients. Heat to boiling and turn down heat. Cover and simmer 20 minutes or until macaroni is tender. Optional: stir in a few sliced, stuffed olives.

KALE WITH SAUSAGE

Johanna Hendricka Welsch
Agatha Rivera's Mother

1 head of kale	1 c. milk
7 potatoes, cut up	2 1/2 c. water
1 lb. lean pork sausage	Salt and pepper

Continued.....



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KALE WITH SAUSAGE (Continued)

Wash kale and boil with sausage in the water about 30 minutes. Add cut up potatoes and cook an additional 20 minutes. Remove meat and drain. Mash the kale and potatoes in milk. If fresh pork sausage is used, it should be cooked 30 minutes alone before kale and potatoes are added. At the dinner table, add pepper and a little vinegar on the mashed kale and potatoes for a snappy taste.

OVEN BARBEQUED COD FISH Constance K. Pearson

- | | |
|-----------------------------|-------------------------------|
| 1 lb. cod steaks or fillets | 1/2 tsp. Worcestershire Sauce |
| 1/4 c. lemon juice | 1 tsp. onion flakes |
| 1/4 c. catsup | Pinch garlic powder |
| 1 tsp. prepared mustard | Salt and pepper to taste |

Put fish in baking dish. Combine remaining ingredients, mix well and spread over top of fish. Bake in 375 degree oven for 15-25 minutes.

SPANISH COD BAKE Constance Pearson

- | | |
|-------------------------------------|-------------------------|
| 1/2 lb. mushrooms, sliced | 1 small bay leaf |
| 1 tsp. olive oil (or other) | 1 garlic clove, minced |
| 4 tsp. dry sherry wine | #16 can stewed tomatoes |
| 1 onion, minced | 1 lb. cod fillets or |
| 1 green pepper, seeded and
diced | steaks |

Combine mushrooms, oil, wine in a non-stick skillet. Cook until mushrooms are brown. Stir in the rest of ingredients, except the cod. Simmer 5 or 6 minutes; then remove the bay leaf. Put cod in a baking dish. Cover with sauce and bake at 375 degrees for 15-25 minutes.

CRABMEAT CASSEROLE Dr. H. T. Enterline
Moylan, Pa.

- | | |
|---|---|
| 4 slices bread, with crust
removed (or enough to cover
bottom of casserole) | 1 Tbsp. lemon juice |
| 2 c. crab meat | 1 Tbsp. prepared mustard |
| 1/2 c. finely sliced celery | 1/4 c. mayonnaise |
| 3 Tbsp. chopped scallions | 1/2 tsp. salt |
| 2 Tbsp. chopped pimiento or
red sweet pepper | 2 eggs |
| 2 Tbsp. chopped green sweet
pepper | 1 c. milk |
| 2 Tbsp. chopped parsley | 5-6 slices processed cheddar or
other sharp cheese |
| | Pepper to taste |
| | Few drops Tabasco |
| | Dash of paprika |

Continued.....

CRABMEAT CASSEROLE (Continued)

Arrange bread in bottom of buttered casserole (2-qt. or a bit bigger). Combine picked over crab meat, celery, onion, parsley, pepper, pimiento, mayonnaise, lemon juice, mustard and salt. Spread over bread and arrange cheese slices to cover. Beat eggs with milk and pour over mixture. Top with paprika and bake covered in 325 degree oven 35-40 minutes. Remove cover and bake 10 minutes more to brown. Serve very hot. About 6 servings. A good company dish.

SUPERB FISH ROLLS

2 Tbsp. butter or margarine	2 Tbsp. canned tomato puree
3 minced shallots or 1/4 c. minced onion	1/4 tsp. salt
2 garlic cloves, minced	Dash pepper
1/4 lb. sliced, cooked and cleaned shrimp	3 large fish fillets
1 Tbsp. snipped chives	1 c. hot water
2 Tbsp. fresh bread crumbs	1/4 c. white wine
1 large mushroom, minced	1 Tbsp. lemon juice
	Grated Parmesan cheese
	Sprigs of watercress

Heat oven to 400 degrees. In small skillet melt butter and saute shallots or onions and garlic for about 2 minutes. Then add sliced shrimp and saute for 1 minute. Next add chives, bread crumbs, mushroom, tomato puree, 1/4 tsp. salt with a dash of pepper and cook for 2 minutes. Now lay out flat the three fish fillets (about 2 lb.) and sprinkle with salt and pepper. Next spread shrimp mixture on fillets and roll up; place in a shallow baking dish. Combine and pour over fish rolls 1 c. hot water, wine and lemon juice. Bake uncovered for 30 minutes or until flakes easily with a fork. Meanwhile, make special sauce.

Special Sauce:

2 Tbsp. butter or margarine	1 Tbsp. soy sauce
1 Tbsp. flour	1/2 tsp. salt
1 c. milk	Dash pepper
1/4 c. white wine	3 egg yolks, slightly beaten

In double boiler melt butter and stir in flour and 1 c. milk, stirring until smooth and thickened. Now add wine, soy sauce, salt and pepper. Cook a few minutes; then stir in egg yolks. Cook and stir until sauce is thick. To serve, lift fish from liquid onto a platter. Spoon special sauce, sprinkle with Parmesan cheese and garnish with watercress sprigs.

SOUCED OYSTERS

- | | |
|---------------------|----------------------|
| 1 c. white wine | 1 tsp. ground ginger |
| 1 c. cider vinegar | 4 whole cloves |
| 6 whole peppercorns | 2 1/2 c. oysters |

Simmer wine, vinegar with spices for 10 minutes. Add oysters and cook oysters until oysters curl. Remove the oysters and let liquid cool before returning the oysters. According to the old recipe, early settlers claimed the oysters would last all year.

TABASCO OYSTER STEW Frank Burke

- | | |
|--------------------------------|------------------|
| 2 doz. raw oysters with liquid | 1/2 tsp. Tabasco |
| 1 tsp. celery salt | 1 qt. milk |
| 1/2 tsp. paprika | Lump of butter |
| 1 Tbsp. Worcestershire Sauce | |

Place oysters with liquid, celery salt, paprika and Worcestershire Sauce in deep kettle. Heat until edges of oysters curl slightly. Add milk and bring to a boil. Remove from heat; stir in Tabasco. Serve with lump of butter in each bowl. Serves 4.

SHRIMP PILAU

- | | |
|--------------------------|-----------------------------|
| 4 slices bacon | 2 Tbsp. chopped bell pepper |
| 1 c. raw rice | Salt and pepper to taste |
| 3 Tbsp. butter | 1 tsp. Worcestershire sauce |
| 1/2 c. celery, cut small | 1 Tbsp. flour |
| 2 c. cleaned shrimp | Water for rice |

Fry bacon until crisp. Save to use later. Add bacon grease to water in which you cook rice. In another pot, melt butter; add celery and bell pepper. Cook a few minutes; add shrimp which have been sprinkled with Worcestershire sauce and dredge with flour. Stir and simmer until flour is cooked. Season with salt and pepper. Now add cooked rice and mix until rice is "all buttery" and "shrimpy". You may want to add more butter. Into this stir the crisp bacon, crumbled. Serve hot. Serves 6.

VERY QUICK CREAMED CHICKEN

- | | |
|---------------------------------------|---|
| 1/2 c. canned mushrooms,
drained | 1 can condensed cream of
chicken soup, undiluted |
| 1/2 c. chopped green or red
pepper | 2 c. canned or cooked chicken |
| 1/2 c. chopped onions | 1/4 c. diced pimiento (optional) |
| 1 Tbsp. butter | Snipped parsley or paprika |
| 1/4 c. sliced celery | 1 Tbsp. white wine |
| 1/4 c. milk | Salt and pepper to taste |

Continued.....

VERY QUICK CREAMED CHICKEN (Continued)

Melt butter in skillet and saute onions, peppers and celery until tender. Stir in soup and milk; heat slowly, stirring constantly. Add chicken, mushrooms, pimiento and wine. Cook on low flame 10 minutes longer. Serve on toast or corn bread and garnish with parsley or paprika.

CHICKEN CREPES

Alma Koelsch

Basic Crepes:

1 c. flour	1/4 tsp. salt
2 eggs	2 Tbsp. butter or margarine
1/2 c. milk	(melted)
1/2 c. water	

Blend all ingredients until smooth. Makes 16 crepes.

Filling:

4 Tbsp. margarine	1/2 tsp. salt
1/2 c. sour or heavy cream	1/4 tsp. pepper
1 medium onion, chopped	1 c. chicken broth
1 c. finely diced celery	3 c. diced cooked chicken
2 Tbsp. flour	

Preheat oven to 375 degrees. Melt butter in large skillet; add onion and celery and saute until tender. Stir in flour and seasonings and cook 5 minutes. Add broth and bring to simmer until thickened. Remove from heat and stir in chicken and cream. Place 2 Tbsp. across center of crepe (brown side out). Roll and place seam side down in large pan. Drizzle extra sauce over top and warm in oven.

CHICKEN KIEV

4 whole chicken breasts (about 1 lb. each) boned, skinned and halved	1/4 tsp. pepper
1 Tbsp. freeze-dried chives	4 oz. Neufchatel cheese, cut in 8 slices
1 tsp. butter flavored salt	2 eggs
1/2 tsp. thyme	2 Tbsp. safflower oil
1/2 tsp. marjoram	8 Tbsp. seasoned bread crumbs

Pound chicken breast halves with rolling pin until they are about 1/4-inch thick. Sprinkle with chives and other seasonings. Place cheese slices in center of chicken breasts and roll tightly, tucking in sides and securing with toothpicks. Beat eggs with oil in

Continued.....

