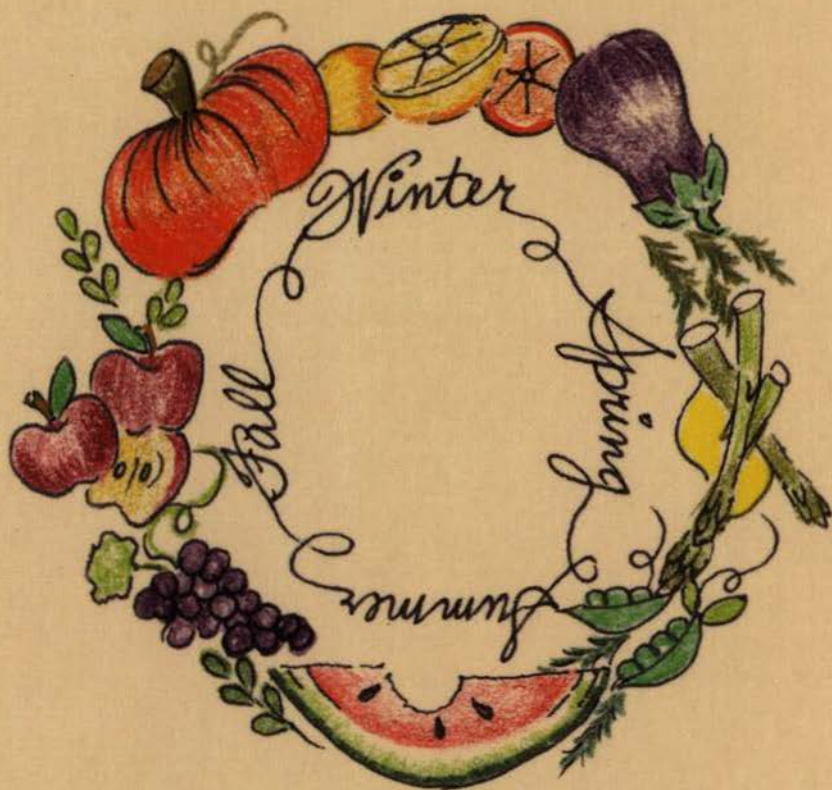


Well-Seasoned



*A Collection of Recipes
for
All Five Seasons*

The Rake and Hoe Garden Club



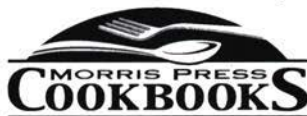
Well-Seasoned

A Collection of Recipes for all Five Seasons

By
The Rake and Hoe Garden Club
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Well-Seasoned: A Collection of Recipes for all Five Seasons

Introduction

In our experience, we have found our fellow gardeners to be great cooks. Perhaps it is because they spend so much time outside, tending to their gardens, that they are attuned to the progression of the seasons and the availability of seasonal produce and food products. Many Rake and Hoe members grow their own fruit, vegetables and herbs, which they use to prepare their favorite dishes. And their recipes are delicious - after every meeting someone will ask the hostesses if they would share their recipe with the rest of the club, and of course the answer is always yes, and the recipe is published in the newsletter. So, it seemed to us that it was time again to gather these recipes into one volume for all to share. And it seemed appropriate to organize them by season, so that the reader can readily find recipes suitable to the mood of the season and the availability of produce - whether it is blueberries in July or pumpkin in October, or for Christmas cookies in December or cold soups for August. And because there are so many special recipes for the Thanksgiving through New Year's season, we have added the fifth season - Holiday - to our collection. Therefore we hope that our readers will find this book inspiring for both everyday cooking or special holiday entertaining.

And finally, we would like to thank all of our club members for sharing their great recipes, and to thank Nancy Smith for designing the beautiful cover and dividers of this book, and Maryann Pietruszki for designing the page-filler artwork.

Karen Jolley-Gates and Linda Parker, Chairmen





Well-Seasoned Gardens

Rake and Hoe Garden Club is full of gardeners. We find challenge, creativity, and comfort in our gardens. As a group we share knowledge, experience, and plants. Our gardens are filled with friendship.

Every season has a personality in the garden. Gardeners can plant to have a garden with something interesting to appreciate throughout the year.

Spring is the season of the bulbs. Begin it with crocus and snowdrops, which sometimes are blooming in the snow. Then the daffodils appear with their yellow sunshine. A wide variety of tulips add their elegance to the gardens. In the vegetable patch, cool weather crops are ripening. Carrots, spinach, broccoli, lettuce, radishes and peas all appreciate the spring temperatures.

As the days grow warmer perennial plants come into season. Three plants that can form the bass for a summer garden are peonies, irises, and day lilies. Add some daisies and a selection of annuals from the garden store and there is color and texture every day. In summer the vegetable patch provides beans, beets, peppers, squash, and tomatoes along with cucumbers, lettuces, and lots of herbs.

Fall brings the bright array of chrysanthemums to complement the colors of the trees as they change to their fall finery. In the fall the second sowing of cool weather crops ripen along with kale, cauliflower, pumpkins, leeks, and cabbages.

The winter garden is restful for both the garden and the gardener. As perennial plants winter under their snow blankets, the scene for the gardener is that of the greens and textures of shrubs and trees, as well as the form and whimsy of architectural parts of the gardens: fences, arbors, large rocks, statues, pathways. Under leaf mulches many of the root crops remain to be picked until the ground is frozen hard.

The holiday garden is primarily an indoor garden. Holiday flowers include poinsettias of many colors, Amaryllis, along with a wide variety of forced bulbs. Small evergreens can be brought in for a time before finding their place out in the garden, where they can settle in to await the beginning of the coming spring garden.





Well-Seasoned Centerpieces

The flower arrangers of The Rake and Hoe Garden Club know that a well-seasoned meal can be enhanced by a well decorated table. Making a simple centerpiece out of seasonal material is a skill we all have developed. With three basic containers one can always have an attractive centerpiece. Everyone should have a glass bubble bowl, a decorative basket, and a tall clear cylinder vase. The bubble bowl and the basket should be the correct size to fit the center of the table. The basket does not need a handle but should have a plastic liner or a plastic container that fits inside.

In spring wrap the inside surface of the bubble bowl with large hosta leaves. Insert a small jar or drinking glass of water in the center of the bowl and fill with daffodils, tulips, and greens.

Tuck pieces of sheet moss around the inside top edge of the basket and fill with blooming potted plants and small pots of herbs.

Arrange trimmed fresh stalks of asparagus around the outside of the cylinder to cover the glass. Secure with rubber bands: cover the bands with decorative ribbon. Fill the container with spring blooms and greens.

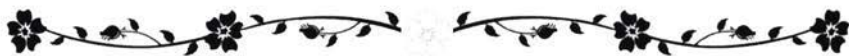
In summer the same three containers can be used very differently. Fill the bubble bowl halfway with sand. Center a decorative 3" pillar candle and decorate with shells, stones and sea glass. Add a tiny turtle or some pirate gold for an accent.

Fill the basket with Spanish moss or colorful shredded paper. Take the top off and hollow out large red, green and yellow peppers. Put a piece of wet oasis into each pepper and arrange cut flowers from your garden: zinnias, marigolds, daisies, and decorative leaves of geraniums. Sprigs of herbs and ivy can be tucked around the vegetables.

Fill the cylinder with coils of ivy, then cover with water. Tuck stems of gerber daisies through the ivy which will keep them standing tall.

In fall, collect a few dozen of the prettiest colored leaves. Press them between sheets of waxed paper and let them cool. Use double sided tape to decorate the outside of the bubble bowl. Make an internal framework by criss crossing twigs. Fill bowl with water and insert golden rod, asters, chrysanthemums and other fall blooms through the twigs. Accent around the bowl with more pressed leaves.





Cover the outside of the basket with galax leaves secured with decorative pins. Place a small potted chrysanthemum into the basket and surround with pinecones, mixed nuts, seed pods and small gourds. Accent with sprigs of flat leafed eucalyptus.

Fill the cylinder with lemons or clementine oranges. Fit an empty tuna can or small plastic container of oasis into the top of the cylinder. Arrange cut yellow and orange roses with fern fronds.

For winter place sprigs of pine in the bottom of the bubble bowl. Fill the bottom with potpourri, including some dried roses and pine cones for accents. Work a tall drinking glass into the potpourri until it is level with the top of the bowl. Fill around sides with more potpourri. Add water to the glass and fill with white tulips and red hypericum.

Cover the outside of the basket with sheet moss secured with pearl topped pins. Complete the basket with small pots of blooming African Violets and other houseplants. Include one that trails over the edge.

Fill the bottom of the cylinder with four inches of colored fish bowl gravel. Fit three or more narcissus bulbs into the container on top of the gravel. Water to the top of the gravel and keep in a light area. As stems grow they can be tied with thin decorative ribbons.

The holidays offer more opportunities for decorating. Place a 4 inch cube of wet oasis in the center bottom of the bubble bowl. Create a bouquet of Stargazer lilies leaving the stems long enough that the lily ball will stand above the bowl. Secure the bouquet with a rubber band right under the blooms, and at the bottom of the stems. Insert the stems into the oasis. Fill the bowl to cover the oasis to your preferred depth with iridescent white marbles and tie the bouquet with ribbon and a decorative bow right under the blooms. Keep bowl filled with water to just under the top of the marbles.

Fill the basket liner with wet oasis. Make a full lush arrangement of mixed greens including some white pine or cypress for graceful touches. Tuck in candy canes, colored balls on skewers, or single blooms in water tubes for accents. Change the accents to fit the occasion.

Make a handheld bouquet of large red and white carnations with long stems. Secure the stems with rubber bands. Hold the bouquet in the center of the cylinder and fill around the stems with decorative material: small ornaments, red and white marbles, or cranberries. Tie a seasonal ribbon around the outside of the cylinder, fill it with water and enjoy.

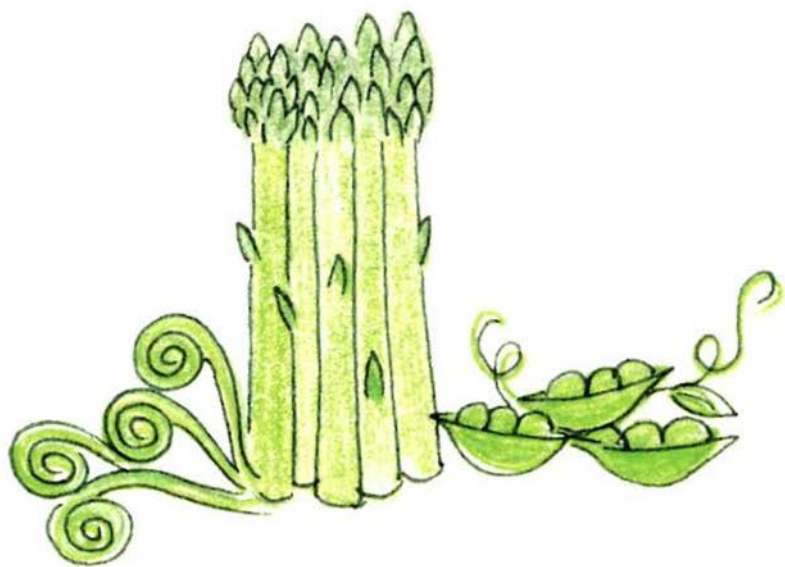




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Spring

Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about $\frac{1}{4}$ cup juice, while one orange yields about $\frac{1}{3}$ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think "outside the bowl." Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature—approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

CHAMPAGNE ROSE PUNCH

- 2 (10-oz.) pkgs. frozen sweetened strawberries, thawed $\frac{1}{5}$ -qt. bottle champagne, chilled
Ice cubes or ice mold
2 ($\frac{1}{5}$ -qt.) bottles rose wine, chilled
1 (6-oz.) can frozen lemonade, thawed

In large bowl, combine strawberries and 1 bottle rose wine. Cover; let stand at room temperature for 1 hour. Press mixture through strainer into punch bowl or 3-quart container. Add lemonade, remaining bottle of Rose and champagne. Mix well. Add ice. Serve immediately. Makes 26 ($\frac{1}{2}$ -cup) servings.

Pamela Kolb



*M*EDITERRANEAN VEGGIE DIP

1 recipe Yogurt Cheese (below)
¼ c. chopped roasted red sweet
pepper
¼ c. crumbled sheep or goat feta
cheese
2 T. thinly sliced green onion
2 T. chopped pitted kalamata or
black olives
2 T. snipped fresh Italian (flat-
leaf) parsley

2 tsp. fresh oregano or ½ tsp.
dried oregano, crushed
Dippers: toasted pita bread, whole
grain crackers, carrot sticks,
broccoli florets, asparagus,
cucumber spears or sweet pepper
strips

In a small bowl combine Yogurt Cheese, sweet pepper, sheep or goat feta cheese, green onion, olives, parsley and oregano. Cover and chill up to 24 hours. Stir before serving. Serve with dippers. **Yogurt Cheese:** Makes 12 (2-tablespoon) servings. Suspend a sieve or colander over bowl. Line sieve or colander with three layers of 100% cotton cheesecloth or paper coffee filter. Spoon in one 16-ounce carton of plain low-fat yogurt. Refrigerate, covered with plastic wrap, at least 24 hours. Remove; drain and discard liquid. Refrigerate yogurt cheese, covered, up to 1 week. Makes about 1 cup.

Jeanette Pelikan

*M*OZZARELLA AND BACON DIP

½ c. mayonnaise
¼ c. sugar
1 T. red wine vinegar
12 oz. mozzarella, chopped

1 lb. bacon, crumbled
Sm. onion, chopped
Florets broccoli, chopped

Mix all ingredients together. Serve in miniature filo shells, crackers or cocktail bread.

Colleen Schmidt

*P*ROSCIUTTO ASPARAGUS SPIRALS

1 (17.3-oz.) pkg. Pepperidge Farm
Puff Pastry sheets, thawed
according to pkg. directions
6 T. garlic & herb spreadable
cheese, softened

8 slices prosciutto or thinly sliced
deli ham
30 med. asparagus spears,
trimmed

Heat oven to 400°. Unfold pastry sheets on a lightly floured surface. Spread 3 tablespoons cheese on each pastry sheet. Top each with 4 slices prosciutto. Cut each into 15 strips crosswise making 30 in all. Tightly wrap 1 pastry strip around each asparagus spear, prosciutto side in. Place pastries seam-side down onto 2 baking sheets. Bake 15 minutes or until pastries are golden brown. Makes 30.

Janet Gardner



CHEF CHARLES FREDERICKS' ASPARAGUS AND MUSHROOM TARTS

- | | |
|---|--|
| 1 (17.3-oz.) pkg. frozen puff pastry
(2 sheets), thawed | 1 lb. slender asparagus spears,
trimmed & cut on diagonal into
1-inch pieces |
| ¼ c. (½ stick) unsalted butter | 1½ tsp. chopped fresh thyme |
| 12 oz. fresh shiitake mushrooms,
stemmed & caps cut into ¼-inch
wide strips | 1½ tsp. finely grated lemon peel |
| 1 tsp. coarse kosher salt, divided | ½ c. creme Fraiche |
| ½ tsp. coarsely ground black
pepper, divided | ½ c. (packed) coarsely grated
Gruyere cheese (about 2 oz.) |
| | Fresh thyme sprigs (for garnish) |

Roll out each pastry sheet on work surface to 10-inch square. Cut each into 4 squares. Using small knife, score ½-inch border (do not cut through pastry) around inside edges of each square. Arrange squares on 2 rimmed baking sheets. **Do ahead:** Can be made 1 day ahead. Cover and chill. Melt butter in heavy large skillet over medium-high heat. Add mushrooms; sprinkle with ¼ teaspoon coarse salt and ¼ teaspoon pepper. Sauté until tender and lightly browned, about 4 minutes. Transfer mushrooms to large bowl; cool 15 minutes. Add asparagus, chopped thyme, lemon peel, ¾ teaspoon coarse salt and ¼ teaspoon pepper to mushrooms. Mix in creme Fraiche and cheese. **Do ahead:** Filling can be made 1 day ahead. Cover; chill. Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°. Mound filling atop pastry squares leaving ½-inch plain border. Bake tarts 12 minutes. Reverse sheets. Continue to bake tarts until crusts are puffed and golden and filling is cooked through, about 10 minutes longer. Transfer to plates; garnish with thyme sprigs.

Regina Dowd

CHEESE MUFFINS

- | | |
|-------------------|-----------------------------|
| 5 English muffins | 1 T. chives |
| Mayonnaise | 16 oz. sharp cheddar cheese |
| 1 T. oregano | |

Split English muffins and divide each half into 4 pieces. Shred cheese. Add oregano, chives and enough mayonnaise to make a paste. Put 1 teaspoon mixture on each English muffin piece. Place all pieces on cookie sheet and bake at 350° for 10 to 15 minutes or until bubbly.

Colleen Schmidt

*H*ERBED BUTTERFLY SHRIMP

1 lb. med. shrimp in shells,
uncooked

¼ c. butter

¼ c. vegetable oil

2 T. lemon juice

¼ tsp. salt

¼ tsp. pepper

2 T. barbecue sauce

1 clove garlic, crushed

1 bay leaf, crumbled

1 tsp. shredded fresh basil or ½
tsp. dried

1 tsp. rosemary leaves or ½ tsp.
dried

½ tsp. paprika

½ tsp. crushed dried red peppers

Butterfly shrimp; cut lengthwise down the back; do not cut all the way through. Leave the shells on. Melt butter in a large skillet; add the shrimp. Sauté 3-4 minutes until shrimp begins to turn pink. Add oil, lemon juice, salt, pepper, barbecue sauce, bay leaf, garlic, basil, rosemary, paprika and red pepper. Simmer over low heat 3-4 minutes, stirring occasionally. Cover and remove from heat. Let stand 5 minutes. Yields 35-40 appetizers.

Linda Parker

*T*IDEWATER DILLED SHRIMP

3 lbs. shrimp, peeled & deveined

1 tsp. dill

1 lemon slice

Dash of salt

Marinade:

½ c. olive oil

½ c. dry white wine

4 tsp. fresh dill, chopped

1 tsp. cracked pepper

1 clove garlic, minced

2 drops Tabasco sauce

½ c. fresh lemon juice

Salt & pepper to taste

1 T. fresh chives, chopped

Bring salted water, dill weed and lemon slice to boil. Add shrimp; simmer until pink. Drain and chill shrimp. Combine olive oil, wine, dill, pepper, garlic, Tabasco, lemon juice, salt, pepper and chives and mix well. Pour marinade over shrimp and refrigerate for at least 24 hours before serving.

Joan Barna

CHEF CHARLES FREDERICKS' SALMON AND SMOKED SALMON ROLLS WITH DILL SAUCE

- | | |
|--|---|
| 1-1½-lb. center-cut salmon fillet | ¾ c. + 3 T. chopped fresh dill |
| 6 lg. zucchini (each about 7 inches long & 1½ inches thick), trimmed | 7 tsp. white wine vinegar |
| 1½ c. mayonnaise | 6 oz. smoked salmon (not lox), coarsely chopped |
| | 3 T. chopped dill pickle |

Sprinkle salmon with salt and pepper. Steam until just opaque in center, about 15 minutes. Cool completely. Line baking sheet with paper towels. Slice enough ⅛-inch thick lengthwise strips from center portion of each zucchini to make 24. Steam in batches until just tender but very pliable, about 3 minutes. Transfer to prepared baking sheet; pat dry. Whisk mayonnaise, ¾ cup dill and vinegar in small bowl. Season dill sauce to taste with salt and pepper. Flake salmon coarsely into large bowl, discarding skin and bones. Gently mix in smoked salmon, pickle, remaining 3 tablespoons dill and ¼ cup dill sauce. Place 1 rounded tablespoon salmon mixture at end of each zucchini strip. Roll up strips, enclosing salmon. Place rolls seam side down on platter. (Can be made 1 day ahead. Place rolls on paper towels. Cover rolls and sauce separately; chill.) Serve rolls with remaining dill sauce.

Regina Dowd

PARTY HIGH ROLLERS

- | | |
|---|--|
| 6 (12-inch) flour tortillas | 6-oz. pkg. sweetened dried cranberries |
| 2 (8-oz.) ctn. whipped cream cheese | ⅓ c. chopped pecans |
| 3 c. baby spinach leaves | 60 seedless grapes |
| 9-oz. pkg. deli honey-roasted turkey slices | 60 skewers |

For each roll-up, spread a tortilla with 2 tablespoons cream cheese. Layer with spinach leaves; add 2 slices turkey to cover most of spinach. Spread another tablespoon cream cheese over turkey; sprinkle with 2 tablespoons cranberries and 1 tablespoon pecans. Roll up tightly; secure with a skewer. Place tortilla rolls seam-side down on a tray; cover and chill for one to two hours. At serving time, trim off ends of rolls. Slice ½ inch thick. Garnish with grapes on small skewer and stick through roll. Makes about 5 dozen.

Janet Gardner

*M*ATZO BALL SOUP FOR PASSOVER

1½ c. water
5 eggs, beaten
1 c. melted margarine
2 T. salt
Dash of pepper
3 c. matzo meal

2 qt. water
1 chicken, cut into pieces
2 onions, sliced
2 stalks celery, sliced
4 carrots, peeled & sliced
crosswise

First make the matzo balls: Add water, margarine, salt and pepper to the beaten eggs. Mix well and add matzo meal and stir. Refrigerate for one hour; then form into walnut-sized balls with wet hands. Put in pot of boiling water and simmer for 20 minutes, covered. **To make the soup:** Place chicken in pot with 2 quarts of water. Add onion, celery and carrots. Cook until chicken is done. Strain the soup and remove bones, saving soup liquid. Put back into pot the chicken pieces, carrots, celery and onion. Add matzo balls, heat and serve.

Irene Greenstein

*S*HAKER HERB SOUP

2 T. butter
1 clove garlic, minced
½ c. celery, chopped
½ c. onion, chopped
1 carrot, chopped
½ tsp. thyme

½ tsp. marjoram
2 qt. chicken stock
3 ripe tomatoes, peeled & chopped
1 tsp. sugar
1 tsp. salt
¼ c. fresh parsley, chopped

Melt butter in saucepan. Add garlic, celery, onion and carrots and cook for 5 minutes. Add thyme and marjoram and cook several minutes. Add stock, tomatoes, sugar and salt and simmer for 30-40 minutes. Add parsley and serve.

Joan Barna



melon

*G*REEN ONION AND MUSHROOM SOUP

3 lg. bunches green onions
1 lb. mushrooms, cleaned &
trimmed
1½ sticks butter
½ tsp. salt

¼ tsp. white pepper
⅛ tsp. cayenne pepper
3 T. flour
6 c. chicken broth

Garnish:

½ c. sour cream

1 green onion, thinly sliced

Coarsely chop green onions and set aside. Chop ¾ pound of mushrooms and set aside. Melt butter in a large pot until foaming. Add green onions, salt and peppers. Reduce heat to low, cover and cook for 10 minutes, stirring occasionally. Do not brown. Remove pan from heat and stir in flour. Stir over low heat for 2 minutes. Add the chicken broth and whisk over moderately high heat until soup comes to a boil. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Add the ¾ cup chopped mushrooms and heat 1 minute. Purée the soup in batches in a blender. The soup may be refrigerated or frozen at this point. Before serving, reheat soup until hot. Slice the remaining ¼ pound mushrooms thinly and stir into soup. Cook until they are soft, about 1 minute. Ladle soup into bowls, garnishing with a dollop of sour cream and sprinkle with green onion.

Maryann Pietruszki

*R*EAL GAZPACHO

2 oz. stale bread
½ lb. tomato (no seeds), chopped
1 sweet onion, diced
½ lb. cucumber (no seeds), chopped
½ lb. green bell pepper (no seeds),
chopped

½ lb. red bell pepper (no seeds),
chopped
¼ c. olive oil (extra virgin or find
something from Spain)
½ tsp. sherry vinegar (secret
ingredient!)

Cover the bread with cold water for 1 minute; squeeze out the water. Put bread in a Vitamix or food processor. Add the tomato, onion, cucumber, green pepper, red pepper, olive oil and sherry vinegar. Blend on high until completely creamy; pour through a strainer. Will be warm out of the Vitamix but you could refrigerate or add ice at the end of the blending cycle but that would dilute it some.

Linda Parker

AUNT GINNY SOUP

2 c. cooked chicken
3 qt. chicken broth
1 bunch kale
1 can white beans
2 sm. zucchini, sliced

2 cloves garlic, chopped
3 T. olive oil
1 sm. onion, chopped
1 c. sliced pepperoni
1 T. fresh parsley

Sauté onion and garlic in olive oil until lightly brown. Add zucchini and sauté for 2 minutes. Transfer cooked vegetables to a large 4-quart sauce pot. Pour 3 quarts chicken broth to pot and bring to a boil. Drain and rinse beans and add to pot with chicken and pepperoni. Chop kale and parsley and add to soup. Simmer soup for 30-45 minutes.

Linda Parker

TOMATO CARROT SOUP

2 T. unsalted butter
1 yellow onion, peeled & chopped
½ lb. carrots, peeled & chopped
1 tsp. curry powder

7 lg. ripe plum tomatoes
3½ c. chicken broth
6 T. slivered basil leaves
Salt & pepper to taste

Melt butter in a soup pot. Add onion and cook for 5 minutes. Add carrots and curry powder. Cover and cook 20 minutes until vegetables are tender. Bring a saucepan of water to a boil. Spear 1 tomato at a time with a fork and dip into water for 30 seconds; remove peel off skin and chop coarsely. Add chopped tomatoes and chicken broth to saucepan with vegetables. Bring to a boil, cover and simmer for 20 minutes. Add 2 tablespoons basil, salt and pepper. Simmer 1 minute. Transfer soup to a blender or food processor and purée until smooth. Stir in remaining basil. Serve either hot or cold. Can serve with a dollop of sour cream if you like.

Linda Parker

BLUE CHEESE COLESLAW

1 head red cabbage, shredded
1 c. crumbled blue cheese
½ c. bacon bits

4 T. balsamic vinaigrette
Black pepper

Wash and shred cabbage. Add blue cheese, bacon bits, vinaigrette and pepper. Toss to mix well.

Anne Grote

*A*SPARAGUS SALAD

1 lb. asparagus
2 T. soy sauce

1 tsp. brown sugar
1 T. olive oil

Cut or break tough bottoms of the spears. Cut spears on a diagonal (2-inch pieces). Drop in pot of boiling water and simmer 2 minutes or until tender (do not overcook). Drain well and when cool, add the soy sauce, sugar and oil. Mix well. Serve at room temperature. Serves 4.

Alice Cowell

*D*ANDELION SALAD

*Dandelion leaves (never treated
with pesticides)*

Salad dressing

Harvest, wash and dry fresh dandelion leaves. Add your favorite salad dressing. Harvest dandelions in late winter or early spring. By April 1, the harvest season is over. The tender dandelion leaves are best for salads in the spring. Mature leaves become bitter.

Margaret Smith

*S*ALAD OF DANDELION & FETA CHEESE

1 bunch dandelion greens,
cleaned & dried
¼ lb. feta cheese, cut in ½-inch
cubes
⅓ c. chopped red onion or
scallions

2 T. sherry or other light vinegar
2 T. walnut or other nut oil
½ tsp. sugar
3-4 T. toasted & coarsely chopped
walnuts

Cut off and discard stem bases. Cut each stalk into 2-inch pieces. Pile on a serving dish; mix in cheese. Sprinkle with onion to taste. In small non-aluminum pan, combine vinegar, oil and sugar; bring to boil, stirring. Pour over salad and toss lightly. Sprinkle with nuts and serve at once.

Margot Partridge

CRUNCHY PEA SALAD

- | | |
|---|--|
| 3 (10-oz.) pkgs. frozen peas | 2 scallions, finely chopped |
| 1½ c. celery, finely diced | 1½ c. sour cream |
| 8 oz. dry roasted peanuts,
unsalted | 1 T. soy sauce |
| 3 oz. macadamia nuts, coarsely
chopped | 1½ tsp. sesame oil |
| 1 (8-oz.) can water chestnuts,
drained & chopped | ½ tsp. fresh ground pepper |
| | 1 head romaine lettuce, rinsed &
shredded |

In large bowl, combine peas with celery, peanuts, macadamia nuts, water chestnuts and scallions. In medium bowl blend sour cream, soy sauce, sesame oil and pepper. Pour dressing over salad and mix well. Adjust seasonings. Cover and refrigerate several hours or overnight. On large bowl or platter, arrange bed of romaine lettuce. Spoon pea salad on top. Serve chilled.

Colleen Schmidt

STRAWBERRY SALSA

- | | |
|---|----------------------------|
| 2 c. diced ripe tomatoes | ½ c. diced white onion |
| ½ c. diced yellow bell peppers | 3 T. minced fresh cilantro |
| 1 c. strawberries, chopped | 1 tsp. salt |
| 3 T. seeded & minced jalapeño
pepper | 3 T. balsamic vinegar |

Mix all ingredients gently and refrigerate covered for at least one hour or overnight. Let come to room temperature before serving.

Linda Parker

MAPLE SYRUP DRESSING

- | | |
|---------------------------|------------------------|
| 1 c. maple syrup | 1½ tsp. horseradish |
| 2 tsp. creme Fraiche | Salt & pepper to taste |
| 2 tsp. white wine vinegar | Mixed greens |

Combine maple syrup, creme Fraiche, vinegar, horseradish, salt and pepper. Serve over mixed greens.

Linda Parker

QUICHE LORRAINE

<i>1 prepared pie crust, bottom only</i>	<i>2 c. heavy cream</i>
<i>1 c. Gruyere cheese, grated</i>	<i>Dash of salt</i>
<i>4 eggs</i>	<i>½ c. Parmesan, grated</i>
<i>Dash of nutmeg</i>	<i>Choices for filling: cooked bacon,</i>
<i>Dash of pepper</i>	<i>spinach, sliced mushrooms or</i>
<i>1 onion, chopped</i>	<i>shrimp</i>

Preheat oven to 375°. Bake pie crust in 9-inch pie plate for 8-10 minutes. **Prepare the filling:** Fry bacon or sauté spinach or mushrooms (1 cup). Set aside. Can sauté shrimp or use drained small can (6 ounces of shrimp); then sauté onion until translucent. Place desired filling: bacon, spinach, mushroom or shrimp, on the pie crust; then sprinkle on onion, Gruyere and Parmesan cheese. Then in a bowl, beat together eggs, heavy cream, nutmeg, salt and pepper until well-blended. Pour mixture into pie crust. Bake at 400° for 15 minutes, then reduce to 350°. Bake another 10 minutes. When quiche is firm, it is done.

Karen Jolley-Gates

DANDELION QUICHE

<i>1 baked 9-inch deep dish pie shell</i>	<i>1 c. milk</i>
<i>6 eggs, beaten</i>	<i>¼ c. minced onion</i>
<i>1 c. fresh dandelion greens (never</i>	<i>½ tsp. pepper</i>
<i>treated with pesticides)</i>	<i>1 pinch of parsley</i>
<i>½ c. shredded sharp cheddar</i>	
<i>cheese</i>	

Preheat oven to 375°. In medium saucepan, steam dandelion greens in 2 inches of water until crisp-tender. Drain. Arrange dandelion greens and cheese in pie shell. Beat eggs, milk, onion, pepper and parsley with wire whisk until blended; pour into pie shell. Bake 35-40 minutes or until knife inserted halfway to center comes out clean. Let stand 10 minutes before serving. Serves 6-10.

Margaret Smith

*S*PANIKOPITA

(Greek Spinach Pie)

<i>2 (16-oz.) pkgs. frozen spinach</i>	<i>¼ lb. butter</i>
<i>8 oz. cream cheese</i>	<i>24 sheets filo</i>
<i>8 oz. feta</i>	<i>Olive oil</i>
<i>1 bunch scallions (3-4 stalks), chopped</i>	<i>Salt & pepper</i>
<i>5 eggs, beaten</i>	<i>1 T. flour</i>

Preheat oven to 350°. Place 10 pieces of filo on bottom of 9-inch pie pan. Use one third of butter to coat top of filo. In frying pan, brown 3-4 stalks scallions in oil. In a bowl, mix cream cheese, feta, scallions, eggs and flour. Pour half into pie shell. Then place 4 sheets of filo on top and butter again. Pour remaining mixture on top, place 10 more pieces of filo on top and butter again. Bake for 1 hour.

Diana Kazazis

*S*PINACH PIE

<i>1 lg. bag spinach</i>	<i>½ lb. sweet butter</i>
<i>½ tsp. salt</i>	<i>1 c. milk</i>
<i>1 sm. ctn. ricotta</i>	<i>1 pkg. filo dough (it may be spelled phyllo)</i>
<i>½ lb. crumbled feta cheese</i>	
<i>8 eggs (2 just egg yolks)</i>	

Preheat oven to 350°. Wash spinach; drain. Spread out on cutting board and salt. Let stand 5-10 minutes, then squeeze to eliminate excess moisture. Combine with cheese and a little of the melted butter. Beat eggs and add milk slowly, then pour over cheese and spinach mixture. Stir a little. Butter a 9 x 11-inch pan. Place 2-3 filo in pan, then butter again. Place 2-3 more filo in pan and butter again. Pour spinach and egg mixture over filo and spread. Cover with 2-3 filo and butter, then repeat again. Spread remaining butter on top. Using a sharp knife, cut through the top filo in two places to allow for air escape and expansion. Bake at 350° for one hour.

Marylyn Straight

CHICKEN AND ARTICHOKE

2 lbs. chicken cutlets, cubed
Italian bread crumbs
2 eggs, beaten with fork
Tarragon vinegar
2 pkgs. Good Season Italian
dressing mix

1 lb. mushrooms, sliced
3 (10-oz.) pkgs. frozen artichokes
or 3 cans drained
2 cloves garlic, minced
1 T. chopped fresh parsley
Salt & pepper

Preheat oven to 350°. Make Good Seasons dressing using tarragon vinegar. Quarter artichokes and marinate overnight in dressing. Dip chicken in egg, then bread crumbs and brown in olive oil. Put chicken in baking pan. Add mushrooms, artichokes, salt and pepper to taste, garlic and parsley. Bake uncovered 45 minutes.

Alice Cowell

CHICKEN WITH ASPARAGUS, RAMPS & GREMOLATA

2 lbs. thin chicken cutlets
¼ c. chopped parsley
1 T. fresh chopped tarragon
1 T. minced shallot
2 tsp. orange zest
½ tsp. lemon zest
¼ tsp. saffron threads
¾ lb. chopped scallions

1½ lbs. asparagus, cut into 1-inch
pieces
1 bunch ramps (opt.)
2 T. olive oil
1 T. butter
¾ c. chicken broth
2 T. creme fraiche

Make Gremolata: Mix parsley, tarragon, shallots, lemon zest and orange zest in bowl and set aside. Sprinkle chicken with salt and pepper and cook in skillet in oil until lightly browned. Arrange chicken on platter and keep warm. Add 1 tablespoon oil and butter to same skillet and cook scallions until soft (4 minutes). Add asparagus and ramps. Sprinkle saffron, salt and pepper over vegetables. Cook for 1 minute. Add chicken broth and simmer until vegetables have softened and broth has thickened. Add creme fraiche and gremolata. Place vegetables around chicken and drizzle chicken with sauce.

Tracy Criscitiello

CHINESE CHICKEN

2 T. cornstarch	$\frac{1}{8}$ tsp. garlic powder
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. ginger
2 boneless chicken breasts, cut into cubes	1 T. soy sauce
3 T. oil	1 T. sherry
4 scallions, chopped	1 can chicken broth
$\frac{1}{4}$ lb. fresh mushrooms, sliced	1 pkg. snow peas

In bowl combine cornstarch and salt. Heat oil. Coat chicken in cornstarch and brown in oil. Remove. To oil add scallions, mushrooms, garlic and ginger and cook 1 minute. In bowl combine soy sauce, sherry and 1 tablespoon cornstarch. Stir broth into skillet. Add cornstarch mixtures gradually, stirring until thickened. Stir in pea pods. Simmer 1 minute. Stir in chicken and cook until heated. Serve over rice.

Joan Kylish

LEMON CHICKEN WITH WINE AND HERBS

4 to 6 chicken cutlets	1 lg. onion, finely chopped
Flour to coat chicken	1 T. dried lemon thyme
1 c. chicken broth	1 T. dried parsley
1 c. white wine	1 T. dried tarragon
Juice & grated rind of 1 lemon	2 T. dried lemon balm
2 T. olive oil	Salt & pepper to taste
2 cloves garlic, finely chopped	

Heat oil in skillet. Add onion and garlic and brown slightly. Add chicken (coat lightly with flour) and brown well. Remove to warm platter. Add wine and scrape skillet. Add all remaining ingredients and simmer until sauce thickens. Return chicken to sauce to warm. Serve chicken and sauce over rice.