CHICKEN KIEV (Continued)

shallow dish. Place bread crumbs in another shallow dish. Dip rolled chicken in egg mixture and then roll in bread crumbs. Arrange chicken in a single layer baking pan. Bake in preheated oven at 450 degrees for 20 minutes. Makes 8 servings.

CHICKEN "LITTLE" (Time and Work, That Is)

Charlotte Hopkins

4 chicken thighs	4 Tbsp. soy sauce
1 c. white wine (Sauterne is good)	3 Tbsp. lemon juice
	2 Tbsp. cornstarch

Remove bone and skin from chicken thighs; cut into thirds. Put white wine, soy sauce, and lemon juice in fry pan. Saute chicken pieces about 10 minutes. Mix cornstarch in enough wine to make thin paste. Stir into drippings. Cook until thickened. Serve at once.

CHICKEN WITH RUM SAUCE

Ellie Hammond

3 breasts of chicken, split	Fresh ginger root, 2 or 3-inch piece, peeled and grated
1/2 c. butter or margarine	Salt and pepper to taste
1/2 c. rum	Optional: garlic salt or minced fresh garlic
3/4 c. orange juice	

Melt butter and add rum, orange juice, ginger, salt, pepper and garlic. Mix and simmer for 10 minutes. Place chicken breasts in baking dish and pour sauce over chicken. Bake approximately 1 hour in 350 degree oven. Baste occasionally. Wild rice on the side makes a good combination.

STUFFED CHICKEN BREASTS AL FRESCO

1/2 c. minced scallions	1/4 c. soft butter or margarine
1 c. snipped parsley	12 boned chicken breasts
1 tsp. dried tarragon	Pepper
Salt	12 slices Canadian bacon

Early in the day, mix scallions, parsley, tarragon, 1/4 tsp. salt and 1/4 c. butter; then spoon it onto cut side of 6 chicken breasts. Top these with the remaining 6 chicken breasts cut side down; fasten with picks. Rub all with butter; sprinkle with salt and pepper and refrigerate. About 1 3/4 hours before dinner, start grill fire. On a sheet of foil, 6 inches above hot coals, grill chicken for 45 minutes or until done, turning once. Add bacon the last 5 minutes.

AFTER THANKSGIVING TURKEY PUFF

Charlotte Hopkins

1 c. cooked turkey (or chicken) chopped	1/4 c. mayonnaise
1/4 tsp. "Accent"	3 eggs, slightly beaten
1/4 tsp. salt	2 c. milk (or 1 milk and 1 evaporated milk, diluted)
Dash salt	1/4 tsp. salt
2 Tbsp. parsley	1/4 tsp. poultry seasoning

Combine first 6 ingredients. Butter 8 slices of bread. Make sandwiches of turkey mixture; put in greased ovenproof dish. Sandwiches can be cut in half to fit. Pour milk mixture over sandwiches. Let stand at least an hour. Bake in 350 degree oven 60-70 minutes. Serve at once. Serves 4.

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BANANA QUICK BREAD

Bee Van Pelt

1 $\frac{3}{4}$ c. sifted all purpose
flour
2 $\frac{3}{4}$ tsp. double action
baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{3}$ c. shortening

$\frac{2}{3}$ c. sugar
2 slightly beaten eggs
1 c. mashed ripe bananas (3-4)
Use fully ripe bananas, yellow
peel flecked with brown.

Sift together flour, baking powder and salt. Place shortening in mixing bowl and beat until creamy and glossy, 300 strokes by hand or 2 minutes at medium speed on electric mixer. Gradually add sugar to shortening, beating until light and fluffy after each addition. Add eggs and beat until thick and pale lemon in color. Add flour mixture and bananas alternately, blending thoroughly after each addition. Grease bottom only (not sides) of a loaf pan (approximately $4\frac{1}{2} \times 8\frac{1}{2} \times 3$ -inches). Turn batter into the pan. Bake in a moderate oven (350 degrees F.) 60-70 minutes or until bread is done. Let bread partially cool in pan (20-30 minutes) before turning out onto rack. Cool thoroughly before wrapping for storage. Makes 1 loaf.

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BATTER (SPOON) BREAD

1 c. corn meal	1 or 2 eggs
1 tsp. salt	1 c. boiling water (approximately)
1 heaping tsp. baking powder	1 Tbsp. melted butter
2 c. milk (approximately)	1 Tbsp. melted lard

Mix meal, salt and baking powder. Add egg, beaten lightly, sweet milk and enough boiling water to make a very thin batter; then add butter and lard. Put in well-greased baking dish and cook 30-40 minutes in moderate oven (375 degrees). Serves 6.

CRANBERRY CORNBREAD

1 1/2 c. flour	1 c. yellow cornmeal
3 tsp. baking powder	1/2 c. chopped walnuts
1 tsp. salt	1/2 c. milk
1/2 c. sugar	1 c. cranberries
1/4 c. soft butter	1 c. canned pumpkin
2 eggs	

Sift flour with baking powder and salt. In large bowl, beat sugar, butter and eggs. With wooden spoon stir in flour mixture; gently stir in remaining ingredients. Bake 1 hour or until toothpick comes out clean in a 350 degree oven. Cool on rack for 10 minutes before removing from pan. Makes 1 loaf in 9x5x2 3/4-inch loaf pan. Serve warm or cold.

DATE NUT LOAF

Given to B. Van Pelt by
Aunt Rose M. Bowne

2 1/2 c. sifted Pillsbury flour	1/4 c. Crisco or Spry
4 level tsp. Royal baking powder	1/2 c. cut-up walnuts
1 tsp. salt	1 c. cut-up dates
1 c. sugar	1 c. milk
	1 whole unbeaten egg

Mix dry ingredients. Cut in shortening with a fork. Blend in nuts and dates. Add milk and egg. Mix well 1 minute and turn into well-greased 9x5x3-inch loaf pan. Push batter into corners of pan. For well-rounded loaf allow batter to stand in pan 20 minutes before baking. Bake in moderate oven at 350 degrees for 1 hour or until done.

IRISH SODA BREAD

Hazel Weber James

2 c. sifted flour	1 tsp. caraway seeds
1 1/2 tsp. baking powder	1/2 c. raisins
1/4 tsp. baking soda	1 c. buttermilk (approximately)
1/4 tsp. salt	

Continued.....

IRISH SODA BREAD (Continued)

Sift the flour, baking powder, soda and salt together. Stir in raisins and seeds and enough buttermilk to give a soft dough. Knead lightly on a floured board until stickiness disappears. Form into a round flat loaf and place in a greased 8-inch cake tin. Cut an X on top surface of loaf with a knife. Bake in a 350 degree oven about 30 minutes. Remove and cool on a rack before slicing. Quick and easy, also delicious.

PEACH PECAN BREAD

1 16-oz. can sliced peaches	1 tsp. salt
1 Tbsp. lemon juice	2 eggs
3 tsp. baking powder	3/4 c. sugar
6 Tbsp. melted butter	3/4 c. chopped pecans
2 c. flour	

Drain peaches, reserving 1/4 c. syrup. Chop 1 c. peaches and set aside. In blender combine remaining peaches, butter, eggs, reserved peach syrup and lemon juice; blend. Stir in dry ingredients; add egg mixture. Stir and then fold in reserved peaches and nuts. Bake in greased 8x4x2-inch pan. Bake at 350 degrees for 1 hour. Cool in pan 10 minutes. Remove and cool on rack.

RAISIN PUMPKIN BREAD

Alma Koelsch

1 c. vegetable oil	1 1/2 c. canned pumpkin
3 c. sugar	1 c. water
4 eggs	3 1/2 c. flour
1 1/2 tsp. each nutmeg, cinna- mon and salt	2 tsp. baking soda
	1 c. raisins

In a large mixer bowl, beat oil, sugar and eggs until smooth. Blend in spices, pumpkin and water. In another bowl, mix flour, soda, and raisins. Stir flour mixture into creamed mixture thoroughly. Pour batter into 3 greased (1 lb.) coffee cans to within 1 1/2 inches of top. Bake at 350 degrees for 1 hour or until toothpick inserted in center comes out clean. Cool in pan 15 minutes; turn out onto rack to cool completely. May be refrigerated or frozen.

RHUBARB BREAD

1 1/2 c. brown sugar	2 2/1 c. flour
2/3 c. liquid shortening	1 tsp. salt
1 egg	1 1/2 c. rhubarb (cut in pieces)
1 c. sour milk	1 tsp. vanilla
1 1/2 tsp. baking soda	

Continued.....

RHUBARB BREAD (Continued)

Topping:

1/3 c. white sugar	2 Tbsp. butter
1/4 c. chopped nuts	1/2 tsp. cinnamon

Mix brown sugar, shortening, egg, sour milk, and baking soda. Sift flour and salt together. Add to mixture and fold in rhubarb pieces, nuts and vanilla. Put into 2 greased loaf pans. Sprinkle with topping and bake for 45 minutes at 350 degrees.

EGG SLAP JACK BISCUITS

Bess Heaney

3 eggs	2 tsp. baking powder
1/2 c. milk (scant)	1/2 tsp. salt
2/3 c. flour	Sugar

Beat eggs; add salt, milk, flour and baking powder. Put in large frying pan; brown on both sides. (Try not to break when turning.) Take out, put on plate, sugar top lightly, and cut in wedges.