Joan Barna

*T*EXAS TWO-STEP CHICKEN

1½ c. picante sauce
3 T. brown sugar

1 T. Dijon mustard
4 skinless boneless chicken breasts

Preheat oven to 400°. Mix together picante sauce, brown sugar and Dijon mustard. Place chicken in baking dish. Pour picante sauce mixture on top. Bake for 20-30 minutes. Serve over rice, if desired. Serves 4.

Joan Barna

*G*OLD CHICKEN BREASTS WITH HERBED YOGURT NUT SAUCE

2 whole boned chicken breasts
2 c. chicken broth
2 T. lemon juice
1 tsp. salt
½ tsp. ground cumin

1 c. spinach leaves
½ c. walnut halves
¼ c. olive oil
¾ c. plain yogurt

Sauce: In a food processor blend lemon juice, salt and cumin. Add spinach and nuts. Blend 15 seconds. With motor running, add olive oil and yogurt and blend until smooth. Remove to bowl, cover and chill 1 hour. With a sharp knife halve 2 whole boned chicken breasts and cut each half horizontally into 2 slices (8 pieces). Flatten pieces slightly between sheets of wax paper. In a deep skillet poach the chicken in enough barely simmering chicken stock or tinned broth to cover it by ½ inch for 5 minutes or until just firm to touch and transfer with tongs to a shallow ceramic or glass dish. Pour the sauce over the chicken and turn chicken to coat it well. Chill mixture, loosely covered, turning occasionally for at least 2 hours or overnight. Transfer to a shallow serving dish and garnish with parsley and slices of lemon.

Linda Parker



CHICKEN AND BRIE EN CROUTE

- | | |
|---|---------------------------------------|
| <i>1 can crescent rolls</i> | <i>1 egg, beaten</i> |
| <i>2 T. scallion, finely chopped</i> | <i>1 tsp. dried rosemary, crushed</i> |
| <i>6 oz. Brie, rind removed & cubed</i> | <i>1 T. Parmesan cheese, grated</i> |
| <i>1½ c. chicken breast, cooked & chopped</i> | |

Preheat oven to 350°. Separate crescent rolls into 4 rectangles, firmly pressing perforations to seal. Place ¼ teaspoon scallions onto center of each rectangle. Top with ¼ of cubed Brie. Top cheese with ¼ of chicken, pressing down. Fold short ends over chicken, slightly overlapping. Fold other ends over and press all ends to seal. Put seam side down onto ungreased baking sheet. Cut 3 (1-inch) slashes on top. Brush with egg. Sprinkle with rosemary and Parmesan cheese. Bake 20-25 minutes until golden brown.

Janet Gardner

GARDEN SAGE AND CHICKEN TENDERS

- | | |
|---|------------------------------------|
| <i>4 chicken tenders, fresh or frozen</i> | <i>¼ c. grated Parmesan Romano</i> |
| <i>2 T. cornstarch</i> | <i>2 T. olive oil</i> |
| <i>¼ c. water</i> | <i>10 fresh sage leaves</i> |
| <i>½ c. plain bread crumbs</i> | <i>6 thin slices Asiago cheese</i> |

If frozen, defrost chicken in microwave. Sprinkle 2 tablespoons cornstarch over chicken in defrost bowl, adding ¼ cup water. Press chicken flat in cornstarch bath. Bread each chicken piece with mixture of bread crumbs and grated cheese. Using a flat, Teflon-coated griddle pan, pour olive oil in pan and add chicken pieces, grilling at medium heat for 10 minutes, turning once, until chicken is golden brown. Cut sage leaves crosswise, thinly with kitchen shears; place sage on top of chicken in pan; cover with Asiago cheese. Cover pan. Continue cooking 5 minutes at medium heat. Serves 2.

Helen Pasterczyk

*H*OISIN SALMON

<i>1 T. orange juice</i>	<i>Fresh ground pepper</i>
<i>2 T. hoisin sauce (Asian aisle)</i>	<i>4 (8- to 10-oz.) salmon steaks, 1</i>
<i>2 tsp. honey</i>	<i>inch thick</i>
<i>Coarse salt</i>	<i>Vegetable cooking spray</i>

Preheat broiler. In a glass measuring cup, whisk together orange juice, hoisin sauce and honey. Season salmon with salt and pepper. Place on broiler pan lined with a aluminum foil. (Spray top of grill pan with cooking spray.) Brush half of hoisin sauce mixture over to coat. Broil 4 inches from heat baste once until opaque in center, 10-13 minutes. Makes 4 servings.

Alice Cowell

*P*ARMESAN BAKED COD

<i>1 lb. cod fillet</i>	<i>Freshly ground black pepper</i>
<i>2 T. flour</i>	<i>2 T. butter</i>
<i>2 T. cornmeal</i>	<i>2 T. grated Parmesan cheese</i>
<i>½ tsp. onion salt</i>	

Heat oven to 450°. Rinse fish and pat dry. In shallow dish, combine flour, cornmeal, onion salt and pepper. Melt butter. Roll cod in butter, then in flour mixture. Place fillets in 8-inch square baking dish. Drizzle remaining butter over fillets and top with cheese. Bake for 12 to 14 minutes or until cod flakes when tested with fork.

Carolynn Pulliam

B'S SOUTHERN SHRIMP AND GRITS

<i>1 lb. peeled med. size shrimp,</i>	<i>1 c. quick-cooking grits</i>
<i>cooked</i>	<i>1 c. shredded extra sharp cheddar</i>
<i>3 c. water</i>	<i>cheese</i>
<i>1 c. whipping cream</i>	<i>2 garlic cloves, minced</i>
<i>¼ c. butter</i>	<i>1 tsp. salt</i>

Bring the water, cream, butter and salt to a boil in a large saucepan over medium-high heat. Reduce to medium and whisk in grits. Cook, constantly whisking 7-8 minutes or until smooth. Stir in shrimp, cheese and garlic. Cook 1-2 minutes until heated. Garnish with chives.

Lee Perry

*S*HRIMP DE JONGE

2 lbs. cooked shelled shrimp
1 c. margarine
4 garlic cloves
 $\frac{1}{2}$ tsp. tarragon
 $\frac{1}{2}$ tsp. parsley
1 T. minced onion

$\frac{1}{4}$ tsp. pepper
2 tsp. salt
 $\frac{1}{2}$ c. consomme
1 c. dry bread crumbs
Dash of nutmeg, mace & thyme

Preheat oven to 400°. Place cooked shrimp in baking dish. In skillet cook garlic in margarine until cloves are brown. When brown, remove and discard cloves. Add consomme to mixture; add seasonings. Remove from heat and add $\frac{1}{4}$ cup of this mixture to crumbs and toss. Set aside. Pour remaining seasoned mixture over shrimp; top with tossed crumbs. Bake 15 to 20 minutes. Serve with rice.

Letty Hudak

*S*HRIMP AND WILD RICE CASSEROLE

1 pkg. Uncle Ben's original wild
rice
1 lb. med. shrimp, peeled &
deveined
2 T. butter

$\frac{1}{2}$ green bell pepper, chopped
 $\frac{1}{2}$ onion, chopped
1 can condensed cream of
mushroom soup
2 c. grated sharp cheddar cheese

Cook rice according to package directions minus $\frac{1}{4}$ cup of water. Let cool. Bring 2 cups water and $\frac{1}{2}$ teaspoon salt to a boil in a medium saucepan and add the shrimp. Cook shrimp for 1 minute. Drain immediately and set aside. Heat the butter in a saucepan and sauté the green pepper and onion until soft, about 5 minutes. In a large bowl, combine the rice, soup, $1\frac{1}{2}$ cups of the cheese, the shrimp and vegetables. Mix well. Spray a 9-inch square cake pan or an 11 x 7-inch glass casserole dish with vegetable oil cooking spray. Place the mixture in the pan and top with the remaining $\frac{1}{2}$ cup cheese. Bake uncovered in a 325° oven for about 20 minutes until bubbly. Serves 6 to 8.

Ellen Cuddy

GRILLED LEG OF LAMB

1 (5-lb.) leg of lamb
¾ c. olive oil
¾ c. soy sauce
¼ c. lemon juice
4 T. Dijon mustard

½ tsp. salt
1 tsp. black pepper
3 garlic cloves, minced
2 T. brown sugar
Dash of Tabasco

Have butcher bone and butterfly the lamb. In a bowl mix together the olive oil, soy sauce, lemon juice, Dijon mustard, salt, pepper, garlic, brown sugar and Tabasco. Pour over lamb and marinate at least 5 hours. Grill basting several times with marinade after turning lamb. It will take 25 to 35 minutes. Lamb is done when pink on inside. Stand 10 minutes. Slice across grain holding knife at a slant. Makes 8 servings.

Alice Cowell

LAMB CHOP CASSOULET

4 lamb chops
¼ tsp. pepper
1 T. vegetable oil
1 c. chopped onion
2 cloves garlic, minced
1 (20-oz.) can white beans,
drained

½ lb. kielbasa, cut in ½-inch slices
1 (16-oz.) can tomatoes, undrained
½ tsp. dried thyme, crumbled
½ tsp. oregano, crumbled

Sprinkle lamb chops with pepper. In a large skillet, warm oil over medium heat. Add chops and brown on both sides. Remove chops and set aside. Pour off all but 1 tablespoon of the fat. In the same skillet, sauté onion and garlic until tender. Stir in beans, kielbasa, tomatoes, thyme and oregano. Return the lamb chops to the skillet and spoon in vegetable mixture over them. Cover and simmer for 20 minutes or until chops are tender. Uncover and simmer for 5 more minutes. Serves four.

Karen Jolley-Gates

MOUSSAKA

2 lbs. chopped beef (or lamb)
1 lg. onion, chopped
Cinnamon
2 cans crushed tomatoes
8 lg. potatoes
2 lg. eggplants
2 eggs
¼ c. water

1 T. olive oil
⅓ c. flour
1¼ c. fresh bread crumbs
4 c. milk
½ c. butter (1 stick)
3-4 tsp. (heaping) flour
2 eggs
½ c. grated cheese

Preheat oven to 350°. First, prepare the vegetables. Peel and slice the potatoes. Fry with olive oil (or bake) to partially cook them. Peel the eggplants (or peel off half the skin, leaving stripes of purple peel on) and slice horizontally. **Make egg wash:** Mix 2 eggs and ¼ water in a bowl. Dredge the eggplants in flour, dip in egg wash, then dredge in bread crumbs to coat. Fry in olive oil or bake until done. Set aside. **TO make the meat sauce:** Fry the meat with the onion, chopped. Add tomatoes and cinnamon to taste (½ teaspoon) and simmer a few minutes. **Then make the Bechamel Sauce:** Melt ½ cup butter in pan, then add the flour. Mix well to make a smooth paste. Do not let the flour brown. Warm the 4 cups of milk, then add to the butter-flour mixture in a steady stream, whisking continuously. Heat, stirring about 15-20 minutes. Meanwhile, beat two eggs. Add milk slowly to eggs until all is mixed. Pour back into pan and cook 5-10 more minutes until thickened. Remove from heat, then add ½ cup of grated cheese. Set aside. Assemble the moussaka. Lightly grease a large deep baking pan (lasagne pan). Place potatoes in as the first layer. Then place half of the eggplant over the potatoes. Then add the meat mixture over the eggplant. Top with the remainder of the eggplant. Pour the Bechamel Sauce over the eggplant. Bake at 350° for 45 minutes or until bechamel sauce is golden brown. Allow to cool for 15-20 minutes before slicing and serving.

Diana Kazazis



BROCCOLI WITH RIGATONI

8 T. olive oil	1 c. fresh basil, coarsely chopped
2 T. butter	1 lb. rigatoni
4 garlic cloves, minced	Fresh parsley, chopped
1 bunch broccoli, separated into florets	Pepper
1 c. canned chicken broth	Grated cheese

In large skillet heat oil and butter; gently brown garlic. Add broccoli and stir gently until pan gets very hot. Add chicken broth, cover and simmer just until broccoli is al dente. Add half the fresh basil and the drained hot rigatoni to the skillet and mix thoroughly. Put on hot serving dish, sprinkle with parsley, pepper, grated cheese and remaining basil.

Linda Parker

GARLIC SCAPE PESTO

1 c. grated Parmesan cheese	½ c. olive oil
3 T. fresh lime or lemon juice	Salt to taste
¼ lb. garlic scapes	

Purée scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta. **Optional:** Add walnuts or pine nuts. Add basil.

Margot Partridge

FIDDLEHEADS

1 lb. TIGHTLY curled fresh fiddleheads or 1 lb. canned fiddleheads	3 qt. water
	1 tsp. salt
	¼ tsp. pepper

Remove brown coating on fiddleheads by rubbing them between your hands. Wash under cold water to remove any trace of sand. Drop fiddleheads into boiling water and cook for 2-3 minutes. Remove immediately and drain. Plunge them into cold water for 2 minutes. Season with salt and pepper and serve. Good in salads. When fully matured, the fronds uncurl, toughen and become poisonous. So beware.

Margaret Smith

*N*OBOKEN POTATO PANCAKES

2 potatoes
Lg. onion, minced
Butter
1 egg

Salt
Lemon pepper
Heaping T. flour

Boil potato until tender. Melt butter in skillet. Sauté onion until transparent; take off burner. In a big bowl mash potatoes. Stir in sautéed onion, 1 egg, a heaping tablespoon of flour and a few shakes of salt and lemon pepper. Mix all together until well blended. Heat skillet and add butter. Put a heaping tablespoon of potato mixture on skillet, flatten with spoon and fry 5 minutes on each side.

Alice Cowell

*T*ARRAGON CARROTS AND PEAS

4 T. butter, divided
4 shallots, thinly sliced
2 lbs. mini peeled carrots
¼ c. chicken broth
1 tsp. dried tarragon

¾ tsp. salt
¼ tsp. pepper
1 (10-oz.) pkg. frozen peas, thawed
¼ c. chopped fresh chives

In a large skillet over medium heat, melt 2 tablespoons butter. Add shallots; cook until softened, 1-2 minutes. Add carrots, chicken broth, tarragon, salt and pepper. Cover; over medium-low heat, cook until tender, 10 minutes. Add peas, chives and 2 tablespoons butter. Cook, stirring, until peas are warm.

Linda Winter

*O*RANGE GLAZED CARROTS

3 lbs. baby carrots
¾ c. orange juice
8 T. brown sugar

6 T. butter
3 pinches of salt

Place carrots in a saucepan and cover with water. Boil until tender. Drain and return carrots to pan. Pour orange juice over carrots and mix well. Simmer over medium heat for about 5 minutes. Stir in brown sugar, butter and salt. Heat until butter and sugar melts.

Richard Pelikan

ZIPPY GLAZED CARROTS

2 T. butter
¼ c. packed brown sugar
2 T. mustard (prepared)
¼ tsp. salt

3 c. sliced carrots, cooked &
drained
1 T. snipped fresh parsley

Melt butter. Add sugar, salt and mustard. Add cooked carrots. Pour into serving bowl and garnish with fresh snipped parsley.

Fran Brader

STUFFED ARTICHOKEs

4 artichokes
1 c. extra virgin olive oil
1 c. flat leaf parsley
2 c. Italian bread crumbs
(Progresso)

6 c. cloves garlic
Kosher salt & fresh black pepper

Cut tips and stem off artichokes; bang on countertop to open. In a food processor put bread crumbs, olive oil, garlic, parsley, salt and pepper. Mix until ingredients are wet. Fill artichokes with mixture. Add water to half of artichokes, adding ¼ cup salt and ½ cup olive oil to water. Cover. Steam until leaf comes out easily.

Alice Cowell

PARMESAN ROASTED ASPARAGUS

2½ lbs. fresh asparagus (about 30
lg.)
2 T. olive oil
½ tsp. kosher salt
¼ tsp. freshly ground black pepper

½ c. freshly grated Parmesan
cheese
2 lemons, cut in wedges, for
serving

Preheat oven to 400°. If the stalks of the asparagus are thick, peel the bottom half of each. Lay them in a single layer on a sheet pan and drizzle with olive oil. Sprinkle with salt and pepper. Roast for 15 to 20 minutes until tender. Sprinkle with the Parmesan cheese and return to the oven for another minute. Serve with lemon wedges. Serves 6.

Janet Gardner

CRYSTALLIZED FLOWERS

*Edible pansy blossoms (never
treated with pesticides),
rinsed & dried & separated from
stems*

*A few drops of water
1 c. super fine sugar
1 sm. paint brush
Waxed paper*

1 egg white at room temp.

Rinse and dry edible pansy blossoms. Separate blossoms from stems. Beat egg white with a few drops of water lightly with fork until a few bubbles show. Holding flower, paint with egg white until covered completely but not excessively on both sides. While holding flower over shallow dish of sugar, sprinkle sugar evenly over both sides of flower. Gently place flower on waxed paper to dry completely (12 to 36 hours). Store up to 1 year in airtight container. Other flowers to crystallize are lilacs, rose petals, violas, violets, apple, plum, scented geranium, borage, daisies, chrysanthemums and nasturtiums. Never use flowers that have been sprayed with pesticides. Grow your own pesticide-free edible flowers or buy them from a specially produce market or from supermarkets that carry gourmet produce.

Margaret Smith



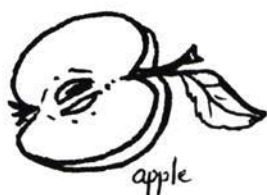
(Greek Easter Bread)

1 pkg. yeast
5 c. flour
1 tsp. anise
 $\frac{3}{4}$ c. milk
1 c. sugar

1 tsp. baking powder
4 eggs
 $\frac{1}{4}$ tsp. matischa
1 stick butter

Preheat oven to 350° when ready to bake. In a small bowl, dissolve yeast in $\frac{1}{2}$ cup of warm water with 1 teaspoon sugar and 5 tablespoons of flour. (Water should be between 105°-115°.) Sift flour, sugar, baking powder, anise and matischa. In a pan, scald milk, then add butter to melt it. In another bowl, beat 4 eggs, then add to milk when it's cool. In a large bowl, add dry ingredients to milk mixture to make the dough. Knead for 15 minutes. Place dough in a greased bowl, cover with oiled plastic wrap and set it in draft-free room at temperature between 70° to 85°. Allow to rise to four times in volume, then punch down the dough and allow it to rise again for 5 hours. Then punch it down and form into two loaves. Place in greased pan, then allow to rise again. Sprinkle sesame seeds on top and then bake at 350° for 30-40 minutes or until done.

Diana Kazazis



*H*OT CROSS BUNS

2 pkgs. active dry yeast
 $\frac{1}{2}$ c. sugar
1 tsp. cinnamon
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. allspice
About 5-6 c. flour
6 T. butter

1 c. milk
 $1\frac{1}{2}$ tsp. grated orange peel
4 eggs (divided)
1 c. dark raisins
 $\frac{3}{4}$ c. confectioners' sugar
1 T. milk

In a bowl combine yeast, sugar, cinnamon, salt, allspice and 2 cups flour. In a saucepan over low heat, heat butter and milk until very warm (120° to 130°). With mixer at low speed, beat liquid into dry ingredients just until blended. Increase speed to medium; beat 2 minutes. Beat in orange peel, 3 eggs and $1\frac{1}{2}$ cups flour; beat 2 minutes. Stir in raisins and $1\frac{1}{2}$ cups flour. Turn dough onto a floured surface. Knead in enough of the remaining 1 cup flour to make a moderately stiff dough that is smooth and elastic, about 10 minutes. Shape dough into a ball. Place in a greased bowl, turning to grease top. Cover; let rise in warm place (80° to 85°) away from draft until doubled in size, about 1 hour. Punch down dough; turn onto floured surface. Divide into 24 pieces; cover; let rest 15 minutes. Grease a 13 x 9-inch pan. Shape dough into balls; place in baking pan. Cover; let rest until balls double in size, about 45 minutes. Preheat oven to 375°. Beat remaining egg. Brush on top of each bun. Bake 20 to 25 minutes until golden. Cool in pan on rack. In bowl, mix confectioners' sugar with 1 tablespoon milk. Spoon the icing into a decorating bag fitted with a writing tube; pipe a cross on top of each bun. Makes 24.

Linda Winter

*B*ANANA CHIP BREAD

$2\frac{1}{3}$ c. Bisquick
1 c. sugar
1 tsp. cinnamon
3 lg. ripe bananas, mashed
3 lg. eggs

$\frac{1}{2}$ c. chocolate chips
 $\frac{1}{2}$ c. chopped nuts
 $\frac{1}{3}$ c. vegetable oil
1 tsp. vanilla

Preheat oven to 350°. Generously grease a 9 x 5 x 3-inch loaf pan. In a large bowl whisk together Bisquick, sugar and cinnamon. In another bowl, mix bananas, eggs, chocolate chips, nuts, oil and vanilla. Add wet ingredients to dry ingredients and mix until just combined. Pour into loaf pan. Bake about 1 hour or until wooden skewer inserted into center of loaf comes out clean.

Gayle Lechner

BANANA BREAD

3 ripe bananas, mashed
1 c. sugar
½ c. butter
2 c. sifted flour

1 tsp. baking soda
2 eggs, beaten with fork
½ c. chopped nuts

Preheat oven to 365°. Grease a loaf pan. Cream butter and sugar well, then add eggs. In another bowl, sift together flour and baking soda. Add flour mixture and banana alternately to butter mixture, mixing well. Mix in vanilla and nuts. Pour into bread pan and bake for 1 hour; check for doneness with toothpick, comes out clean when bread is done. Cool loaf.

Joan Kylish

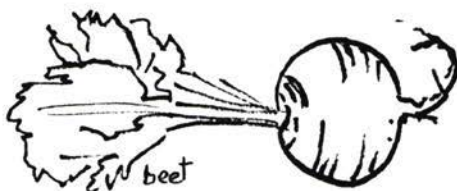
CHOCOLATE CHIP COFFEE CAKE

1½ c. sugar
1 c. melted butter
1 c. sour cream
2 eggs
2 T. milk
1 T. vanilla

2 tsp. baking powder
1 tsp. baking soda
Pinch of salt
6 oz. chocolate chips
2 c. flour
Confectioners' sugar

With an electric mixer, combine sugar, butter and sour cream. Add eggs, milk and vanilla; mix well. Stir in baking powder, baking soda, salt and flour. Mix well. Stir in chocolate chips. Bake at 350° for 45 minutes in greased tube pan. Cool. Dust with confectioners' sugar.

Karen Jolley-Gates



GLAZED CARROT CAKE

1 c. vegetable oil
1½ c. flour
1½ tsp. baking soda
1½ tsp. cinnamon
½ tsp. salt

2 eggs
1 c. vegetable oil
¾ c. sugar
1½ c. grated carrots
1½ c. walnuts

Heat oven to 350°. In large bowl mix flour, baking soda, cinnamon and salt; set aside. In another bowl, beat eggs. Stir in oil, sugar, grated carrots and walnuts. Add to flour mixture, stirring to moisten. Pour into greased loaf pan. Bake 1 hour or until toothpick inserted in center comes out clean. Glaze loaf when cool.

Lemon Glaze:

½ c. confectioners' sugar
1 tsp. grated lemon rind

1 T. lemon juice

Combine ingredients. Stir until smooth and drizzle over top and sides.

Carolynn Pulliam

PASSOVER SPONGE CAKE

8 lg. eggs
1 c. + 1 T. sugar
½ c. matzo cake meal
¼ c. potato starch

⅛ tsp. salt
About ¼ c. grated nuts
1 sm. bittersweet chocolate bar,
grated

¼ c. sweet Passover wine OR ¼ c.
lemon juice + grated lemon peel
of ½ lemon

Preheat oven to 325°. Bake in a 10-inch ungreased tube pan. Separate whites from yolks of the 8 eggs. Set out egg whites for 2 hours to warm. Beat egg whites until foamy, then gradually beat in ½ cup of sugar. Beat to peaks that are stiff and shiny, but not dry. Refrigerate. Sift together cake meal, potato starch and salt. Add enough grated nuts to grated chocolate to make ½ cup. Beat egg yolks with remaining 9 tablespoons sugar until well-blended. Add wine or lemon juice. Beat until thick and lemon colored. Fold in dry ingredients, then nuts and chocolate. Fold in whites. Bake for 50 minutes at 325°. Cool upside down for 30 minutes.

Irene Greenstein

LIGHTENING CAKE

<i>1 c. flour</i>	<i>3 eggs</i>
<i>1 tsp. baking powder</i>	<i>2 T. lemon juice</i>
<i>¼ tsp. salt</i>	<i>1 tsp. almond extract</i>
<i>1 stick butter</i>	<i>⅓ c. chopped or sliced almonds</i>
<i>1 c. sugar</i>	<i>1 T. sugar</i>

Preheat oven to 350°. Grease one 8 x 2-inch pan and line bottom with wax or parchment paper. Combine flour, baking powder and salt. In a large bowl cream butter and sugar until light about 3 minutes. Add eggs one at a time beating well. Beat in lemon juice and almond extract. Stir in dry ingredients just until smooth. Scrape the batter into the pan and spread evenly. Combine almonds and sugar. Sprinkle the top of the batter with the almonds. Bake about 30-35 minutes. Let cool in pan on rack for 10 minutes. Slide a knife around the cake to detach it from the pan. Invert the cake and peel off the liner. Let cool right side up on the rack. Cake may be sprinkled with confectioners' sugar or iced with your favorite butter cream or chocolate icing.

Linda Parker

PEACH-A-BERRY COBBLER

<i>1 T. cornstarch</i>	<i>1 ½ tsp. baking powder</i>
<i>¼ c. brown sugar</i>	<i>½ c. milk</i>
<i>1 c. blueberries</i>	<i>½ c. sugar</i>
<i>½ c. water</i>	<i>½ tsp. salt</i>
<i>2 c. sliced peaches</i>	<i>¼ c. soft butter</i>
<i>1 T. butter</i>	<i>2 T. sugar</i>
<i>1 T. lemon juice</i>	<i>¼ tsp. nutmeg</i>
<i>1 c. sifted flour</i>	

Preheat oven to 350°. Mix cornstarch, sugar and water. Add peaches and blueberries. Cook and stir until thickens. Add butter and lemon juice. Pour into an 8 ¼ x 1 ¾-inch round casserole. Sift flour, baking powder, sugar and salt. Add the milk and butter. Beat smooth. Pour over fruit. Sprinkle with 2 tablespoons sugar and ¼ teaspoon nutmeg over the top. Bake 30 minutes.

Linda Parker

CHERRY CLAFOUTI

1 ¼ c. milk

3 eggs

1 c. sugar

½ tsp. cinnamon

1 c. flour

2 T. butter, melted

1 lb. cherries, pitted (drained if using canned)

2 T. confectioners' sugar

To make batter: Put the milk, eggs, sugar, cinnamon and flour with 1 tablespoon butter in a food processor or blender and process until smooth, about 1 minute. Or combine together in a bowl, using a whisk. Brush an 8-inch baking dish with the remaining butter and pour a very thin layer of batter into the dish. Put in a preheated 350° oven to bake for 5 minutes. Remove from oven, arrange the cherries over the top and cover with remaining batter. Return the clafouti to the oven for 30 minutes until it is firm and golden. Dust with confectioners' sugar and serve warm.

Linda Parker

RHUBARB, OAT AND PECAN CRUMBLE

¾ c. flour

½ c. oats

½ c. packed brown sugar

½ c. chopped pecans

½ tsp. salt

¼ c. unsalted butter, melted

1 c. sugar

2 T. cornstarch

3 ½ lbs. rhubarb, cut into 1-inch pieces

1 T. vanilla

Preheat oven to 375°. Mix flour, oats, brown sugar, pecans and salt then stir in butter and press together to form a few clumps. In a separate bowl, rub granulated sugar and cornstarch together, then add the vanilla. Mix with rhubarb. Put fruit in 3-quart buttered baking dish and scatter crumble over the top. Bake for about 45 minutes; cool for 20 minutes before serving. Makes 8-12 servings.

Carole Smillie

*R*HUBARB-STRAWBERRY LONG CAKE

1 c. sifted flour
3 T. sugar
1½ tsp. baking powder
½ tsp. salt
3 T. shortening
⅓-½ c. milk
1 egg

2 c. rhubarb, chopped
1½ c. strawberries, chopped
2 T. sugar
¼ c. soft butter
¼ c. sugar
3 T. flour
Cream

Preheat oven to 400°. Grease a 12 x 7 x 2-inch baking dish. Mix together sifted flour, sugar, baking powder and salt. Cut in shortening. Mix in milk and egg. Spread dough in bottom of pan. Spread with rhubarb and strawberries. Mix together soft butter, sugar and flour to a crumbly mixture. Drop topping mixture here and there over the top of the fruit. Bake for 35-40 minutes. Serve warm with cream.

Nancy Wallace

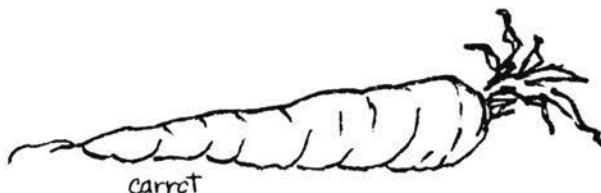
*R*HUBARB PIE

2 pie crusts
3 c. rhubarb in 1-inch slices
1 c. sugar

3 T. flour
2 T. butter

Preheat oven to 400°. Line a 9-inch pie pan with pie crust. Toss rhubarb with sugar and flour. Use to fill pie crust. Dot with bits of butter. Cut remaining crust into 1-inch wide strips. Weave into a lattice top crust. Bake for 40-50 minutes until fruit is cooked and crust is browned.

Nancy Wallace



*L*IME MOUSSE PIE

Flaky pie crust:

2 c. unsifted flour
½ tsp. salt

¾ c. Crisco (I substitute 2 T.
butter for 2 T. of the Crisco)

Cut the shortening into the flour using a pastry blender or two knives. Add 4-5 tablespoons of ice water, depending on humidity of the air. Mix until all flour is moistened and form into a ball. Roll out the pastry to make the pie crust. Makes two crusts for 9-inch pieces. For this recipe, bake one crust and reserve the other for another recipe. Or use an already-prepared single 9-inch pie crust, baked.

4 lg. egg, separated
2 lg. limes (grate rind & squeeze
to make ½ c. juice)
2-3 drops green food coloring
1 T. (1 env.) gelatin

1 c. sugar, divided into two halves
2 c. heavy cream, divided into 2-c.
halves
3 tsp. confectioners' sugar

To bake pie crust: Bake at 450° for 8-10 minutes. Check the crusts while baking in case they start to slide down. Repair by pressing the slipping crust upwards with a tablespoon. **To make filling:** Put egg whites into a small bowl over hot tap water to warm. Put the yolks into a medium bowl. Grate the lime rind; use 1 teaspoon in mix and reserve the remainder for decoration. Squeeze limes to make ½ cup juice (use pulp too). Rinse reamer with ¼ cup water and add to juice. Add food coloring. Mix juice and rind, food coloring to gelatin, ½ cup sugar and salt. Cook gelatin-lime juice over medium heat. While cooking, beat the egg yolks with a wire whisk. When gelatin mixture is pretty hot, pour into the beaten egg yolks, whisking thoroughly. Turn back into saucepan and cook until mix comes to a boil, stirring constantly (I use a rubber spatula for this). Remove from heat and cool the outside of pot. Cool more by placing pot into a bowl of water and ice. Keep stirring regularly watching for the mixture to mound slightly. Meanwhile, beat the warmed egg whites until frothy; gradually add ½ cup sugar and beat until very stiff. Fold in some of the mounded gelatin mixture into the egg whites, then fold the remainder of gelatin mix into the egg whites. While you are watching the gelatin and beating the egg whites, beat 1 cup (½ pint) heavy cream until stiff. Fold the egg white gelatin mix into the whipped cream. Mound the above mixture in prepared pie shell and cover with plastic wrap and chill. Beat 1 cup (½ pint) heavy cream with 3 teaspoons confectioners' sugar until stiff. Reserve enough whipped cream in decorating bag set with large star tip to make decorations on pie. Remove plastic wrap from partially chilled pie and spread whipped cream on top. Use spatula warmed in hot water and dried to make a smooth looking top. Make

(continued)

8 to 10 decorated squiggles like spokes on a wheel. Make dainty wedges of limes and insert into the squiggles. Decorate center and edges of pie with reserved grated lime rind. Chill thoroughly. Preparation time for filling and decorating is 1 to 1½ hours.

Barbara Mullin

CHOCOLATE NUT PIE

<i>4 T. butter, softened</i>	<i>1 c. semi-sweet chocolate chips</i>
<i>3 oz. cream cheese, softened</i>	<i>1 c. pecans, chopped</i>
<i>1 c. flour</i>	<i>1 c. sugar</i>
<i>2 eggs</i>	<i>1 tsp. vanilla</i>
<i>1 stick butter, melted</i>	<i>⅛ tsp. salt</i>
<i>⅓ c. flour</i>	<i>Whipped cream or ice cream</i>

Preheat oven to 325°. Cream 4 tablespoons butter and cream cheese. Add flour. Shape into a disk. Chill one hour. Roll out to fit a 9-inch pie pan. Beat eggs until frothy. Add melted butter, ⅓ cup flour, chocolate chips, nuts, sugar, vanilla and salt. Pour into pie shell. Bake at 325° for 45-60 minutes or until the center rises and the pastry is tan. Serve with whipped cream or ice cream.

Linda Winter

TAVERN PIE

<i>3 egg yolks</i>	<i>2 T. cake flour</i>
<i>¾ c. sugar</i>	<i>Pinch of salt</i>
<i>2 c. milk</i>	<i>1 tsp. vanilla</i>
<i>1 pt. heavy cream</i>	<i>Toasted coconut</i>
<i>1 T. gelatin</i>	<i>Baked pie shell</i>

Beat egg yolks and add sugar. Heat in pan. (Meanwhile, scald 1¾ cups milk.) Add 2 heaping tablespoons cake flour and pinch of salt to egg yolks. Add scalded milk. Stir until slightly thickened. Add 1 tablespoon gelatin to ⅓ cup milk. Add to hot mixture. Stir until thick. Remove from flame. Put in bowl to cool. When cool, add 1 teaspoon vanilla. Whip 1 pint heavy cream and fold in. Place in baked pie shell. Sprinkle toasted coconut on top.

Letty Hudak

EASY KEY LIME PIE

1 (14-oz.) can sweetened
condensed milk
1 (6-oz.) can frozen limeade
concentrate (not thawed)

1 c. heavy cream
1 (6-oz.) graham cracker pie crust
Zest of 1 lime

Place the condensed milk, limeade concentrate and cream in the bowl of an electric mixer fitted with the whisk attachment. Beat until fluffy and soft peaks form. Pour the filling into the pie crust and smooth the top. Refrigerate until chilled and loosely set, at least 4 hours (and up to overnight). Sprinkle the pie with the zest before serving. Serves 6.

Susan D'Arecca

OLD FASHION RICE PUDDING

6 c. milk
 $\frac{3}{4}$ c. long-grain rice
1 c. heavy cream
 $\frac{3}{4}$ c. sugar

3 egg yolks, beaten
2 tsp. vanilla extract
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. cinnamon

Rinse saucepan with cold water (do not dry). Pour milk in and bring to a boil over medium heat. Stir in rice and return to a boil. Reduce heat and simmer uncovered until rice is tender, stirring occasionally (about 60 minutes). (You will see rice on top of milk.) In a small bowl mix cream, egg yolks, vanilla and salt. When rice is tender, add mixture; heat to boil. Pour in 2-quart serving bowl. Sprinkle with cinnamon. Chill.

Alice Cowell

BEST BAKED BANANAS WITH CREAM

4 firm bananas
6 T. dark brown sugar
 $\frac{1}{2}$ stick butter

Pinch of ground cloves
 $\frac{1}{2}$ c. heavy cream

Preheat oven to 450°. Butter a 9 x 13-inch baking dish. Peel bananas and cut into diagonal slices. Place in buttered baking dish. Sprinkle with 2 tablespoons brown sugar. Bake 5 minutes. Remove pan from oven. Sprinkle with remaining brown sugar and butter. Divide onto four plates, sprinkle with ground cloves and pour cream around bananas.

Linda Parker

EASY CHOCOLATE MOUSSE

1 1/4 c. chocolate chips (do not use milk chocolate)
3/4 c. strong coffee

1/4 c. milk
1 T. brandy

Place chocolate chips in blender. Heat coffee and milk to steaming. Pour into blender. Process with chocolate until smooth and creamy. Add brandy. Pour into six very small custard cups. Refrigerate until chilled. Top with sweetened whipped cream.

Joan Barna

FENNEL COOKIES

1/3 c. margarine
1/3 c. butter
1 1/3 c. sugar
1/4 tsp. baking soda
2 eggs, beaten

3 c. flour
2 tsp. baking powder
3 T. fennel seeds
1/3 c. sugar to roll cookies in

Preheat oven to 375°. Mix butters, sugar and soda. Add other ingredients. Mix well. Form into a walnut-sized ball and roll in sugar. Place on greased cookie sheet and bake for about 12 minutes or until golden. These are better if they ripen a day or two. Options instead of fennel: caraway, poppy seed or anise.

Karen Jolley-Gates

ROSA GONZALES' STRAWBERRY BARS

3/4 c. butter or margarine, softened
1 c. sugar
2 egg yolks
1 tsp. vanilla

2 c. self-rising flour
1 c. chopped pecans
1/2 to 1 c. strawberry jam or preserves

Preheat oven to 325°. Cream butter; gradually add sugar; beat until light and fluffy. Add egg yolks and vanilla; beat well. Stir in flour and pecans, gradually. Put 1/2 of dough evenly in greased 9-inch square baking pan. Press down gently. Spread jam evenly over dough. Drop or crumble rest of dough on top of jam layer to cover. Bake at 325° for 1 hour. Cool, then cut into bars.

Letty Hudak

*C*HOCOLATE CHEERIOS MARSHMALLOW BITES

Crust:

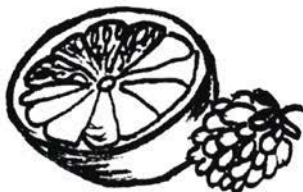
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| $\frac{1}{2}$ c. <i>Gold Medal all-purpose flour</i> | $\frac{1}{4}$ c. <i>butter, softened</i> |
| $\frac{1}{2}$ c. <i>Chocolate Cheerios cereal,</i>
<i>crushed</i> | $\frac{1}{2}$ tsp. <i>vanilla</i> |
| $\frac{1}{3}$ c. <i>packed brown sugar</i> | 120 <i>miniature marshmallows</i>
<i>(about $1\frac{1}{3}$ c.)</i> |
| $\frac{1}{4}$ tsp. <i>baking powder</i> | |

Topping:

- | | |
|--|---------------------------------------|
| $\frac{1}{3}$ c. <i>light corn syrup</i> | 1 c. <i>milk chocolate chips</i> |
| 2 T. <i>butter</i> | 2 c. <i>Chocolate Cheerios cereal</i> |
| $\frac{1}{2}$ tsp. <i>vanilla</i> | |

Preheat oven to 350°. In medium bowl, mix flour, crushed Cheerios, brown sugar, baking powder, butter and vanilla with electric mixer on low speed until crumbly. Divide evenly among 24 nonstick mini muffin cups (about 2 level teaspoons per cup); press firmly into bottom of each cup. Bake 6-7 minutes or until puffed and golden brown. Place 5-6 marshmallows in each cup. Bake 1-2 minutes until marshmallows just begin to puff. Cool. Meanwhile, in 2-quart saucepan, mix vanilla, corn syrup, butter and chocolate chips. Heat over medium-low heat just until chips are melted and the mixture is smooth, stirring constantly. Remove from heat; stir in cereal. Immediately spoon the cereal mixture in heaping tablespoons over marshmallows and pressing down slightly. Cool about 15 minutes or until firm. Remove from muffin cups; cool completely. Makes 24.

Janet Gardner

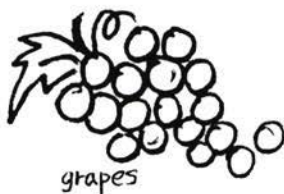


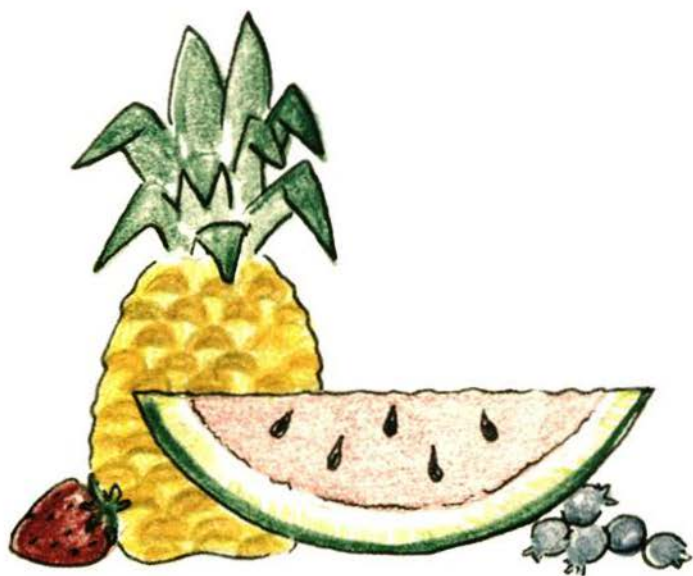
*O*ATMEAL CRAISIN COOKIES

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| <i>1 c. butter (2 sticks), room temp.</i> | <i>1 tsp. baking powder</i> |
| <i>1 c. white sugar</i> | <i>1 tsp. salt</i> |
| <i>1 c. brown sugar</i> | <i>2½ c. quick oats</i> |
| <i>2 eggs, room temp.</i> | <i>1 (12-oz.) bag white chocolate chips</i> |
| <i>1 tsp. vanilla</i> | <i>1 bag Craisins</i> |
| <i>2 c. flour</i> | |
| <i>1 tsp. baking soda</i> | |

Preheat oven to 350°. Cream together butter, white sugar and brown sugar. Add eggs one at a time. Add vanilla. In another bowl whisk together flour, baking soda, baking powder, salt and oats. Mix dry ingredients into batter mix until just blended. Add white chocolate chips and Craisins. Form into golf-sized balls. On ungreased cookie sheet bake for 15 minutes. Cool.

Gayle Lechner





Summer

Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving "free soup."
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top – remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don't overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

Summer



MARGARITAS

Margarita Mix:

<i>1 can Minute Maid limeade</i>	<i>½ can beer</i>
<i>½-¾ tequila (use the limeade can to measure)</i>	<i>Frozen fruit (opt.)</i>
<i>Triple sec (fill the rest of the can)</i>	<i>1 pkg. Equal</i>
	<i>Ice</i>

Put the limeade in a blender. Fill can ½-¾ with tequila and the rest with:

<i>Triple sec</i>	<i>Frozen fruit, e.g. blueberries (opt.)</i>
<i>½ can Budweiser</i>	<i>1 pkg. Equal</i>

Add ice and blend away.

Barb Murphy

BOURBON SLUSH

<i>12-oz. can frozen lemonade</i>	<i>2 c. bourbon (or substitute any other whiskey, rum or vodka)</i>
<i>12-oz. can frozen orange juice</i>	<i>1 orange, halved & sliced thin</i>
<i>7 c. water</i>	
<i>2 c. strong tea</i>	
<i>¼ c. sugar (dissolve sugar in hot tea)</i>	

Mix well (be sure sugar is dissolved). Put in a plastic container and freeze. To serve: mix equal parts of slush and very cold 7-Up or Sprite. Garnish each glass with orange slice.

Darielle Walsh

HERBAL PUNCH

1 c. fresh lemon balm
2 c. fresh borage
1 c. fresh mint
Sugar syrup (1 c. sugar + ½ c.
water)

1 qt. strong tea
Juice of 6 lemons
Juice of 6 oranges
1 c. pineapple juice
3 qt. ginger ale

Pour 1½ quarts boiling water over lemon balm leaves and let steep 20 minutes. Strain onto borage and mint in large bowl. Add fruit juice, tea and syrup. Let stand overnight in refrigerator. Strain; add ice and ginger ale. Garnish with fresh mint.

Joan Barna

GINGER-ALMOND TEA

1 c. boiling water
5 reg. size tea bags
1 c. sugar
4 c. water

¾ c. lemon juice
1 T. vanilla extract
1 tsp. almond extract
1 qt. ginger ale

Pour boiling water over tea bags; steep 5 minutes. Remove tea bags, squeezing gently. Stir in sugar and next 4 ingredients. Chill. Stir in ginger ale just before serving. Serve tea over ice.

Bobbie Grecco

LEMON TEA PUNCH

12 tea bags
2 qt. boiling water
4 tsp. dried rosemary leaves
1 c. sugar

2 qt. lemon-lime soda, chilled
1 c. fresh lemon juice, strained
Fresh lemon slices
Ice ring

Place tea bags and rosemary in large saucepan. Add boiling water. Steep for 5 minutes. Strain and cool. Add soda and lemon juice. Stir gently. Garnish with lemon slices and float ice ring. Makes 30 (½-cup) servings.

Nancy Smith

MAY WINE

1 gal. Rhine wine
12 or more sprigs sweet woodruff
1 (10-oz.) pkg. sliced strawberries,
frozen
Fresh strawberries

1 c. sugar
2 c. brandy
Edible flowers or orange slices for
garnish

Heat half the woodruff sprigs in the oven for a few minutes. Mix wine and leaves together and let stand 3-7 days. To serve, pour the wine and brandy over a block of ice in a punch bowl. Mash slices of strawberries with sugar and stir into wine mix. Garnish with fresh woodruff and little spring flowers or orange slices. Put a fresh strawberry in each cup when serving.

Nancy Wallace

HOT EGGPLANT DIP

1 eggplant, cut into ½-inch cubes
1 (6-oz.) can tomato sauce
¼ c. vinegar (red wine or cider)
Pepper to taste
¼ c. capers (opt.)
½ c. olive oil

1 c. celery, chopped
2½ c. onions, sliced
2 T. sugar
½ tsp. salt
12 or more pitted ripe olives
Garlic powder to taste

Sauté eggplant cubes in olive oil. Add onions and celery and continue to sauté. When soft, add olives and tomato sauce. Simmer covered for 15 minutes. Add vinegar, sugar, salt, pepper and garlic powder. Simmer covered for 20 minutes longer. Serve with crackers or party rye slices.

Letty Hudak



GREEN TOMATO CHUTNEY

- | | |
|---------------------------------------|----------------------------|
| 8-oz. pkg. salted tamarind | 2½ c. brown sugar |
| 1 lemon, seeded & chopped (with peel) | 2 c. seedless raisins |
| 5 cloves garlic, chopped coarse | 1½ tsp. salt |
| ½ c. peeled fresh gingerroot, diced | ¼ to ½ tsp. cayenne pepper |
| 5 c. chopped green tomatoes | 2 c. cider vinegar |

Place the tamarind, lemon, garlic, ginger, tomatoes, brown sugar, raisins, salt, pepper and vinegar in a large saucepan. Bring to a boil. Reduce heat and cook, uncovered, 2 hours or until the sauce has thickened, stirring frequently. Cool. Makes about 3 pints.

Carolynn Pulliam

LINDA'S GREEK LAYERED DIP

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| 1 (8-oz.) pkg. cream cheese with chives & onions | 1 (2¼-oz.) can sliced black olives, drained |
| 1 (8-oz.) ctn. hummus | 4 oz. crumbled feta cheese |
| 1 cucumber, peeled, seeded & chopped | ¼ c. chopped scallions |

Spread softened cream cheese in bottom of 10-inch pie plate. Drop hummus by small spoonfuls evenly over cream cheese; spread evenly. Top with remaining ingredients in order given. Refrigerate. Serve with pita crisps.

Pamela Kolb



*G*APONATA BRUSCHETTA

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|---|------------------------------|
| <i>2 med. eggplants, peeled & diced
into 1-inch squares</i> | <i>¼ c. parsley, chopped</i> |
| <i>2 T. salt</i> | <i>3 T. capers</i> |
| <i>3 onions, diced</i> | <i>2 T. balsamic vinegar</i> |
| <i>2 med. tomatoes, diced</i> | <i>½ c. olive oil</i> |
| <i>2 cloves garlic, minced</i> | <i>4 T. raisins</i> |

Toss the eggplant with the salt and let sit in colander 1 hour; rinse; pat dry. Sauté onions and garlic in 3 tablespoons of olive oil; set aside. Sauté the eggplant in remaining oil until slightly chewy. Add the tomatoes and onion mixture; toss. Finally add the capers, parsley, vinegar and raisins. Allow flavors to blend several hours. Serve on sliced toasted bread. Top with goat cheese if you would like.

Lee Perry

*G*RAB MEAT PUFFS

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|---------------------------------|---|
| <i>6 slices white bread</i> | <i>½ c. organic or other mayonnaise</i> |
| <i>1 can crab meat, drained</i> | <i>1 green onion, chopped</i> |

Trim crusts from bread. Cut each slice into four triangles. In a shallow bowl, combine crab with mayonnaise and onion. Season with pepper and salt to taste. Spread mixture evenly on bread triangles. Bake on lightly greased pan in a 375° preheated oven for 10 minutes or until puffed and golden brown. Serve warm.

Elizabeth C. Hanscom

*T*UNA TARTAR

- | | |
|-----------------------------|------------------------------|
| <i>¾ lb. tuna</i> | <i>6 dashes of Tabasco</i> |
| <i>4 T. olive oil</i> | <i>1½ tsp. kosher salt</i> |
| <i>Zest of lime</i> | <i>1 tsp. black pepper</i> |
| <i>3 T. lime juice</i> | <i>¼ c. minced scallions</i> |
| <i>½ tsp. wasabi powder</i> | <i>1 Hass avocado</i> |
| <i>1½ tsp. soy sauce</i> | <i>1 tsp. sesame seed</i> |

Mix about an hour before serving.

Barb Murphy

ZUCCHINI SAVORIES

3 c. grated zucchini
½ c. chopped onion
2 T. chopped parsley
1 clove garlic, chopped
4 eggs

1 c. Bisquick
½ c. grated Parmesan
½ tsp. salt
Dash of pepper
½ c. vegetable oil

Preheat oven to 350°. Mix all ingredients thoroughly. Place in buttered 13 x 9-inch pan. Bake 35 minutes. Cut into bite-size pieces. Serve warm.

Joan Festa

SPICY SHRIMP

24 med. shrimp, peeled & deveined	½ tsp. ground cumin
½ oz. (1 T.) dry sherry	¼ tsp. salt
1½ tsp. mild or hot chili powder	2 tsp. olive oil
1 garlic clove, crushed	8 tortillas

Combine shrimp, sherry, chili powder, garlic, cumin and salt in a medium bowl. Toss to coat. Place large nonstick skillet over medium high heat for 30 seconds. Add oil and heat 30 seconds more. Add shrimp mixture and cook stirring until shrimp are no longer pink, about 5 minutes. Serve immediately wrapped in warm tortillas. Guests can wrap their own!

Mary Smith



*P*ARTY HIGH ROLLERS

6 (12-inch) flour tortillas
2 (8-oz.) ctn. whipped cream
cheese
3 c. baby spinach leaves
9-oz. pkg. deli honey-roasted
turkey slices

6-oz. pkg. sweetened dried
cranberries
60 seedless grapes
 $\frac{1}{3}$ c. chopped pecans
60 skewers

For each roll-up, spread a tortilla with 2 tablespoons cream cheese. Layer with spinach leaves, add 2 slices turkey to cover most of spinach. Spread another tablespoon cream cheese over turkey; sprinkle with about 2 tablespoons cranberries and 1 tablespoon pecans. Roll up tightly; secure with a skewer. Place tortilla rolls seam-side down on a tray; cover and chill for 1 to 2 hours. At serving time, trim off ends of rolls; slice $\frac{1}{2}$ inch thick. Garnish with grapes. Makes about 5 dozen.

Janet Gardner



melon

CHEF CHARLES FREDERICKS' VEGETABLE SUMMER ROLLS

For peanut sauce:

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|--|---------------------------|
| 3 T. finely chopped onion | 1 T. creamy peanut butter |
| 1 sm. garlic clove, minced | 1 T. hoisin sauce |
| $\frac{3}{4}$ tsp. dried hot red pepper flakes | 1 tsp. tomato paste |
| 1 tsp. vegetable oil | $\frac{3}{4}$ tsp. sugar |
| 3 T. water | |

For summer rolls:

- | | |
|---|--|
| 1 oz. bean thread noodles
(cellophane noodles) | $\frac{1}{4}$ c. fresh mint leaves |
| 1 T. seasoned rice vinegar | $\frac{1}{4}$ c. fresh basil leaves (preferably
Thai) |
| 4 (8-inch) rice-paper rounds +
additional in case some tear | $\frac{1}{2}$ c. thinly sliced Napa cabbage |
| 2 red-leaf lettuce leaves, ribs cut
out & discarded & leaves
halved | $\frac{1}{4}$ c. fresh cilantro leaves |
| | $\frac{1}{3}$ c. coarsely shredded carrot (1
med.) |

Preparation: Make sauce: Cook onion, garlic and red pepper flakes in oil in a small heavy saucepan over moderate heat, stirring, until pale golden, about 4 minutes. Whisk in remaining sauce ingredients. Simmer, whisking, 1 minute, then cool. **Make summer rolls:** Cover noodles with boiling hot water and soak 15 minutes then drain well in a sieve. Pat dry between paper towels and toss with vinegar and salt to taste. Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Soak 1 rice-paper round (make sure there are no holes) in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels. Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge. Spread one fourth of peanut sauce over lettuce and top with one fourth each of mint, basil, cabbage and noodles. Roll up rice paper tightly around filling and after rolling halfway, arrange one fourth of cilantro and carrot along crease. Then fold in sides and continue rolling. Transfer summer roll to a plate and cover with dampened paper towels. Make 3 more rolls in same manner. Serve rolls halved on the diagonal. **Cook's tip:** Summer rolls may be made 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag. Bring rolls to room temperature before halving and serving.

Regina Dowd

ROASTED BELL PEPPER SALAD

- | | |
|----------------------------------|----------------------------|
| 4 lg. red peppers | ¼ tsp. pepper |
| 2 lg. yellow peppers | 6 T. olive oil |
| 6 T. red wine vinegar | 1 lg. garlic clove, minced |
| 2 anchovy fillets (opt.), minced | 2 tsp. sm. capers |
| ½ tsp. salt | ¼ c. black olives |

Roast peppers under broiler until they are blistered and charred. Place pepper in paper bag; let steam. Peel peppers; discard stems, ribs and seeds. Cut lengthwise into strips. In bowl combine vinegar, minced anchovy, salt and pepper. Add oil in a stream, whisking until combined. Drizzle dressing over peppers, adding garlic and capers. Arrange olives decoratively around peppers. Marinate at room temperature for 30 minutes.

Bobbie Grecco

CANTALOUPE SOUP WITH PORT SYRUP AND PANCETTA

- | | |
|--|-------------|
| 1 c. port wine | 1½ T. honey |
| 1½ T. sugar | ⅓ tsp. salt |
| 2 oz. pancetta or lean ham, cut
into thin strips | |
| 6 c. cubed seeded peeled
cantaloupe, chilled, about 1 (3-
lb.) melon | |

Combine wine and sugar in a small saucepan over medium-high heat; cook 18 minutes or until reduced to ¼ cup. Remove syrup from heat. Pour into a bowl; cover and chill. Cook pancetta in a medium nonstick skillet over medium heat 10 minutes or until crisp. Remove from pan and drain on paper towels. Place cantaloupe, honey and salt in a blender and process until smooth. Ladle the soup into shallow bowl; dollop syrup over soup and sprinkle with pancetta. Serve immediately. Yield: 4 servings (serving size: 1 cup soup, 1 tablespoon syrup and 1 tablespoon pancetta).

Linda Parker

ZUCCHINI SOUP

4 T. butter
3 leeks
3 zucchini
3½ c. chicken broth
1 peeled cooked potato

1 c. evaporated milk
1½ T. tarragon
½ tsp. nutmeg
Pepper

Sauté leeks and zucchini in butter until the vegetables are soft. Add 1½ cups of chicken broth and the peeled, cooked potato to the leeks and zucchini and simmer for 10-15 minutes. Purée the mixture in a food processor. Return mixture to soup kettle and reconstitute with 2 cups chicken broth, evaporated milk, nutmeg and tarragon. Add pepper to taste. Warm to desired temperature and enjoy.

Marylyn Straight

GHILLED YELLOW SQUASH SOUP

1 T. olive oil
¾ c. chopped leek (white & pale green parts)
1 tsp. coriander seeds
1¼ lbs. yellow squash, coarsely chopped

14 oz. vegetable broth
2 T. plain Greek yogurt
2 T. fat-free sour cream
½ tsp. grated lemon peel

Heat oil in large saucepan over medium heat. Add leek and coriander and cook until almost tender, stirring often, about 6 minutes. Add squash; sprinkle with salt and pepper and sauté until squash begins to soften, about 3 minutes. Add broth, bring to a boil, reduce heat and simmer uncovered until vegetables are soft, about 10 minutes. Working in batches, purée soup in blender until smooth. Whisk yogurt, sour cream and lemon peel together. Divide soup into 4 bowls. Serve with a spoonful of yogurt mixture on top of each bowl of soup.

Nancy Smith

CHILLED AVOCADO-CUCUMBER SOUP

1 English cucumber, peeled & diced (¼ c. reserved for garnish)

1 avocado, pitted, peeled & diced (¼ c. reserved for garnish)

½ tsp. finely grated lemon zest

1 T. fresh lemon juice

¼ c. coarsely chopped fresh cilantro

1 scallion, white & pale, green parts only, coarsely chopped (about 2 T.)

1½ tsp. coarse salt

¼ tsp. freshly ground pepper

Purée ingredients in a blender. Divide soup and reserved cucumber and avocado among 4 bowls. Cover with plastic wrap. Refrigerate for 30 minutes. Garnish with cilantro sprigs. Serves 4.

Kris Luka



CHEF CHARLES FREDERICKS' CHILLED ASPARAGUS SOUP WITH TIMBALE OF CRAB, TOMATO AND AVOCADO

- | | |
|--|---|
| 3 T. butter | 3 c. chopped spinach leaves (about 3 ½ oz.) |
| 2 sm. leeks (white & pale green parts only), halved lengthwise & thickly sliced (about 3 c.) | 6 T. flaked fresh crabmeat |
| 1 ½ lbs. asparagus, ends trimmed & spears coarsely chopped | 2 T. fresh lemon juice |
| 4 c. chicken stock or canned low-salt chicken broth | 1 T. minced shallot |
| | ¾ c. diced peeled pitted avocado |
| | ½ c. diced tomato |
| | Caviar |

Melt butter in heavy large saucepan over medium heat. Add leeks and sauté until soft, about 5 minutes. Add asparagus and stock; bring to boil. Reduce heat to medium, cover and simmer until asparagus is tender, about 8 minutes. Add spinach, cover and simmer until wilted, about 4 minutes. Working in batches, purée soup in blender until smooth. Transfer soup to large bowl; season to taste with salt and pepper. Cool, then cover and chill until cold, at least 2 hours and up to 1 day. Mix crabmeat, 1 tablespoon lemon juice and shallot in small bowl. Season to taste with salt and pepper. Mix avocado and remaining 1 tablespoon lemon juice in another small bowl; mash coarsely. Season to taste with salt and pepper. Place tomato can or biscuit cutter in center of 1 soup bowl. Spoon in 1 tablespoon avocado mixture; smooth top. Spoon in 1 tablespoon crab mixture; press lightly to compact. Sprinkle with tomato. Spoon in 1 tablespoon avocado mixture. Top with 1 teaspoon caviar. Carefully lift off can. Repeat in remaining soup bowls with remaining timbale ingredients. Ladle soup around each timbale. Serve immediately.

Regina Dowd



*G*AZPACHO WITH KIDNEY BEANS

- | | |
|--|--|
| 24 oz. tomato juice | ¼ c. extra virgin olive oil |
| 1 med. onion, finely chopped
(about 1 c.) | 2½ c. cooked red kidney beans,
drained (1 c. dry beans, cooked) |
| 2 sm. green peppers, finely
chopped (about 1½ c.) | ½ tsp. salt |
| 1 lg. garlic clove, finely minced | ½ tsp. hot sauce |
| 2 sm. ripe tomatoes, diced (about
1½ c.) | ¼ tsp. freshly ground black pepper |

In a 3-quart ceramic or glass bowl, mix together tomato juice, onion, peppers, garlic, tomatoes, olive oil, kidney beans, salt, hot sauce and pepper. Cover with plastic and place in refrigerator for 3 hours or overnight. When thoroughly chilled, adjust seasonings and serve in deep or wide bowls. Can be refrigerated for up to a day; do not freeze. Serves 6.

Liz Dwyer

*G*OLD AVOCADO SOUP

- | | |
|---|-----------------------------|
| 2 lg. ripe avocados, pitted &
peeled | 2 green onions, minced |
| ½ c. light cream | 1 tsp. fresh ginger, grated |
| ½ c. non-fat milk | 1 tsp. lime juice |
| 3 c. chilled chicken broth | Salt to taste |
| 1 T. butter | Chopped chives for garnish |

Melt the butter in a pan and sauté the ginger and green onions for about 3 minutes. Cool. Place the avocado, cream, milk, chicken broth and lime juice in a blender and blend until smooth. Add the ginger mixture. Put in a container, cover and refrigerate. Can be made up to one day in advance. Serve the soup in chilled bowls sprinkled with chives. Serves 4 to 6.

Liz Dwyer

*B*ROCCOLI SALAD

- | | |
|--|-----------------------|
| 2 lg. bunches broccoli (chop tops
only into sm. pieces) | 1 c. mayonnaise |
| 1 c. golden raisins | 1 T. sugar |
| 1 med. onion, cut into sm. pieces | 1 T. red wine vinegar |
| 5 strips bacon, cooked & broken
into sm. pieces | |

Combine mayonnaise, sugar and vinegar. Set aside. Place broccoli in large bowl. Add raisins and chopped onion. Add bacon bits. Add mayonnaise mixture and toss. Add salt to taste. Cover with plastic wrap and refrigerate to chill.

Joan Festa

*B*LACK BEAN AND MANGO SALAD

- | | |
|------------------------------|-----------------------------|
| 1 can black beans | 2 T. olive oil |
| 1 lg. ripe mango, diced | 1 T. lime juice |
| 1 red bell pepper, chopped | Salt & pepper to taste |
| 3 chopped scallions | 2 T. fresh chopped cilantro |
| 1 fresh chile pepper, minced | Shredded lettuce |

Rinse and drain beans well. Place beans in bowl and combine with diced mango, red bell pepper, scallions and chilies. Drizzle with olive oil, lime juice, salt and pepper. Toss with fresh cilantro. Serve over shredded lettuce.

Joan Barna

*B*UTTERMILK-BASIL DRESSING

- | | |
|--------------------------------|-----------------------------|
| 2 c. fresh packed basil leaves | $\frac{3}{4}$ tsp. salt |
| $\frac{3}{4}$ c. buttermilk | $\frac{1}{2}$ tsp. pepper |
| 2 scallions, thinly sliced | $\frac{3}{4}$ c. mayonnaise |

In blender, put basil, buttermilk, scallions, salt and pepper. Blend until smooth. Add mayonnaise and blend until smooth. Refrigerate for 30 minutes and serve over sliced tomatoes.

Tracy Criscitiello

*F*OUR BEAN SALAD

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|--|--------------------------------|
| 1-lb. can cut green beans | ½ c. sugar |
| 1-lb. can cut wax beans | ½ c. wine vinegar |
| 1-lb. can red kidney beans | ½ c. salad oil |
| 1-lb. can lima beans | 1 tsp. salt |
| 1 med. green pepper, sliced into rings | ½ tsp. dry mustard |
| 1 med. onion, thinly sliced into rings | ½ tsp. crumbled dried tarragon |
| | ½ tsp. basil |

Open and drain the green beans, wax beans, kidney and lima beans. Pour into a large bowl. Add onion and pepper rings. **Make the dressing:** Combine sugar, vinegar, oil, salt, mustard, tarragon and basil. Mix well and pour over the beans. Chill before serving.

Fran Brader

*M*INNESOTA BLUEBERRY AND WILD RICE SALAD

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|--|----------------------------|
| 1 c. wild rice | ¾ c. sesame salad dressing |
| 1 tsp. sea salt | ½ tsp. orange zest |
| 4 c. water | ½ c. toasted almonds |
| 1 bunch green onion, sliced | Salt & pepper to taste |
| 1 pt. blueberries | |
| 1 (11-oz.) can mandarin oranges, drained | |

In saucepan combine rice, water, salt and pepper. Bring to boil, reduce heat and simmer covered until kernels are open and tender but not mushy (45-55 minutes). Drain and rinse several times. In small mixing bowl combine dressing and orange zest. In large bowl combine rice, onion, blueberries and oranges. Pour salad dressing over rice. Salt and pepper to taste. Just before serving stir in almonds.

Adah Levin

*R*ED POTATO SALAD WITH BACON & BLUE CHEESE

4 lbs. potatoes
¼ c. olive oil
¾ lb. bacon
1 lg. red onion, finely sliced

¼ c. + 2 T. white vinegar
1 T. sugar
1 c. blue cheese

Boil potatoes until soft. Cut potatoes into bite size pieces. Cook bacon until crisp and remove from skillet. Add onions to bacon fat and cook until softened. Add vinegar, olive oil and sugar to pan. Cook until sugar is dissolved. Add potatoes to pan and stir to coat potatoes. Pour into serving dish and add blue cheese and bacon.

Tracy Criscitiello

*E*ASY IOWA POTATO SALAD

4 lbs. russet potatoes
3 hard-boiled eggs, chopped
1 c. mayonnaise
½ c. diced celery
½ c. sour cream

½ c. finely chopped red onion
¼ c. sweet pickle relish
1 T. brown mustard
1 tsp. salt
¼ tsp. pepper

Peel and cut potatoes in ¾-inch cubes. Place potatoes in a large pot, cover with 1 inch of water and bring to a boil. Reduce heat to medium and simmer until tender, about 8 minutes. When potatoes have cooled, combine them with the eggs. Stir together mayonnaise, celery, sour cream, onion, relish, mustard, salt and pepper. Combine with potato and egg mixture. Serve immediately or chill 12 hours.

Beth Siano



*Y*UKON GOLD POTATO SALAD

2 lbs. Yukon Gold potatoes
 $\frac{1}{2}$ c. mayonnaise
2 T. white wine vinegar
2 T. Dijon mustard
 $\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly ground black pepper
 $\frac{1}{4}$ c. thinly sliced green onion
2 T. chopped fresh flat-leaf
parsley

Place potatoes in a saucepan. Cover with water to 2 inches above potatoes; bring to a boil. Reduce heat and simmer for 20 minutes or until tender. Drain and cool. Peel and cut potatoes into 1-inch cubes. Place potatoes in a large bowl. Combine mayonnaise, vinegar, mustard, salt and pepper. Add mayonnaise mixture to potatoes; toss gently to coat. Stir in onion and parsley. Cover and chill for 1 hour.

Jeanette Pelikan

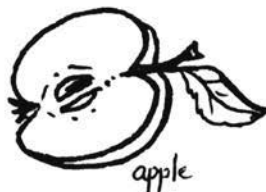
*G*REEN BEAN SALAD

1 lb. green beans, cut into 2-inch
pieces
 $\frac{1}{4}$ c. extra virgin olive oil
2 T. red wine vinegar
1 sm. shallot

1 garlic clove, minced
2 tsp. thyme, minced
 $\frac{1}{2}$ tsp. salt
2 ears white corn
1 pt. grape tomatoes, halved

Blanch beans in boiling salted water for four minutes. Drain and rinse in cold water. Drain and pat dry. Whisk oil, vinegar, shallot, garlic, thyme and salt to make dressing. Cut the kernels from corn cobs and mix with beans and tomatoes. Add dressing and freshly ground pepper. Makes 4 servings.

Laura Avdey
Daughter of Carole Smillie



HEALTH SALAD

2-lb. head cabbage
1 lg. cucumber
3 lg. carrots
 $\frac{1}{2}$ green pepper
1 sm. sweet onion

$\frac{1}{2}$ c. salad oil
 $\frac{3}{4}$ c. vinegar
2 T. sugar
 $1\frac{1}{4}$ tsp. salt

Grate cabbage and carrots, thinly slice cucumbers and green peppers and onions. Mix together oil, vinegar, sugar and salt. Make sure sugar and salt have dissolved, then pour the liquid over the vegetables and marinate overnight, stirring occasionally.

Carole Smillie

STRAWBERRY SALAD

1 lb. romaine or spinach lettuce,
washed & torn into bite-sized
pieces

1 qt. strawberries, sliced

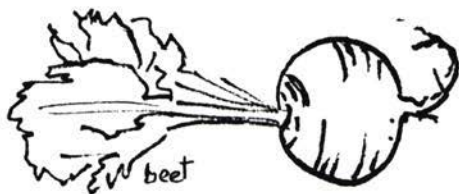
Dressing:

$\frac{1}{2}$ c. sugar
2 tsp. sesame seed
1 T. poppy seed
 $\frac{1}{4}$ tsp. Worcestershire sauce

$\frac{1}{4}$ tsp. paprika
 $\frac{1}{4}$ c. canola oil
 $\frac{1}{4}$ c. cider vinegar

To make dressing: Whisk together sugar, sesame and poppy seeds, Worcestershire sauce, paprika, oil and cider vinegar. Pour over greens and strawberries. Serves six people.

Karen Jolley-Gates



STRAWBERRY SALAD TOSS

2 heads romaine lettuce,
washed & finely chopped
12 lg. strawberries, hulled & finely
diced

1 c. sliced almonds, toasted
1-1½ c. shredded Colby Jack
cheese
2 c. shredded purple cabbage

Dressing:

½ c. vegetable oil
¼ c. cider vinegar
¼ tsp. paprika
1 heaping tsp. minced garlic

⅓ c. sugar
¼ tsp. salt
⅛ tsp. pepper

In large bowl, combine ingredients. Cover with damp paper towel and place in refrigerator until ready to serve. **To prepare dressing:** Whisk together all the dressing ingredients in a tightly-sealed jar and shake well. **To serve:** Toss in small amount of dressing until evenly coated. You may end up with extra dressing depending on your preference.

Pamela Kolb

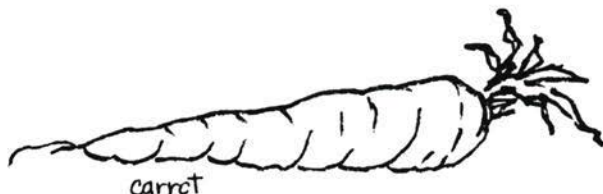
GINGER LIME SAUCE

1 tsp. ginger, grated
Juice of 1½-2 limes

Honey to taste

Mix all ingredients together and then drizzle over fresh fruit, especially peaches, bananas or watermelon. Or add olive oil and use as a salad dressing.

Carole Smillie



CHICKEN SALAD MARDRAS

<i>2 lg. whole chicken breasts, split</i>	<i>2 tsp. chutney</i>
<i>2 c. chicken broth or water</i>	<i>1 T. chopped fresh chives</i>
<i>Juice of ½ lime</i>	<i>½ c. coarsely chopped walnuts</i>
<i>¾ c. sour cream</i>	<i>3 T. currants</i>
<i>3 T. mayonnaise</i>	<i>½ c. seedless green grapes</i>
<i>½ tsp. curry powder</i>	<i>Lettuce</i>

Poach the chicken, partially covered, in simmering stock for 20 minutes or until just cooked through. Do not overcook. Drain and when cool, remove skin and bones and discard. Cut or shred chicken into strips about 2 inches long by ½ inch wide. Combine with the lime juice and let marinate for a few hours in the refrigerator. Combine sour cream, mayonnaise, curry, chutney, chives, walnuts, currants and grapes. Mix well. Chill. Just before serving, toss the chicken with the dressing and mound on a bed of lettuce leaves. Garnish with additional small bunches or grapes.

Sharon Tittle

PESTO CHICKEN SALAD

<i>1 c. low fat mayonnaise</i>	<i>1 tsp. pepper</i>
<i>⅔ c. plain fat-free yogurt</i>	<i>8 c. cubed cooked chicken breast</i>
<i>1 c. pesto</i>	<i>2 c. celery</i>
<i>3 T. lemon juice</i>	<i>1 c. chopped toasted walnuts</i>
<i>1 tsp. salt</i>	<i>1 sm. jar roasted red peppers</i>

Combine all ingredients in a large bowl. Serve chilled. Makes 12 servings.

Nancy Smith

DOT'S TURKEY SALAD

<i>4 c. cooked diced turkey</i>	<i>1½ c. mayonnaise</i>
<i>10-oz. can water chestnuts, sliced</i>	<i>1 T. soy sauce</i>
<i>1 lb. seedless grapes</i>	<i>½ T. curry</i>
<i>1 c. sliced celery</i>	<i>1 T. lemon juice</i>
<i>1-1½ c. slivered almonds, toasted</i>	<i>½ lb. pineapple chunks</i>

Combine all ingredients and chill. Serve on Boston lettuce. Best when made a day ahead.

Pamela Kolb

*S*HRIMP, ARTICHOKE AND OLIVE SALAD

8 oz. frozen peeled & deveined
med. shrimp

2 heads butter lettuce

12 oz. cherry tomatoes

6-oz. jar artichoke hearts, drained

6-oz. can pitted black olives,
drained

$\frac{1}{4}$ c. mayonnaise

$\frac{1}{4}$ c. chili sauce

Place shrimp in a colander or large strainer and run under cold water until thawed; let drain. Tear the lettuce into bite-sized pieces. Divide the lettuce, shrimp, tomatoes, artichoke hearts and olives among 4 bowls. In a small bowl, whisk together the mayonnaise and chili sauce until smooth. Drizzle over the salad.