PUMPKIN MUFFINS

1/2 c. butter	4 tsp. baking powder
1 c. sugar	1/2 tsp. cinnamon
2 eggs	1/2 tsp. nutmeg
1 c. cooked, mashed pumpkin	1 tsp. salt
1 c. raisins	1 1/4 c. milk
3 1/2 c. flour	

Preheat oven to 400 degrees. Grease muffin tins that are about 2 1/2-inches in diameter. Using electric mixer, cream butter and sugar until light and fluffy. Beat in the eggs and pumpkin. Dredge the raisins with 1/2 c. flour. Sift 3 c. flour and baking powder, cinnamon, nutmeg and salt together. Add the dry ingredients and milk alternately by hand, mixing until just blended. Do not overmix. Stir in raisins. Fill muffin tins about 3/4 full and bake for 20-25 minutes.

BLUEBERRY CAKE

1/4 c. soft butter	1/2 c. milk
3/4 c. granulated sugar	1/4 tsp. salt
1 1/4 c. sifted flour	1 egg
1 1/2 tsp. baking powder	2 c. floured blueberries

Cream butter and sugar; add egg and beat well. Add flour, salt, and baking powder; add milk and mix. Fold in floured berries.

Continued.....

BLUEBERRY CAKE (Continued)

Bake in 350 degree oven for 45-50 minutes. Serve warm with hard sauce or lemon sauce. Use 8x8x2-inch pan size.

Hard Sauce:

1/2 c. soft butter	1/2 tsp. vanilla
2 c. granulated sugar	1 egg
Pinch salt	

Beat sugar and butter well; then add whole egg and beat until fluffy. Add vanilla.

Lemon Sauce:

3/4 c. granulated sugar	3 level Tbsp. cornstarch (moistened with a little cold water)
1 Tbsp. butter	Juice and grated rind of 1 lemon
2 c. boiling water	
2 beaten egg yolks	

Mix and cook until thick, stirring constantly.

CARROT CAKE AND CREAM CHEESE FROSTING

Arlene Meggison

Cake:

2 c. sugar	2 tsp. baking powder
1 1/2 c. Wesson Oil	2 tsp. cinnamon
4 large eggs	2 large jars baby food carrots
3 c. flour (unsifted)	1 c. chopped walnuts
2 tsp. baking soda	

Mix sugar, oil and eggs. Add dry ingredients and mix well. Add carrots and nuts last. Bake in greased tube pan at 350 degrees for 1 hour.

Icing:

1 8-oz. pkg. cream cheese at room temperature	2 tsp. vanilla
1/2 c. (1 stick) unsalted butter at room temperature	3 c. (about) powdered sugar, sifted
	1/4 c. chopped nuts

Whip cream cheese until smooth. Add butter and mix thoroughly. Add nuts and vanilla and blend well. Gradually add sugar and beat well. DO NOT USE IMITATION OR DIET CREAM CHEESE.

DUTCH APPLE CAKE

2 Tbsp. butter
1/2 c. sugar
1 egg
1 c. sifted flour
1 tsp. baking powder

2 Tbsp. milk
1/2 c. sugar
1 tsp. cinnamon
Whipped cream or Cool Whip

Cream butter and sugar with egg beater or by hand. Add egg, sifted flour and baking powder, alternating with milk. Put in pie pan spreading around. Cover with peeled and sliced apples, sugar, cinnamon and dot with butter all over. Bake 25-30 minutes at 400 degrees. Serve hot or cooled with whipped cream or Cool Whip.

GOLDEN FRUIT CAKE

Madaline Fowler

1 c. white raisins
1 c. dark raisins
1 lb. jar mixed fruit (candied)
Small jar candied pineapple
1 c. broken nuts
2 c. flour
1 tsp. baking powder

1/4 tsp. salt
1/2 c. butter
1 c. sugar
3 eggs
1/2 c. orange juice
Small jar whole cherries with juice

Soak raisins in water; drain. Mix flour over fruit. Mix remaining ingredients and mix with fruit. Bake 2-2 1/2 hours at 300 degrees or 4 small 3x5-inch tins for 1 3/4 hours.

LEMON CAKE (Feeds Many)

Clara Louise Turner
Bee Van Pelt's Mother

1 Duncan Hines yellow cake mix (sifted)
1 pkg. lemon Jell-O
4 eggs
3/4 c. water

3/4 c. Crisco Oil
2 c. powdered sugar
1/3 c. lemon juice
1 Tbsp. lemon rind

Beat eggs in bowl; add water, oil and Jell-O. Add sifted cake mix. Beat on medium speed about 2 minutes. Bake in tube pan; grease and flour pan. Bake 45 minutes or until done. Glaze. To make glaze, boil powdered sugar and lemon juice and spoon over hot cake after removing from oven. Serve with whipped cream or Cool Whip. Can be baked in two 9x5x2 1/2-inch loaf pans. Serve with fresh strawberries and whipped cream.

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PLUM KUCHEN

Alma Koelsch

1 1/2 c. all purpose flour
1 tsp. baking powder
1/2 tsp. salt
1/2 c. butter or margarine
1/2 c. sugar
2 large eggs

1/4 c. cold water
1 lb. (18-20) small fresh prune-plums, quartered and pitted
1/3 c. sugar mixed with 1/4-1/2 tsp. each ground allspice, cardamon, cinnamon and nutmeg

Stir together flour, baking powder and salt. Cream butter and 1/2 c. sugar; beat in eggs well. Add flour mixture and water and stir only until dry ingredients are moistened. Spread over bottom of buttered 9-inch square cake pan. Lightly press plums, skin side up, in rows over batter. Sprinkle with spiced sugar mixture. Bake in a preheated 350 degree oven until a cake tester inserted in center comes clean, about 40 minutes. Cut in squares and serve hot. Serves 9.

PUMPKIN CHEESECAKE

1/4 c. graham cracker crumbs
4 8-oz. pkg. cream cheese
1 1/2 c. sugar
5 large eggs

1/4 c. flour
1/4 tsp. salt
1-lb. can pumpkin
2 tsp. pumpkin spices

Butter the bottom and sides of a springform pan generously. Sprinkle with graham cracker crumbs; shake pan to coat all sides. Let remaining crumbs stay on the bottom. Beat the softened cream cheese until good and fluffy. Beat in sugar; then add eggs one at a time, beating well after each one. Beat in flour, salt, pumpkin and spices, all at once. Pour into prepared pan and bake 1 hour and 30 minutes or until firm around the sides but soft in center. Turn off the heat and let cake cool in oven for 30 minutes with oven door open. Cool completely on wire rack. Remove sides of pan and refrigerate.

SWEDISH CRUMB CAKE

Ellie Hammond

2 3/4 c. flour
1 3/4 c. sugar
3/4 c. butter
2 tsp. baking powder

Pinch salt
2 eggs
3/4 c. milk
1 tsp. vanilla

Add salt and sugar to flour and mix well. Add butter and crumble with hands. When mixture becomes fine, remove 1 c. and save for topping. Then add baking powder to remainder of mixture. Also add eggs, milk and flavoring; beat well. Put batter in 9x13-inch greased pan and add the 1 c. dry mixture on top of batter before placing pan in oven. Bake batter in a 370 degree oven for about 35 minutes.

CRISP COOKIES

Elizabeth Henderson

1 c. shortening	2 tsp. vanilla
1/2 tsp. salt	1/4 c. milk
4 tsp. baking powder	4 c. sifted flour
2 c. sugar	2 eggs

Cream shortening, vanilla and sugar together until light and fluffy. Continue creaming while adding well-beaten eggs slowly. Sift flour, baking powder and salt together and add alternately with milk to creamed mixture. Roll on lightly floured board and cut. Bake at 375 degrees 10-12 minutes. Makes about 18 doz. cookies.

FORGOTTEN COOKIES

3 egg whites, beaten stiff	1 tsp. vanilla
3/4 c. sugar	6-oz. pkg. chocolate bits
Dash salt	1 c. chopped nuts

Beat egg whites until stiff. Add salt and sugar gradually; add vanilla. Mix in chocolate bits and nuts. Turn oven to 375 degrees. Drop by spoonful on buttered baking sheet. After you put the cookies in the oven, TURN THE OVEN OFF, and leave for 8 hours or overnight.

MOLASSES SNAPS

Genevieve Beard

1 c. molasses	1 Tbsp. ground ginger
1 c. sugar	1 tsp. baking soda
1 c. shortening	1/2 c. boiling water
1 egg	4-5 c. flour
1/2 tsp. salt	

Combine first 6 ingredients. Add baking soda dissolved in 1/2 c. boiling water. Add enough flour to roll very thin. Cut with cookie cutter. Bake in hot oven 8-10 minutes. (Refrigerate dough to make it easier to roll out.) Makes 10-12 doz. cookies.

OATMEAL ICE BOX COOKIES

1 c. shortening	1 1/2 c. flour
1 c. brown sugar	1 tsp. baking soda
1 c. white sugar	1/2 c. nuts
2 beaten eggs	1/2 c. coconut
1 tsp. vanilla	3 c. oats
1 tsp. salt	

Continued.....

OATMEAL ICE BOX COOKIES (Continued)

Cream together the shortening, brown and white sugar, the beaten eggs, vanilla and salt. Then add the flour and soda, nuts, coconut and oats. Roll into cylinders about 1 1/2-inch thick. Chill at least 2 hours; then slice into 1/4-inch slices. Bake on lightly greased cookie sheet for 15 minutes at 350 degrees.

SNICKERDOODLES

1 c. shortening	2 tsp. cream of tartar
1 1/2 c. sugar	1 tsp. baking soda
2 eggs	1/2 tsp. salt
2 3/4 c. flour	

Mix first 3 ingredients together. Sift together dry ingredients and stir in. Chill dough. Roll into balls the size of walnuts. Roll in a mixture of 2 Tbsp. sugar and 2 tsp. cinnamon. Place about 2 inches apart on ungreased cookie sheet. Bake 8-10 minutes. Makes about 6 doz. This is an early American recipe.

AUNT ROSE M. BOWNE'S SPRITZ COOKIES CHRISTMAS WREATHS

Bee Van Pelt

2 1/2 c. sifted flour	1 c. butter or 1/2 margarine and
1/2 tsp. baking powder	1/2 c. butter
1/8 tsp. salt	1 egg, unbeaten
1 c. sugar	1 tsp. almond extract

Temperature in summer - 350 degrees. Temperature in winter - 400 degrees and turn to 375 degrees. Bake 7-10 minutes. Take butter out of refrigerator. When soft, cream and add sugar and cream again. Add unbeaten egg and mix in. Add sifted flour, baking powder and salt. Mix well with hands and add almond extract last. Put through cookie press using the one shaped like a star. Place on ungreased cookie sheet and bake 7-10 minutes. Batter will come out of cookie press like toothpaste. Cut the size wreath you want and form wreath. Wreaths may be plain, or sprinkled with red or green crystal sugars or both.

CRANBERRY-PEAR PIE

Betty Marz

3 c. cranberries	2 c. pared, sliced pears (3)
1 1/2 c. sugar	1 c. water
1/4 tsp. cinnamon	1/4 c. cornstarch

Combine cranberries and water; bring to boil. Simmer 3 minutes. Mix sugar, cornstarch and cinnamon. Add to hot cranberries; cook quickly stirring constantly. Remove from heat when thickened. Gently stir in pears and turn into pastry shell. Add lattice top, seal and crimp. Bake 35-40 minutes at 400 degrees.

ELDERBERRY PIE

Wilhelmine Buckland

2 c. sugar	1/2 juice of lemon
1 pt. berries	1/4 tsp. cinnamon
1 pt. water	Pinch salt
3 Tbsp. flour	Pastry for 2 crust pie

Combine juice, berries and water in a bowl. Combine dry ingredients. Add to berry mixture and mix well. Pour into unbaked pie shell and cover with top crust. Bake at 425 degrees for 35-40 minutes.

SHOO-FLY PIE

Mrs. Ralph Sinclair Job,
Helen Enterline's Mother

3 9-inch pie crusts	1 c. boiling water
1 c. molasses	1/2 tsp. baking soda

Crumbs:

3 c. flour	3/4 c. margarine, cut into 1/2-
1 c. sugar	inch pieces
1/2 tsp. baking soda	

Put water in molasses and add soda. Stir a little and set aside to cool slightly. Sift together flour, sugar and baking soda. With pastry cutter or fork, mix sifted ingredients with margarine to about size of peas. Pour molasses mixture equally into the 3 pie crusts. Then cover equally with the crumbs. Bake in 425 degree oven for 15 minutes and then in 350 degree oven for 15 minutes. Do not overbake; the bottom should be moist.

SOUR CREAM APPLE PIE

3/4 c. sugar	1 tsp. vanilla
1/4 tsp. nutmeg	2 Tbsp. flour
1/8 tsp. salt	1 c. sour cream
1 egg	3 c. tart cooking apples, peeled
1 unbaked pie shell	and sliced

In a bowl combine sugar, flour and salt. Stir in the sour cream, egg, vanilla and nutmeg, mixing until smooth. Add apples and pour mixture into unbaked pie shell. Bake in 400 degree oven for 15 minutes. Reduce oven to 350 degrees and bake for 30 minutes longer.

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SOUR CREAM APPLE PIE (Continued)

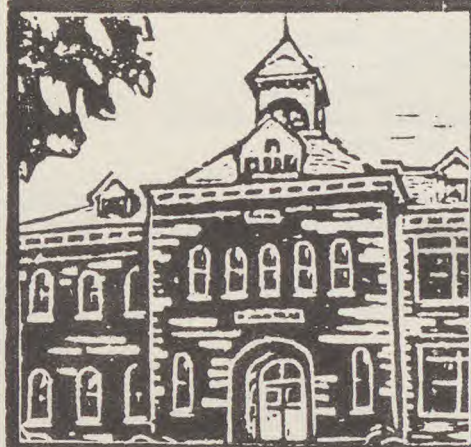
Topping:

1/3 c. sugar	1/3 c. flour
1/4 c. softened butter	1 tsp. cinnamon

Combine sugar, flour, butter and cinnamon. Sprinkle on top of pie, return to oven and bake for 15 minutes longer or until light brown.

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THE SWEETS SHOP

MATAWAN'S FIRST GRADED SCHOOL, 1895, BROAD ST.
BLOCK PRINT

APPLE PUDDING

Peggie Leifeste

- | | |
|----------------------------|--------------------|
| 1/2 c. butter or margarine | 1/4 tsp. salt |
| 1 c. sugar | 1/4 tsp. cinnamon |
| 1 c. sifted flour | 1 c. milk |
| 2 tsp. baking powder | 2 c. cooked apples |

Melt butter in 2-qt. casserole. Combine next 6 ingredients. Make batter and pour over butter. Drain apples; pile in center of batter. Bake in a 375-degree oven until batter covers fruit and crust browns, 30-40 minutes. Serve with plain cream, whipped cream or ice cream.

OLD FASHIONED BREAD PUDDING

Bee Van Pelt

- | | |
|-----------------------------|-------------------------|
| 4 c. soft bread crumbs | 2 eggs, slightly beaten |
| 2 c. milk | 1/4 tsp. salt |
| 4 Tbsp. butter or margarine | 1 tsp. cinnamon |
| 1/2 c. sugar | 1/2 c. seedless raisins |

Place bread crumbs in a buttered baking dish (1 1/2-qt.) and set aside. Scald milk and butter or margarine. In a large bowl combine sugar, eggs, salt, cinnamon and raisins. Stir some of the milk into the egg mixture. Gradually add the entire milk mixture to the eggs, stirring constantly. Pour over the bread crumbs and bake in a moderate oven (350 degrees) until silver knife inserted one inch from edge comes out clean. Serve warm right from the baking dish. Baking time: 45 minutes. Serves 6-8.

CRANBERRY BREAD PUDDING

1 3/4 c. scalded milk	2 eggs, beaten
1/2 tsp. lemon extract	1/2 tsp. vanilla
2 c. soft, stale bread cubes	1 c. cranberries
1/2 tsp. salt	Vanilla custard sauce, cream or
1/4 c. honey	ice cream

Mix all except cream and then pour into shallow 1 1/2-qt. baking dish. Bake at 350 degrees for 25 minutes, or until firm. Serve warm with cream. Makes about 6 servings.
Solid pudding is better than empty praise - English Proverb.

STEAMED CRANBERRY PUDDING

1 c. sifted flour	1/2 c. brown sugar
2 tsp. baking powder	2/3 c. finely chopped suet
1/2 tsp. salt	1 c. cranberries
1/2 c. bread crumbs	1/3 c. milk

Sift together flour, baking powder and salt. Combine the bread crumbs, sugar, suet and cranberries with the milk. Add the flour mixture. Pour into a greased mold, filling it only 2/3 full. Cover tightly. Place the mold on a rack in a kettle over 1 inch boiling water and steam for 2 hours, using high heat at the beginning and, as the steam escapes, lowering the heat. Add water if necessary. Serve with hard sauce. Serves 6.

FRENCH CREPES

Bee Van Pelt

1/2 c. flour	2/3 c. milk
1/2 tsp. salt	1 Tbsp. shortening, melted
2 eggs, well beaten	

Sift flour, measure, add salt and sift again. Combine beaten eggs, milk and shortening. Add flour and beat until smooth. Pour enough batter in a small fry pan to make one pancake about 4 inches in diameter. Tip pan to make the pancake as thin as possible. Bake until browned, turning to brown on both sides. Keep hot until all cakes are baked. Spread with jelly, roll up and sprinkle with sugar, if desired. Makes 10-12 pancakes.

FRUIT DESSERT

1 large can fruit cocktail	1/2 pt. sour cream
1/4 lb. small marshmallows	

Drain can of fruit cocktail and put fruit in large bowl. Add marshmallows and sour cream. Place bowl in refrigerator overnight.

ITALIAN RICE PUDDING

Alma Koelsch

4 c. milk	Dash salt
3/4 c. sugar	2 eggs, beaten
1/2 c. long grain rice	1 tsp. vanilla
1/2 c. water	Cinnamon

Combine milk, sugar, rice, water and salt in heavy 4-qt. saucepan. Bring to boil. Reduce heat and simmer uncovered 50-60 minutes, until rice is tender and desired consistency is reached. Stir frequently during cooking. Remove from heat and stir in eggs and vanilla. Pour into 1 1/2-qt. baking dish. Sprinkle with cinnamon. May be served warm or chilled with milk or whipped cream. Makes 6 servings.

PLATTAR (SWEDISH PANCAKES)

Ellie Hammond

3 eggs	6 Tbsp. butter, melted
2 c. milk (or 1 c. milk and 1 c. light cream)	1/2 tsp. salt
1 c. flour	Lingonberries or fruit preserves

Beat eggs together with 1/2 c. milk for 2 or 3 minutes with rotary beater. Add flour all at once to smooth consistency. Beat in remaining milk and melted butter and salt. Skillet will require little, if any, additional butter. If you have Swedish 5 or 7 section pan, heat ungreased over medium-high heat. When pan is hot (water flicked on surface bounces around and evaporates), drop a Tbsp. batter into each depression. After 1 or 2 minutes, when edges brown, turn for another 1 or 2 minutes. Serve with lingonberries or preserves. Serves 6 to 8.

RASPBERRY TRIFLE

1 egg white	1 c. powdered sugar
1 1/2 c. raspberry pulp	1 pkg. lady fingers

Pack an enameled bowl in crushed ice. In bowl put the white of one egg, raspberry pulp and powdered sugar. Beat with a wire whisk until mixture is stiff enough to keep its shape. (Keeping mixture cold will hasten process and improve flavor.) Pile lightly in chilled champagne glasses lined with lady fingers and top with a large red raspberry.