Susan D'Arecca

*G*RILLED SALMON SALAD

2 lbs. salmon filets

1 c. sm. diced celery (3 stalks)

$\frac{1}{2}$ c. diced red onion

2 T. minced fresh dill

2 T. capers, drained

2 T. raspberry vinegar (I used
champagne vinegar)

2 T. olive oil

$\frac{1}{2}$ tsp. kosher salt

$\frac{1}{2}$ tsp. ground pepper

Grill salmon over hot coals 5-7 minutes each side until medium rare. Remove from grill, cover and refrigerate until cold. When salmon is cold, break into large flakes along with any juice that has collected. Add celery, onion, dill, capers, vinegar, olive oil, salt and pepper to taste. Mix well and serve cold or at room temperature.

Nancy Smith



STEAK SALAD WITH FRESH SUMMER BERRIES

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|--|---|
| <i>1½-lb. flank steak</i> | <i>8 c. torn romaine leaves</i> |
| <i>⅔ c. Kikkoman teriyaki marinade</i> | <i>3 c. fresh berries (blueberries, blackberries or strawberries), halved</i> |
| <i>1 T. balsamic vinegar</i> | |
| <i>1 tsp. vegetable oil</i> | |
| <i>2 cloves garlic, pressed</i> | <i>½ c. pecans, chopped and toasted</i> |

Ginger-Balsamic Dressing:

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|------------------------------|----------------------------------|
| <i>¼ c. balsamic vinegar</i> | <i>2 T. teriyaki marinade</i> |
| <i>¼ c. vegetable oil</i> | <i>¼ tsp. grated ginger root</i> |

Make Ginger-Balsamic Dressing: Whisk together ¼ cup each balsamic vinegar and vegetable oil, 2 tablespoons Kikkoman Teriyaki Marinade & Sauce and ¼ teaspoon grated fresh gingerroot. Score both sides of steak in diamond pattern; place steak in large plastic food storage bag. Combine teriyaki sauce, vinegar, oil and garlic; pour mixture over steak. Press air out of bag; close top securely. Turn bag over several times to coat steak. Refrigerate 2 hours, turning bag over once. Remove steak from marinade; discard marinade. Grill steak 4 to 5 inches from hot coals 10 minutes (for medium-rare), turning over once. Holding knife at slight angle, cut steak across grain into ¼- to ½-inch thick slices. Divide lettuce on 4 individual serving plates. Arrange steak slices on top of greens and top with fresh berries and pecans. Serve with Ginger-Balsamic Dressing.

Susan D'Arecca

SUMMER FOR A CROWD

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|-------------------------------|--|
| <i>1 lb. thin spaghetti</i> | <i>2 cans tiny shrimp</i> |
| <i>3 sm. onions, grated</i> | <i>2 pkgs. George Washington brown sauce</i> |
| <i>1 chopped green pepper</i> | |

Dressing (Whisk):

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|--|---------------------|
| <i>6 heaping T. mayonnaise</i> | <i>1 tsp. sugar</i> |
| <i>2 T. vinegar</i> | |
| <i>4 pkgs. George Washington brown sauce</i> | |

Cook spaghetti as directed (best to break before cooking). Combine all the ingredients and mix with spaghetti. Toss with dressing. Chill. Just before serving, sprinkle the 4 packages of George Washington Brown Sauce.

Jeanne Monaghan

*V*EGETABLE AND CHICKEN LO MEIN

1-lb. skinless chicken breast
2 T. olive oil
1 pkg. frozen stir-fry vegetable
blend, defrosted

1 pkg. spaghetti or angel hair
pasta
1 tsp. drizzle hoisin sauce
1 tsp. drizzle soy sauce

In a frying pan, sauté skinless chicken breast, then cut into small chunks and set aside. Cook spaghetti or angel hair pasta in a large pot as per directions on package and set aside. (Keep some pasta water aside in case you need to add to mixture for some moisture.) On medium heat, sauté stir-fry vegetables and olive oil in a large skillet or wok until tender, approximately 5 minutes uncovered. Then add cooked spaghetti or angel hair pasta, cooked skinless chicken breast, hoisin sauce and soy sauce to sauté vegetables. Stir mixture for approximately 5 minutes or until warmed through. Compliment this dish with fresh peach slices sprinkled with cinnamon or nutmeg if desired.

Richard Pelikan

*G*RILLED CHICKEN WITH HERB SAUCE

6 boneless chicken breasts

Marinade:

⅓ c. olive oil
3 T. lemon juice
1½ tsp. fennel seeds

¾ tsp. salt
½ tsp. pepper

Sauce:

2 c. basil leaves
2 garlic cloves
2 tsp. lemon zest
½ c. lemon juice

¾ tsp. salt
½ tsp. pepper
½ tsp. crushed red pepper
⅔ c. olive oil

Combine olive oil, lemon juice, fennel seeds, salt and pepper. Put in resealable plastic bag with chicken. Marinate at least one hour in refrigerator. In a blender, place basil, garlic cloves, lemon zest, lemon juice, salt, pepper and red pepper and blend until smooth. Gradually add olive oil. Set aside. Grill chicken on grill until just cooked through, about 5 minutes per side. Transfer to platter and drizzle sauce over chicken. Serves six.

Tracy Criscitiello

CORNISH GAME HENS WITH SPICE RUB

4 Cornish game hens, split with rib bones removed	1 tsp. turmeric
1 T. fennel seeds	1 tsp. dry mustard powder
1 T. Spanish paprika	½ tsp. cinnamon
1 T. ground coriander	½ tsp. ground cloves
1 T. salt	1 tsp. black pepper
	6 oz. corn oil

Mix all of the dry spices in a small bowl. Pour the oil on a clean plate and lightly roll the hens in the oil. Next, generously season the hens with the dry spices. Allow to marinate in the refrigerator for a minimum of 3 hours up to 24 hours. Preheat the grill. Grill skin-side down over medium-high heat for about 10 minutes per side. Watch carefully so as not to burn.

Karen Jolley-Gates

GRILLED AMISH CHICKEN

Marinade:

½ c. water	1½ tsp. Worcestershire sauce
¼ c. vinegar	1 tsp. each sugar & salt
¼ c. white wine	2 tsp. black pepper
1 T. oil	¼ tsp. celery seeds
1 bay leaf	4 skinless & boneless chicken breasts
2 cloves garlic, crushed	

Combine water, vinegar, wine, oil, bay leaf, garlic, Worcestershire sauce, sugar, salt, pepper and celery seeds. Mix well in saucepan. Heat and simmer about 3 minutes. Let cool completely. Pour over chicken breast and marinate in refrigerator several hours or overnight. Heat grill; grill breasts 3-5 minutes each side, brushing with marinade as they cook. Chicken will be very tender.

Joan Barna

ORANGE GLAZE FOR ROAST CHICKEN

1/3 c. brown sugar
1/3 c. sugar
1 T. cornstarch

1 T. grated orange rind
1 c. orange juice
1/4 tsp. salt

In saucepan stir all ingredients until transparent and thickened. Put on chicken last 15 minutes of cooking.

Liz Dwyer

TUNA WITH DILL

*1-1 1/2 lbs. fresh tuna, mahi or
other meaty fish*
*1-2 tsp. dill (dried leaves) or 1-2
T. fresh*

2-4 T. soy sauce
2-3 T. olive oil

Generously sprinkle soy sauce over fish. Let it sit 10-15 minutes. Coat fish with oil, saving some oil for pan if cooked indoors. Grill fish outdoors or inside on a cast-iron pan to desired doneness. Sprinkle dill on top of fish.

Clare Minick

SCALLOPS AU GRATIN

3 T. cooking sherry
1 tsp. garlic powder
4 T. whole wheat bread crumbs
1/2 tsp. salt

1/3 c. grated Parmesan cheese
3 T. melted butter
1 lb. scallops

Preheat oven to 450°. Arrange scallops in square baking pan. Drizzle cooking sherry over scallops. Sprinkle with 1/2 teaspoon garlic powder. Top with whole wheat bread crumbs. Sprinkle with remaining 1/2 teaspoon garlic powder. Sprinkle with salt. Cover with grated cheese. Pour melted butter over scallops. Bake 10 to 12 minutes at 450°.

Susan D'Arecca

CHIPOTLE BARBEQUE SAUCE (FOR SHRIMP)

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|---|---------------------------------------|
| <i>½ c. barbeque sauce, your choice</i> | <i>3 T. chopped chipotle in adobo</i> |
| <i>¼ c. canola oil</i> | <i>½ tsp. red pepper flakes</i> |
| <i>3 T. lemon juice</i> | <i>¼ tsp. cayenne pepper</i> |
| <i>1 tsp. Dijon mustard</i> | |

Combine everything in a food processor and purée. Great on bacon wrapped shrimp which you grill on the BBQ.

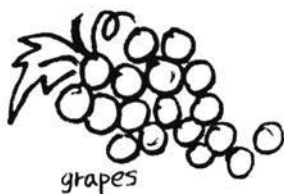
Lee Perry

BAKED SOLE IN LOBSTER NASTURTIUM CREAM SAUCE

- | | |
|---|--|
| <i>½ stick (4 T.) unsalted butter</i> | <i>1 c. chopped lobster meat</i> |
| <i>¼ c. flour</i> | <i>3 lbs. gray sole fillets or any delicate white fish</i> |
| <i>¾ c. white wine</i> | <i>Salt</i> |
| <i>2½ c. light cream</i> | |
| <i>15 nasturtium blossoms (never treated with pesticides)</i> | |

Preheat oven to 450°. Melt butter in a saucepan. Add flour and stir. Remove from heat and stir in wine and cream. Mix butter, flour and heat, stirring until bubbly; remove from heat and slowly add wine and cream; replace on heat and continue stirring to make a roux. Add nasturtium blossoms and lobster meat and stir gently until just heated through. Place sole fillets in a baking dish and season lightly with salt. Pour lobster-nasturtium sauce over fillets and bake for 10-12 minutes until fish is flaky and opaque. Serves 6.

Margaret Smith



CRAB CAKES WITH MUSTARD SAUCE

2 lbs. jumbo lump crab
2 T. mayonnaise
2 tsp. Dijon mustard
2 egg yolks
1 T. Old Bay Seasoning

¼ tsp. coarse salt
¼ tsp. cayenne pepper
8 c. cornflake crumbs
4 T. unsalted butter, melted

Heat oven to 300°. In medium bowl combine crab, mayonnaise, mustard and egg yolks. Season with Old Bay, salt and cayenne. Using a 3-ounce ice cream scoop, form into 8 balls. Dredge in cornflake crumbs. Transfer to baking sheet. Drizzle with butter. Bake 12-14 minutes.

Mustard Sauce:

9 T. butter
2 shallots, thinly sliced
¾ tsp. champagne vinegar
1¼ c. white wine

2 fresh thyme sprigs
2 T. heavy cream
¼ c. grainy mustard
Salt & pepper

Sauté shallots in 1 tablespoon butter. Add vinegar, wine and thyme. Reduce by ⅔rds. Add cream; reduce until thick. Whisk in remaining butter. Fold in mustard. Season with salt and pepper to taste.

Nancy Smith



ULTIMATE CRAB CAKES

- | | |
|---|---|
| 1 (16-oz.) can Phillips lump crabmeat | 2 T. fresh squeezed lemon juice |
| 2 scallions, white part, tender green, chopped fine | 1 T. Dijon Country Mustard |
| ½ sweet red pepper, chopped fine | 1 egg |
| ½ green pepper, chopped fine | 1½ c. soft fresh bread crumbs |
| ⅔ c. Hellmann's mayonnaise | Butter & olive oil for frying |
| 1 tsp. Tabasco or other hot sauce | 1 T. dried tarragon |
| 1 T. Worcestershire sauce | Extra fresh bread crumbs for coating crab cakes |

Mix together crabmeat, scallions, red and green peppers, ½ cup mayonnaise, Tabasco sauce, Worcestershire sauce, lemon juice, mustard, egg, 1 cup of bread crumbs and tarragon. If mixture is too stiff, add more mayonnaise. If mixture is too runny, add more crumbs. Scoop 3 or 4 tablespoons of crab mixture into a ball and roll in extra fresh bread crumbs, slightly flatten crab cake and place in sizzling olive oil butter mix in frying pan at medium heat. Do not burn. Fry both sides until golden brown, even a bit crusty. Serve with Dill/Lemon/Mayonnaise Sauce.

Helen Pasterczyk

DILL LEMON MAYONNAISE SAUCE

- | | |
|------------------|-------------------|
| 1 c. mayonnaise | 2 T. skim milk |
| Juice of 1 lemon | 1 tsp. dried dill |

Mix mayonnaise, lemon juice and skim milk until smooth. Add dill. Cover and chill until ready to serve. It is best with crab cakes.

Helen Pasterczyk



*M*ARYLAND CRAB CAKES

- | | |
|------------------------------------|----------------------|
| 1 lb. cooked crabmeat, picked over | ½ tsp. baking powder |
| 1 c. fresh bread crumbs | ½ tsp. salt |
| ⅓ c. milk | ¼ tsp. white pepper |
| ¼ c. mayonnaise | 2 T. unsalted butter |
| 1 egg, lightly beaten | 2 T. vegetable oil |
| 2 T. finely chopped fresh parsley | Flour |
| 2 T. finely chopped green onion | |

Place crabmeat in a large bowl. Cover with bread crumbs and pour the milk on top. Combine the mayonnaise, egg, parsley, green onion, baking powder, salt and pepper in a bowl. Pour over crab mixture and gently toss until mixed. Shape into ten 2½-inch patties (if made into ¼ cup size, yields 15.) Place on a plate in a single layer and refrigerate for 1 hour. Heat the butter and oil in a large skillet over medium heat. Dust the crab cakes lightly with flour and fry until golden, about 4 minutes on each side. Serve with tartar sauce.

Maryann Pietruszki

*F*RESH SALMON BURGERS

- | | |
|--|------------------------------------|
| 1 slice white bread | 1 tsp. Dijon mustard |
| ¼ c. milk | ¼ tsp. freshly ground black pepper |
| 1½ lbs. salmon fillet | Lemon-scented Challah Buns |
| 1 tsp. salt | |
| 2 T. fresh dill or thyme, finely chopped | |

Soak bread in milk until soft. Coarsely chop salmon and place in food processor. Pulse several times until roughly chopped. Add bread, milk, salt, dill or thyme, mustard and black pepper. Form salmon mixture into 4 or 6 patties and place on a lightly oiled plate. Cover with plastic wrap and refrigerate until ready to cook. Grill at medium high for 3 to 5 minutes or until done. Serve on Lemon-scented Challah Buns.

Susan D'Arecca

LEMON-SCENTED CHALLAH BUNS

1 ½ tsp. yeast

½ c. warm water (100° to 110°)

2 T. honey

2 T. olive oil

3 lg. eggs, divided

2 ½ c. all-purpose flour, divided

1 tsp. salt

1 tsp. grated lemon rind

1 tsp. water

Dill seeds

Dissolve yeast in ½ cup warm water in a large bowl; stir in honey. Let stand 5 minutes. Add olive oil and 2 eggs; stir well with a whisk. Add 2 cups flour, salt and lemon rind to yeast mixture and stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 8 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands. Place dough in a large lightly greased bowl, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down. Shape dough into 8 equal balls. Place on a floured surface and cover lightly with a damp towel or plastic wrap. Let rest 15 minutes. Flatten each piece to ½ inch thick and place on a parchment-lined baking sheet. Combine remaining 1 egg and 1 teaspoon water; brush tops of dough with egg wash and sprinkle with dill seeds. Let rise 30 minutes. Bake at 350° for 15 to 20 minutes or until golden brown. Cool on a wire rack. Makes 8 buns.

Susan D'Arecca

MONTREAL PEPPERED STEAK

½ c. olive oil

¼ c. soy sauce

4 tsp. McCormick Grill Mates

Montreal Steak Seasoning

2 lbs. boneless beef sirloin or New York Strip steaks

Mix oil, soy sauce and Steak Seasoning in small bowl. Place steak in large resealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavor. Remove steak from marinade. Discard any remaining marinade. Grill over medium-high heat 6 to 8 minutes per side or until desired doneness. Serves 6-8.

Susan D'Arecca

STUFFED ZUCCHINI

<i>8 sm. zucchini</i>	<i>2 T. grated Parmesan cheese</i>
<i>1 sm. onion, chopped</i>	<i>1 egg</i>
<i>1 clove garlic, chopped & mashed</i>	<i>Bread crumbs</i>
<i>½ c. chopped mushrooms</i>	<i>Olive oil</i>
<i>¼ lb. ground beef or ½ c. chopped leftover meat of any kind</i>	<i>Salt & pepper to taste</i>

Preheat oven to 375°. Boil zucchini for 4 minutes, cool and cut them in half lengthwise. Remove some of the pulp from the center and reserve it. Sauté onion in butter until soft and golden. Add garlic and mushrooms; cook for 3 minutes. Remove from heat and add cooked ground beef, Parmesan cheese, salt, pepper and the reserved pulp of the zucchini, chopped. Mix together well and stir in 1 slightly beaten egg. Fill the zucchini shells and place in a shallow well-oiled baking dish. Sprinkle them lightly with bread crumbs, then generously with olive oil. Bake them at 375° for about 30 minutes or until tender and lightly browned. Serve them as they are or accompanied by tomato sauce. Serves 6 to 8.

Liz Dwyer

CHARLIE'S RED HOT SAUCE

<i>2 lbs. ground beef</i>	<i>½ tsp. cayenne pepper</i>
<i>1 med. onion, chopped</i>	<i>2 T. chili powder</i>
<i>3 beef bouillon cubes</i>	<i>½ T. garlic powder</i>
<i>1½ c. boiling water</i>	<i>1 T. salt</i>
<i>2 T. Worcestershire sauce</i>	<i>¼ tsp. pepper</i>

Dissolve bouillon cubes in boiling water. Brown ground beef with chopped onion and garlic in large saucepan. Add Worcestershire sauce, cayenne pepper, chili powder, garlic powder, salt and pepper to bouillon. Pour over the beef, onion and garlic mixture and combine all and heat thoroughly. Delicious on hot dogs, hamburgers, etc. as a condiment.

Susan Dinan

NASTURTIUM SANDWICHES

Nasturtium blossoms (never treated with pesticides)

Nasturtium leaves (never treated with pesticides)

Add minced nasturtium petals to deviled egg mixture or omelet to add color and zest. Place a nasturtium blossom on a luncheon plate to add colorful pizzazz. Add nasturtium leaves and flowers to salads and sandwiches. Add minced nasturtiums to cheese spreads, herb butters and batters for waffles, pancakes and crepes.

Margaret Smith

FIORI DI ZUCCHINI

(Zucchini Flowers)

16-24 zucchini flowers (never treated with pesticides), split open

2 eggs

2 c. flour

2 T. water

Pinch of salt

Pinch of red cayenne pepper

Pinch of ground black pepper

½ c. virgin olive oil

Examine each flower for insects or bees. Remove stems up to 1 inch of blossom. Split open each flower with half the stem on each side. Gently spray water to rinse. Drain well. Beat eggs, water and 2 tablespoons of the flour in a medium bowl. Add salt, red pepper and black pepper; mix until smooth. Dip each flower in egg mixture. Hold flower over bowl to let excess mixture drain. Roll each flower gently into remaining flour. Shake off any excess. Heat olive oil in a medium skillet until very hot. Add 2-3 flowers at a time; cook 1 minute or until golden brown. Remove with a slotted spoon. Drain on paper towels. Serve warm as a side dish or dipped in granulated sugar, shaking off excess, as an appetizer.

Margaret Smith

MARINATED CARROTS

2 or 3 bags carrots, sliced med.
thick
1 med. red onion, copped
1 green pepper, diced
1 can condensed tomato soup
1 c. sugar

½ c. corn or vegetable oil
1 tsp. dry mustard
1 tsp. Worcestershire sauce
1 tsp. salt
1 tsp. pepper
¾ c. vinegar

To make marinade: Combine tomato soup, sugar, oil, vinegar, mustard, Worcestershire sauce, salt and pepper. Set aside. Cook carrots until crisp-tender. Drain. Combine carrots, onion and pepper. Add marinade, cover and chill overnight or about 12 hours.

Barbara Mullin

GOLD NOODLES WITH SPICY PEANUT SAUCE

8 oz. thin Chinese noodles
¼ c. smooth peanut butter
5 T. brewed tea
1 T. + 2 tsp. dark soy sauce
1 to 1½ tsp. chili oil

2 tsp. Oriental sesame oil
2 tsp. wine vinegar
2 tsp. sugar
2 cloves minced garlic
1 scallion, chopped

Boil noodles until tender, drain, rinse in cold water and set aside, covered. Mix peanut butter with tea until peanut butter has dissolved. Add soy sauce, chili oil (more or less for spiciness), sesame oil, vinegar, sugar and garlic. Pour sauce over noodles and toss. Sprinkle with scallions; toss again and serve.

Marie Castaldo



GREEN TOMATOES PARMESAN

3 green tomatoes, sliced $\frac{1}{4}$ inch
thick

Salt

$\frac{1}{4}$ c. cornmeal

$\frac{1}{4}$ c. grated Parmesan cheese

2 T. all-purpose flour

$\frac{3}{4}$ tsp. garlic salt

$\frac{1}{2}$ tsp. dried oregano

$\frac{1}{8}$ tsp. pepper

1 egg, beaten

$\frac{1}{4}$ c. vegetable oil

Lightly sprinkle tomatoes with salt. Drain on paper towels for 30-60 minutes. Combine cornmeal, Parmesan, flour, garlic salt, oregano and pepper in a shallow plate. Dip each tomato slice into egg then cornmeal mixture. In medium skillet heat oil; fry 2 minutes each side until golden. Drain on paper towel. Serve immediately. Makes 4-6 servings.

Alice Cowell

GRILLED PORTABELLA MUSHROOMS

6 whole portabella mushrooms,
cleaned & stem removed

$\frac{1}{4}$ c. vinegar

1 tsp. sugar

$\frac{1}{4}$ tsp. pepper

2 tsp. lemon juice

$\frac{3}{4}$ c. olive oil

1 tsp. salt

1 T. balsamic vinegar

Combine vinegars, sugar, pepper, lemon juice, olive oil and salt. Stir well. Lay clean mushrooms in a shallow baking dish and pour vinaigrette over. Cover and marinate up to 24 hours, turning once. Drain. Grill 5-10 minutes turning once or broil 5-8 minutes or bake at 425° for 15 minutes.

Linda Parker



melon

SUMMER SQUASH SAUTÉ

¼ lb. bacon, diced
1 c. diced onion
3 garlic cloves, chopped
½ c. fresh parsley, minced
6 c. summer squash, diced

1½ c. diced tomatoes
¼ c. dry white wine
¼ c. water
2 T. minced fresh basil
Salt & pepper to taste

Sauté bacon until almost browned. Drain off all but 2 tablespoons fat. Add onion, garlic, parsley to pan. Sauté 3-5 minutes. Add squash, tomato, wine, water and basil. Simmer 5-10 minutes until tender. Season to taste.

Linda Parker

DIANE'S ZUCCHINI CASSEROLE

1 c. sliced celery
1 c. sliced onions
1 lg. green pepper, cut in thin strips
4 T. butter + 2 T. butter
2 lbs. zucchini, thickly sliced

1 tsp. salt
2 dashes of nutmeg
1 c. grated extra sharp cheddar cheese
½ c. seasoned stuffing mix

Sauté celery, onions and green pepper in 3 tablespoons butter until crisp. Boil zucchini in water 5 minutes. Drain well. Sauté zucchini in 1 tablespoon butter for 2-3 minutes to remove water. Season with salt and nutmeg. In a buttered 1½-quart casserole alternate layers of zucchini, celery mix and cheese. Sprinkle with stuffing. Dot with butter. Bake 30 minutes at 350° or until heated through. May be frozen before baking.

Linda Parker



SCALLOPED SQUASH BAKE

- | | |
|--|---|
| 4 lbs. zucchini or yellow summer squash, sliced ½ inch thick | ⅛ tsp. pepper |
| 1 c. water | 2½ c. milk |
| ¾ c. chopped onion | 2 T. chicken instant bouillon or 6 cubes chicken bouillon |
| 2 cloves garlic, minced | 1 tsp. oregano |
| ⅓ c. margarine or butter | 1½ c. shredded Cheddar cheese, reserving ¼ c. for top |
| 1 (3-oz.) can French-fried onions | |
| ⅓ c. flour | |

In a large saucepan cook zucchini in water, covered, 8 minutes until tender. Drain well. In medium saucepan cook onion and garlic in margarine until tender. Stir in flour and pepper. Gradually stir in milk, then bouillon and oregano. Cook and stir until thickened. Remove from heat. Stir in ¾ cup cheese until melted. Combine sauce with zucchini. Turn into 9 x 13-inch pan. Bake at 350° for 25 minutes until bubbly. Remove from oven, top with remaining cheese and onions. Bake 3 minutes until cheese melts. Let stand 10 minutes before serving.

Linda Parker

CHINESE NOODLES

- | | |
|---|----------------------------------|
| 1 pkg. cellophane noodles | 1 cucumber, cut into matchsticks |
| Chicken broth | ½ tsp. toasted sesame oil |
| 2 T. peanut butter | 1 T. rice wine vinegar |
| 4 T. hot water | 1 tsp. sugar |
| 2 T. soy sauce | ¼ c. chopped peanuts |
| 1 tsp. chili paste with garlic or Tabasco with garlic | |

Soak noodles in cold water for 1 hour. Cook in chicken broth. Whip peanut butter with hot water with a fork. Mix in 1 tablespoon soy sauce and chili paste. Toss mixture with cooked noodles. You may use your hands. Combine cucumber, 1 tablespoon soy sauce, sesame oil, rice wine vinegar and sugar. Gently fold cucumbers into noodles. Sprinkle with chopped peanuts.

Linda Parker

*B*AKED TOMATOES WITH CRUSTY BREAD

- | | |
|---|---|
| 3 (28-oz.) cans whole tomatoes in juice or 5 lbs. fresh very ripe tomatoes, chopped | $\frac{1}{8}$ tsp. ground cloves |
| $\frac{3}{4}$ stick butter, divided | 1 tsp. dried thyme |
| 2 med. onions, chopped | 1 T. packed light brown sugar or to taste |
| 2 garlic cloves, finely chopped | 8 slices good-quality white sandwich bread such as Pullman loaf |
| $\frac{1}{8}$ tsp. ground allspice | |

Preheat oven to 425° with rack in middle. Butter a 3-quart (9 x 13-inch) baking dish. Drain tomatoes, reserving 1 cup juice, then chop. Heat 2 tablespoons butter in a 5- to 6-quart heavy pot over medium-high heat until foam subsides, then cook onions with $\frac{1}{2}$ teaspoon salt, stirring occasionally, until golden brown, about 10 minutes. Add garlic, allspice and cloves and cook stirring 1 minute. Stir in tomatoes with reserved juice, thyme, brown sugar and $\frac{1}{2}$ teaspoon pepper and briskly simmer uncovered, stirring occasionally until thickened, about 20 minutes. Meanwhile melt remaining $\frac{1}{2}$ stick butter and brush onto both sides of bread. Halve each slice. Transfer tomato mixture to baking dish and top with bread, overlapping slightly. Bake until bubbling and bread is crisp and golden brown, about 20 minutes.

Linda Parker

*Z*UCCHINI WITH LEMONY CRUMBS

- | | |
|--|---------------------------|
| 2 lbs. zucchini, coarsely grated | 1½ tsp. grated lemon zest |
| $\frac{3}{4}$ stick unsalted butter, divided in half | 1 tsp. chopped thyme |
| 1½ c. coarse bread crumbs (from day old baguette) | 2 garlic cloves, minced |

Toss zucchini with $\frac{3}{4}$ teaspoon salt in a colander set over a bowl and let drain 20 minutes. Squeeze handfuls of zucchini in a kitchen towel to remove excess moisture. Melt 3 tablespoons butter in a 12-inch heavy skillet over medium heat, then cook bread crumbs, zest, thyme and $\frac{1}{8}$ teaspoon salt, stirring, until crumbs are golden, about 4 minutes. Transfer to a bowl and wipe out skillet. Cook garlic in remaining 3 tablespoons butter over medium-high heat, stirring, until fragrant, about 30 seconds. Add zucchini and sauté until softened slightly, 2-3 minutes. Serve zucchini topped with bread crumbs.

Linda Parker

ZUCCHINI WITH TOASTED ALMONDS

8 T. olive oil
8 T. thinly sliced almonds
8 sm. zucchini, cut into $\frac{1}{8}$ -inch
matchsticks with a knife or
julienne blade on a mandolin

Salt & freshly ground pepper
 $\frac{1}{2}$ lb. Pecorino Romano or
Parmesan cheese in thin slices
(a peeler works great for this)

Heat the oil on high in a large skillet. When it is hot but not smoking, add the almonds to the pan. Cook them, while stirring, until the almonds are golden brown, approximately a minute or two. Add the zucchini to the pan, tossing it with the oil and almonds until it just begins to glisten, about one minute. The idea is not to cook the zucchini so much as warm it. Season with salt and pepper and serve immediately with or without cheese on top. Serves 4 people.

Jeanette Pelikan

SPINACH WITH BASIL

6 c. baby spinach leaves
2 c. fresh basil leaves
 $\frac{1}{2}$ c. olive oil
3 cloves garlic, chopped

$\frac{1}{2}$ c. pine nuts
4 oz. prosciutto, diced
Salt & pepper to taste
 $\frac{3}{4}$ c. Parmesan cheese

Combine spinach and basil in large serving bowl. Gently heat oil over medium heat. Sauté garlic and pine nuts until the nuts begin to brown slightly. Add prosciutto and heat 1 minute more. Toss warm oil mixture with spinach and basil. Season with salt and pepper. Sprinkle with Parmesan.

Linda Parker



*R*ATATOUILLE

1/3 c. olive oil
2 sm. onions, thinly sliced
2 sm. peppers (red/yellow or orange), thinly sliced
2 cloves garlic, minced
1 med. eggplant, unpeeled & cut in sm. chunks

2 med. green zucchini, thinly sliced & unpeeled
2 tomatoes, thinly sliced
Salt & oregano to taste

Heat oil in large pot. Sauté onions and peppers with garlic over low heat until vegetables are limp. Remove onions and peppers from pan and set aside. Add eggplant and zucchini to pan. Sauté and keep turning until slightly softened. Add tomatoes, salt, oregano, onions and peppers. Cover and simmer all together for about 30 minutes. Stir occasionally. Can be served hot or chilled. (Ratatouille also freezes well.) Serves 8.

Richard Pelikan

*P*ARMESAN GREEN BEANS

2 lbs. green beans, trimmed
1 tsp. baking soda
6 tsp. butter

1/3 c. freshly grated Parmesan cheese

Bring a large pot of water to boil and add the green beans and baking soda. Cook 3-5 minutes until beans are crisp-tender. Meanwhile, melt butter and remove from heat. Stir in Parmesan. Place drained beans in warmed bowl and pour butter sauce over it. Serve hot.

Beth Siano



TARRAGON WAFERS

1 c. butter ($\frac{1}{2}$ oleo, $\frac{1}{2}$ butter)
2 c. packed brown sugar
2 tsp. vanilla
2 eggs
1 c. toasted sesame seed*

1 c. finely chopped pecans
3 tsp. dried tarragon, crushed
 $1\frac{1}{2}$ c. sifted flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Preheat oven to 375°. *Toast sesame seed on cookie sheet about 10 minutes. Then in a bowl mix butter, brown sugar, vanilla and eggs. Then add sesame seed, pecans and tarragon. Mix well. Finally, add flour, baking powder and salt. Bake at 375° for 8-10 minutes (until edges are lightly brown) 3 inches apart on a greased cookie sheet. Cool slightly before removing from cookie sheet.

Letty Hudak

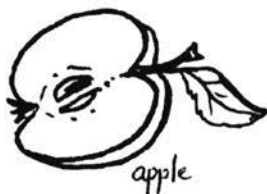
PEACH PECAN MUFFINS

$\frac{1}{2}$ c. margarine
2 eggs
1-lb. can lite peaches, chopped sm.
2 c. flour
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla

$\frac{1}{2}$ c. chopped pecans
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. peach juice
1 T. baking powder
 $\frac{1}{2}$ tsp. nutmeg
2 tsp. cinnamon

Preheat oven to 400°. Cream margarine and sugar. Add eggs and vanilla. Add dry ingredients and peach juice. Add peaches last. Fill muffin tins (lined with paper liners) $\frac{3}{4}$ full. Sprinkle with nuts on tops. Bake at 400° for 20 minutes. Very nice with luncheons, breakfasts or light pasta meals.

Sondra Reid



ZUCCHINI BREAD

1½ c. *granulated sugar*
⅓ c. *brown sugar*
¾ c. *vegetable oil*
2 *eggs*
2 c. *flour*
¾ tsp. *baking powder*

¾ tsp. *baking soda*
½ tsp. *salt*
2½ tsp. *cinnamon*
1½ c. *finely chopped zucchini*
¾ c. *walnut pieces*

Preheat oven to 350°. Combine sugars, oil and eggs and mix. In another bowl, mix flour, baking powder, salt and cinnamon. Add to sugar, oil and egg mixture to moisten. Carefully fold in zucchini and nuts. Divide mixture into two greased 9 x 5-inch loaf pans. Bake for 55 minutes or until done. Insert toothpick in center of bread; if it comes out clean, bread is done. Cool in pans on wire racks for 10 minutes. Remove bread from loaf pans and cool completely on wire racks.

Jeanette Pelikan

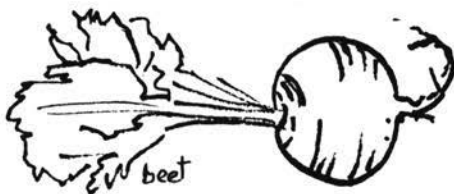
ZUCCHINI BREAD

3 *eggs*
2 c. *sugar*
1 T. *vanilla extract*
1 c. *vegetable oil*
2 c. *grated zucchini*
2 c. *flour*
½ tsp. *salt*

2 tsp. *baking soda*
1 T. *cinnamon*
¼ tsp. *baking powder*
1 c. *chopped nuts OR ¾ c. oatmeal*
1 c. *raisins*

Preheat oven to 350°. Grease and flour two 5 x 9-inch bread pans. In a large bowl, mix eggs, sugar, vanilla, oil and zucchini. Then add flour, salt, baking soda and powder, cinnamon, nuts or oatmeal and raisins. Blend well. Pour into two pans and bake 1 hour or until done.

Liz Dwyer



*S*OUR CREAM CORN BREAD

<i>⅔ c. safflower oil</i>	<i>1½ c. yellow cornmeal</i>
<i>2 eggs, lightly beaten</i>	<i>2 tsp. baking powder</i>
<i>1 (8-oz.) ctn. sour cream</i>	<i>1 tsp. salt</i>
<i>1 (16-oz.) can creamed corn</i>	<i>1 c. grated sharp Cheddar cheese</i>
<i>1 med. onion, grated</i>	

Preheat oven to 350°. Oil a 9-inch round iron skillet or heavy pan. Mix safflower oil, eggs, sour cream and creamed corn. Mix in grated onion. Mix dry ingredients and pour the liquid ingredients in. Mix quickly; the batter should be a little lumpy. Pour half the batter into the prepared pan. Sprinkle it with $\frac{3}{4}$ cup cheese. Carefully pour rest of batter over cheese layer. Top with remaining $\frac{1}{4}$ cup cheese. Bake for 45 minutes. Allow to cool for 10 minutes before cutting. Cut in wedges to serve. Also good at room temperature. Do not refrigerate leftovers.

Sharon Tittle

*M*AINE BLUEBERRY GINGERBREAD

<i>½ c. butter, softened</i>	<i>½ tsp. nutmeg</i>
<i>1 c. sugar</i>	<i>½ tsp. salt</i>
<i>1 egg</i>	<i>1 c. buttermilk</i>
<i>2 c. sifted flour</i>	<i>1 tsp. baking soda</i>
<i>2 tsp. ginger</i>	<i>3 T. molasses</i>
<i>1½ tsp. cinnamon</i>	<i>1 c. blueberries</i>
<i>½ tsp. ground cloves</i>	<i>3 T. sugar</i>

Preheat oven to 350°. Grease and flour a 9-inch square pan. Cream butter and sugar. Add egg and mix well. Sift together flour, ginger, cinnamon, cloves, nutmeg and salt. Dissolve baking soda into buttermilk. Add buttermilk alternately with flour mixture to creamed butter-sugar-egg mixture. Add molasses to the mixture. Carefully fold in blueberries and pour into pan. Sprinkle sugar over the batter. Bake 50-60 minutes or until done. Makes 9-12 servings.