STRUFOLI (Italian)

Arlene Meggison

1 Tbsp. sugar	4 eggs
1 tsp. grated lemon peel	2 1/2 c. all-purpose flour
1 tsp. vanilla extract	Salad oil
1/2 tsp. salt	1 1/2 c. honey

Continued.....

STRUFOLI (Continued)

In large bowl, mix sugar, lemon peel, vanilla, salt, eggs and 2 c. flour. Turn dough onto lightly floured surface. With floured knife, cut dough into 20 equal portions. With palms of hands, roll each portion into 9-inch long pencil-like stick. Cut sticks into 1/2-inch pieces. In 3-qt. saucepan over medium heat, heat about 1 1/2 inches salad oil to 375 degrees on deep fat thermometer (or heat oil in deep fat fryer set at 350 degrees F.). Fry dough pieces in hot oil, a handful at a time, until golden, about 5 minutes. With a slotted spoon, remove dough pieces to paper towels to drain. Place fried dough in large bowl. In 2-qt. saucepan over medium heat, heat honey to boiling. Pour honey over fried dough and mix well. Cover and refrigerate at least 3 hours. Let Strufole stand at room temperature 1 hour to soften it well and spoon onto large plate. Let guests pull off pieces of dessert with fingers. Provide napkins. Makes 12 servings.

GREEN TOMATO RASPBERRY JAM

Lois Davidson

5 c. ground green tomatoes 6 oz. pkg. raspberry Jell-O
4 c. sugar

Boil sugar and ground tomatoes for 15 minutes. Add the raspberry Jell-O and pour in jars. Must be refrigerated. It will keep 6 months.

ZUCCHINI MARMALADE

Lois Huhn
River Plaza, N. J.

4 c. zucchini, peeled and 1 c. crushed pineapple, drained
 cut thin 4 c. sugar
Juice of 2 lemons 1 pkg. Sure-Jell
1 Tbsp. lemon rind

Put first 4 ingredients in pot with a pkg. Sure-Jell. Bring to a boil and add the sugar. Bring to a rolling boil for 3 minutes. Must be refrigerated.

CANDIED ORANGE OR GRAPEFRUIT
PEEL

Mrs. LeRoy Enterline
Steve Enterline's Mother

Clean rind (which may be saved for a few days in a plastic bag in refrigerator until the desired amount has been accumulated). Cut in approximately 3/8-inch strips and place in salted water. Boil 20 minutes. Drain and repeat procedure twice. For each cup of rind, use 1 c. granulated sugar with a small amount of water added. Boil sugar and water to spin a thread. Add rind and simmer until most of syrup has been absorbed. With tongs or

Continued.....

CANDIED ORANGE OR GRAPEFRUIT PEEL (Continued)

slotted spoon remove rinds. Let cool. Shake pieces in bag of sugar. Remove and straighten out on wax paper to dry. Keep in air-tight container. Lemon rind may be used also.

MOTHER'S GREEN TOMATO MINCEMEAT

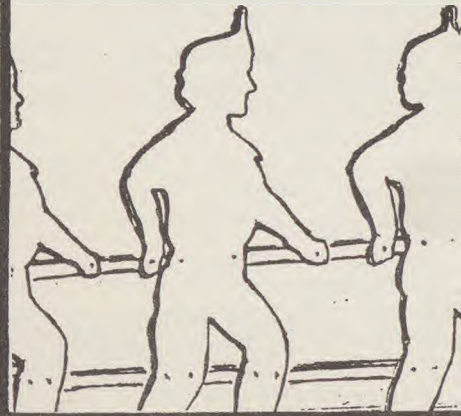
Dot Wolverton

1 pkg. green tomatoes, chopped	2 lbs. raisins
1 qt. water	1 lb. currants
4 lbs. sugar	1 c. vinegar
1/2 lb. chopped suet	2 Tbsp. cinnamon
2 Tbsp. salt	2 Tbsp. cloves

Chop tomatoes and drain off the green water. Cover with cold water, then boil and strain. Do this three times. Then add water, sugar, suet, salt, raisins, currants and vinegar. Let all boil until tender. Add cinnamon and cloves.

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CASSEROLES MISCELLANY

D.H. WYCKOFF'S LINE-OF-FIREMEN FENCE:
BUILT AT 84 MAIN STREET ABOUT 1872.

THREE BEAN CASSEROLE

Agatha Rivera

1 10-oz. pkg. frozen lima
beans
1/2 lb. franks
2 Tbsp. butter
1 medium onion
1 clove garlic
1 c. kidney beans
1 16-oz. can baked beans

1 tsp. mustard
1 Tbsp. brown sugar
1/2 c. catsup
1/2 c. red wine
1/2 tsp. salt
Dash pepper
1/2 c. corn chips

Cook lima beans. Preheat oven to 350 degrees. Slice franks and saute in butter, garlic and onion until onion is tender. Stir in the rest of the ingredients except the chips. Bake 30 minutes. Sprinkle chips on top.

ELEANOR'S ONE-DISH MEAL

Charlotte Hopkins

4 pork chops, center cut
1 c. uncooked rice
Large onion
Green pepper rings
1 can Campbell's consomme

Sliced tomatoes in seasoning or
whole canned tomatoes, sliced
Pinch of thyme
Pinch of marjoram

Brown chops in small amount of oil. Remove from pan. Add to drippings thyme, marjoram, consomme, and 1/2 c. water. Stir

Continued.....

ELEANOR'S ONE-DISH MEAL (Continued)

well over heat. If using canned tomatoes, use less water. Spread uncooked rice over bottom of flat casserole (size to fit number of chops). Over rice lay the browned chops, then the sliced onion, pepper rings and sliced tomatoes. Pour drippings mixture over all. Bake in 375 degree oven for about 1 hour. Cover casserole with foil for the first half hour.

TUNA CASSEROLE

1 medium apple, unpared, cored and chopped	1/2 c. milk
1/2 c. chopped celery	1 7-oz. can tuna
1/4 c. chopped onion	1 c. cooked rice
2 Tbsp. margarine	1/2 tsp. salt and pepper
1 (10 3/4-oz.) can condensed vegetable soup	1 Tbsp. margarine, melted
	1/2 c. Rice Chex, crumbled
	1/4 tsp. curry powder

Cook apple, celery, onion in 2 Tbsp. margarine until tender. Add soup and stir in milk. Add tuna, rice and salt. Mix and put in greased 1-qt. casserole. For topping: combine melted butter, crushed cereal and curry. Bake in 375 degree oven for 30 minutes. Makes 4 servings.

ALMOND CRAB APPLES

3 cans crab apples with stems	3 oz. cream cheese
2/3 c. chopped almonds	2 Tbsp. cream

Drain crab apples and pat dry with paper towel. Blend cream cheese and cream and cover surface of apples with mixture. Finish by rolling each apple in chopped almonds.

BLINTZE

Esther Blau

Batter:

4 eggs, well beaten	1 tsp. salt
1 c. flour	1 c. milk

Filling:

1 1/2 lb. cottage cheese	1 Tbsp. sugar
2 egg yolks, beaten	Salt to taste
1 Tbsp. butter	

Make batter by adding the milk to salt and eggs, stirring in flour gradually until smooth. Lightly grease Teflon frying pan (about

Continued.....

BLINTZE (Continued)

2 Tbsp.) tilting pan from side to side to cover bottom. Cook until batter doesn't look raw. Flip over onto a clean tablecloth. Makes about 12-15 crepes. To make filling, press cheese through sieve and salt to taste; then add the rest of the filling ingredients. Place 1 Tbsp. cheese mixture on each crepe. Fold top over, then sides, and roll to make an envelope. Fry in butter on both sides or bake with pats of butter on top in a greased pan. Serve with sour cream or applesauce. Optional: These crepes can be filled with creamed chicken, seafood, fruit or ice cream.

MY MOM'S AMERICAN CHOP SUEY

Esther Blau

1 lb. box spaghetti	6-8 celery stalks
1 can tomato soup	1 lb. chopped hamburger steak
6-8 medium onions	

Break spaghetti into medium lengths and cook until tender. Drain spaghetti and pour cold water over it. Add 1 can of tomato soup to spaghetti. Cut up 6-8 medium size onions and fry until golden and tender. Take celery stalks, cut into small pieces and fry with onions. Add 1 lb. hamburger steak and cook until done. Add spaghetti to hamburger mixture and blend together. Heat briefly and serve immediately.

COUNTRY FLAVOR BEEF STEW

2 1/2 lbs. lean beef (1/2 to 1 1/4-inch cubes)	2 tsp. salt
4 beef bouillon cubes	1 tsp. oregano
6 c. boiling water	1/4 tsp. parsley flakes
1 large bay leaf	1/8 tsp. chili powder
1/8 tsp. pepper	1 medium sweet onion, sliced thin
1/4 tsp. thyme	6 medium potatoes (small cubes)
1 medium green pepper, sliced	5 medium carrots (small cubes)
	2/3 c. flour paste

Sear meat in its own fat. Dissolve beef cubes in boiling water; then add seared meat. Add the combined seasonings, green pepper and sweet onion. Simmer 2 hours. Add potatoes and carrots and simmer 1 hour longer. The last 30 minutes of simmering, add flour mixed with water to a smooth paste to thicken stew.

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COUNTRY HASH PIE

1 24 or 25 1/2-oz. can corned beef hash	8 Tbsp. water
1 Tbsp. Worcestershire sauce	1/2 tsp. salt
1/8 tsp. pepper	Dash pepper
8 eggs	1 Tbsp. freeze-dried chives
	3 Tbsp. butter or margarine

Preheat oven to 450 degrees. Spoon hash into 9-inch pie pan. Mix in Worcestershire sauce and pepper. Spread mixture in pan evenly, making a "crust". Bake in oven 15 minutes. Meanwhile, 5 minutes before crust is done in small bowl beat eggs, water, salt, dash of pepper and chives. Heat butter or margarine in skillet and pour in egg mixture. Cook stirring occasionally about 3 minutes or until eggs are softly scrambled. Spoon egg mixture into hash crust and serve immediately. Makes 6 servings.

HUSH PUPPIES

2 c. corn meal	1 Tbsp. baking powder
1 tsp. soda	1 egg
1 tsp. salt	2 c. buttermilk
6 Tbsp. chopped onion	Red pepper to taste
2 Tbsp. flour	

Mix all dry ingredients; add chopped onion. Then add milk and egg, beaten together. Drop by small spoonfuls into boiling deep fat. They will float when done. Drain on brown paper. Serves 8.

PIEROGI

Helen Henderson

3 lbs. potatoes	3 c. flour
Sharp cheddar cheese, grated	1/2 tsp. salt
2 eggs	1 tsp. butter
1/2 c. milk	

Potato-Cheese Mixture:

Peel and quarter about 3 lbs. potatoes. Boil and coarsely mash. Mix 4-6 oz. coarsely grated sharp cheddar cheese with mashed potatoes while they are still hot. Allow potato-cheese mixture to cool.

Dough:

Mix eggs, milk, flour, salt and butter together in a medium-sized bowl. If necessary, add small amounts of milk as necessary to form a soft dough. Roll out dough 1/4-inch thick on lightly floured board. Cut into 3-inch squares. Fill centers with approximately

Continued.....

PIEROGI (Continued)

1 tsp. potato-cheese mixture. If necessary, use small amount of water on edge to seal. Boil 15 minutes. Pour melted butter and sauteed onions over pierogi. Serve warm. Serves 6-8.

QUICK HOT CURRY SAUCE

2 tsp. instant chicken or beef bouillon or 2 bouillon cubes	2 Tbsp. raisins
6 oz. tomato paste	1 tsp. apple or pumpkin pie spice
2 c. unsweetened apple juice	1 tsp. curry
	Few drops hot pepper sauce

Combine all ingredients in a saucepan. Cook and stir over moderate heat until mixture is thick and bubbling. Serve over rice, meat, seafood, poultry or vegetables. Makes 2 3/4 c. or 11 servings.

LEMONY EGG SAUCE FOR FISH

2 Tbsp. flour	1 Tbsp. fresh lemon juice
1/2 tsp. butter-flavor salt	2 hard-cooked eggs
Dash of white pepper	2 Tbsp. pimienta (optional)
13-oz. can evaporated milk	

In saucepan, stir together the flour, salt, pepper and milk. Cook this mixture slowly stirring constantly, until it becomes thick and smooth. Fold in chopped eggs and pimienta. Continue to cook the sauce until it is heated through. Serve over fish or vegetables.

MUSTARD SAUCE

1 Tbsp. flour	1/2 c. powdered mustard
1/4 c. butter	1/3 c. sugar
1/2 c. vinegar	1 bouillon cube
1/2 c. boiling water	2 well beaten eggs

Cream together flour and butter. Add vinegar, boiling water, mustard, sugar, bouillon cube and eggs. Cook 10 minutes in double boiler. Serve hot or cold with ham loaf.

RAISIN SAUCE FOR HAM

1 c. raisins	1/4 tsp. salt
1 c. water	Pinch of pepper
5 whole cloves	1 Tbsp. butter
3/4 c. brown sugar	1 Tbsp. vinegar
1 tsp. cornstarch	1/4 tsp. Worcestershire sauce

Continued.....

RAISIN SAUCE FOR HAM (Continued)

Cover raisins with water; add cloves and simmer for 10 minutes. Add the sugar, cornstarch, salt and pepper which have already been mixed together. Stir until slightly thickened; then add the remaining ingredients.

MULLED CIDER

1-inch piece stick cinnamon	1x2-inch piece lemon peel
Whole cloves	1 tsp. vanilla extract
3 qt. cider	5 or 6 medium apples
1 tsp. nutmeg	1 orange

About 45 minutes before serving: In cheesecloth bag, tie stick cinnamon and 5 whole cloves; let simmer in 2 c. cider with nutmeg and lemon peel for 15 minutes. Remove cheesecloth bag, then add rest of cider and vanilla, and heat. Serve in punch bowl with apples and wedges of unpeeled orange stuck with a few whole cloves floating in it. With permission of "DELICIOUS ORCHARDS"

CHURCH SUPPER PUNCH

2 c. sugar	1 tsp. vanilla
1 qt. water	1 tsp. almond flavoring
3 lemons, rind and juice	1 large can pineapple juice
2 c. medium strength tea	1 qt. ginger ale

Boil sugar, water and lemon rind for 5 minutes. To the syrup add tea, vanilla, almond flavoring, pineapple juice, lemon juice and ginger ale. Add an ice ring with fruit if you wish. This punch has a surprising champagne-like taste and is a welcome change from the overly sweet drinks. With permission of Colts Neck Historical Society.

YORKSHIRE PUDDING

Storowton Village, Mass.

1 c. milk	1/2 tsp. salt
1 c. sifted flour	Drippings from roast beef
2 eggs	

Mix flour and salt. Combine milk and eggs; add to flour and beat well until smooth. Cover bottom of pan with beef drippings. Pan and drippings should be hot. Quickly add mixture and bake at 450 degrees for 15 minutes. Reduce heat to 350 degrees and bake for an additional 10-15 minutes. Cut pudding into squares and arrange in pan around roast for serving. Provides just the right extra for a roast of beef.



*EARLY
American
TO
EARLY
Twentieth C.*

PHILIP FRENEAU: "THE POET OF THE REVOLUTION "

ASH CAKES

2 c. white corn meal
1 tsp. salt and sugar
1/4 tsp. baking soda

4 Tbsp. lard
3/4 c. boiling water
1/2 c. buttermilk

Sift together corn meal, salt, soda, sugar and work in lard with fingers until well blended. Add water and continue to mix. Gradually add enough buttermilk to make soft dough. Pat into 12 small flat cakes. Place in a hot well-greased iron skillet. Bake for 35-40 minutes at 350 degrees. Originally these cakes were baked in the ashes from the fire, then washed and dried in their own heat, just as the Indians baked them.

BAKED INDIAN PUDDING

1/3 c. corn meal
1/2 c. molasses
Pinch salt
3 c. scalded milk
1 egg, beaten

1 c. raisins
1/4 tsp. ginger
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1 c. cold milk

Mix well the corn meal, molasses and salt. Pour over the mixture 3 c. scalded milk; let stand 5 minutes. Add the well beaten egg, spices and raisins. Put in baking dish and place in a slow (275 degree) oven. In 10 minutes, after it starts to bake, add 1 c. cold milk, stir and bake 2 hours. Makes 6 servings.

BEAN SOUP

Josiah Allen's Wife--1893

1 pt. navy or pea beans
4 qt. beef stock
1 onion

1 carrot
1 tomato

Soak beans in cold water overnight. In the morning drain off the water, wash the beans in fresh water and put into soup kettle with good beef stock, from which all the fat has been removed. Set it where it will boil slowly but steadily until dinner, or 3 hours at the least. Two hours before dinner, slice in an onion and a carrot and little tomato. If the beans are not liked whole, strain through a colander and send to the table hot.

CORN CHOWDER

Jerry Berendt

4 oz. bacon
4 oz. salt pork
1 1/2 onions, diced
2 1/4 c. boiling water
1 1/2 c. potatoes, diced
1 1/2-2 qt. corn

3/4 Tbsp. salt
3/4 tsp. pepper
3/4 tsp. paprika
4 Tbsp. butter
4 c. milk, scalded

Brown the cubes of salt pork and bacon over a surface burner in pan to be used for the chowder. Add the diced onions and brown. Then add the boiling water, diced potatoes, fresh corn and seasonings. Cover and place in the oven at 350 degrees for 1 hour and 15 minutes. At the end of this time, add the butter and scalded milk. Yield: 6 servings. This recipe was in the Thomas Geran family since the 1700's. The original recipe was changed in 1875 with the addition of paprika.

DANDELION WINE

E. Henderson's Grandmother

4 qt. dandelion flowers
4 qt. boiling water
4 oranges
4 lemons
1 grapefruit

4 lbs. sugar
1 yeast cake
Optional: Brandy
Raisins

Add boiling water to dandelion flowers and let stand 24 hours in crock. Cut oranges, lemon and grapefruit removing seeds. Add the sugar and let it stand 24 hours. Then put both mixtures together and let stand another 24 hours with a yeast cake added. Or let stand 4 or 5 days longer. Strain through cheese cloth bag and put in bottles, just laying the corks on for several weeks. You can add brandy or raisins if you like.

EARLY COLONIAL TAVERN
"FLIP"

Fred C. Hermann
Colts Neck, N. J.

Strong beer
Sugar, molasses, or
dried pumpkin

New England rum
Red hot loggerhead

2/3 pitcher filled with strong beer, sweetened with sugar, molasses or dried pumpkin. Add a dash (about a gill) of New England rum. Thence, thrust and stir a red hot loggerhead into mixture. "This was a rather bitter concoction, according to history, and it is not surprising that Flip seems to have lost its popularity."