Karen Jolley-Gates

STRAWBERRY BANANA SHERBET

4 c. strawberries
4 med. bananas, ripe
½ c. sugar

1 c. fresh orange juice
3 T. fresh lemon juice
2 c. whole milk

Mash strawberries; set aside. Mash peeled bananas and sugar smooth. Add banana mixture to strawberries; mix well. Stir in orange juice, lemon juice and milk. Divide mixture between 4 metal ice cube trays or into a 9 x 13-inch glass baking dish. Place in freezer. Stir every 30 minutes until frozen. Cut into cubes.

Bobbie Grecco

BANANA BLUEBERRY CAKE

1 c. granulated sugar
½ c. butter, room temp.
2 eggs, beaten
¼ c. buttermilk
1 tsp. pure vanilla extract

2 c. flour
1 tsp. baking soda
1 tsp. salt
3 lg. very ripe bananas, mashed
1½ c. fresh or frozen blueberries

Frosting:

2 sticks butter, room temp.
2 tsp. pure vanilla extract
4 c. powdered sugar, sifted

6 T. whole milk
1 tsp. lemon zest, minced

Preheat oven to 350°. Grease and flour a 9 x 13-inch pan. In large bowl cream together sugar and butter. Add eggs, buttermilk and vanilla. Sift together flour, baking soda and salt. Gradually add to egg mixture and blend until smooth. Fold in bananas and blueberries. Pour into cake pan and bake at 350° for about 35 minutes. Cool and frost. **Frosting:** Beat in mixer butter until fluffy. Add vanilla and beat. Gradually add powdered sugar alternating with 1 tablespoon milk at a time. Beat until light and creamy. Add lemon zest. Frost cooled cake.

Adah Levin

*M*AYA ANGELOU'S BANANA PUDDING

¾ c. + 1 T. sugar
⅓ c. cornstarch
Pinch of salt
3 c. milk
8 eggs, separated

1 T. vanilla extract
3 T. butter
3 c. vanilla wafers
4 ripe bananas, sliced thinly
½ tsp. cream of tartar

Preheat oven to 350°. In a large saucepan, combine ⅓ cup sugar, cornstarch and salt; stir until blended. Mix in milk. Cook custard over medium heat, stirring constantly until thickened and boiling; boil 1 minute; remove from heat. In a small bowl, whisk egg yolks, then whisk in about ½ cup hot custard until blended. Pour yolk mixture bake into saucepan of custard; cook over medium heat, stirring, 2 minutes. Stir in vanilla and butter until blended. Place vanilla wafers on bottom of a shallow 2-quart casserole dish. Top with a layer of banana slices, then one of custard. Repeat layering ending with custard. In a large mixing bowl, beat egg whites and ¼ cup sugar at low speed until frothy. Add cream of tartar; increase speed to medium and gradually beat in remaining sugar. Beat until egg whites hold stiff peaks. Spoon meringue over hot custard immediately, making sure the meringue touched baking dish on all sides (this prevents it from shrinking). Transfer to oven and bake until golden, about 20 minutes. Remove pudding from oven and cool 1 hour. Refrigerate at least 4 hours before serving. Makes 8 servings.

Marianne Murray

*L*AVENDER CHOCOLATE BRIOCHE

4 brioches
4 rounded T. vanilla ice cream
6 T. lavender chocolate sauce,
warmed

4 sprigs fresh lavender

Warm brioches in the oven at 350° for 5 to 7 minutes. While still warm, slice off the little knob at the top of each brioche. Press one rounded tablespoon of ice cream into each cavity. Replace the tops. Drizzle warm lavender chocolate sauce over each brioche. Garnish with a lavender sprig (optional). Serve warm. Makes four.

Margaret Smith

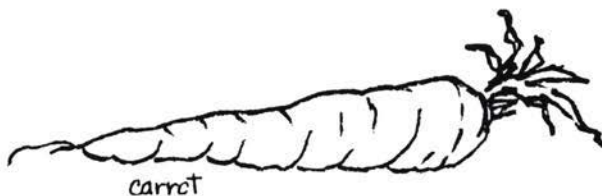
LAVENDER ICE CREAM

6 lg. egg yolks
2 tsp. vanilla extract
 $\frac{3}{4}$ c. honey
2 c. milk

1 c. heavy cream
1 T. dried lavender blossoms never
treated with pesticides

Beat yolks with vanilla and honey until mixture triples in volume. In heavy saucepan over medium heat, bring milk, heavy cream and lavender to simmer. Whisk one-third milk mixture slowly into yolks; return to saucepan. Cook, stirring constantly, until mixture thickens to coat back of a spoon. Remove from heat; strain into large clean bowl. Cool over bowl of ice water. Cover; refrigerate until cold. Freeze in ice cream maker as directed by manufacturer. Makes about one quart or eight servings.

Margaret Smith



ICED ZUCCHINI CAKE

<i>¼ c. raisins</i>	<i>½ tsp. baking powder</i>
<i>12 oz. zucchini</i>	<i>½ tsp. cinnamon</i>
<i>2 lg. eggs</i>	<i>½ tsp. ground cloves</i>
<i>½ c. vegetable oil</i>	<i>½ tsp. ground ginger</i>
<i>½ c. + 1 T. sugar</i>	<i>2 (8 x 2-inch) cake pans,</i>
<i>1½ c. self-rising cake flour</i>	<i>greased & lined with wax paper</i>
<i>½ tsp. baking soda</i>	<i>or parchment</i>

Plump the raisins by putting them in a bowl and cover with warm water for 15 minutes. Preheat oven to 350°. Wash the zucchini; dry and grate coarsely. Put zucchini into a colander to drain excess liquid. Put the eggs, oil and sugar in a bowl and beat until creamy. Stir in the flour, baking soda and baking powder; continue to beat until well-mixed. Now, stir in the zucchini and drained raisins. Pour the batter into pans and bake for 30 minutes until slightly browned and firm to the touch. Leave in pans or on rack for 10 minutes. Then turn layers of cake out and cool until ready to ice.

Buttercream Icing for Zucchini Cake:

<i>1¼ c. unsalted butter, softened</i>	<i>1 T. vanilla extract</i>
<i>3 oz. cream cheese, softened</i>	<i>¼ tsp. salt</i>
<i>5 c. confectioners' sugar</i>	

Beat the butter and cream cheese in the bowl with an electric mixer until blended. Gradually add confectioners' sugar until mixed well, then add vanilla and salt. Beat on high speed until fluffy. Frost the zucchini cake.

Karen Jolley-Gates



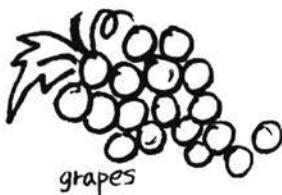
CHOCOLATE ZUCCHINI CAKE

½ c. butter, at room temp.
½ c. vegetable oil
1¾ c. sugar
2 eggs
1 tsp. vanilla
½ c. buttermilk
2½ c. flour
¼ c. cocoa
1 tsp. baking soda

1 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
½ tsp. ground cloves
¼ c. chopped pecans
2 c. grated zucchini
½ c. chocolate chips
½ c. powdered sugar

Preheat oven to 325°. Lightly grease a 9 x 13-inch pan. Cream together butter, oil and sugar. Beat in eggs, vanilla and buttermilk. Sift dry ingredients together. Combine wet and dry ingredients. Fold pecans, zucchini and chocolate chips into the batter. Pour into pan and bake 40-45 minutes until done. Remove from oven and sprinkle with powdered sugar. Serves 10.

Karen Jolley-Gates



CHEESE CAKE WITH FRUIT TOPPING

Pie Crust:

1 ¼ c. graham cracker crumbs
3 T. sugar

⅓ c. melted butter or margarine

Filling:

24 oz. sour cream
2 (8-oz.) pkgs. cream cheese
3 eggs
¾ c. sugar

¼ tsp. almond extract
½ tsp. vanilla extract
Pinch of salt
1 T. flour

Combine all ingredients for pie crust. Bake in a 9-inch spring pan for 8 minutes. In a large bowl, using an electric mixer on medium speed, mix filling ingredients (adding 2 at a time). Then pour into spring pan with baked crust. Bake at 350° in oven for 1 hour or until lightly brown around edges, insert with toothpick and if it comes out clean, cake is done. Remove cake from oven and place on wire rack to cool. Then remove the side of spring pan from cake, use a thin knife or spatula between pan and cheesecake. Cool 1 hour at room temperature and then refrigerate 3 hours. **Topping:** 1 cup of strawberries (trimmed), ½ cup blueberries, ½ cup raspberries, 1 tablespoon seedless raspberry jam. Just before serving, quarter strawberries and combine with ½ cup of blueberries and the raspberries in a bowl. Microwave jelly on high for 15 seconds until melted. Toss jelly with berries and pile on top cheesecake. Remove side of pan, slice and serve.

Jeanette Pelikan

CHEATER'S PIE

2 frozen pie crust
1 can cherry pie filling
3-4 peeled, sliced apples or
peaches

1 T. sugar
1 tsp. cinnamon (apples only)

Preheat oven to 400°. Mix sugar and cinnamon with apples. Place half of fresh fruit on bottom of pie crust. Pour in cherry pie filling and fill with remaining fresh fruit. Top with crust. Bake at 400° for 10 minutes and add 350° for 35-45 minutes.

Clare Minick

*B*BLUEBERRY CREAM PIE

1 qt. washed blueberries

½-¾ c. sugar

⅛ tsp. salt

1½ T. cornstarch

½ pt. whipping cream

½ c. powdered sugar

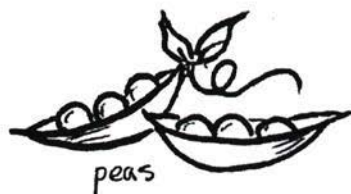
1 tsp. vanilla

4 oz. softened cream cheese

1 (9-inch) baked pie shell

Combine half the blueberries, sugar, salt and cornstarch. Cook until just thickened. When cooled, gently mix in remaining fresh blueberries. Whip cream; add powdered sugar, vanilla and cream cheese. Pour mixture into cooled pie crust; top with berry mixture. Chill before serving.

Clare Minick



*S*TRAWBERRY MOUSSE PIE

Flaky Pie Crust:

2 c. unsifted flour
½ tsp. salt

¾ c. Crisco (I substitute 2 T.
butter for 2 T. of the Crisco)

Cut the shortening into the flour using a pastry blender or two knives. Add 4-5 tablespoons of ice water, depending on humidity of the air. Mix until all flour is moistened and form into a ball. Roll out the pastry to make the pie crust. Makes two crusts for 9-inch pies.

Strawberry Mousse Filling:

4 extra lg. eggs, separated
1 T. gelatin (1 env.)
½ c. sugar
1 qt. strawberries

Juice of ½ lemon
¼ tsp. cream of tartar
1 c. heavy whipping cream
½ c. sugar

Preheat oven to 475°. Prepare pie crust, using only one crust for lining the shell. Bake at 475° for 8-10 minutes. Check halfway to make certain the pastry has not slid down. If so, press slipping crust upwards with a tablespoon. Cool the pie crust. **To make the filling:** Separate the eggs. Allow egg whites to warm as you get better volume with warm egg whites. Mix ½ cup sugar with gelatin in a medium bowl. Wash and hull the strawberries. Save a few of the best for the garnish. Purée the rest. Add the purée to the sugar-gelatin mixture and then add the juice of ½ lemon. Cook over low heat until thick and gelatin is dissolved. (Can also heat carefully in microwave.) Then pour over the beaten egg yolks and stir with a wire whisk. Return to heat or microwave and cook until thickened. Then cool mixture over ice water until it starts to set, whisking to prevent congealing. You don't want the mix to set. If it sets too quickly, remove bowl from the ice water. While the gelatin mixture is cooling, beat the egg whites until frothy, then add cream of tartar and beat more, gradually adding ½ cup sugar and heat until stiff but not dry. Fold the egg whites into cooled gelatin mix. It helps to first add ⅓ of the cooled gelatin mixture and whisk in, then add the rest of the gelatin mix and whisk in gently until all the whites are incorporated. Always use folding motion so egg whites don't lose the air. In a small bowl beat whipping cream until thickened, then fold it into the gelatin/egg white mixture gently until all is incorporated. Turn into the baked and cooled pie crust and smooth over with a spatula rinsed in hot water and dried to make a smooth top. Cover with plastic wrap and chill. Garnish with remaining strawberries.

Barbara Mullin

*B*BLUEBERRY BUCKLE

½ c. unsalted butter
2 c. all-purpose flour
1½ tsp. baking powder
½ tsp. salt
¾ c. sugar

1 egg
1 tsp. vanilla
½ c. milk
5 c. blueberries

Streusel Topping: (Combine):

1 c. all-purpose flour
¼ c. packed light brown sugar
1 tsp. cinnamon

¼ tsp. salt
6 T. butter

Heat oven to 350°. Butter and flour a (10-inch) springform pan. Combine flour, baking powder and salt. Set aside. In an electric mixer, cream butter and sugar until light and fluffy. Add egg and vanilla. Add reserved flour mixture, alternating with the milk, beginning and ending with flour mixture. Gently fold in blueberries. Pour into prepared pan. Sprinkle streusel topping over cake. Bake 60-70 minutes or until tester comes out clean. Cool on rack 10 minutes. Remove pan.

Nancy Smith

*R*OSE GERANIUM CREAM FOR FRESH BERRIES

1 c. heavy cream
¼ c. sugar

2 rose geranium leaves
8 oz. cream cheese, room temp.

Combine cream, sugar and rose geranium leaves in top of double boiler. With wooden spoon, bruise rose geranium leaves in the cream so the flavor is absorbed by the liquid. Heat slowly over hot water; do not boil. Cool; remove leaves. Add cream slowly to cream cheese, blending until well mixed. Chill cream until ready to serve. Fill glass dish with fresh berries; top with cream and rose geranium leaf.

Joan Barna

EASY ICE CREAM CAKE

1 c. heavy cream

2 T. confectioners' sugar

6 (3.5-oz.) ice cream sandwiches

2 (1.5-oz.) candy bars or ½ c.

chocolate chips, chopped

Line an 8½ x 4½-inch loaf pan with a piece of wax paper or parchment, allowing the paper to hang over both long sides. In a large bowl, beat the cream and sugar until stiff peaks form. In the bottom of the pan, arrange 3 of the sandwiches in a single layer, cutting them to fit as necessary. Spread with half the whipped cream. Repeat with the remaining sandwiches and whipped cream. Sprinkle the top of the cake with the chopped candy bar. Cover with plastic wrap and freeze until firm, at least 1 hour and up to 1 week. Holding both sides of the paper overhang, lift the cake out of the pan and transfer to a platter. Discard the paper, slice the cake and serve. Serves 6.

Susan D'Arecca

ROSEMARY ALMOND COOKIES

½ c. unsalted butter

¼ c. sugar

1 T. Pernod (anise-flavored
liqueur or 2 tsp. vanilla)

1 ¼ c. flour

½ T. chopped fresh rosemary or 1-
2 tsp. dried

¼ c. chopped almonds

¼ c. sugar

Preheat oven to 350°. Cream together butter and sugar. Blend in Pernod or vanilla. Mix well. Stir in flour, salt, rosemary and almonds. Mix well. Dough should be soft but not sticky. Add more flour, 1 spoon at a time if needed. Roll dough into walnut-sized balls. Roll in the remaining ¼ cup sugar. Flatten to about ¼ inch in thickness. Place on greased cookie sheet. Bake at 350° for 15-20 minutes or until golden.

Margot Partridge

POTATO CHIP COOKIES

1 c. butter

½ c. sugar

½ c. potato chips, crushed fine

½ c. chopped nuts

1 tsp. vanilla

1½ c. flour

Confectioners' (powdered)sugar

Preheat oven to 350°. In a bowl, combine butter and sugar until well-mixed. Add potato chips, nuts, vanilla and flour. Drop by teaspoonful on buttered cookie sheet. Bake for about 15 minutes. Sprinkle with powdered sugar while still warm.

Gayle Lechner

BAVARIAN CREAM

1¾ c. milk

½ c. sugar

¼ tsp. salt

1 T. gelatin

2 T. water

1 c. heavy cream

1½ tsp. vanilla

Soak gelatin in water. Scald milk, sugar and salt and then add the gelatin. Cool until set. Whip the cream with the vanilla, whip milk mixture and then fold the two together. When serving, you can put chocolate syrup or fresh fruit or frozen raspberries on top.

Marie Castaldo

GIGANTIC SOAP BUBBLES

⅓ c. liquid dish detergent

1 gal bucket water

1 T. glycerine

1 coat hanger

Gently mix liquid detergent with water in a bucket. For extra strong bubbles, add the glycerin. Can bend coat hanger into round shape. Keep it large for gigantic bubbles. Dip coat hanger into mixture, remove and blow out bubble or wave briskly.

Kimberly Cross

Recipe Favorites



Fall

Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

Fall



HOT CIDER

- | | |
|-----------------------------------|--------------------|
| 4 qt. apple cider | 6 whole cloves |
| 1 (6-oz.) can frozen lemonade | 6 whole allspice |
| 1 (6-oz.) can frozen orange juice | 1 T. ground nutmeg |
| 2 cinnamon sticks | |

Put cider, lemonade and orange juice into a large saucepan. Add cinnamon sticks, allspice and nutmeg and simmer for at least 20 minutes. Serves: 24.

Karen Jolley-Gates

ANDREW'S CRAB DIP

- | | |
|--|--------------------------|
| 2 cans Bumblebee crab | 1 c. sour cream |
| 1 can artichoke hearts in water | ¼ tsp. red pepper flakes |
| 2 c. shredded Parmesan, Romano, Asiago, mozzarella mix | Dash of salt |
| 1 c. mild cheddar, Swiss or sharp cheddar (white) | Pepper to taste |
| 1 (8-oz.) pkg. cream cheese, softened | Triscuits or baguette |

Mix softened cream cheese and sour cream together. Add artichoke hearts, (roughly chopped), ⅔ of cheese mixture, cheddar, crab, salt and pepper. Put in a 9-inch quiche pan and sprinkle with rest of cheese. Bake uncovered at 375° until top browns, about 10-15 minutes. Serve with Triscuits or slice a baguette, drizzle with olive oil and a bit of garlic and toast.

Kris Luka

CALIFORNIA BEAN DIP

- | | |
|--|-------------------------------|
| 2 (11-oz.) cans white corn, drained | 1 sm. onion, chopped |
| 2 (15-oz.) cans black beans,
rinsed & drained | 1 tsp. hot pepper sauce |
| ½ c. Italian salad dressing | 2 tsp. chopped fresh cilantro |
| 1 c. Ranch salad dressing | 1 tsp. chili powder |
| | ½ tsp. ground black pepper |

Combine all ingredients in a bowl; mix well; chill 8 hours. Serve with taco chips.

Susan D'Arecca

GARBANZO GARLIC AND PARSLEY DIP

- | | |
|---|-----------------------------|
| 2 c. cooked garbanzo beans or 19-
oz. can, drained | ¼ c. water |
| ½ c. packed fresh parsley,
washed & spun dry | 1 T. fresh lime juice |
| 2 garlic cloves, chopped & mashed
to a paste | ½ tsp. salt |
| | ¼ c. extra virgin olive oil |

In a food processor blend the garbanzo beans, parsley, garlic, water and lime juice (all ingredients except the oil) until smooth. With the motor running, add the oil in a slow stream. Season the dip with salt. Serve the dip on tasted pita wedges or toasted French bread slices. Makes about 2 cups.

Liz Dwyer



*O*LIVE WALNUT SPREAD

- | | |
|---|------------------------------|
| 1 $\frac{3}{4}$ c. pitted brine-cured black & green olives (about $\frac{1}{2}$ lb. pitted) | 1 garlic clove |
| 3 T. + $\frac{1}{4}$ c. walnuts, toasted & chopped | 1 tsp. chopped fresh thyme |
| $\frac{1}{4}$ c. olive oil | 1 tsp. chopped fresh oregano |
| 2 tsp. coarse-grained Dijon mustard | 1 tsp. chopped fresh sage |
| | Pinch of cayenne pepper |

Finely chop olives and 3 tablespoons toasted walnuts in a food processor. Add olive oil, mustard, garlic, thyme, oregano, sage and cayenne pepper and process until coarsely puréed. Stir in remaining $\frac{1}{4}$ cup chopped toasted walnuts. Spread can be prepared up to three days ahead. Cover with plastic and refrigerate.

Linda Parker

*O*LIVE DIP WITH PECANS

- | | |
|--------------------------------|---------------------------------|
| 6 oz. cream cheese, softened | 2 T. juice from olives |
| $\frac{1}{2}$ c. mayonnaise | $\frac{1}{2}$ c. chopped pecans |
| 1 c. chopped green olive salad | Pepper to taste |

Combine cream cheese and mayonnaise until well blended. Add olives, olive juice, pecans and pepper to taste. Serve with crackers or spread on celery.

Maryann Pietruszki

*T*EX-MEX DIP

Layer (on a lg. meat platter):

- | | |
|---|--|
| 1 (10 $\frac{1}{2}$ -oz.) can jalapeño bean dip | 1 c. shredded Monterey Jack cheese |
| Prepared avocado dip (dairy case) | |
| 1 pkg. taco seasoning mix, blended with 4 T. sour cream & 6 T. mayonnaise | 1 bunch green onions (chopped), both onions & greens |
| 1 c. shredded sharp cheddar cheese | 1 lg. tomato, chopped |
| | 1 can pitted chopped black olives |

Serve with tortilla chips.

Susan D'Arecca

CASHEW DIPPING SAUCE

- | | |
|---|-----------------------------------|
| 1 c. <i>unsalted roasted cashews</i>
(about ¼ lb.) | 1 T. <i>vegetable oil</i> |
| 2 <i>cloves garlic, minced</i> | ¾ <i>plain yogurt</i> |
| 1 T. <i>fresh lime juice or to taste</i> | 1 T. <i>soy sauce or to taste</i> |
| | <i>Cayenne pepper to taste</i> |

In a food processor blend the cashews with the oil, scraping down the sides until the mixture forms a paste. Add garlic, lime juice, yogurt, soy sauce and cayenne, salt and pepper to taste and blend until smooth. The dipping sauce may be made up to 4 days ahead and kept chilled and covered. Return the sauce to room temperature before serving. Can be used as a dipping sauce for shrimp, chicken nuggets, egg rolls and raw vegetables such as snow peas, scallions, carrots and sweet pepper slices, etc. Makes about 1½ cups.

Liz Dwyer

EASY & QUICK APPETIZER

- | | |
|-----------------------------|-----------------------------|
| 1 c. <i>grated carrots</i> | 1 c. <i>real mayonnaise</i> |
| 1 c. <i>Parmesan cheese</i> | |

Combine all 3 ingredients. Bake at 350° for 20 minutes or until it bubbles. Serve hot with Scoops, crackers or chips.

Jeanne Monaghan



MINI CHEDDAR QUICHE

3 oz. cream cheese
½ c. (1 stick) butter
1 c. flour
1 c. grated cheddar cheese
1 sm. can Durkee French-fried onions

3 eggs
1 c. heavy cream
½ c. milk
Salt to taste
Cayenne pepper to taste

(Muffin pan should be 2½ inches wide and 1 inch deep.) Preheat oven to 400°. **Make cream cheese pastry:** Blend cream cheese, butter and flour. Blend well and chill enough to handle. Press into 24 small cupcake pans and chill. Then divide cheddar cheese and fried onions among 24 cupcake pans. In a bowl, combine eggs, cream, milk, salt and pepper and mix well. Pour into cupcake pastry shells. Bake at 400° for 8 minutes, then reduce heat to 350° and bake 25 minutes until rich brown color. Cool until able to handle. Loosen from pan and turn onto rack. Serve immediately or prepare in advance and reheat.

Barbara Mullin

ROOT VEGETABLE SOUP

3 carrots, chopped
1 lg. potato, chopped
2 parsnips, chopped
1 lg. turnip, chopped
1 lg. onion, chopped
2 T. olive oil
2 T. butter

1½ qt. chicken broth
1 piece gingerroot, peeled & grated
1½ c. milk
3 T. creme fraiche
2 T. fresh dill
Salt & pepper to taste

In large soup pot, cook carrots, potato, parsnips, turnip and onion in oil and butter. Cover and let vegetables sweat for 15 minutes, stirring occasionally. Add broth and season well with salt and pepper. Cover and simmer for 20 minutes until vegetables are soft. Using an immersion blender or regular blender. Purée soup until smooth. Return to pot and add milk and stir until soup reheats. Remove from heat and stir in creme fraiche and dill. Season if necessary and serve.

Tracy Criscitiello

GRACE'S CRAB BISQUE

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|--------------------------------------|-----------------------------|
| <i>1 can cream of mushroom soup</i> | <i>2 T. sherry</i> |
| <i>1 can cream of asparagus soup</i> | <i>Cayenne</i> |
| <i>1 soup can of milk</i> | <i>1 pt. whipping cream</i> |
| <i>½ lb. King Crab meat</i> | <i>Parsley for garnish</i> |

Mix soups and milk in blender until smooth. Combine with crabmeat, which has been cut into small pieces. Add sherry and cayenne and heat. Serve piping hot, topped with a spoonful of cream, whipped with a little salt added and a sprig of parsley. Serves 4-6.

Kris Luka

AUTUMN BISQUE SOUP

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|--|---|
| <i>4 c. chicken stock or broth</i> | <i>¼ c. heavy cream</i> |
| <i>2 slices bread, crusts removed & cubed</i> | <i>1 c. onion, chopped</i> |
| <i>2 tart apples, peeled, cored & chopped coarse</i> | <i>1½ tsp. salt</i> |
| <i>¼ tsp. dried marjoram</i> | <i>1 lb. butternut squash, halved lengthwise & seeded</i> |
| <i>¼ tsp. pepper</i> | <i>¼ tsp. dried rosemary</i> |
| | <i>2 lg. egg yolks</i> |

Combine the stock, onion, bread crumbs, apples, squash, salt, marjoram, rosemary and pepper in a large pot. Bring to a boil over moderate heat and simmer for 45 minutes. Remove the squash with a slotted spoon and scoop out the flesh, returning the flesh to the soup, discarding the skin. Purée the soup, in batches, in a blender. Return the purée to the rinsed out pot. In a small bowl, beat together the egg yolks and the cream. Stir a little soup into the egg mixture and then stir this back into the soup. Heat the soup over moderate heat until it is hot but do not let it boil. Ladle the bisque into heated bowls and serve. Serves 4 to 6.

Liz Dwyer

BUTTERNUT SQUASH SOUP

1 butternut squash (about 1 ¾
lbs.), peeled

4 T. butter

2 T. olive oil

2 onions, peeled & chopped

2 cloves garlic, chopped

4 c. chicken stock (you can use
low sodium)

Salt & pepper to taste

Peel squash, remove insides and cut into pieces or chop squash into cubes (or get the peeled and cut-up version that is about 1 pound). In a large pot, heat butter and oil in pan. Add onion and garlic and squash. Sauté for about 5 minutes. Then add chicken stock and bring to a boil. Simmer about 15 minutes. Pour into a blender a couple of cups at a time and blend for about 12 seconds. Continue to do this until all the contents of the pot are empty. Put into a large bowl and add salt and pepper to taste. You may reheat it in same pan. You can also serve it with rosemary and grated Parmesan cheese. (It also freezes well so you can put it in freezer containers for 3-4 months.)

Richard Pelikan

RED LENTIL SOUP

3 T. olive oil

2 garlic cloves, minced

1 tsp. ground cumin

¼ tsp. pepper

1 qt. chicken or vegetable broth

1 lg. carrot, diced finely

3 T. cilantro, chopped

1 lg. onion, chopped finely

1 T. tomato paste

¼ tsp. salt

1 c. red lentils

Pinch of ground chili or cayenne

Juice of ½ lemon

In a large (at least 2 quarts) pot heat oil and then sauté onion and garlic about 4 minutes until golden. Stir in tomato paste, cumin, salt, pepper and chili and sauté for 2 minutes. Add broth, 2 cups water, lentils and carrots. Bring to a simmer, partially cover pot, reduce heat to medium-low and continue simmering for about 30 minutes. Stir in lemon juice and cilantro just before serving. Makes 4 servings.

Carole Smillie

PUMPKIN CHOWDER

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|---------------------------------------|---|
| <i>½ c. onion, chopped</i> | <i>1 tsp. salt</i> |
| <i>¼ c. green/red pepper, chopped</i> | <i>2 c. puréed pumpkin</i> |
| <i>1 T. bacon fat</i> | <i>1 c. corn</i> |
| <i>1 pt. chicken broth</i> | <i>1 T. flour, dissolved in 1 c. milk</i> |
| <i>⅛ tsp. dried thyme</i> | <i>1 c. heavy cream</i> |
| <i>1 bay leaf</i> | |

Sauté onion and peppers in bacon fat. Add chicken stock, herbs, salt, pepper, pumpkin and corn. Bring to simmer. Add flour dissolved in milk. Simmer for 30 minutes. Add cream just before serving; heat but do not boil.

Joan Barna

EASY CORN CHOWDER

- | | |
|--|---|
| <i>4 slices bacon, diced</i> | <i>1 (10.75-oz.) can cream of mushroom soup</i> |
| <i>1 onion, chopped</i> | <i>2½ c. milk</i> |
| <i>1 (14.75-oz.) can cream-style corn</i> | <i>Salt & pepper to taste</i> |
| <i>1 (14.75-oz.) can whole kernel corn</i> | |
| <i>1½ c. cubed potatoes</i> | |

In a large saucepan over medium heat, sauté the bacon and onion until onions are tender. Add the corn, milk, soup and potatoes; salt and pepper to taste. Raise heat to high and bring to a boil. Reduce heat to low. Cover and simmer 25-35 minutes or until potatoes are tender. Stir occasionally while cooking.

Fran Brader



melon

GRILLED VEGETABLE SALAD

2 red onions, sliced thick
1 lg. eggplant, cut into rounds
3 zucchini, cut into rounds
3 yellow squash, cut into rounds
1 red pepper, cut into wedges

1 yellow pepper, cut into wedges
1 green pepper, cut into wedges
2 c. mushrooms
1 bunch green onions, sliced

Marinade:

¼ c. red wine vinegar
¼ c. balsamic vinegar
3 T. Dijon mustard

1½ c. olive oil
Salt & fresh pepper to taste

Grill the vegetables by brushing with olive oil and using a grill pan. After grilling, cut the eggplant into strips. Toss together the vegetables and marinade, allowing them to sit for at least one hour.

Maryann Pietruszki

ZESTY MAPLE APPLE SALAD

½ c. maple syrup
1 tsp. white wine vinegar
¾ tsp. horseradish
1 c. mayonnaise
Salt & pepper to taste

4 lg. crisp apples (or apples & pears)
¼ c. chopped walnuts
¼ c. chopped celery

Combine maple syrup, vinegar, horseradish and mayonnaise. Whisk until smooth. Season to taste with salt and pepper. Peel and core apples and pears. Cut into bite size pieces. Toss with walnuts and celery. Pour half of dressing over fruit. Stir to coat fruit. Add dressing as needed.

Linda Parker

GREEN SALAD

3 lbs. cabbage, shredded
3 cucumbers, sliced in chunks
1 green pepper, chopped
1 sm. onion, grated

4 tsp. salt
¾ c. white vinegar
½ c. oil
½ c. sugar

Combine ingredients and put in refrigerator to marinate for 1 hour. Mix again before serving.

Maryann Pietruszki

*R*OMANE SALAD WITH TOMATOES AND BACON

- | | |
|---|--|
| <i>4 slices bacon</i> | <i>4 scallions, sliced</i> |
| <i>1 head romaine lettuce, cut into strips (6 c.)</i> | <i>4 to 6 T. Creamy Parmesan Dressing or bottled Caesar dressing</i> |
| <i>1 c. grape tomatoes, halved</i> | |

In a skillet, cook the bacon over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate. Break into pieces when cool. In a large bowl, toss the lettuce, tomatoes, scallions and bacon with the dressing.

Susan D'Arecca

*D*IANE'S WO APPLE SALAD

- | | |
|---|--------------------------------------|
| <i>1 sm. fennel bulb, trimmed & cut into julienne strips (can use a lg. rib CELERY instead)</i> | <i>¼ c. finely shredded carrot</i> |
| <i>1 med. Red Delicious apple, quartered & cut into julienne strips</i> | <i>¼ c. sliced green onions</i> |
| <i>1 med. Granny Smith apple, quartered & cut into julienne strips</i> | <i>1 T. water</i> |
| | <i>1 T. white wine vinegar</i> |
| | <i>2 tsp. vegetable oil</i> |
| | <i>½ tsp. sugar</i> |
| | <i>¼ tsp. salt</i> |
| | <i>Fennel fronds, chopped (opt.)</i> |

Combine fennel, apples, carrots and onions in a medium bowl; toss well and set aside. Combine water, vinegar, oil, sugar and salt in a small bowl; stir with a wire whisk until blended. Add to apple mixture, tossing gently to coat. Garnish with fennel fronds if desired. Yield: 4 servings (serving size: 1 cup). Tossing the apple strips in Fruit Fresh will keep them from turning brown.

Linda Parker

HONEY CHICKEN

2 T. salad oil
1 (2½-lb.) pkg. frozen frying
chicken
½ c. honey

¼ c. melted butter
1 tsp. ground ginger
¼ c. lemon juice
1 (17-oz.) can sweet potatoes

Heat oil in large pot. Add chicken and brown. Combine honey, butter, ginger and lemon juice. Pour over browned chicken. Lower heat and cover; simmer 20 to 25 minutes, basting occasionally, until chicken is tender. Add potatoes and cook for another 10 minutes. Serves 3-4.

Liz Dwyer

CHICKEN A LA MADDIE

1 bottle Wish-Bone Russian
dressing
1 sm. bottle apricot preserves

1 env. onion soup mix (Lipton)
10 pieces chicken (legs & breasts)
Rice

Skin chicken parts. Mix together dressing, preserves and soup mix. Spoon over chicken parts and let sit for one hour. Cook at 325° for about 1 hour. Serve with rice.

Liz Dwyer



CHICKEN ENCHILADAS

- | | |
|---|--|
| 1 T. olive oil or more | 1 lg. jar roasted red peppers |
| 9 frozen chicken tenders | 1 (8-oz.) pkg. part-skim grated mozzarella cheese |
| 1 pkg. (8- to 8½-inch) flour tortillas (thin) | 1 (8-oz.) pkg. grated Monterey Jack cheese |
| 1 (4.5-oz.) can Old El Paso chopped green chilies | 1 sm. (4-oz.) pkg. Philadelphia cream cheese, softened |
| 1 (10-oz.) can Old El Paso green enchilada sauce | |
| 1 (28-oz.) can Old El Paso red enchilada sauce | |

Slice frozen chicken tenders across grain very thin and tenderize in 1 tablespoon of cornstarch and water for 5 minutes. Then drain chicken, pat dry and stir fry in olive oil at medium-high heat until chicken is no longer pink. Do not overcook as mixture will also be baked. Mix warm chicken, ¼ cup chopped green chilies, ½ cup green enchilada sauce and 4 ounces of softened cream cheese. Using ⅛ of chicken mixture for each tortilla, fill center of tortilla with chicken, topping chicken with sprinkling of Monterey Jack cheese and 2 julienned slices of roasted red pepper. Roll tortilla firmly, not folding over ends. Spread ½ cup of red enchilada sauce in a 9 x 12-inch glass baking dish and place tortillas, seam side down on sauce. Squeeze to fit 8 tortillas in dish. Pour ½ cup green chili sauce and ½ cup red enchilada sauce over top of enchiladas. Spread generous amount of shredded mozzarella over top of tortillas. Cover tightly with tin foil. Bake at 375° for 30 minutes. Let casserole sit for 5 minutes, then cut each enchilada in half before serving. Freeze remaining sauces for next recipe.

Helen Pasterczyk



CHICKEN WITH SAUSAGE, PRUNES AND APPLES

<i>¼ c. olive oil</i>	<i>1½ tsp. dried thyme</i>
<i>1 lb. sweet Italian sausage</i>	<i>Salt & pepper</i>
<i>1 (2¼-lb.) chicken, well rinsed, patted dry & cut in 8 pieces</i>	<i>1 c. pitted prunes, halved</i>
<i>7½ T. red wine</i>	<i>10 cloves garlic, halved lengthwise</i>
<i>¾ c. canned chicken broth</i>	<i>1½ T. Dijon mustard</i>
<i>¾ c. dry white wine</i>	<i>2 lg. Granny Smith apples, cored, peeled & cut in 1-inch cubes</i>
<i>1 bay leaf</i>	<i>1 T. chopped fresh Italian parsley</i>

Preheat oven to 350°. Heat oil in a flameproof casserole or Dutch oven and brown sausage in small batches over medium heat. Using a slotted spoon, remove the sausage and set aside. Brown the chicken pieces in the casserole until golden and set them aside with the sausage. Pour off most of the fat. Add 4½ tablespoons of vinegar to casserole and bring to a boil over medium heat, scraping up any brown bits. Then add the broth, wine, bay leaf, thyme, salt and pepper. Cook 1 minute. Add prunes and garlic to casserole and cook 1 minute. Then return the sausage and chicken, mix gently with the sauce and cover the casserole. Transfer it to the oven and bake for 40 minutes. Using a slotted spoon, remove the chicken, sausage and prunes to a heated serving platter and keep warm. Add the mustard and the remaining 3 tablespoons vinegar to the casserole and whisk well. Add apples and cook over medium heat until apples and garlic are just tender (5 to 7 minutes). Spoon the sauce over the chicken and sausage. Sprinkle with parsley.

Marylyn Straight

STUFFED SCALLOPS

<i>1 pt. sea scallops, washed & dried</i>	<i>1 T. sherry</i>
<i>½ c. melted butter</i>	<i>¾ c. evaporated milk</i>
<i>1 c. bread crumbs</i>	<i>Sprinkle of salt & pepper</i>

Preheat oven to 400°. Combine melted butter, bread crumbs and sherry. Butter a casserole dish. Put alternate layers of scallops with crumb mixture. Salt and pepper lightly each layer of scallops. Pour evaporated milk overall and dot with butter. Bake uncovered in a 400° oven for 25 minutes.

Sally Kerins

SCALLOPS AU GRATIN

<i>2 lbs. fresh scallops</i>	<i>3 c. soft bread crumbs</i>
<i>½ stick butter</i>	<i>1 tsp. salt</i>
<i>2 green peppers, cut in ¼-inch squares</i>	<i>¼ tsp. white pepper</i>
<i>1 c. chopped onion</i>	<i>2 c. heavy cream</i>
<i>2 c. celery, cut in ½-inch pieces</i>	<i>1 c. grated sharp Cheddar cheese</i>

Preheat oven to 350°. Rinse scallops in cold water. Place in saucepan and add just enough water to cover. Bring to a boil over high heat. Drain immediately. Sauté peppers, onion and celery in butter until tender. In a large bowl, toss vegetables, scallops, bread crumbs, salt and pepper. Place mixture in greased casserole or 6 ramekins. Pour cream over casserole. If using ramekins, pour ⅓ cup cream per ramekin. Recipe can be frozen at this point. Top with cheese and bake at 350° for 45-60 minutes. Serves 6.

Susan D'Arecca

WHITE CLAM SAUCE

<i>½ c. extra virgin olive oil</i>	<i>1 T. oregano</i>
<i>10 garlic cloves, minced</i>	<i>4 T. fresh parsley, minced</i>
<i>2 (8-oz.) bottles clam juice</i>	<i>4 leaves of fresh basil</i>
<i>Juice of 1 lemon</i>	<i>6 (6-oz.) ctn. Snow chopped clams</i>
<i>1 c. dry white wine</i>	<i>1½ lb. linguine</i>

Heat garlic in oil until golden brown. Add clam juice, lemon juice, wine, oregano and parsley. Heat thoroughly (20 minutes). Cook pasta. A moment before you drain pasta, add basil and clams to clam juice mixture. Mix half sauce with pasta, then ladle clam sauce over pasta. Makes 6 servings.

Alice Cowell

*S*WEET-AND-SOUR PORK

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|--|--|
| <i>1½ lbs. pork</i> | <i>½ c. barbecue sauce</i> |
| <i>1 T. salad oil</i> | <i>1 T. cornstarch</i> |
| <i>1 tsp. salt & pepper</i> | <i>1 green pepper, cut into strips</i> |
| <i>1 (8¾-oz.) ctn. pineapple tidbits</i> | |

Brown meat; season with salt and pepper. Drain pineapple; reserve liquid. Add water to pineapple juices to make $\frac{3}{4}$ cup. Stir with barbecue sauce into browned meat. Cover and simmer 40-50 minutes until tender. Blend cornstarch with 2 tablespoons water; stir into meat. Cook until thick. Add pineapple and green pepper. Heat through. Serve over rice. Makes 6 servings.

Fran Brader

*M*APLE GLAZED PORK TENDERLOIN

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|------------------------------|---------------------------------------|
| <i>2 tsp. dried rosemary</i> | <i>3 cloves garlic, minced</i> |
| <i>2 tsp. lemon juice</i> | <i>1½-lb. trimmed pork tenderloin</i> |
| <i>¾ tsp. salt</i> | <i>¼ c. maple syrup</i> |
| <i>½ tsp. pepper</i> | |

Preheat oven to 450°. Cover a jellyroll pan with foil and coat with cooking oil spray. Combine rosemary, lemon juice, salt, pepper and garlic. Rub over tenderloin. Place on foil-lined pan. Bake for 15 minutes. Remove from oven and brush with maple syrup. Return to oven and bake for 10 more minutes until instant thermometer reads 160°.

Linda Parker



*P*ORK CUTLET WITH PRUNES AND VINEGAR

*4 (6-oz.) thinly cut center loin
pork chops
Salt & freshly ground pepper
1 c. dried prunes
Red wine vinegar*

*1 T. vegetable oil
8 slices bacon, cut into 1-inch
pieces
1 bunch kale, leaves cut away
from center ribs*

Preheat oven to 400°. Season the pork on both sides with salt and pepper. Put the prunes in the blender and add enough red wine vinegar to cover. Purée the prunes and vinegar and pour this marinade over the pork. Refrigerate and marinate for up to 2 hours or simply proceed with recipe. Put the pork in the oven and bake for 8 minutes. In a large skillet, heat the oil and cook the bacon until the fat begins to render. Add the kale and sauté until tender. Season to taste with salt and pepper. Serve the pork on a bed of kale.

Linda Parker

*C*ANADIAN PORK PIE

*4 lbs. ground pork
1 qt. chicken broth
1 lg. onion, finely chopped, or 2
tsp. onion powder*

*1 T. poultry seasoning
Pie dough for a double crust pie*

In a large Dutch oven or pot combine ground pork, chicken broth, onion and poultry seasoning. Cook on top of stove at medium or medium low temperature breaking up the pork so that it cooks evenly in the broth for about 45 minutes or until just cooked. Preheat oven to 400°. In a large deep pie plate, arrange 1 layer of pie crust. Carefully ladle pork mixture with a slotted spoon into pie plate. Try not to get the broth. Pile high and cover with 2nd pie crust. Bake in oven until crust is golden.

Susan Dinan

*S*AUSAGE-STUFFED BUTTERNUT SQUASH

3 butternut squash, cut into
halves

1 lb. Italian sweet sausage

2 eggs, well beaten

$\frac{1}{2}$ c. chopped parsley

1 lg. onion, chopped

1 clove garlic, chopped

8 slices bread, cut into $\frac{1}{2}$ -inch
cubes

Preheat oven to 350°. Place squash cut side down in greased shallow baking pan. Bake in preheated moderate oven (350°) for 40 minutes or until squash is easily pierced. Meanwhile, fry sausage; removed from casing until brown and crumbly. Add onion and garlic; continue sautéing until onions are soft. Stir in bread, parsley and eggs. remove from heat. Turn squash cut side up and scoop out seeds. With fork mash squash in the skin. Spoon sausage mixture over squash. Place in oven and bake another 15 minutes or until top is golden brown.

Letty Hudak

*L*AMB SHANKS

$\frac{1}{2}$ c. flour

1 tsp. salt

$\frac{1}{2}$ c. oil

$\frac{1}{2}$ c. brown sugar

2 T. dry mustard

$\frac{1}{2}$ tsp. pepper

1 c. ketchup

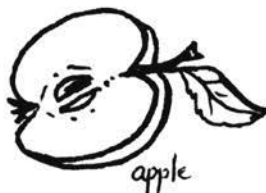
2 T. vinegar

1 lg. can tomatoes

4-6 lamb shanks

Roll shanks in flour and salt to coat. Brown shanks in oil and pour off fat. Combine sugar, mustard, salt and pepper. Stir in ketchup and vinegar. Pour over meat and add tomatoes. Cook on simmer for 1½ hours.

Irene Greenstein



STUFFED CABBAGE

1 lb. chopped beef
1 egg
 $\frac{1}{2}$ c. raisins
 $\frac{1}{2}$ tsp. vanilla

5 tsp. sugar
6 marshmallows
1 sm. can tomato sauce
Cabbage

Combine meat, egg and vanilla. Mix well; set aside. In a large pot, boil water and cook cabbage until it's pliable. Remove cabbage; cool. Place meat mixture in leaves and fold closed. Put stuffed leaves into a large pot. Mix tomato sauce and sugar; pour over cabbage. Put in marshmallows and raisins. Cook over medium heat for 1 to 1 $\frac{1}{2}$ hours.

Irene Greenstein

PICARDIO

1 $\frac{1}{2}$ lbs. ground round steak
1 lg. onion, chopped
2 cloves garlic, minced
 $\frac{1}{2}$ green pepper, diced med. size

1 can tomatoes
1 sm. bottle Spanish olives, sliced
Rice

Sauté the meat, then set aside. Sauté onions, garlic and pepper in fat. Sauté until onions become curled or brownish; add tomatoes (no water), pepper and salt to taste. Simmer for 30 minutes. Stir steak pieces into sauce and cook for 45 minutes. Add olives. Serve over yellow or white rice.

Letty Hudak

CHILI

$\frac{1}{2}$ c. chopped onions
 $\frac{1}{2}$ c. chopped green peppers
1 lb. ground beef
1-lb. can crushed tomatoes
1 (8-oz.) can tomato sauce

$\frac{1}{4}$ tsp. paprika
2 tsp. chili powder
Salt, pepper & garlic to taste
1 can kidney beans

Sauté onions, peppers and ground beef. Drain off excess fat. Add crushed tomatoes, tomato sauce, paprika and chili powder. Add salt, pepper and garlic to taste. Cook 45 minutes uncovered. Add kidney beans. Cook 20 minutes.

Fran Brader

*S*WISS-STEAK BOBBIE

1-2 lbs. chuck steak

1 can tomato paste

Salt

Dash of sage

2 T. oil

¼ tsp. pepper

¼ c. flour

1 c. sauterne

1 onion, chopped

Mix salt, pepper and flour and coat meat. Brown chopped onions and meat in oil. Add tomato paste, salt, sage and sauterne. Simmer 1 ½ hours.

Liz Dwyer

*E*ASY LASAGNA

1 lb. ground round

1 (26-oz.) bottle pasta sauce

½ c. water

2 c. reduced fat cottage cheese

2 T. grated Parmesan

Cooking spray

1 (8-oz.) pkg. precooked lasagna noodles

1 c. pre-shredded reduced fat mild cheddar cheese

½ c. shredded mozzarella

Preheat oven to 350°. Cook beef in a large nonstick skillet over medium high heat. Drain. Wipe drippings from pan. Return beef to pan. Stir in pasta sauce and water. Bring to boil. Reduce heat and simmer 5 minutes. Combine cottage and Parmesan cheeses in a bowl. Spread ½ cup beef mixture in bottom of a 13 x 9-inch baking dish already coated with cooking spray. Arrange 4 noodles over beef. Top with ½ cottage cheese mixture, 1 cup beef mixture and ⅓ cup cheddar cheese. Repeat layers, ending with noodles. Spread remaining beef mixture on top. Cover with foil and bake for 30 minutes. Uncover. Sprinkle with ⅓ cup cheddar cheese and the shredded mozzarella. Bake 5 minutes. Let stand for 10 minutes before serving.

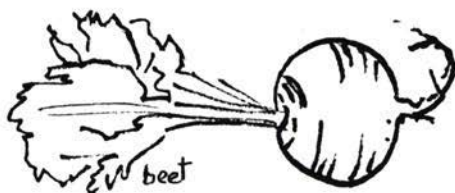
Mary Smith

*S*PINACH PESTO AND CHEESE LASAGNA

3 c. ricotta cheese	1 (7-oz.) pkg. prepared pesto
1 c. shredded Parmesan	4 c. bottled chunky pasta sauce
1 lg. egg	12 no-boil lasagna noodles
2 (10-oz.) pkgs. frozen chopped spinach, thawed & squeezed dry	2 c. grated Fontina cheese
	Salt & pepper

Preheat oven to 350°. Blend ricotta and Parmesan in medium bowl. Season with salt and pepper; stir in egg. Blend spinach and pesto in another medium bowl. Brush 13 x 9 x 2-inch glass baking dish with oil. Spread 1 cup pasta sauce in prepared dish. Arrange 3 noodles side by side on sauce. Spread 1 ¼ cups ricotta cheese mixture over in thin layer. Drop ⅓ of spinach mixture over by spoonfuls. Repeat layering with sauce, noodles, ricotta cheese mixture and spinach mixture 2 more times. Top with remaining 3 noodles and 1 cup sauce. Cover lasagna with foil. Bake 35 minutes. Uncover; sprinkle with Fontina cheese. Bake lasagna until heated through, sauce bubbles and cheese on top is melted, about 15 minutes longer. Let stand 10 minutes. Serves 8-10.

Kris Luka



MAMA RICOTTONE'S MEATBALLS

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|--|---|
| 2 lbs. chop meat | 4-5 cloves garlic, chopped |
| Chopped parsley | 7 eggs |
| 2 palms of pepper (2 tsp.) | 4 heaping fistfuls of plain bread crumbs |
| 1 generous palm of Bellanca Bicarbonato di sodio (If you can't get to Racalmuto, use Arm & Hammer baking soda) | 3 heaping fistfuls of Pecorino Romano grated cheese |
| | ½ c. milk |

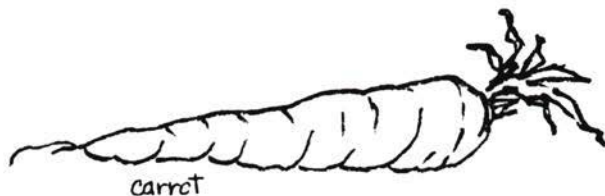
First mix with a spoon until eggs are blended in. Then use hands to mix and fold. **Slowly** add ½ cup of hot water and ½ cup milk to mixture. Continue mixing and folding, folding and mixing. Cover mixture with a paper towel. Let it sit for about 1 hour. Roll meat mixture in hands to create meatballs (2 pounds of chopped meat makes about 16 meatballs). Cover bottom of frying pan with light oil (Mazola corn oil). Fry meatballs on high until brown and flip. Line a bowl with paper towels. Add cooked meatballs to bowl to drain.

Mama Ricottone's sauce for Meatballs:

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|--------------------------------------|---------------------------|
| 4-5 whole cloves garlic, cut in half | 1 med. potato |
| ¼ c. extra virgin olive oil | 1 T. salt |
| 4 cans Pastene crushed tomatoes | 1 T. pepper |
| 3 cans water | 1 T. Bicarbonato di sodio |
| 1 (10-oz.) can tomato purée | |

Put garlic in bottom of large pot. Cover bottom of pot with olive oil. Fry on high until slightly browned. Add 4 cans crushed tomatoes and 3 cans water to pot. Add whole potato and tomato purée to pot. Season with salt and pepper. Bring mixture to a boil. Add Bicarbonato di sodio. Boil uncovered until potato opens. Potato can be eaten.

Sally Kerins



*A*NNE'S TOMATO-LEMON SAUCE FOR PASTA, VEAL OR CHICKEN

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|---|-------------------------------|
| 2 T. olive oil | 1 tsp. salt |
| 2 T. butter | ½ tsp. freshly ground pepper |
| 1 c. finely chopped yellow onion | ½ tsp. sugar |
| ½ c. finely chopped carrot | 1 T. finely grated lemon rind |
| 1 (35-oz.) can puréed tomatoes | 2 T. minced parsley |
| 1 T. minced fresh sage or 1 tsp.
crumbled dry sage | |

In a large sauté pan, heat olive oil until haze forms, then add butter. Turn heat to low, add onion and carrot and sauté, stirring constantly until soft, about 5 minutes. Stir in tomatoes, sage, salt, pepper and sugar and cook uncovered over medium heat about 20 minutes until thickened. Stir occasionally. Remove pan from heat and add lemon rind. Sauce may be served over pasta or fried veal or chicken cutlets. Garnish with parsley.

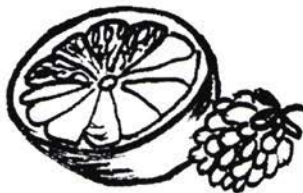
Beth Siano

*E*ASY BAKED EGGPLANT

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|--------------------------------|----------------|
| 1 med. eggplant, pared (1 lb.) | 1 tsp. salt |
| ½ c. seasoned bread crumbs | ¼ c. margarine |
| 1 egg, slightly beaten | |

Heat oven to 375°. Grease cookie sheet or jelly-roll pan. Mix crumbs and salt. Cut eggplant into ½-inch slices and dip into egg and then coat with crumbs. Arrange in pan. Drizzle with margarine. Bake, uncovered, 15 minutes. Turn and bake 15 minutes longer. Makes 4 servings.

Letty Hudak



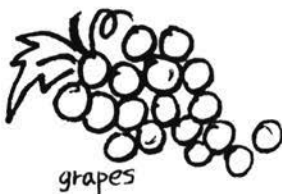
CAULIFLOWER & FENNEL AU GRATIN

2 heads cauliflower
2 lg. fennel, thinly sliced
2 T. olive oil
Salt & pepper
¼ lb. pancetta, chopped
1 med. yellow onion, finely
chopped
1 clove garlic, minced
¼ tsp. cumin

¼ tsp. red pepper flakes
2½-3 c. chicken stock
1 c. shredded mozzarella
1 c. shredded Monterey Jack
cheese
¼ tsp. fresh ground nutmeg
1½-2 c. Italian bread crumbs
2 T. butter
2 T. flour

Break cauliflower into florets and chop the stems and blanch 3 minutes in boiling water. Drain and put in an ice bath to stop cooking. Trim fennel and slice thinly; save fronds. Line a cookie sheet with aluminum foil and place fennel on sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast at 425° for about 20 minutes until softened and lightly browned. In a sauté pan, render the pancetta and add 1 tablespoon olive oil. Add onion and sauté until translucent. Add garlic, cumin and red pepper flakes and sauté for 30 seconds. Add flour and stir constantly until combined. Start adding stock, ½ cup at a time, while whisking until fully incorporated. Continue adding stock until sauce becomes velvety smooth. Add mozzarella and Monterey Jack cheeses and continue to whisk until combined. Add more stock, if necessary, to get a sauce which coats the back of a spoon. Combine cauliflower, cream sauce and ⅔ of roasted fennel and pour into a greased 9 x 12-inch pan. Top with the remaining fennel and fresh fronds. Sprinkle with bread crumbs until well coated and dot with butter. Bake at 375° for 45 minutes until top starts to brown. Serves 8-10.

Kris Luka



CREAMY BRUSSELS SPROUTS

<i>Nonstick cooking spray</i>	<i>¾ c. reduced-sodium chicken broth</i>
<i>1 med. onion, quartered & thinly sliced</i>	<i>¾ c. whipping cream</i>
<i>3 cloves garlic, minced</i>	<i>¼ tsp. ground nutmeg</i>
<i>3 T. butter</i>	<i>½ c. finely shredded Parmesan cheese or Pecorino Romano cheese</i>
<i>2 lbs. Brussels sprouts, trimmed & halved, or green beans, trimmed</i>	<i>¼ tsp. salt</i>
<i>1 tsp. snipped fresh thyme or ¼ tsp. dried thyme, crushed</i>	<i>⅛ tsp. ground black pepper</i>

Preheat oven to 350°. Lightly coat a 1½-quart oval gratin baking dish or baking dish with nonstick cooking spray. In a 12-inch skillet cook onion and garlic in butter over medium heat for 3 minutes or until softened. Stir in Brussels sprouts and thyme. Cook for 4 minutes or until onions begin to brown. Add broth. Bring to boiling. Cook, stirring occasionally, for 3 to 4 minutes or until broth is nearly evaporated. Add whipping cream and nutmeg. Cook for 4 minutes or until mixture begins to thicken. Transfer to prepared baking dish. Stir in half of the cheese, all of the salt and pepper. Sprinkle with remaining cheese. Bake, uncovered, 20 to 25 minutes or until Brussels sprouts are tender. Makes 8 to 10 servings.

Kris Luka

POTATOES AU GRATIN

<i>1 (2-lb.) pkg. frozen hash brown potatoes, thawed</i>	<i>12 oz. shredded Cheddar</i>
<i>½ c. melted butter</i>	<i>1 (8-oz.) ctn. sour cream</i>
<i>1 (10.75-oz.) can condensed cream of mushroom or chicken or celery soup</i>	<i>1 tsp. salt</i>
	<i>½ c. scallions, chopped</i>
	<i>2 c. crushed cornflakes cereal</i>
	<i>½ c. melted butter (for drizzle)</i>

Preheat oven to 350°. Lightly greased one 9 x 13-inch baking dish. Place potatoes in bottom of prepared dish. Combine the melted butter, condensed soup, cheese, sour cream, salt and scallions; mix well and pour over potatoes. Top with crushed cornflakes and drizzle with ½ cup of melted butter. Bake uncovered for 45 minutes until bubbles.

Jeanette Pelikan

*M*USHROOM & RICE CASSEROLE

½ lb. brown mushrooms
1 lg. onion
3 cloves garlic
3 c. cooked brown rice
2 lg. eggs

1 c. cottage cheese
½ c. sour cream
½ tsp. salt
⅓ c. grated Parmesan cheese
Fresh tarragon

Preheat oven to 350°. Grease a 9 x 13-inch (or smaller) baking pan. Chop mushrooms, onions and garlic. Sauté mushrooms in a bit of olive oil and a sprinkle of salt. Stir every minute until mushrooms release their liquid and brown a bit. Add onions and cook 4-5 minutes until they are translucent. Stir in garlic; cook 1 minute more, then remove from heat and add rice. Mix well. In a medium bowl whisk together eggs, cottage cheese, sour cream and salt. Combine rice mixture and cheese mixture, then turn into prepared baking pan. Sprinkle with $\frac{2}{3}$ of Parmesan, cover with foil and bake for 30 minutes. Remove foil and bake another 20-30 minutes until hot throughout and golden along the edges. Sprinkle with chopped tarragon and remaining Parmesan. Serves 8.

Laura Avdey
Daughter of Carole Smillie



*W*ILD RICE WITH DRIED APRICOTS AND CRANBERRIES

½ c. uncooked wild rice
3 c. chicken broth, divided
1 c. apple juice
¾ c. uncooked long-grain white rice
½ c. golden raisins
½ c. chopped dried apricots
½ c. dried cranberries

2 T. butter
¾ c. chopped onion
½ c. coarsely chopped pecans
⅓ c. chopped fresh parsley
Fresh rosemary sprigs, orange slices & cranberries for garnish (opt.)

Rinse wild rice in fine strainer under cold running water. Drain. Combine wild rice, 1½ cups chicken broth and apple juice in large saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer covered about 45 minutes or until rice is tender. Drain. Combine white rice and remaining 1½ cups broth in separate large saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer, covered, 12-15 minutes. Stir in raisins, apricots and cranberries; simmer 5 minutes or until rice is tender, fluffy and liquid is absorbed. Remove from heat. Let stand, covered, 5 minutes or until fruit is tender; set aside. Melt butter in large skillet over medium heat. Add onion; cook and stir 5 to 6 minutes or until tender. Stir in pecans. Cook and stir 2 minutes. Add wild rice and white rice mixture to skillet. Stir in parsley, cooking over medium heat about 2 minutes or until heated through. Garnish with fresh rosemary, orange slices and whole cranberries, if desired. Makes 6 to 8 servings.

Janet Gardner

*R*OOT VEGETABLE CASSEROLE

1 med. rutabaga, peeled & cut in 1-inch dice
3 or 4 carrots, peeled & cut in 1-inch dice

1 sm. onion, chopped
Butter, salt & pepper

Cook rutabaga, carrots and onion in boiling water until soft, about 45 minutes. Drain immediately. Return vegetables to pot. Add butter, salt and pepper to taste. Mash thoroughly with potato masher. Turn into casserole for serving.

Susan Dinan

ROASTED AUTUMN VEGETABLES

*1½ lbs. sm. red potatoes,
quartered*

*1 lb. shallots (about 24), peeled &
trimmed*

4 T. olive oil

1 bay leaf

¼ tsp. dried thyme, crumbled

4 garlic cloves, crushed

*2 lbs. butternut squash, peeled &
cut into ¾-inch pieces (about 4
c.)*

*Fresh thyme sprigs for garnish if
desired*

Salt & pepper

In a bowl, toss together the red potatoes, shallots, olive oil, bay leaf, dried thyme, garlic, salt and pepper to taste. Spread the vegetables in an oiled large roasting pan and roast them in the middle of a preheated 375° oven, shaking the pan every 5 to 10 minutes, for 25 minutes. In a bowl, toss the squash with the remaining 1 tablespoon of olive oil and salt and pepper to taste and add it to the pan. Roast the vegetables, shaking the pan occasionally for 10 to 20 minutes or more or until the vegetables are tender. Discard the bay leaf and garnish the vegetables with the thyme sprigs.

Jeanette Pelikan

SWEET POTATOES WITH PEARS

*6 lg. sweet potatoes, sliced ½ inch
thick*

*6 ripe pears, cored, peeled & cut
into 8 wedges each*

⅓ c. brandy or pear brandy

½ c. orange juice

¾ c. brown sugar

4 T. butter

½ c. golden raisins

Salt to taste

Preheat oven to 375°. Place sweet potato slices in a pot, cover with water, reduce heat and heat to boiling; simmer uncovered 12-15 minutes until just tender. Drain well. Layer potatoes and pears in a medium casserole. Combine brandy, orange juice, brown sugar, butter and raisins in a small saucepan. Season with a little salt. Pour the sauce over potatoes and pears, distributing evenly. Bake the casserole until lightly browned and bubbly, about 30 minutes. Serve hot.

Linda Parker

CONFETTI BREAD

<i>2½ c. sifted all-purpose flour</i>	<i>½ c. butter</i>
<i>4 tsp. baking powder</i>	<i>¾ c. sugar</i>
<i>¾ tsp. salt</i>	<i>3 eggs</i>
<i>¾ c. walnuts or pecans, chopped</i>	<i>½ c. orange juice</i>
<i>1½ c. mixed candied fruit</i>	<i>½ c. mashed banana or peach</i>
<i>⅓ c. raisins</i>	

Preheat oven to 350°. Grease very well 1 large and 1 small or three small loaf pans. Sift together flour, baking powder and salt. Set aside. In another bowl, cream butter, then add sugar, mix well and then add eggs, beating well after adding each egg. Lightly coat fruit and nuts with flour and combine with butter mixture. Alternately add flour mixture with orange juice and mashed fruit; mix well. Pour into loaf pans and bake larger pan for 1 hour. Check smaller pans after 30-40 minutes for doneness.

Liz Dwyer

CARROT AND APPLE MUFFINS

<i>2 c. unbleached all-purpose flour</i>	<i>½ c. currants or raisins</i>
<i>1¼ c. sugar</i>	<i>½ c. flaked sweet coconut</i>
<i>2 tsp. baking soda</i>	<i>1 c. vegetable oil</i>
<i>2 tsp. cinnamon</i>	<i>3 lg. eggs</i>
<i>½ tsp. salt</i>	<i>2 tsp. vanilla</i>
<i>2 c. peeled grated carrots</i>	<i>Topping: 2 T. sugar & 2 tsp.</i>
<i>1 c. peeled grated apples</i>	<i>cinnamon</i>
<i>½ c. chopped pecans</i>	

To make topping: Combine sugar and cinnamon and set aside. Preheat oven to 400°. Put 12 cupcake/muffin papers in cupcake pan. Combine flour, sugar, baking soda, cinnamon and salt in a large bowl. Stir in carrots, apples, pecans, currants or raisins and coconut. In a separate bowl, whisk together the oil, eggs and vanilla. Add to the dry ingredients all at once and fold just until evenly moistened. Do not overmix. Divide the batter evenly among the muffin cups. Top each muffin with cinnamon-sugar topping. Bake until the tops are golden and a toothpick inserted in the centers comes out clean, about 20-25 minutes. Cool on a wire rack.

Karen Jolley-Gates

CRANBERRY WALNUT BREAD

2 c. sifted flour
1 tsp. baking soda
1 tsp. salt
 $\frac{3}{4}$ c. sugar
1 egg
 $\frac{1}{3}$ c. orange juice

1 tsp. orange rind
3 T. white vinegar & water to
make $\frac{2}{3}$ c.
 $\frac{1}{4}$ c. melted shortening
 $\frac{1}{2}$ to 1 c. chopped walnuts
 $\frac{1}{2}$ to 1 c. dried cranberries

Preheat oven to 350°. Grease two 9 x 5-inch loaf pans. Sift flour, baking soda, salt and sugar together. With a fork beat egg. Stir in the orange juice, rind, vinegar and water mixture and shortening into the beaten egg. Add this mixture all at once to the sifted flour mixture. Beat until moistened. Stir in cranberries and walnuts. Bake in oven for 60-70 minutes at 350°. Insert toothpick in center of bread, and if it comes out clean, bread is done. Cool 10 minutes on wire rack before removing from pan. This recipe freezes well. It also may be baked in mini loaf pans.

Jeanette Pelikan

PUMPKIN CRANBERRY BREAD

3 c. all-purpose flour
1 T. + 2 tsp. pumpkin pie spice
2 tsp. baking soda
1½ tsp. salt
3 c. granulated sugar
1 (15-oz.) can 100% pure pumpkin

4 lg. eggs
1 c. vegetable oil
 $\frac{1}{2}$ c. orange juice
1 c. sweetened dried cranberries
(fresh or frozen)
1 c. chopped walnuts (opt.)

Preheat oven to 350°. Grease and flour two 9 x 5-inch loaf pans. Combine flour, pumpkin pie spice, baking soda and salt in a large bowl. Combine sugar, can of pure pumpkin, eggs, oil and orange juice in large mixer bowl; beat until just blended. Add pumpkin mixture to flour mixture; stir just until moistened. Fold in cranberries. Spoon batter into greased and floured loaf pans. Bake for 60-65 minutes or until wooden toothpick is inserted in center and comes out clean. Cool in pans on wire racks for 10 minutes; remove bread from pan to wire racks to cool completely. Recipe makes two loaves. For three 8 x 4-inch loaf pans, prepare as above. Bake for 55-60 minutes.

Jeanette Pelikan

*P*UMPKIN BREAD

4 eggs, beaten

2 c. sugar

1 tsp. salt

1½ c. corn oil

3 tsp. cinnamon

1 tsp. baking soda

3 c. flour

2 c. canned pumpkin

1 c. pecans or walnuts

Heat oven to 350°. Mix the eggs, sugar and salt. Add the oil. Stir in the cinnamon, baking soda and flour. Add the pumpkin and walnuts. Pour mixture into a greased bundt pan. Bake an hour or until a toothpick comes out clean.

Carolynn Pulliam



APPLE STREUSEL COFFEECAKE

Streusel:

- | | |
|-------------------------------------|--------------------------------|
| 1 ¼ c. packed light brown sugar | 2 tsp. cinnamon |
| ¾ c. all-purpose flour | 1 c. walnuts, coarsely chopped |
| ½ c. cold butter, cut in sm. pieces | |

Cake:

- | | |
|----------------------------|---|
| 3 ¼ c. all-purpose flour | 2 tsp. vanilla |
| 1 ½ tsp. baking powder | 1 (16-oz.) ctn. plain low-fat yogurt |
| ¾ tsp. baking soda | 2 Granny Smith apples, peeled, cored & cut in ½-inch dice |
| ¾ c. butter, at room temp. | |
| 1 ¼ c. granulated sugar | |
| 3 lg. eggs | |

Preheat oven to 350°. Grease and flour an angel food cake pan with a removable bottom. **Streusel:** In a medium-sized bowl, stir brown sugar, flour, butter and cinnamon with a fork or rub together with fingertips until crumbly and butter is completely incorporated. Stir in walnuts. **Cake:** Mix flour, baking powder and baking soda in a small bowl. Beat butter and sugar in a large bowl with an electric mixer until fluffy, about 2 minutes. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla and yogurt. With mixer on low speed, beat in flour mixture just until blended, scraping down bowl as necessary. Spoon 3 cups batter into pan; spread evenly. Sprinkle with ¼ cup of the streusel, the apples, then ½ cup streusel. Spoon on the remaining batter and spread evenly. Sprinkle with remaining streusel, pressing down lightly so it sticks to batter. Bake 50-60 minutes or until a toothpick inserted in cake comes out clean. Cool in pan on a wire rack for 15 minutes. Remove pan and cool completely. Serves 16.

Linda Winter



PLUM KUCHEN

3 c. flour, sifted
3 egg yolks
1½ sticks butter
2 T. sugar
1 tsp. salt

1 shot dry sherry
Plums (use Italian prune plums,
enough to cover dough)
Can also use apples, pears,
peaches, apricots

Preheat oven to 375°. Sift flour; add sugar and salt; cut in butter until fine crumbs form. Mix sherry with egg yolks and pour in crumb mixture stirring with a fork until moist enough to press onto a jelly-roll pan. Add water, 1 teaspoon at a time, if dough is too dry. Press onto a 12 x 15-inch jelly-roll pan and cover with sliced fruit. Sprinkle sugar on top of fruit. Plums or pears are good with some grated nutmeg and apples with cinnamon. Bake at 375° for 30 minutes until crust is lightly browned and fruit is soft. Check at 15 minutes to make sure the crust isn't browning too fast. You can lower the temperature to 350° to finish. Let cool completely and cut into squares to serve. Garnish with whipped cream or serve with ice cream. Serves 8-10.

Kris Luka

RICOTTA CAKE

2 lbs. ricotta
4 eggs
¾ c. sugar
2 tsp. vanilla

1 Duncan Hines Butter Recipe
cake mix (cake mix requires ⅔ c.
water, 3 eggs & 1 stick butter)

Preheat oven to 350°. Mix cake according to package. Grease and flour a 13 x 9-inch pan. Pour butter into pan. Now mix ricotta, 4 eggs, ¾ cup sugar and vanilla; heat for 2 minutes. Pour on top of batter; do not mix together. Bake for 1 hour until toothpick comes out clean. Let cool ½ hour and invert onto large tray. When completely cool, sprinkle with powdered sugar.

Elizabeth C. Hanscom

CARROT CAKE WITH CREAM CHEESE FROSTING

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|------------------------|--------------------------------------|
| 2 c. flour | 4 lg. eggs |
| 2 c. sugar | 1½ c. canola oil |
| 2 tsp. baking powder | 3 c. shredded carrots (about 6 med.) |
| 2 tsp. baking soda | 1 c. chopped pecans |
| 2 tsp. ground cinnamon | ½ c. raisins (opt.) |
| Pinch of ground nutmeg | |
| 1 tsp. salt | |

Frosting:

- | | |
|---|--|
| 1 (8-oz.) pkg. cream cheese, room temp. | ½ c. (1 stick) unsalted butter, softened |
| 1 (16-oz.) box confectioners' sugar | 2 tsp. vanilla extract |

Heat oven to 350°. Butter two 9-inch round cake pans. **Cake:** In a medium bowl, stir together the flour, sugar, baking powder, baking soda, cinnamon, nutmeg and salt. In a large bowl, beat the eggs lightly to combine and then whisk in the oil. Add the dry ingredients to the wet ingredients and stir to combine. Stir in the carrots and pecans and the raisins, if using. Divide the batter evenly between the prepared pans. Bake at 350° for 30-35 minutes or until a toothpick inserted into the center of the cakes comes out clean. Cool in pans on rack for 5 minutes. Remove cakes directly to rack to cool completely. **Frosting:** In large bowl, beat together the cream cheese, confectioners' sugar, butter and vanilla extract. Spread the frosting between the layers and on the sides and the top of the cake. Store covered in the refrigerator for up to 5 days. Bring to room temperature before serving. **Tip:** For an even simpler presentation bake the batter in a 9 x 13-inch pan for 45 minutes and simply frost the top.

Jeanette Pelikan



*A*PPLE WALNUT CAKE

1 c. chopped walnuts or pecans

2 tsp. cinnamon

½ c. sugar

½ c. butter

1 c. sugar

2 eggs

1 tsp. vanilla extract

2 c. sifted flour

1 tsp. baking powder

1 tsp. baking soda

½ tsp. salt

1 c. sour cream

2 med. apples, peeled & sliced thin

9-inch tube pan with removable
bottom

Preheat oven to 375° and grease 9-inch tube pan. In a small bowl, mix the chopped nuts, 2 teaspoons of cinnamon and ½ cup of sugar; put aside. In a large bowl, with mixer on high speed, beat butter until creamy; gradually add 1 cup of sugar, beating until light and fluffy. Add eggs, one at a time, then vanilla extract, beating until blended. Sift flour, baking powder, baking soda and salt together. With mixer on low speed, beat the flour mixture into batter alternating with the cup of sour cream. Spread ½ of the batter in a well greased 9-inch tube pan. Top with thinly sliced apple; sprinkle with ½ of chopped walnuts or pecans; top with remaining batter, then the rest of the walnuts or pecans mixture. Bake for 40 minutes or insert toothpick comes out clean. Remove coffee cake from oven and let it stand on a wire rack for 30 minutes. With spatula, loosen cake all around sides and remove from the pan.