FRUKSOPPA (Old Time Swedish
Fruit Soup)

Ellie Hammond

3/4 c. dried apricots	1 c. sugar
3/4 c. dried prunes	2 Tbsp. raisins
6 c. cold water	1 Tbsp. dried currants
1 cinnamon stick	1 tart cooking apple, cored and cut into 1/2-inch thick slices
2 lemon slices 1/4-inch thick	
3 Tbsp. quick-cooking tapioca	

Soak dried apricots and prunes in 6 c. cold water for 30 minutes in stainless steel or enamel saucepan with capacity of at least 3 qts., since fruit will expand. Add cinnamon stick, lemon, tapioca and sugar; bring to boil. Reduce heat, cover and simmer 10 minutes. Stir in raisins, currants and apple; simmer an additional 5 minutes or until apple slices are tender. Pour contents into large serving bowl and cool to room temperature. Remove cinnamon stick. Cover bowl with plastic wrap and chill in refrigerator. Serve in compote dishes as a light year-round dessert. Recipe serves 6-8. NOTE: While fruit simmers, stir occasionally.

GREEN BEANS WITH PEANUTS

3 lb. string beans	1/2 c. finely chopped peanuts
6 Tbsp. butter	

Cook beans in salted water until tender and drain. Melt butter in skillet and add beans and peanuts. Toss through until totally heated.

MY GRANDMOTHER'S COOKED
PEPPER HASH

Elizabeth Henderson

12 green peppers	3 Tbsp. salt
12 red peppers	2 pts. vinegar
3 large onions	2 c. sugar

Continued.....

MY GRANDMOTHER'S COOKED PEPPER HASH (Continued)

Chop fine and cover with boiling water. Let stand 10 minutes and drain. Cover again with boiling water and bring to a boil. Drain. Add to mixture last 3 ingredients and cook 15 minutes.

90 YEAR OLD FRUIT CAKE RECIPE

Elizabeth Henderson

2 lbs. raisins	1 oz. mace
1/2 lb. sugar	1/2 citron
5 eggs	1 1/2 c. flour
1 oz. allspice	1 oz. cloves
2 lbs. currants	1 tea cup molasses
1/2 lb. butter	10 cents worth of bourbon
1 oz. cinnamon	whiskey

Mix together and bake until done.

PERKED MOCHA COCOA

2 1/2 c. cold water	1/8 tsp. salt
1/4 c. unsweetened cocoa	1 1/3 c. milk
1/3 c. sugar	1/2 tsp. vanilla
3 Tbsp. ground coffee	

Reserve 1 c. water; pour remaining water into percolator. Thoroughly combine cocoa, sugar, coffee and salt in small bowl; pour into percolator basket. Assemble percolator and pour reserved water over cocoa mixture in basket. Stir until all water passes through. Plug in the percolator. Allow to perk completely and finish dripping. Meanwhile, heat milk in small saucepan over medium heat; stir in vanilla. Pour 1/3 c. warm milk into each serving mug and fill with mocha cocoa. If desired, garnish with dollop of whipped topping and light sprinkling of cocoa. Yield: 4 8-oz. servings.

PUMPKIN SOUP

2 c. pumpkin puree	1 tsp. sugar and salt
3 Tbsp. butter	3 c. hot milk
1/4 tsp. pepper	

Peel a half pumpkin, remove seeds, and cut into wedges. Chop and cook in boiling salted water until tender. Drain and put through a sieve. Today's woman opens a can of pumpkin puree. Combine all ingredients except hot milk. Cover and simmer over low heat for 10 minutes. Then stir in 3 c. hot milk, a little at a time, and simmer for a few minutes. When ready to serve, sprinkle top with nutmeg.

RAISIN CAKE

Ozzie Sickles' Grandmother

1 box seeded raisins (sticky)
1 c. sugar
1/2 c. water
1 tsp. cloves
1 1/2 tsp. cinnamon
Pinch of salt

Lard the size of a goose egg (or
2 heapin' Tbsp.)
1 tsp. baking powder
1/2 c. boiling water
2 1/2 c. flour

Combine raisins, sugar, cold water, cloves, cinnamon, salt and lard; boil 5 minutes. Stir constantly and let cool. Add baking powder, boiling water and then mix in flour. Bake in slow oven (325 degrees) for 45 minutes.

SALLY LUNN

1 c. milk
1/2 c. shortening
1/4 c. water
4 c. sifted all purpose flour

1/3 c. sugar
2 tsp. salt
2 pkg. active dry yeast
3 eggs

Preheat oven to 350 degrees 10 minutes before the Sally Lunn is ready to bake. Grease a 10-inch tube cake pan or a bundt pan. Heat milk, shortening and 1/4 c. water until very warm, about 120 degrees. The shortening does not need to melt. Blend 1 1/3 c. flour with sugar, salt and dry yeast in a large mixing bowl. Blend the warm liquids into flour mixture. Beat with an electric mixer (medium speed) for about 2 minutes, scraping bowl occasionally. Gradually add 2/3 c. of the remaining flour and eggs. Beat at high speed for 2 minutes. Add the rest of the flour and mix well. The batter will be thick but not stiff. Cover and let dough rise in a warm, draft-free place until it doubles in bulk--about 1 hour and 15 minutes. Beat dough down with wooden wire whisk or at lowest speed with an electric mixer and turn into prepared pan. Cover and let rise in a draft-free place until it has increased in bulk 1/3 to 1/2--about 30 minutes. Bake for 40-50 minutes at 350 degrees until golden brown. Run a knife around center and outer edge of bread and turn onto a plate to cool.

SLICED TOMATO SWEET PICKLE

Elizabeth Henderson

1 peck green tomatoes
1 qt. vinegar
6 onions

4 lbs. brown sugar
2 heaping Tbsp. mixed whole
spice

Put vinegar, sugar and spice on to boil. When boiled, add prepared tomato and onion; cook until tender. To prepare tomatoes and onions, slice, sprinkle with salt and let stand overnight in

Continued.....

SLICED TOMATO SWEET PICKLE (Continued)

in earthen dish or crock with weight on top to remove juice. In the morning, drain and scald in water to which vinegar has been added; drain again. Very old recipe.

SWEET POTATOES, APPLES AND NUTS

4-5 medium sweet potatoes	1/4 c. water
1 c. apples, pared, cored and sliced	1/4 c. white wine
1/4 c. broken walnuts	4 Tbsp. butter
1 c. brown sugar	1 Tbsp. lemon juice

Boil or steam sweet potatoes until potatoes are not quite tender. Do not overcook. Drain, peel and slice in half lengthwise. Place in greased iron frying pan or casserole. Add 1 c. apples and 1/4 c. walnuts. Cook together brown sugar, water, wine, butter and lemon juice. Pour over sweet potatoes, apples and nuts. Bake for 20-25 minutes at 375 degrees, basting twice during this time. In Colonial days, they believed that sweet potatoes were "good for" body nourishment, low blood pressure, and diarrhea.

WEDDING CAKE OF 1850!!!

20 pounds butter	20 nutmegs
20 pounds sugar	1 ounce mace
20 pounds flour	4 ounces cinnamon
20 pounds raisins	20 glasses wine
40 pounds currants	20 glasses brandy
12 pounds citron	10 eggs to the pound

Mix together. Add cloves to your taste. If you wish it richer, add 2 pounds of currants and 1 pound of raisins to each pound of flour.

YELLOW JACKET SOUP

An American Indian Recipe

Yellow Jackets	Grease
Boiling water	Salt

Gather ground-dwelling yellow jackets' whole comb early in the morning. Place over heat right side up to loosen grubs. Place comb over heat again until the cover parches. Remove and pick out the yellow jackets and brown in oven. Make soup by boiling in water and season with grease and salt.

LOOKING BACK

Matawan will be 300 years old in 1986.

The Minnisink Trail, one of the five main Indian trails crossing New Jersey, passed through Matawan on today's Wilson Avenue on the west and Mill Road on the east.

The first deed for property in present-day Matawan was issued on September 13, 1686.

The Hawkins House on Mill Road, the oldest house in Matawan, was built prior to 1700.

Matawan was first known as Warne's Neck, then New Aberdeen, Middletown Point, Matavan, and finally, in 1882--Matawan.

The Burrowes Mansion at 94 Main Street was built in 1723.

Middletown Point's first postmaster was Jonathan Forman who was appointed April 1, 1795.

A description of Middletown Point (Matawan) from "Gordon's Gazetteer" in 1834: It lies on a bank elevated about fifty feet above the stream fronting a marsh on the opposite side; contains a Presbyterian church, from 75 to 100 dwellings many of which are very good buildings, eight or ten stores, four taverns and a grist-mill. This is the market of an extensive country (-side) and garden truck are thence sent to New York.

Matawan has an elevation ranging from sea level to 115 feet.

About 1842 the Burrowes Mansion was known as "The Steamboat Hotel" and adjacent Cartan Lane was called "Steamboat Alley."

The first newspaper in Monmouth County, "Jersey Chronicle," was started on May 2, 1795, by Philip Freneau in Middletown Point (Matawan).

The first Matawan newspaper, "The Journal and Matawan Advertiser," founded in 1869 by David A. Bell, was purchased in 1890 by Benjamin F. S. Brown. The name was changed to "The Matawan Journal."

LOOKING BACK (Continued)

In 1831 Captain Bent steered the first steamboat up Matawan Creek.

In 1836 the "Monmouth Democrat" advertised transportation by boat between Middletown Point and New York City daily except Sunday and Monday at a cost of 50¢.

Boats traveling between Matawan and New York City often were frozen in the ice and had to be chopped out. According to a 19th century diary, the steamboat "Ocean Wave" was "frozen up" in 1856 for 79 days.

At one time farmers shipped produce to New York City by boats which docked near Lower Main Street.

Ocean-going sailing vessels came up Matawan Creek as far as Hyer's Farm--the location of today's Buttonwood Manor.