Jeanette Pelikan



APPLESAUCE CAKE

$\frac{3}{4}$ c. butter

2 c. sugar

3 eggs

3 c. flour

$1\frac{1}{2}$ tsp. baking soda

1 tsp. baking powder

$\frac{3}{4}$ tsp. salt

$\frac{1}{2}$ tsp. cinnamon

$\frac{1}{2}$ tsp. nutmeg

$\frac{1}{2}$ tsp. ground cloves

2 T. cocoa

2 c. applesauce

$1\frac{1}{2}$ c. raisins

$\frac{1}{2}$ c. chopped walnuts

Preheat oven to 350°. Grease two 9-inch cake pans. Cream butter and sugar. Add eggs, one at a time. Sift dry ingredients: salt, flour, baking soda, powder, cinnamon, nutmeg, cloves and cocoa. Add to creamed mixture alternately with applesauce. Add raisins and walnuts. Bake at 350° for 40 minutes. Frost with Penuche Frosting.

Penuche frosting for Applesauce Cake:

$\frac{1}{2}$ c. butter, melted

1 c. brown sugar

$\frac{1}{4}$ c. milk

2 c. confectioners' sugar

Combine butter with brown sugar and cook two minutes over low heat. Add milk and boil again. Cool to lukewarm and beat in 2 cups confectioners' sugar with electric mixer. Frost applesauce cake.

Karen Jolley-Gates



*P*UMPKIN SPICE CAKE

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|---------------------------------------|-----------------------------|
| <i>¾ c. unsalted butter, softened</i> | <i>1 tsp. vanilla</i> |
| <i>1 c. dark brown sugar, packed</i> | <i>2 c. flour</i> |
| <i>1 c. sugar</i> | <i>2 tsp. baking powder</i> |
| <i>3 lg. eggs</i> | <i>1 tsp. baking soda</i> |
| <i>1 c. pumpkin purée</i> | <i>1½ tsp. cinnamon</i> |
| <i>½ c. buttermilk</i> | <i>½ tsp. nutmeg</i> |

Preheat oven to 350°. Lightly coat three 8-inch cake pans with butter. Cut three 8-inch circles of parchment paper; fit into bottom of each pan and butter. Cream butter until smooth in large bowl using electric mixer. Add the sugars; mix until smooth. Add eggs; beat well until smooth and set aside. Combine pumpkin, buttermilk and vanilla in medium bowl and set aside. Combine flour, spices, baking soda and baking powder in large bowl; set aside. In thirds, alternately add flour mixture and buttermilk mixture to the butter mixture; blend well. Bake 35 to 40 minutes until toothpick comes out clean. Cool in pan 30 minutes. Remove from pans and cool completely. Make icing and assemble the three-layer cake.

Icing for Pumpkin Spice Cake:

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|--|----------------------------------|
| <i>1 (8-oz.) pkg. cream cheese, softened</i> | <i>1 tsp. grated orange rind</i> |
| <i>¼ c. unsalted butter, softened</i> | <i>½ tsp. vanilla</i> |
| <i>1 T. fresh orange juice</i> | <i>4 c. confectioners' sugar</i> |

Using an electric mixer, blend the butter, cream cheese, orange juice, orange zest and vanilla. Add sugar and beat until light and fluffy.

Karen Jolley-Gates

*L*AZY LADY'S APPLE CAKE

- | | |
|-----------------------------|--------------------------------------|
| <i>½ c. flour</i> | <i>2-2½ c. diced unpeeled apples</i> |
| <i>½ to ¾ c. sugar</i> | <i>½-1 c. chopped walnuts</i> |
| <i>Dash of salt</i> | <i>1 beaten egg</i> |
| <i>2 tsp. baking powder</i> | <i>½ tsp. vanilla</i> |
| <i>1 tsp. cinnamon</i> | |

Oil a 9- to 10-inch pie pan or square pan. Heat oven to 350°. Mix all dry ingredients thoroughly; mix into apples and nuts. Beat egg and vanilla; mix into apples. Bake for 25-30 minutes. Serve plain or with ice cream.

Clare Minick

*N*OODLE KUGEL

12 oz. wide egg noodles	$\frac{3}{4}$ c. sugar
6 eggs	1 $\frac{1}{2}$ tsp. vanilla
1 $\frac{1}{4}$ stick unsalted margarine	1 tsp. cinnamon
2 med. cans drained fruit cocktail	$\frac{1}{2}$ c. white raisins

Opt.:

Sm. can apricots	$\frac{1}{2}$ c. drained maraschino cherries
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Preheat oven to 350°. Cook noodles in boiling water per directions and drain. Whisk eggs; add margarine and combine well. Add sugar, vanilla and cinnamon; mix well. Add fruit cocktail, raisins and apricots or cherries (if used). Pour into an rectangular baking pan (8 x 13 inches). Bake for 45 minutes to an hour until done.

Irene Greenstein

*A*PPLE-PEAR CRISP

5 green apples, peeled, cored & sliced	$\frac{3}{4}$ c. flour
5 pears, peeled, cored & sliced	1 c. light brown sugar
Juice of 1 lemon	1 tsp. cinnamon
6 T. melted butter	$\frac{1}{2}$ tsp. ground cardamon
1 c. oatmeal	9 x 13-inch baking dish

Preheat oven to 375°. Butter a 9 x 13-inch casserole or baking dish. Place apple and pear slices in baking dish. Sprinkle with lemon juice. In medium bowl, mix oats, flour, sugar, cinnamon and cardamon. Add melted butter and mix well. Sprinkle over fruit. Bake 40-45 minutes.

Karen Jolley-Gates



MINI APPLE PIES

4 McIntosh apples, peeled,
cored & diced (4 c.)
½ c. + 1½ tsp. sugar
4½ tsp. cornstarch
½ tsp. cinnamon

Pinch of ground cloves
1 T. lemon juice
1 box pie crust mix
1 T. unsalted butter
1 T. milk

Heat oven to 400°. In a large bowl, combine apple pieces, ½ cup of the sugar, cornstarch, ¼ teaspoon of cinnamon, cloves and lemon juice. Toss to combine; set aside. Prepare pie crust as per directions on package, adding remaining ¼ teaspoon cinnamon. Divide dough into 6 pieces. Roll out 3 pieces to 7-inch circles. Fill into three 5-inch ceramic pie plates. Roll out remaining dough to three 6½-inch circles. Divide apple mixture evenly among pie plates (about a generous 1 cup per pie plate.) Cut butter into 3 pieces and place 1 piece on top of filling in each dish. Top with rolled-out doughs and crimp edges to seal. Cut a few vents holes in each. Brush all crusts with milk and sprinkle each with ½ teaspoon sugar. Bake pies at 400° for 10 minutes. Reduce heat to 350°; bake for 30-35 minutes or until golden brown. Cool on racks for 20 minutes before serving. Makes 3 mini pies (2 servings each). Preparation: 20 minutes.

Jeanette Pelikan

APPLE NUT CRUMB PIE

5 to 7 Granny Smith apples,
peeled, cored & halved
1 (9-inch) unbaked pie shell
½ c. sugar
1 tsp. cinnamon

½ c. sugar
¾ c. flour
½ c. butter or margarine, cut into
3 pieces
½ c. chopped walnuts or pecans

Use food processor. Insert shredding disk. Grate nuts using very firm pressure. Remove nuts and set aside ¼ cup. Sprinkle remaining ¼ cup nuts over the bottom of the pie shell. Insert slicing disk and wedge apples in feed tube vertically. Slice with firm pressure. Place in large bowl. Combine cinnamon and sugar and toss with apples. Mound in pie shell. Insert steel blade. Place butter on blades. Sprinkle flour and sugar over butter and turn on/off several times until crumbly. Sprinkle nuts over mixture and whirl until combined. Sprinkle topping over apples. Bake at 400° for 40 to 45 minutes. Cool on rack.

Colleen Schmidt

B'S APPLE CROSTATA

<i>1 refrigerated Pillsbury pie crust</i>	<i>¼ tsp. salt</i>
<i>1½ lbs. McIntosh apples</i>	<i>¼ tsp. cinnamon</i>
<i>¼ tsp. grated orange zest</i>	<i>⅛ tsp. ground allspice</i>
<i>¼ c. all-purpose flour</i>	<i>4 T. cold unsalted butter, cubed</i>
<i>¼ c. sugar</i>	

Roll pie crust out onto a baking sheet lined with parchment paper. Peel, core and quarter the apples. Cut each quarter into 3 chunks. Toss the chunks with the orange zest. Cover the tart dough with apple chunks, leaving a ½-inch border. Combine the flour, sugar, salt, cinnamon and allspice in a food processor fitted with a steel blade. Add the butter and pulse until the mixture is chunky or crumbly. Pour into a bowl and rub with your fingers until it starts to hold together. Sprinkle evenly on the apples. Gently fold the border over the apples, pleating it to make a circle. Bake the crostata for 20-25 minutes or until crust is golden and apples tender. Let the tart cool for 5 minutes, then use 2 large spatulas to transfer it to a wire rack. May add raisins to apples if you would like.

Lee Perry

*P*EACH PIE

<i>1 (9-inch) pie crust, unbaked</i>	<i>¾ to 1 c. granulated sugar</i>
<i>⅓ c. melted butter</i>	<i>1 (28-oz.) can half cut Bing</i>
<i>1 egg or 2 egg yolks</i>	<i>peaches, drained, or fresh</i>
<i>2 T. flour</i>	<i>peaches</i>

Preheat oven to 400°. Place peaches in unbaked pie shell. Mix until smooth melted butter, egg, flour and sugar and pour over peaches. Place pastry pie top over fruit and crimp edges to seal. Bake for 15 minutes at 400° then reduce the heat to 300° and bake it about 50 minutes longer. Serve hot or, if cold, garnish with whipped cream

Barb Murphy

SPICED PEACHES

- | | |
|------------------------------------|---------------------|
| 2 (29-oz.) cans cling peach halves | 4 cinnamon sticks |
| $\frac{2}{3}$ c. sugar | 2 tsp. whole cloves |
| $\frac{2}{3}$ c. cider vinegar | |

Drain and save peach syrup. Place in a saucepan peach syrup, sugar, cider vinegar, cinnamon sticks and cloves. Bring to a boil and cook for 5 minutes. Put in peaches and simmer for 5 minutes. Cool. Chill at least 1 or 2 days.

Liz Dwyer

MERLOT POACHED PEARS WITH VANILLA YOGURT

- | | |
|--|---------------------------------------|
| 1 (750-ml) bottle Merlot | $\frac{1}{2}$ c. honey |
| 2 c. pomegranate juice | 8 Anjou or Bosc pears, peeled & cored |
| 2 cinnamon sticks | 2 c. nonfat vanilla yogurt |
| 1 star anise | $\frac{1}{2}$ tsp. cinnamon |
| 2 cardamon pods | |
| 1 (3-inch) piece orange peel | |
| 1 vanilla bean, split in half lengthwise | |

In a large pot, combine wine, pomegranate juice, cinnamon sticks, anise, cardamon pods, orange peel, vanilla bean and honey. Bring to a boil, then reduce heat and simmer 20 minutes. Add pears, standing them upright in the pot. Cover and simmer 20 to 25 minutes until fruit is tender. Allow to cool in liquid. When cool, remove pears with a slotted spoon and place on a platter. Cover and refrigerate at least 5 hours. Meanwhile, strain wine mixture into a bowl and discard solids. Return wine liquid to pot and boil over high heat until reduced to just over 1 cup, 20 to 30 minutes. Cool and refrigerate. To serve, pour wine syrup over pears. Combine yogurt and cinnamon; drizzle on top of each pear. Best served cold.

Nancy Smith

*R*USSIAN CRANBERRY PUDDING

3 c. cranberries

$\frac{3}{4}$ c. sugar

3 T. cornstarch

Heavy cream

Put cranberries in large pot with 2 cups water and simmer until the berries pop open. Allow to cool slightly and then put through a food mill or fine sieve to remove the coarse fibrous matter and seeds. Return mixture to pot, add sugar and continue to cook and stir over medium heat for 5 minutes. Remove from heat; add cornstarch that has been mixed with 3 tablespoons water then return pot to heat and boil for 1 minute. Pour into 4-6 custard cups and chill, covered, thoroughly. Pour some cream over the tops before serving.

Carole Smillie

*M*OLASSES-SPICE COOKIES

2 c. flour

1 c. sugar

$\frac{3}{4}$ c. vegetable oil

1 egg

1 tsp. baking soda

1 tsp. baking powder

$\frac{1}{4}$ c. molasses

$\frac{1}{2}$ tsp. salt

1 tsp. ground cloves

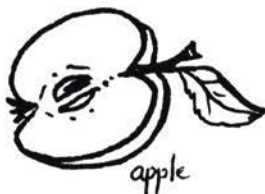
1 tsp. cinnamon

1 tsp. ground ginger

Extra sugar to roll cookies in

Preheat oven to 350°. Mix flour, sugar, oil, egg, baking soda and powdered, molasses, salt, cloves, cinnamon and ginger together. Form into walnut-sized balls. Put sugar in a small bowl and roll cookie in sugar to coat. Bake on cookie sheet for 8 to 10 minutes until done.

Karen Jolley-Gates



Recipe Favorites



Winter

Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

Winter

MULLED WINE

4 orange slices	½ c. sugar
8 lemon slices	¼ c. water
8 whole cloves	1 bottle red table wine
3 cinnamon sticks	½ c. brandy (opt.)
Pinch of nutmeg	

Place orange and lemon slices, cloves, cinnamon sticks, nutmeg, sugar and water in a saucepan and bring to a simmer. Stir until sugar is dissolved. Add wine and heat almost to a simmer. Stir in brandy if desired. Serve warm. Wine can be kept warm on stove or in crockpot. Servings 8.

Karen Jolley-Gates

BEAUTIFUL BACON

1 lb. bacon	½ c. brown sugar
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Cut bacon in half, put on jelly-roll pan and cook at 400° for 10 minutes. Drain grease. Dip bacon in brown sugar; get sugar on both sides. Put on rack in pan or put on brown paper bag; return to oven for 10 minutes. Drain bacon on another brown paper bag. Cool.

Mary Lou Fischer

HOT SAUSAGE BALLS

1 lb. frozen hot & sagey sausage	3 c. Bisquick
1 lb. sharp cheddar, grated	

Thaw sausage. With hands mix sausage, cheese and Bisquick. Form small balls, about 1-inch diameter. Place balls on a cookie sheet and freeze. When frozen, can store in a Ziploc. **To serve:** Bake on parchment paper at 400° for 15 minutes. Makes about 80 balls.

Gail Kender

SPINACH CHEESE PUFFS

1 pkg. phyllo dough

3½ sticks melted butter

Filling:

2 lbs. ricotta cheese

½ c. Parmesan cheese

1 lb. shredded mozzarella cheese

1 (10-oz.) pkg. frozen spinach,
thawed & drained

Take phyllo out of refrigerator 3-4 hours before working with it. Thaw spinach and squeeze all water out until becomes very dry. Mix all filling ingredients. Brush each sheet of Phyllo with melted butter and use about 1½ teaspoons of filling for each sheet and fold it like the flag or any shape you like. Make sure you brush it with butter. Bake for 15-20 minutes until golden brown about 35 minutes. **Tip:** You split the sheet to halves for small triangles.

Faten Mahran

CHEESE APPETIZERS

1 (8-oz.) pkg. cream cheese,
softened

¼ c. packed dark brown sugar

1 T. grated onion

1 tsp. Worcestershire sauce

1 tsp. minced garlic

½ tsp. prepared mustard

¼ c. butter, cubed

1 c. finely chopped pecans, toasted

In a small bowl, combine the cream cheese, onion and garlic. Shape into a 6-inch disc and place on a serving plate. In a small saucepan, combine butter, brown sugar, Worcestershire sauce and mustard. Stir and cook over medium heat until sugar is dissolved (4-5 minutes). Remove from heat and stir in pecans. Cool slightly. Spoon over cheese disc. Serve with crackers.

Sharon Tittle

Sausage Rounds

1 lb. hamburger meat (round or chuck)

1 lb. sausage in a tube (mild or hot)

1 lb. Velveeta cheese

Red pepper (depends on how you like it)

1 pkg. rye cocktail bread

Paprika

Sometimes I add a can of green chili peppers. Preheat oven to broil. Brown hamburger and sausage meats separately. Drain the meats and combine, then cube Velveeta and let it melt in frying pan on low heat. Mix until blended. Spread on rye bread and sprinkle paprika over the top. Broil until it bubbles.

Barb Murphy

Fruit Nut Spread

1 (8-oz.) pkg. cream cheese,
softened

$\frac{1}{4}$ c. orange juice

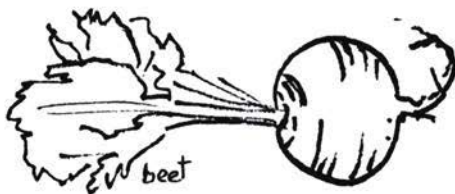
$\frac{1}{2}$ c. dried cranberries

$\frac{1}{2}$ c. chopped pecans

Assorted crackers

Beat cream cheese and orange juice until smooth. Fold in cranberries and pecans. Cover and refrigerate at least 30 minutes. Yield: $1\frac{1}{2}$ cups. Serve with crackers.

Susan D'Arecca



*P*INEAPPLE APPETIZERS AND SALSA

1½ c. pineapple, chopped

1 T. chopped cilantro

1 T. fresh lime juice

Sharp cheese

Ham slices

Corn bread

Raisin bread

Burritos

1 T. sugar

1 tsp. minced fresh ginger

Fresh black pepper to taste

Pumpernickel bread

Cream cheese

Bacon

Stir pineapple, cilantro, lime juice, sugar, ginger and pepper together, cover and chill until ready to serve. Will keep in the refrigerator for up to two days. This salsa is a great topping for simply prepared fish and grilled poultry. Makes 1½ cups. Melt a sharp cheese on thin pineapple slices or ham slices atop cornbread. Serve thinly sliced fresh pineapple on raisin bread or pumpernickel spread with cream cheese. Use pineapple salsa with burritos. Cut the pineapple with the skin attached into fourths. Cut the fruit into pie-shaped wedges and re-insert into the boat. Let the guests remove the wedges with toothpicks. Wrap pineapple spears with bacon and broil under a moderate heat.

Liz Dwyer

*E*ASY DELICIOUS PIZZA

1 Pillsbury frozen pie crust

2 T. Dijon mustard

*1 c. Gruyere or Swiss cheese,
grated*

*1 c. thinly sliced cherry tomatoes
or sm. tomatoes*

*2 tsp. fresh basil, chopped (dried,
ok)*

Put waxed paper in tart pan. Defrost frozen pie crust; roll out to thin layer; place into tart pan. Bake at 400° for 10 minutes. Sprinkle with cheese and small tomatoes and basil. Bake at 350°-375° for 20 minutes or cheese to melt. Cut into small pieces and serve hot.

Kay Cross

*S*HRIMP & SCALLOP COQUILLE

10 med. shrimp, uncooked,
peeled & deveined
4 lg. sea scallops
1 c. mayonnaise
½ c. chopped green pepper

¼ c. chopped onion
1½ c. finely chopped celery
½ tsp. Worcestershire sauce
2 c. crushed potato chips
6 baking shells

Cut shrimp and scallops into bite-sized pieces and add chopped green pepper, onion, celery, Worcestershire sauce and 1 cup of mayonnaise. Fill 6 individual baking shells with mixture and then sprinkle crushed potato chips on top of each shell. Bake at 400° for 15 minutes.

Joan Daley

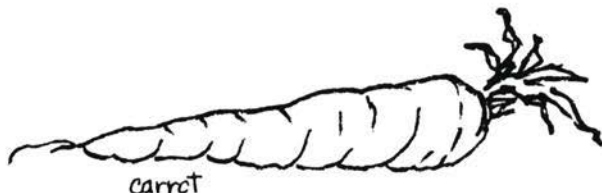
*V*EGETARIAN LENTIL SOUP

1 lb. lentils, rinsed & picked over
2½ qt. water
1 c. barley
½ c. olive oil
1 lg. onion, chopped
2 lg. ribs celery with leaves,
chopped

1 lg. carrot, diced
1 lg. potato, diced fine
2 T. minced parsley
1 (1-lb.) can tomatoes, cut up
3 tsp. kosher salt
½ tsp. pepper

Place all ingredients in 6-quart pot. Bring to boil; reduce heat; simmer 1 hour or until lentils and barley are tender, stirring occasionally. Add more water if too thick. Makes 4 quarts. Freeze leftover for another meal.

Alice Cowell



ITALIAN SAUSAGE SOUP

<i>1 lb. sweet Italian sausage</i>	<i>1½ c. dry red wine</i>
<i>2 hot sausages</i>	<i>½ tsp. dried basil</i>
<i>2 cloves garlic, minced</i>	<i>½ tsp. dried oregano</i>
<i>2 lg. onions, chopped</i>	<i>3 T. chopped parsley</i>
<i>1 lg. green, 1 red & 1 yellow pepper</i>	<i>2 med. zucchini, chopped</i>
<i>1 lg. (28-oz.) can tomatoes</i>	<i>8 oz. med. shells</i>
<i>42 oz. beef broth</i>	<i>Salt & pepper to taste</i>
	<i>Parmesan cheese</i>

Remove casings from sausage and crumble into a large kettle. Brown lightly, remove meat and drain grease. Sauté garlic, onion and peppers until soft. Add sausage, tomatoes with juice, broth, wine and basil. Cover and simmer for 30 minutes. Add oregano, parsley, zucchini, shells, salt and pepper. Simmer for 15 minutes. Serve with cheese.

Carolynn Pulliam

MEATBALL SOUP

<i>1½ lbs. ground beef</i>	<i>1 (1-lb. 12-oz.) can tomatoes</i>
<i>1 egg, slightly beaten</i>	<i>1 env. onion soup mix</i>
<i>½ c. bread crumbs (1 slice bread)</i>	<i>2 c. carrots (4-5)</i>
<i>¼ tsp. salt</i>	<i>¼ c. celery tops, chopped</i>
<i>1 T. parsley</i>	<i>¼ c. chopped parsley</i>
<i>2 c. water</i>	<i>¼ tsp. dried oregano</i>
<i>1 can beef broth</i>	<i>½ tsp. dried basil</i>
<i>2 T. butter</i>	<i>1 bay leaf</i>

Mix together ground beef, egg, bread crumbs, salt and parsley. Form into 24 balls. Sauté in 2 tablespoons butter. Remove from pan and set aside. Drain fat. Combine water, broth, tomatoes, onion soup mix, carrots, celery tops, parsley, oregano, basil and bay leaf in large saucepan and bring to a boil. Reduce and simmer 30 minutes. Stir occasionally. Add meatballs and simmer 20 minutes longer.

Nancy Wallace

*T*URNIP, CARROT & SPLIT PEA SOUP

<i>¾ c. dried split peas</i>	<i>2 c. vegetable stock</i>
<i>2 T. olive oil or butter</i>	<i>2 bay leaves</i>
<i>1 onion, chopped</i>	<i>Salt & pepper to taste</i>
<i>1 c. carrots, chopped</i>	<i>Splash of vinegar</i>
<i>Turnip greens, cleaned & chopped</i>	
<i>(opt.)</i>	

Wash peas and soak overnight in cold water or in hot water for one hour. Drain them and set aside. Heat oil or butter in saucepan and sauté the onion until light brown. Add carrots and turnip and continue cooking 5 minutes. Add peas, bay leaf and vegetable stock and stir well. Cover the pan, bring to boil and simmer 1 -1½ hours until peas are really tender. Stir occasionally and add water if necessary. Season to taste. Stir in turnip greens 1-2 minutes before removing from heat. Serve with a splash of vinegar.

Margot Partridge

*V*EGETARIAN SPLIT PEA SOUP

<i>1 (16-oz.) pkg. green split peas</i>	<i>1 lg. onion, chopped</i>
<i>6 c. water or chicken stock</i>	<i>1 tsp. dried thyme</i>
<i>2 med. stalks celery, trimmed & chopped</i>	<i>1 tsp. oregano</i>
<i>2 lg. carrots, scraped & sliced</i>	<i>1 bay leaf, crumbled</i>
	<i>Black pepper & salt to taste</i>

Rinse and drain split peas. In a large pot, add peas, water (or chicken stock) and cook on medium heat. Bring to boil, stirring often. Reduce heat, cover and cook for approximately 1 to 1½ hours or until peas are very tender. Add celery, carrots, onion, thyme, oregano and bay leaf. Simmer on reduced heat for an additional hour until heated through. Mixture should be thick, but if too thick, add more water as desired. Serve with croutons.

Richard Pelikan

SPINACH SALAD

1 (10-oz.) pkg. fresh spinach	2 T. canola oil
3 hard boiled eggs, chopped	2 T. vinegar
6 slices bacon, cooked & torn in pieces	2 T. sugar

Combine spinach, chopped eggs and bacon in a salad bowl. Combine oil, vinegar and sugar in a jar with a tight-fitting lid. Shake to combine. Drizzle over salad. Serves 4.

Linda Winter

BROCCOLI SALAD

¼ c. sugar	1 med. red onion, sliced thin
1 tsp. salt	½ c. raisins (reconstitute in microwave with little water)
¼ c. wine vinegar	½ c. peanuts or more to taste
¼ c. salad oil	½ lb. crispy bacon, crumbled or chopped
1 tsp. dry mustard	
1 tsp. poppy seed	
1 bunch broccoli, peeled & chopped	

Heat wine vinegar with salt and sugar to dissolve. Then mix in salad oil, mustard and poppy seed to make the dressing. Mix broccoli, onion, raisins, peanuts and bacon together. Pour on dressing and chill for at least 2 hours.

Barbara Mullin

ORZO SALAD

½ box orzo pasta	3 oz. sm. capers
1 c. pecans or walnuts, chopped	¾ c. currants
1 c. parsley, chopped	½ c. olive oil
1 red pepper, diced	Lemon

Dressing: Combine ½ cup extra virgin olive oil with juice and zest of one lemon. Cook pasta according to package directions; rinse in cold water. Mix pasta with remaining ingredients and add 1-2 tablespoons of olive oil to keep pasta from sticking together. This salad can be made the day before without the dressing. Add dressing just before serving. Serves 8 (6 cups).

Mary Engelhart

CELERY AND PEA SALAD

½ pkg. frozen peas
2-3 chopped celery stalks
2 hard-boiled egg whites

2-3 T. mayonnaise
1-2 tsp. curry powder
Salt & pepper to taste

Cook peas in microwave; cool. Mix everything together.

Clare Minick

TORTELLINI SALAD

16-oz. bag frozen cheese tortellini
8-oz. can med. pitted black olives,
drained
8-oz. jar green olives with
pimento centers, drained
8-oz. jar marinated artichoke
hearts in oil (do not drain)

8-oz. jar marinated button
mushrooms (do not drain)
1 stick pepperoni, cubed about the
size of the tortellini (opt.)
2 c. cubed Swiss cheese (you can
also use the packaged cubes of
mixed cheeses)

These can be prepared ahead and refrigerated in a Ziploc bag until ready to use.

1 bottle good olive oil Italian
dressing (do NOT use dressing
with red wine vinegar or
balsamic vinegar; it will color
the pasta)

Bring a large pot of salted water to a boil with a few drops of oil. Add tortellini and cover for about a minute until water begins to boil again. Stir gently to prevent sticking. As soon as tortellini rise to the top, drain in a large colander to cool. Tortellini should be al dente when drained since they will continue cooking as they cool. Toss occasionally to prevent sticking. While pasta cooks, mix the following wet ingredients in a large bowl: olives, artichoke hearts, mushrooms. These can be mixed ahead and refrigerated in a bowl or Ziploc bag until ready to use. In a large bowl add tortellini and wet ingredients and stir gently to mix. Slowly add Italian dressing. Allow dressing to be absorbed and add more slowly until the pasta salad is moist but not soggy. The tortellini will absorb a lot of dressing as it cools; this provides the flavoring. Refrigerate until ready to serve. Mix in cheese and pepperoni just prior to serving. Served best at room temperature. Recipe given is for one bowl and can easily be multiplied to make larger servings for a crowd.

Danielle Walsh

*G*ARBANZO AND OLIVE VINAIGRETTE

1 T. olive oil
1 tsp. white wine vinegar
1 tsp. Dijon mustard
1 (16- to 19-oz.) can garbanzos,
rinsed & drained

3-oz. jar pimento-stuffed olives
(about ½ c.), drained & sliced
1 T. minced fresh parsley
Freshly ground black pepper

In a bowl whisk together oil, vinegar and mustard. Add the garbanzos, olives, parsley, pepper and salt to taste. Toss to combine. Serves 2.

Liz Dwyer

*B*LACK BEAN GRILLED WRAP

¼ to ⅓ c. black beans (canned),
drained & mashed
1 T. salsa
6 slices (thinly sliced) cheddar
cheese

2-3 thin red onion slices
1 (8- to 10-inch) flour wrap

Place half thinly sliced cheddar cheese on one-half of wrap. Top with beans, salsa and onion. Add second half of cheese. Don't overstuff. Fold wrap over. Grill on both sides until cheese melts. **Alternative:** Use cooked chicken instead of beans.

Clare Minick



VEGETABLE CHILI

- | | |
|---|---|
| 2 garlic cloves, minced | 2 T. chili powder |
| 1 green pepper, chopped | 1 tsp. ground cumin |
| ½ lb. mushrooms, sliced | 2 (15-oz.) cans red kidney beans,
drained & rinsed |
| ½ c. chopped onion | 1½ c. diced zucchini |
| 2 T. vegetable oil | 1 (10-oz.) pkg. frozen corn |
| 1 (28-oz.) can crushed tomatoes
with purée | Shredded cheddar cheese |
| 1 (15-oz.) can tomato sauce | Sour cream |

Cook the garlic, pepper, mushrooms and onions in oil for 5 minutes or until tender. Add the tomatoes, tomato sauce, chili powder and cumin. Heat to a boil. Reduce heat to low. Add the beans, zucchini and corn. Simmer 15 minutes or until the vegetables are tender. Top with shredded cheddar cheese or sour cream. Serves 8.

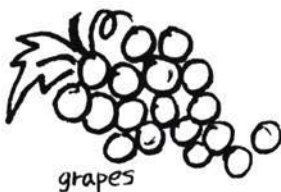
Linda Winter

WHITE CHICKEN CHILI

- | | |
|---|---|
| 1 (16-oz.) jar salsa | 1 (8-oz.) block Pepper Jack cheese,
grated |
| 3 (15½-oz.) cans cannellini beans,
undrained | 2 cloves garlic, minced |
| 5 c. shredded cooked chicken | 2 tsp. ground cumin |

Combine all ingredients in Dutch oven and heat thoroughly over medium low heat until bubbly. Stir occasionally to combine and keep from sticking.

Susan Dinan



*S*PICY CHICKEN CHILI

- | | |
|--|--|
| 2 T. olive oil | 2 T. chopped jalapeño pepper & juice from pepper jar |
| 1 sm. sweet or Spanish onion, chopped | 1 (14-oz.) can chopped crushed tomatoes |
| 2 cloves minced garlic | 2½ c. chicken broth |
| 1 lb. boneless skinless chicken thighs, sliced across grain, very thin | 1 (15-oz.) can drained, rinsed pinto beans |
| 2 tsp. chili powder | 1 (15-oz.) can drained, rinsed black beans |
| 1 T. ground cumin | ½ tsp. black pepper |
| 2 tsp. dried oregano | |
| 1 tsp. salt | |

Cook onion and garlic in olive oil over moderate heat until softened, about two minutes. Increase heat to moderate and add chicken, stirring strips about two minutes until they are no longer pink. Stir in the chili powder, cumin, oregano, salt, jalapeño peppers and juice, tomatoes and their juice and 1 ¾ cups of chicken broth. Reserve remaining broth. Bring to a boil, reduce heat, cover and simmer 15 minutes. Uncover saucepan. Stir in beans and black pepper. Simmer until chili is thickened, about one hour. If mixture is too thick, add some of remaining broth.

Helen Pasterczyk

*T*URKEY CHILI

- | | |
|-----------------------|---|
| 1 T. olive oil | 1 lb. ground turkey |
| 1 med. onion, chopped | 1 (28-oz.) can crushed tomatoes |
| 3 T. chili powder | 2 (15-oz.) cans white beans, kidney beans or navy beans, rinsed & drained |
| 1 tsp. dried oregano | |
| 1 tsp. ground cumin | |

Heat olive oil over medium heat in Dutch oven or large sauce pot. Add onion; cook until tender, about 3-5 minutes. Stir in chili powder, oregano and cumin. Increase heat to medium high and add ground turkey. Cook and stir until ground turkey meat is no longer pink. Add crushed tomatoes, beans and reduce heat. Cook until heated through without cover for approximately 30 minutes, stirring occasionally.

Richard Pelikan

*B*BLACK BEAN CHILI

- | | |
|----------------------------------|----------------------------------|
| 1 lg. chopped onion | 1½ tsp. cumin powder |
| ½ clove garlic, chopped | Cayenne pepper to taste |
| 1 lb. ground beef or turkey | ½ tsp. salt |
| 2 (16-oz.) cans tomato sauce | Pepper to taste |
| 2 (16-oz.) cans chopped tomatoes | 1½ tsp. chili powder |
| 2 (16-oz.) cans black beans | Garnishes: sour cream, chopped |
| 1 (16-oz.) can kidney beans | red onion, grated cheddar cheese |

In large skillet, brown onions, garlic and meat. Drain fat away. In large pot simmer tomato sauce and chopped tomatoes. Drain black beans and kidney beans and add to the pot. Add meat, onions and garlic. Simmer for 30 minutes. Add spices. Simmer 20 minutes more. Serve with tortilla chips and garnishes as desired.

Karen Jolley-Gates

*M*MEXICAN CHICKEN CASSEROLE

- | | |
|----------------------------------|----------------------------|
| 1 (3½- to 4-lb.) chicken, cut up | 2½ c. canned tomatoes |
| ½ c. flour | 1 pkg. frozen corn, thawed |
| 2¼ tsp. salt | 2 cloves garlic, crushed |
| 6 T. butter | 3 T. vinegar |
| 1½ c. chopped onion | 1 T. chili powder |
| ½ c. chopped green pepper | 1 tsp. tarragon |

Place the flour, salt and pepper in a paper bag. Add the chicken, piece by piece, shaking until each piece is lightly coated. Sauté the chicken in 4 tablespoons butter, turning frequently, until golden. As each piece is browned, remove from pan, drain and arrange in bottom of a casserole. Sauté onion and green pepper in same skillet, adding 2 more tablespoons butter if needed. Add the tomatoes, corn, garlic, vinegar, chili power, tarragon and 1½ teaspoons salt. Pour this mixture over the chicken and bake covered in a moderate slow oven (325°) until tender, about an hour. This may be made ahead, refrigerated and reheated. Serves 4 to 6.

Liz Dwyer

LEMON CHICKEN

8 pieces boneless chicken breast
2 eggs, beaten
1 c. seasoned bread crumbs
¼ c. Parmesan cheese
1 c. sliced mushrooms, dredge in
flour

1 can chicken broth
½ c. lemon juice
⅓ of 1 stick melted butter

Preheat oven to 350°. Combine bread crumbs and Parmesan cheese. Dip chicken in egg, then coat with bread crumbs and Parmesan. Fry chicken in vegetable oil to brown. Then place chicken in Pyrex baking pan. Place mushrooms over chicken. Combine chicken broth, lemon juice and melted butter in a bowl and mix well. Pour over chicken. Marinate/soak overnight, then bake, covered, at least 30 minutes, then uncover and bake another 10 minutes or until done.

Susan D'Arecca

CHICKEN CURRY

2- to 3-lb. chicken, cut up
1-lb. can peach halves or slices
Half of the peach syrup from the
can
½ tsp. (or more to taste) curry
powder

1 T. chopped onion
1 T. vinegar
3 T. butter

Preheat oven to 350°. Mix together syrup, butter, curry powder, onion and vinegar. Pour over chicken. Add water to half cover chicken. Bake about 1 hour in a 15 x 8-inch pan in a 350° oven, adding peaches only last 10 minutes. Serves 4.