The imposing old houses on Main Street near the center of town used to be known as "Captain's Row." They were white then, now varied in color--those that remain.

The Farmers & Merchants Bank of Middletown Point (now Matawan) was chartered in 1830. For 34 years it was the only financial institution in Monmouth County.

On July 12, 1869, Charles Wardell, cashier of the Farmers and Merchants Bank, recorded in his diary that he had his salary increased from \$1,000 to \$1,200 per year.

The Matawan Literary Society was organized in the Odd Fellows Hall on February 16, 1869, and it continued for fifty years. The subject for discussion at the February 24th meeting was "Should Women Vote?"

Joseph D. Bedle, a native of Matawan, was inaugurated as governor of New Jersey on January 19, 1875.

Prior to 1895 there were five district schools in the Matawan area.

The double house at the corner of Church and Wyckoff Street originally stood at the corner of Church and Jackson Streets. This house was built soon after 1834 for the Middletown Point Academy, a private school which was begun in a single room over the Farmers and Merchants Bank. Some of the present day rooms have the original blackboards which have been covered with wall-paper.

LOOKING BACK (Continued)

In 1857 a new building was erected across the street from the original school (now 10 Church Street cooperative apartments) and the name was changed to the Collegiate Institute of Middletown Point. This building was enlarged in 1874 and the name again changed to Glenwood Institute. Early in the 20th century ownership changed and it became the Matawan Military Academy until its demise in 1915.

The Matawan Public Library was instituted in 1903, the second public library in Monmouth County.

The building which served as the public library from 1921 to 1966 --remembered fondly by many--was built about 1830. It occupied the same site as the present Matawan-Aberdeen Public Library at 165 Main Street.

Originally there was a store on the corner of Main Street and Park Avenue in front of the library. This building was eventually moved to Little Street and for many years was the home of the Matawan First Aid Squad.

The new public library was opened on May 15, 1967. The J. Mabel Brown Children's Annex was completed in 1970.

Matawan was the first town in Monmouth County to organize a volunteer fire company (bucket brigades excepted) when Washington Engine Company was organized in 1869.

In February 1856 it is recorded that a pair of men's shoes cost \$3.50, and a cashmere coat from Brooks Bros., N.Y.C., cost \$8.00. Challis was a popular fabric for dresses and cost 20¢ per yard.

Before the formation of a volunteer first aid squad, people needing "quick" transportation to the hospital were put on a freight car at Matawan Station for transportation to the hospital in Long Branch.

The New York & Long Branch Railroad was chartered in 1869. Three members, of the nine forming the board, were residents of Matawan.

The Matawan railroad station was opened on December 15, 1875, and is the oldest station in continuous use on the NY & LB RR line.

The plank road was built in 1851 connecting Middletown Point with Keyport and with Freehold. It became worn out in a few years.

LOOKING BACK (Continued)

In 1859 farmers between Middletown Point and Holmdel formed a company and built a toll road. Toll gates were erected at both ends of the road.

Route 516 was once a toll road to New Brunswick as were most of the roads out of Matawan.

Gas lights were installed on Main Street in 1870.

On April 13, 1885, Matawan was organized as a borough. The population was 1,437.

Charles Wardell's diary records that on April 13, 1884, a stereopticon show was held in Odd Fellows Hall.

Telephone service came to Matawan in 1890. The switchboard was at Aberdeen Inn next to the railroad station. The operator received 20% of the tolls collected. At first there were only two telephones, both public--one at "Central" (the switchboard) and the other at Slater's Drug Store on Main Street. The operators earned about \$3.00 per week.

Around 1900 there were several hotels in Matawan. The "Woodbine" was on the north side of the railroad tracks across from the station; the "Homestead Hotel" was on Main Street across from Memorial Park; the "Aberdeen Hotel," a three-story red brick building with a well-kept lawn and large bed of canna lilies was located on the east side of Main Street facing the station; the "Matawan House" was a three-story white wooden building near the present site of 123 Main Street; and "Mount Pleasant Inn" was at the corner of Main Street and Mill Road and is now a restaurant.

On January 27, 1901, a fire destroyed an entire row of businesses on the west side of Main Street between Spring and Summit Streets.

Matawan's first movie theater, around 1900, was on the corner of Main and Little Streets, where the drug store now is located. In summer the movies were shown outdoors in the back yard.

Around 1903 kindergarten classes were held in the American Legion building located at 174 Main Street.

One summer around 1913 an amusement company set up a merry-go-round in the vacant lot on the corner of Main and Little Streets where Foodtown now stands.

LOOKING BACK (Continued)

The piano in the Burrowes Mansion was built by the Wason Piano Company between 1913 and 1916 in Matawan in the building formerly occupied by the American Rice Food Manufacturing Company.

On May 11, 1923, the valve in the dam at Main Street was closed, thus backing up the waters of Gravelly Brook to form Matawan Lake.

Matawan Creek was dammed at Ravine Drive, and Lake Lefferts water overflowed the dam in October 1929.

Memorial Park, at the Broad and Main Street intersection, was established in 1928. Terhune Park was formed in 1930.

The house on the west corner of Church and Orchard Streets was Mrs. Allen's Candy Store around 1930--a popular place for the children to buy penny candy on their way to school.

The hill at Ravine Drive was nicknamed "Carriage Factory Hill" because of the carriage factory which was located at the northwest corner of Main Street and Ravine Drive. It was great for sledding, and as late as the 1930's autos were prohibited from traveling on it after a snowstorm so it could be safely used for sledding.

Matawan High School's first football team was formed in 1934.

The first commuter bus to N.Y.C. left Matawan on March 2, 1959.

For Fine Confectionery and Fresh Oranges

— Go to CLARK'S —

Commercial Block, Matawan, N. J. 1893

CHILDREN'S BEHAVIOUR at the TABLE

COME NOT to the Table without having your Hands and Face washed, and your Head combed. Find no fault with any Thing that is given thee. If thou wantest any Thing from the Servants, call to them softly. Take not Salt with a greasy Knife. Stuff not thy Mouth so as to fill thy Cheeks; be content with smaller Mouthfuls. Throw not any Thing under the Table. Pick not thy Teeth at the Table, unless holding up thy Napkin before thy Mouth with thine other Hand. Drink not nor speak with any Thing in thy Mouth. When thou risest from the Table, having made a Bow at the Side of the Table where thou satest, withdraw.

From "A Little Pretty Pocket Book," 1787



THE HAWKINS HOUSE
THE OLDEST HOUSE IN MATAWAN
CONSTRUCTED C. 1697 ON MILL ROAD

OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325

PIES		
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300

COOKIES		
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350

CAKES		
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325

MEAT AND POULTRY		
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

MISCELLANEOUS		
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
 Beef — rare — 10-16 medium — 17-22 well done — 23-30
 Veal, pork, lamb — well done — 30 Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks — 1-inch thick	Rare or medium, 8-10
1 1/2-inch	Rare or medium, 10-15
2-inch	Rare or medium, 18-25
Pork chops, thin — 8-10	Loin or shoulder — 8-10
Mutton chops 1-inch thick — 15-20	Veal cutlets, very thin — 6-8 Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rollod oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup	1 tsp.	4-c.	4 to 6 hours

TABLE FOR DRIED FRUITS

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

SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium.	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick.	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles.	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age.	20-40	60	
Beans, string.	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional.	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across.	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips.	60	75	75
Peas, green.	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size.	20-40	60	45-60
Pumpkin, in cubes.	30	45	60
Potatoes, sweet.	40	40	45-60
Salsify.	25	45	
Spinach	20	30	
Squash in cubes.	20-40	50	60
Tomatoes, depending on size.	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

	234-236 degrees, soft ball
Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

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

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F	4 to 4½
10 to 12	325 degrees F	4½ to 5
12 to 14	325 degrees F	5 to 5½
14 to 16	325 degrees F	5½ to 6
16 to 18	325 degrees F	6 to 6½
18 to 20	325 degrees F	6½ to 7½
20 to 24	325 degrees F	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F	2¼ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3½
16 to 20	450 degrees F	3½ to 3¾
20 to 24	450 degrees F	3¾ to 3½

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1¾ cups (approximately) all-purpose flour equals 2 cups cake flour.
- 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1½ cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2½ cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- ½ teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equal 1 can (tall)
- 2½ cups equals No. 2 can
- 3½ cups equals No. 2½ can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals ½ cup juice
- 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp.	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T.	1 c. (4 T. - ¼ c.; 8 T. - ½ c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints.	1 qt.
qt.	quart	4 qt	1 gal.
lb.	pound		

MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3¼ to 3½ cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamont Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh	5-6 lbs.	10-12 lbs.	20-24 lbs.
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn canned	6-3 oz. cans 1 #10 can	2 #10 cans	4 #10 cans
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING

15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F

SLOW COOKER

*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimientos, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

- | | |
|---|---|
| 1. Warm pancake-waffle syrup | 9. Heat baby bottle. |
| 2. Clarify sugared honey. | 10. Reheats leftovers without warmed over flavor. |
| 3. Heat pie and hot ice cream ala mode. | 11. Freshens bread. |
| 4. Dry herbs - mint, parsley, onion, pepper, sage, etc. | 12. Baked foods need less leavening. |
| 5. Peel tomato or peaches - split skin. | 13. Dries flowers. |
| 6. Warm citrus fruits for more juice. | 14. Dry decoupage - painting. |
| 7. Melt chocolate, cream cheese, butter. | 15. Dry girdle or panty hose. |
| 8. Make jelly, jam, preserves, etc. | 16. Easy for a child to learn and use. |
| | 17. Helps handicapped or elderly. |

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinate - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.

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