Jane Gross



CRUNCHY ALMOND CHICKEN

<i>6 chicken breasts on the bone</i>	<i>1 tsp. paprika</i>
<i>1 clove garlic</i>	<i>¼ tsp. cumin</i>
<i>1 slice gingerroot or ½ tsp. powdered ginger</i>	<i>¼ tsp. pepper</i>
<i>1 tsp. salt</i>	<i>⅓ c. butter, melted</i>
	<i>1 c. almonds</i>

Remove skin from chicken breasts. Place almonds, garlic, ginger, salt, pepper, paprika and cumin in blender and blend until finely ground. Dip chicken in butter and then coat with almond mixture. Place in an ungreased baking pan and cook at 375° for 55-60 minutes. Makes 6 servings.

Carole Smillie

PARMESAN CHICKEN WITH BUTTER TRICK

<i>2 whole chicken breasts</i>	<i>1 T. dried parsley or 3 T. finely chopped fresh</i>
<i>1 tsp. oil</i>	<i>2-4 T. coarsely grated Parmesan cheese</i>
<i>1-1½ c. bread crumbs</i>	<i>1-2 tsp. butter</i>
<i>½ c. milk</i>	
<i>½ tsp. paprika</i>	
<i>1 tsp. seasoned salt</i>	

Heat oven to 425°. Thinly coat baking dish with oil. Cut chicken across lengthwise to create a thinner filet. Mix herbs into bread crumbs. Dip each filet in milk and then in bread crumbs. Place in pan; sprinkle seasoned salt and Parmesan cheese on top of each piece. Bake 35-45 minutes. Before serving, add 1-2 teaspoons butter around chicken in the hot pan. Makes 4 servings.

Clare Minick



*F*INNISH BAKED FISH

<i>2 lbs. cod fillets</i>	<i>5 slices bread, cut into tiny cubes</i>
<i>3 T. lemon juice</i>	<i>½ c. butter or olive oil</i>
<i>1 tsp. salt</i>	<i>½ tsp. ground sage</i>
<i>⅛ tsp. pepper</i>	<i>½ tsp. ground thyme</i>
<i>2 carrots, grated</i>	<i>3 T. bread crumbs</i>
<i>1 stalk celery, finely chopped</i>	<i>2 T. parsley</i>
<i>1 onion, chopped</i>	<i>½ tsp. paprika</i>

Cut fish into serving size pieces and arrange in ungreased baking dish (12 x 8 x 2 inches or square 8 x 8 x 2 inches). Sprinkle with lemon juice. Mix carrots, celery, onion, bread cubes, butter, salt, pepper, sage and thyme. Spread evenly over fish. Mix bread crumbs, parsley and paprika and sprinkle over the top. Bake at 350° for about 35 minutes. Makes 6 servings.

Carole Smillie

*M*IDDLE EASTERN STYLE MEATBALLS

<i>½ c. mashed canned chickpeas</i>	<i>1 tsp. salt</i>
<i>1 lb. ground turkey</i>	<i>1 tsp. ground coriander</i>
<i>1 finely chopped sm. onion</i>	<i>1 tsp. ground cumin</i>
<i>2 minced garlic cloves</i>	<i>½ tsp. ground black pepper</i>
<i>½ c. chopped cilantro</i>	<i>¼ tsp. cayenne pepper</i>
<i>¼ c. chopped parsley</i>	<i>2-4 T. olive oil</i>

Tahini Sauce:

<i>½ c. tahini (ground sesame seed)</i>	<i>Juice of ½ lemon</i>
<i>½ c. canned, drained chickpeas</i>	<i>1 tsp. salt</i>
<i>½ c. water</i>	<i>Cayenne pepper to taste</i>
<i>2 minced garlic cloves</i>	

To make sauce, blend in food processor.

Meatballs: Mix everything together; shape in balls or patties. Sauté in olive oil 6-7 minutes. Serve with tahini sauce in pitas.

Clare Minick

ITALIAN POT ROAST

2 T. olive oil

1 (3½-lb.) bottom round beef roast

Salt & freshly ground pepper to taste

1 lg. onion, chopped

1 med. carrot, cut into ½-inch dice

1 med. celery rib, cut into ½-inch dice

2 garlic cloves

¾ c. dry red wine, such as Zinfandel or Shiraz

1 (28-oz.) can tomatoes in thick purée, chopped

1 tsp. dried oregano

1 tsp. dried basil

Heat the oil in a Dutch oven over medium-high heat. Season the roast with salt and pepper. Add to the pot and cook, turning occasionally, until the roast has been browned on all sides, about 8 minutes. Transfer the roast to a plate. If necessary, heat more oil in the pot. Add the onion, carrot and celery and cook, stirring often, until the vegetables soften, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the wine and bring to a boil. Add the tomatoes and their purée, the oregano and the basil. Return the roast to the pot and bring the sauce to a boil. Reduce the heat to low and cover the pot. Simmer, occasionally turning the roast in the sauce, until the meat is fork-tender, about 2 hours. Transfer the meat to a platter. Remove the pot from the heat and let stand for 5 minutes. Skim off any fat that rises to the surface of the sauce. Carve the meat and pour the sauce over it. Serve hot. Serves six.

Karen Jolley-Gates



*B*EEF BOURGUIGNONNE

Beef Mixture:

2½ lbs. beef round, cubed	½ c. Burgundy wine
3 T. butter	¼ c. water
3 tsp. tomato paste	1 tsp. sugar
1 tsp. Maggi seasoning	¼ c. dry sherry
4 tsp. flour	Pepper to taste
2 c. beef broth	Bay leaf

Mushroom & onion mixture:

6 oz. mushrooms	4 tsp. butter
16-oz. bag sm. frozen onions	1 tsp. lemon juice

Brown beef cubes in Dutch oven in 3 tablespoons butter and remove to a bowl. Add the remaining beef mixture ingredients except bay leaf to the Dutch oven. Heat until boiling. Add beef and juices from the bowl plus bay leaf. Cover and cook at 325° for three hours. Melt 2 teaspoons butter in a pan and sauté mushrooms for two minutes. Sprinkle with lemon juice. Melt 2 teaspoons butter and lightly brown the onions. Add mushrooms and onions to meat mixture. Cook another ½ hour at 325°. Remove bay leaf. Serves 6.

Elizabeth C. Hanscom

*L*AST MINUTE LASAGNA

1 (24- to 26-oz.) jar marinara sauce	2 c. shredded mozzarella (8 oz.)
2 (20-oz.) pkgs. refrigerated lg. cheese ravioli	½ c. grated Parmesan (2 oz.)
1 (10-oz.) box frozen chopped spinach, thawed & squeezed of excess liquid	

Preheat oven to 375°. Spoon a thin layer of sauce into the bottom of a 9 x 13-inch baking dish. On top of the sauce, layer a third of the ravioli, half the spinach, half the mozzarella and a third of the sauce; repeat. Top with the remaining third of the ravioli and sauce. Sprinkle with the Parmesan. Cover with foil and bake for 30 minutes. Uncover and bake until bubbling, 5 to 10 minutes. Serves 6.

Susan D'Arecca

Osso BUCO

4 lbs. veal shanks in 1½-inch
slices

¼ c. flour

Salt & pepper

2 T. olive oil

2 T. butter

2 onions, chopped

1 carrot, chopped

½ bottle dry white wine

1 (14.5-oz.) can tomatoes, chopped

2 garlic cloves, chopped

Grated zest of 2 oranges

1 c. or more veal stock

Heat oven to 350°. Salt and pepper veal, then dredge in flour. Heat oil and butter in a large skillet. Add half the veal and brown each side for 2-3 minutes over high heat. Remove and repeat with second batch. Put aside. Lower the heat to medium, add the onion and carrot and sauté 5-7 minutes until golden. Pour in the wine and boil until reduced by half, stirring to dissolve pan juices. Stir in tomatoes, garlic, orange zest, veal stock, salt and pepper. Immerse the veal in the sauce with the liquid coming at least halfway up the sides. Cover and bring to boil. Braise the shanks in the oven 1½-2 hours until very tender and falling from the bone. Turn occasionally and add more stock if needed. Adjust seasoning at end of cooking. May be made a day ahead and reheated.

Gremolata for Osso Buco:

3 or 4 garlic cloves, peeled

Bunch of flat-leaf parsley

Grated zest of 2 lemons

Chop the garlic and parsley leaves together and combine with grated lemons. Serve as garnish for Osso Buco or other stews or pass separately at the table.

Beth Siano



melon

OLD-TIME BEEF STEW

- | | |
|-----------------------------|---------------------------|
| 2 lbs. stew beef | 1 tsp. sugar |
| 2 T. vegetable oil | ½ tsp. pepper |
| 2 c. water | ½ tsp. paprika |
| 1 tsp. Worcestershire sauce | Dash of ground allspice |
| 1 clove garlic, peeled | 3 lg. carrots, sliced |
| 2 bay leaves | 4 red potatoes, quartered |
| 1 med. onion, sliced | 3 ribs celery, chopped |
| 1 tsp. salt | 2 T. cornstarch |

Brown meat in hot oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika and allspice. Cover and simmer 1½ hours. Remove bay leaves and garlic clove. Add carrots, potatoes and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. Using a separate bowl, combine ¼ cup water and cornstarch until smooth. Mix with hot liquid and return mixture to pot. Stir and cook until bubbly.

Karen Jolley-Gates

FANTASTIC STEW

- | | |
|--|-----------------------|
| 3 lbs. beef cubes | 3 T. tapioca (Minute) |
| 6 med. potatoes | 18 tiny onions, fresh |
| 8 carrots, peeled & cut into ½-inch pieces | 4 stalks celery |
| 24-oz. can V8 juice | 1 c. cut green beans |

Preheat oven to 325°. Combine all ingredients into large covered casserole. Bake at 325° for 3½ hours.

Letty Hudak



*B*EEF MADDIE

(Goulash)

2 lbs. chuck, cubed
3 T. oil
1 lg. onion (cut up)
1 tsp. salt
1 c. catsup

3 c. water
1 T. paprika
¼ tsp. pepper
2 T. vinegar
12 gingersnaps or more

Brown meat in oil; add onions. Mix catsup, water, vinegar and seasonings and pour over meat. Simmer. Mix snaps with enough cold water to make a stiff paste and stir into goulash. Cook until thickened. Serve over egg noodles.

Liz Dwyer

*R*ED FLANNEL HASH

1½ c. chopped cooked or canned
corned beef
2 c. chopped boiled potatoes
1 c. finely chopped canned beets

1 T. chopped onion
⅓ c. milk
2 T. butter or margarine
Salt & pepper to taste

Melt butter or margarine in 9-inch skillet. Mix beef, potatoes, beets, onion and milk and spread in hot (pan) skillet. Cook very slowly until browned on bottom at least half an hour. Stir and scrape along bottom to check. Fold like an omelet and turn onto a hot platter. Garnish liberally with ketchup. Makes modest 4 servings, 2 large.

Jane Gross



*D*AD'S OLD FASHIONED MEATLOAF

Tomato Relish:

<i>Extra virgin olive oil</i>	<i>¼ c. chopped parsley, flat leaf</i>
<i>1 sweet onion, chopped</i>	<i>12 oz. ketchup</i>
<i>2 bay leaves</i>	<i>1 T. Worcestershire sauce</i>
<i>2 red bell peppers, diced</i>	<i>Sea salt & ground pepper to taste</i>
<i>2 tomatoes, seeded & diced</i>	

Meatloaf:

<i>3 slices white bread ground in food processor</i>	<i>2 eggs</i>
<i>¼ c. whole milk</i>	<i>¼ tsp. thyme</i>
<i>1½ lbs. meat (beef, veal & pork combo)</i>	<i>Salt & ground pepper to taste</i>
	<i>3-4 slices bacon</i>

Preheat oven to 350°. Coat skillet with olive oil and place over flame. Sauté onion and bay leaf. Add red pepper and sauté until soft. Stir in parsley, salt, pepper, Worcestershire sauce and ketchup. Simmer 5 minutes. Set aside. Beat eggs. Add bread, milk, meat, thyme, salt and pepper. Mix thoroughly. Add 1½ cups relish and mix thoroughly. Spray shallow baking dish and form loaf. Mixture will be soft. Place bacon strips on top and cover with remaining relish. Bake 1 to 1½ hours until done. This makes a very large loaf so if you want to divide in half and freeze one loaf; it works great.

Adafi Levin



MEATLOAF

3 slices white bread, crust removed

1 c. milk

1 lb. ground beef

½ lb. ground pork

½ lb. ground veal

1 c. finely chopped onion

3 lg. eggs, lightly beaten

1 tsp. kosher or sea salt

1 T. dried sage

2 tsp. dried thyme

2 tsp. dried rosemary

1 tsp. ground nutmeg

½ c. ketchup

3 bacon strips, uncooked

Preheat oven to 350°. Place bread in small bowl. Pour milk over bread and let the bread soak up as much liquid as it will hold. In a large bowl, combine beef, pork and veal. Add bread, milk left in the bowl, onion, eggs, salt, herbs, nutmeg and ketchup. Mix thoroughly. Line a baking dish (with sides) with aluminum foil. Mold the meat into a loaf form, about 9 inches long. Lay bacon strips lengthwise on top. Bake 1 hour. Let rest 20 minutes before slicing. Serves nine.

Karen Jolley-Gates

ITALIAN PASTA MARINARA SAUCE

1 lg. onion, chopped

2 cloves garlic, chopped

2 T. olive oil

1 (6-oz.) can tomato paste

¼ c. red wine

3 (28-oz.) cans crushed tomatoes

1 tsp. sugar

1 tsp. crushed red pepper

3 tsp. Italian seasoning (thyme, basil, oregano)

1 bay leaf, crumbled

1 tsp. black pepper

In a large pot, sauté onions and garlic in olive oil on medium heat until onions are clear, approximately 3-5 minutes. Reduce heat and stir in tomato paste and wine and continue to heat for 5 minutes being careful not to burn tomato paste. Add crushed tomatoes, stir and bring to a boil. Add sugar, crushed red pepper, Italian seasoning, crumbled bay leaf and black pepper and stir. Cover pot and simmer on low flame for 2 hours stirring occasionally. **For thicker sauce:** Remove cover for last half hour. Taste while simmering and adjust spices as desired.

Richard Pelikan

SUSAN'S PUTTENESCA SAUCE

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|---|---|
| <i>1 T. olive oil</i> | <i>1/3 c. capers</i> |
| <i>1 med. onion, chopped</i> | <i>2 (28-oz.) cans crushed tomatoes</i> |
| <i>8 cloves garlic, minced</i> | <i>1 (28-oz.) can diced tomatoes</i> |
| <i>1-1 1/2 lbs. green & kalamata olives, lg. chop</i> | <i>1 bay leaf</i> |

Heat olive oil in a large saucepan over medium heat. Add the garlic and onion and cook until transparent. Add the tomatoes, olives, capers and bay leaf. Stir well. Reduce heat to medium low, cover and let simmer for at least 2 hours. Stir occasionally.

Lee Perry

RIGATONI WITH CAULIFLOWER, SAFFRON & RAISINS

- | | |
|-----------------------------------|---|
| <i>1/2 c. golden raisins</i> | <i>1 med. head cauliflower, rinsed & cut into florets</i> |
| <i>4 cloves garlic, minced</i> | <i>Salt & freshly ground black pepper</i> |
| <i>3 T. olive oil</i> | <i>1 lb. dried rigatoni</i> |
| <i>1/2 tsp. red pepper flakes</i> | <i>Fresh basil leaves for garnish</i> |
| <i>7 anchovy fillets, minced</i> | <i>1/2 c. pine nuts, lightly toasted</i> |
| <i>3 T. capers</i> | |
| <i>2 pinches saffron</i> | |
| <i>1 c. chicken stock</i> | |

Cover raisins with warm water in bowl. Cook garlic and oil in skillet until garlic begins to brown. Add pepper flakes, anchovies, capers, saffron and stock. Stir; cook 2-3 minutes. Stir in cauliflower and raisins; season with salt and pepper. Cook, covered, 10-12 minutes until cauliflower is tender. Uncover; let liquid reduce slightly over high heat 1-2 minutes. Cook rigatoni in salted boiling water until just tender. Drain; toss into cauliflower mixture. Before serving, tear basil leaves, and toss into pasta along with pine nuts.

Carolynn Pulliam

*B*ABY CARROTS WITH BROWN SUGAR AND MUSTARD

1 lb. *baby carrots*
3 T. *butter*

2½ T. *light brown sugar*
1 T. *grainy Dijon mustard*

Blanch peeled carrots until crisp-tender, about 6 minutes. Melt butter in a skillet over medium heat. Stir in brown sugar and mustard to make a smooth sauce. Add carrots and toss to coat thoroughly. Cook until warmed through, about 1 minute. Serve warm.

Linda Parker

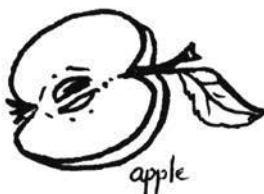
*R*OASTED CAULIFLOWER

1 head *cauliflower*
2-3 cloves *garlic, minced*
Lemon juice from 1 lemon
Olive oil

Kosher salt
Freshly ground pepper
Parmesan cheese

Preheat oven to 400°. Cut cauliflower into florets and place in a single layer in an ovenproof baking dish. Put garlic into the lemon juice and drizzle over the cauliflower. Also drizzle the olive oil over the cauliflower. Sprinkle with salt and pepper. Place dish in oven, uncovered, for 25-30 minutes or until lightly brown. Test with a fork for desired doneness. remove from oven and sprinkle with cheese. Serve immediately.

Carolynn Pulliam



*R*OASTED WINTER VEGETABLES

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|---|--|
| <i>1 lb. carrots, peeled</i> | <i>3 T. good olive oil</i> |
| <i>1 lb. parsnips, peeled</i> | <i>1½ tsp. kosher salt</i> |
| <i>1 lg. sweet potato, peeled</i> | <i>½ tsp. freshly ground black pepper</i> |
| <i>1 sm. butternut squash (about 2 lbs.), peeled & seeded</i> | <i>2 T. fresh flat-leaf parsley, chopped</i> |

Preheat oven to 425°. Cut carrots, parsnips, sweet potato and butternut squash in 1- to 1¼-inch cubes. All vegetables will shrink while baking, so don't cut them too small. Place all cut vegetables in a single layer on two sheet pans. Drizzle them with olive oil, salt and pepper. Toss well. Bake 25-35 minutes until all vegetables are tender, turning once with metal spatula. Sprinkle with parsley. Season to taste. Serve hot. Serves 8.

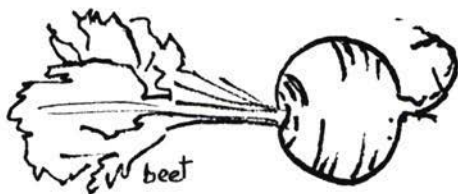
Janet Gardner

*R*OASTED BRUSSELS SPROUTS WITH GARLIC

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|--|-----------------------------------|
| <i>1 pt. Brussels sprouts (about 1 lb.)</i> | <i>5 cloves garlic</i> |
| <i>4 to 6 T. extra virgin olive oil, to coat bottom of pan</i> | <i>Salt & pepper to taste</i> |
| | <i>1 T. balsamic vinegar</i> |

Heat oven to 450°. Trim bottom of Brussels sprouts and slice each in half top to bottom. Heat oil in cast-iron pan over medium high heat until it shimmers; put sprouts, cut side down, in one layer in pan. Put in garlic and sprinkle with salt and pepper. Cook undisturbed until sprouts begin to brown on bottom and transfer to oven. Cook, shaking pan occasionally until sprouts are quite brown and tender, about ½ hour. Taste and add more salt and pepper if necessary. Stir in balsamic vinegar and serve hot or warm.

Susan Dinan



CAULIFLOWER CASSEROLE SUPERB

Head of cauliflower
2 T. butter
2 T. flour
1 tsp. salt
1/8 tsp. pepper
1 1/2 c. milk

2 chopped hard-cooked eggs
1/2 c. thinly sliced green onion
2 T. butter
Bread crumbs
2 T. grated cheese

Wash cauliflower and separate into flowerets. Cook in boiling salted water until just tender. Remove from heat, drain and place flowerets in a greased casserole (1 1/2 quarts). In a saucepan melt 2 tablespoons butter. Stir in 2 tablespoons flour, 1 teaspoon salt, 1/8 teaspoon pepper and gradually blend in 1 1/2 cups milk, stirring smooth. Cook, stirring until sauce is thickened and smooth. Add 2 chopped hard-cooked eggs and thinly sliced 1/2 cup green onions. Mix well and pour over cauliflower in the casserole. Melt 2 tablespoons butter and stir in soft bread crumbs. Scatter these over cauliflower. Sprinkle on 2 tablespoons of grated cheese. Bake 30 minutes in 375° oven.

Joan Kylish

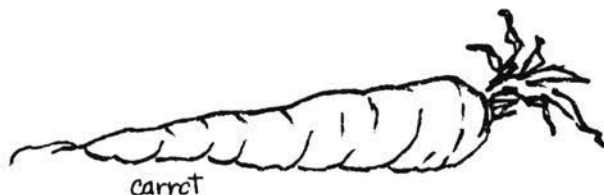
CREAM SPINACH

2 (10-oz.) pkgs. frozen chopped spinach (defrosted)
2 c. sour cream

1/2 pkg. onion soup mix
1/2 c. grated buttered bread crumbs
1/2 c. grated Parmesan cheese

Preheat oven to 350°. Drain uncooked spinach. Combine with sour cream and soup mix. Top with buttered crumbs and cheese. Place in casserole and bake at 350° for 20 minutes.

Liz Dwyer



CHICKPEA-GREEN PEPPER CURRY

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|--|---|
| 1 T. curry powder | $\frac{1}{2}$ tsp. salt |
| 1 T. minced garlic | $\frac{1}{4}$ c. chopped fresh coriander or |
| 1 green pepper, chopped | parsley |
| 2 T. oil | |
| 1 (14 to 16-oz.) can drained chickpeas | |

Sauté green pepper in oil 3-4 minutes; add curry powder and garlic; sauté 1 minute. Add chickpeas and salt; cook until heated. Garnish with coriander.

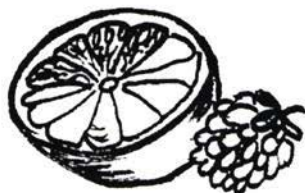
Clare Minick

KASHA VARNITCHKES

- | | |
|-----------------------------|----------------------------|
| 2½ c. fine buckwheat groats | $\frac{1}{4}$ tsp. paprika |
| 1 egg, slightly beaten | 2 c. boiling water |
| 1 sm. onion, finely diced | 2 T. butter or margarine |
| $\frac{1}{4}$ tsp. salt | 1 lb. bow ties, cooked |

Preheat oven to 350°. Combine groats, beaten egg, onion, salt and paprika in baking dish. Add boiling water and margarine. Stir well. Cover and bake in a 350° oven for 20 minutes or until tender. Toss with cooked bow ties. Makes 8 servings.

Letty Hudak



*M*ACARONI AND CHEESE WITH CAULIFLOWER

12 oz. *multigrain elbow macaroni*
1 head *cauliflower, roughly*
chopped
4 slices *multigrain bread, torn*
 $\frac{1}{2}$ c. *fresh flat-leaf parsley,*
chopped
3 T. *olive oil*

Kosher salt & black pepper
1 onion, *finely chopped*
 $1\frac{1}{2}$ c. *grated extra sharp Cheddar*
(6 oz.)
 $1\frac{1}{2}$ c. *reduced-fat sour cream*
 $\frac{1}{2}$ c. *1% milk*
1 T. *Dijon mustard*

Heat oven to 400°. Cook the pasta according to the package directions, adding the cauliflower during the last 3 minutes of cooking time; drain. Meanwhile, pulse the bread in a food processor until coarse crumbs form. Add the parsley, 2 tablespoons of the oil and $\frac{1}{4}$ teaspoon each salt and pepper and pulse to combine; set aside. Return the pasta pot to medium heat and add the remaining tablespoon of oil. Add the onion, $\frac{3}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper and cook, stirring occasionally, just until soft, 5 to 7 minutes. Mix in the pasta, cauliflower, cheese, sour cream, milk and mustard. Transfer to a shallow 3-quart baking dish, sprinkle with the bread crumbs and bake until golden brown, 12 to 15 minutes.

Susan D'Arecca

*S*CALLOPED TOMATOES

3 T. *olive oil*
2 c. ($\frac{1}{2}$ -inch sliced) *bread from a*
French boule, crusts removed
16 *plum tomatoes, cut $\frac{1}{2}$ -inch dice*
1 T. *minced garlic*
2 T. *sugar*

2 tsp. *kosher salt*
1 tsp. *black pepper*
 $\frac{1}{2}$ c. *julienned basil*
1 c. *freshly grated Parmesan*
cheese

Preheat oven to 350°. Heat 3 tablespoons olive oil in 12-inch sauté pan over medium heat. Add the bread cubes and stir to coat with the oil. Cook over medium to medium high heat for 5 minutes, stirring often, until the cubes are evenly browned. Meanwhile, combine the tomatoes, garlic, sugar, salt and pepper in large bowl. When the bread cubes are done, add the tomato mixture and continue to cook, stirring often, for 5 minutes. Off the heat, stir in the basil. Pour tomato mixture into shallow baking dish. Sprinkle with Parmesan cheese and drizzle with 2 tablespoons olive oil. Bake 35 to 40 minutes until top is browned and tomatoes are bubbly. Serve hot or warm.

Colleen Schmidt

WHOLE WHEAT AND MOLASSES BREAD

1⅔ c. buttermilk

2½ c. whole wheat flour

½ c. cornmeal

1 tsp. salt

1 tsp. baking soda

½ c. molasses

Heat oven to 325°. With oil or butter, grease an 8 x 4-inch or 9 x 5-inch loaf pan, preferably nonstick. Mix together dry ingredients. Stir molasses into buttermilk. Stir this liquid into dry ingredients just enough to combine. Pour into loaf pan. Bake until firm; test with a toothpick, about 45 minutes to an hour. Cool on a wire rack for 15 minutes and then remove from pan. Makes 1 loaf.

Pamela Kolb

IRISH SODA BREAD

4 c. flour

3 T. sugar

1 T. baking powder

1 tsp. salt

1 tsp. baking soda

6 T. butter

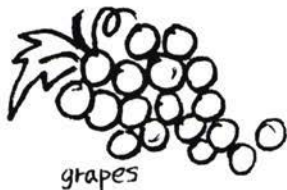
2 eggs, beaten (reserve 1 T. egg)

1½ c. buttermilk

1½ c. dark raisins

Preheat oven to 350°. Grease a round 1½-quart casserole. Mix flour, sugar, baking powder, salt and baking soda. Cut in butter. Add raisins, then eggs and buttermilk. Turn dough onto a well-floured surface; with well-floured hands, knead about 10 strokes to mix thoroughly. Shape into a ball and place into the round casserole. In the center of the ball cut a 4-inch cross about ¼ inch deep. Brush dough with the reserved egg. Bake 1 hour and 20 minutes or until a toothpick inserted in the center comes out clean.

Linda Winter



*D*ATE NUT BREAD - AUNT ANN

1 c. seeded chopped dates
1 c. boiling water
1 c. sugar
2 T. butter, at room temp.
2 eggs

1½ c. flour, sifted
1½ tsp. baking soda
¼ tsp. salt
¾ c. chopped walnuts

Preheat oven to 325°. Place dates in boiling water and let stand while mixing remaining ingredients. Cream butter and sugar until smooth. Add the eggs and beat until light. Add flour which has been sifted with the baking soda and salt. Add dates mixture; mix well (alternating). Add walnuts. Place in a loaf pan which has been lined with wax paper. Bake at 325° for 1 hour. (After 40 minutes, check to make certain it's not overdone.)

Barb Murphy

*G*RANBERRY BREAD

2 c. sifted flour
1 c. sugar
1½ tsp. baking powder
½ tsp. baking soda
1 tsp. salt
½ c. fresh cranberry juice

Grate rind of 1 orange
2 T. vegetable oil & enough
boiling water to measure 1 c.
1 egg, well beaten
1 c. raw cranberries, each berry
cut in half

Preheat oven to 350°. Sift together flour, sugar, baking powder, baking soda and salt. In another bowl, combine orange juice and rind, oil, water and egg; blend well. Stir liquid into dry ingredients blending only until flour mixture is dampened. Fold in cranberries. Pour into greased pan. Spread batter into corners leaving center slightly hollowed. Let batter stand in pan 20 minutes before baking. Bake 1 hour or until tester comes out clean.

Liz Dwyer

*B*ANANA-COFFEE CAKE MUFFINS

<i>2½ c. flour</i>	<i>1½ c. mashed ripe bananas (3)</i>
<i>1 tsp. baking powder</i>	<i>1 c. butter, softened</i>
<i>½ tsp. baking soda</i>	<i>1¼ c. granulated sugar</i>
<i>½ tsp. salt</i>	<i>1 egg</i>
<i>1 T. instant coffee powder</i>	<i>1 c. semisweet chocolate chips</i>
<i>1 T. hot water</i>	

Preheat oven to 400°. Grease 24 muffin cups. In a large bowl stir together flour, baking powder, baking soda and salt. In a separate bowl combine coffee and water. Stir into mashed bananas. Reserve. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. Mix in banana mixture. Stir in flour mixture. Fold in chocolate chips. Divide batter evenly into prepared muffin cups. Bake for 25 to 30 minutes. Remove from pan and cool on a wire rack. Makes 12 large, 24 regular.

Linda Parker

*C*HOCOLATE CAKE

<i>2 oz. unsweetened chocolate</i>	<i>½ c. milk</i>
<i>½ c. milk</i>	<i>1 tsp. baking soda dissolved in the milk</i>
<i>1 egg</i>	<i>1½ c. flour, sifted</i>
<i>2 T. butter</i>	<i>1 tsp. vanilla</i>
<i>1 c. sugar</i>	

Preheat oven to 375°. Grease two 8-inch pans. Heat the chocolate, ½ cup milk and egg over low heat, stirring until chocolate is melted and comes to the consistency of mustard. Cool. Add butter and sugar as it is cooling. Dissolve baking soda in milk; add to chocolate mixture alternately with flour. Add vanilla. Bake in greased 8-inch pans at 375° for 15 to 20 minutes. Cool. Frost with chocolate icing.

Chocolate Frosting:

<i>3 T. butter</i>	<i>1 lb. confectioners' sugar</i>
<i>4 oz. unsweetened chocolate</i>	<i>1 tsp. vanilla</i>
<i>½ c. less 1 T. milk</i>	

Melt chocolate and butter over low heat. Remove from heat. In bowl of electric mixer, combine milk, sugar and vanilla. Add chocolate mixture and mix at high speed until glossy. Frost cake.

Karen Jolley-Gates

CHEESE CAKE

1 lb. cream cheese
1 lb. cottage cheese
1½ c. sugar
4 eggs, beaten light
2 T. lemon juice

1 tsp. vanilla
3 T. cornstarch
3 T. flour
¼ lb. butter, melted
1 pt. sour cream

Preheat oven to 325°. Cream cream cheese until light. Sieve cottage cheese. Add to cream cheese. Beat in sugar gradually. Add eggs, lemon juice and vanilla. Mix flour and cornstarch. Gradually beat into cheese mixture. Add butter and sour cream. Mix well. Pour into greased 9-inch springform pan. Bake at 325° for 1 hour or until set in middle. Turn oven off. Leave cake in for 2 more hours. Remove from oven and allow to come to room temperature. Chill thoroughly. Serves 10-12.

Margaret Sailer

TRES LECHES CAKE

½ c. sugar
5 lg. eggs
1 tsp. vanilla, divided
1½ c. flour
1½ tsp. baking powder
1 c. milk

1 (14-oz.) can sweetened
condensed milk
1 (12-oz.) can evaporated milk
1½ c. whipping cream
¼ c. powdered sugar

Preheat oven to 350°. Grease and flour a 13 x 9-inch pan. Beat butter and sugar at medium speed with an electric mixer until fluffy. Mix in eggs and ½ teaspoon vanilla. Combine flour and baking powder; add gradually to butter mixture stirring to blend. Pour batter into prepared dish and bake at 350° for 30 minutes or until pick inserted in center comes out clean. Pierce with a fork all over. Combine the 3 milks and pour on top of cake. Cool to room temperature. Cover and refrigerate until well chilled, at least 4 hours or overnight. Beat whipped cream, powdered sugar and remaining vanilla until thick. Spread over cake and serve.

Linda Parker

*F*RUIT COCKTAIL CAKE

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|------------------------------|--|
| <i>1 stick margarine</i> | <i>½ tsp. salt</i> |
| <i>1 c. sugar</i> | <i>1 tsp. vanilla</i> |
| <i>2 eggs</i> | <i>1 lg. can fruit cocktail, drained of liquid</i> |
| <i>1 c. sour cream</i> | <i>½ c. sugar & cinnamon mixture</i> |
| <i>2 c. unsifted flour</i> | <i>1 (9 x 9-inch) pan, greased</i> |
| <i>1½ tsp. baking powder</i> | |
| <i>1 tsp. baking soda</i> | |

Preheat oven to 350°. Blend margarine and 1 cup sugar. Add eggs and sour cream. Add flour, baking powder, baking soda, salt and vanilla to make a thick butter. Spread half of the batter in the greased 9 x 9-inch square pan. Spread the fruit cocktail fruit on top of the batter. Pour on remaining batter. Sprinkle with cinnamon and sugar. Bake for 40 minutes or until done.

Irene Greenstein

*J*AM CAKE

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|-------------------------------|---|
| <i>1 c. butter</i> | <i>½ tsp. ground cloves</i> |
| <i>2 c. sugar</i> | <i>½ tsp. ginger or allspice</i> |
| <i>4 lg. eggs</i> | <i>1 c. buttermilk</i> |
| <i>3 c. sifted cake flour</i> | <i>1 tsp. vanilla</i> |
| <i>1 tsp. baking soda</i> | <i>1 c. jam (raspberry or blackberry)</i> |
| <i>2 tsp. cinnamon</i> | <i>½ c. powdered sugar</i> |
| <i>1 tsp. nutmeg</i> | |

Preheat the oven to 300°. Butter and flour a 10-inch tube pan or bundt pan. Cream the butter and sugar until light and fluffy. Beat in the eggs one at a time, beating until blended. Sift the flour, baking soda, cinnamon, nutmeg, cloves and ginger together. Stir the vanilla into the jam. Add the dry ingredients to the creamed mixture alternately with the buttermilk. Fold the jam into the batter quickly but carefully. Bake at 300° for 15 minutes. Then raise the heat to 350° and bake for 45-50 minutes. Cool in the pan for 10 minutes before turning out onto a rack. Sift powdered sugar over the cake while it is still warm.

Linda Parker

CIDER SPICE CAKE

2½ c. flour
1 tsp. baking soda
2 tsp. ground cloves
2 tsp. cinnamon
1 tsp. nutmeg

1 tsp. salt
½ c. margarine or butter
1½ c. sugar
1 egg
1 c. cider

Preheat the oven to 350°. Grease a 10-inch tube pan. Cream butter and add the sugar and egg. Beat well. Combine the flour, baking soda, cloves, cinnamon, nutmeg and salt. Add the flour mixture to the creamed mixture alternately with the cider. Pour into 10-inch tube pan. Bake at 350° for 50-55 minutes. Let cool 10 minutes then remove from pan. Sprinkle top with confectioners' sugar if desired. Cake freezes well.

Nancy Wallace

SPICY GINGERBREAD

2 eggs
¾ c. brown sugar
¾ c. dark molasses
¾ c. shortening or butter, melted
2½ c. flour
1 c. boiling water

2 tsp. baking soda
2 tsp. ginger
1½ tsp. cinnamon
½ tsp. cloves (ground)
½ tsp. nutmeg
½ tsp. baking powder

Preheat oven to 350°. Beat eggs, then add to sugar, molasses and melted shortening and beat well. Sift together flour, soda, powder, ginger, cinnamon, ground cloves and nutmeg. Add to melted shortening/molasses mixture; add boiling water and mix well. Bake in greased 8-inch pan for 30-40 minutes. Serves eight.

Karen Jolley-Gates



FUNNY CAKES

2 pastry crusts (9-inch pans)

Chocolate Filling:

$\frac{3}{4}$ c. boiling water
1 c. sugar

$\frac{1}{2}$ c. cocoa
1 tsp. vanilla

Cake filling:

$\frac{1}{2}$ c. butter, softened
1 $\frac{1}{2}$ c. sugar
2 eggs, room temp.

2 c. flour
2 tsp. baking powder
1 c. milk + 1 tsp. vanilla

Line 2 pie pans with pastry. Combine chocolate filling ingredients until sugar is dissolved. Divide syrup between the 2 pie pans. Cream butter and sugar until smooth; add eggs and blend well. Sift flour and baking powder. Add to butter/sugar/eggs alternating with milk and vanilla. Beat until smooth. Carefully divide and pour over chocolate syrup. Bake at 350° for 40-50 minutes or until centers are firm.

Joan Barna



CHOCOLATE MOUSSE PIE

Flaky Pie Crust:

2 c. *unsifted flour*
½ *tsp. salt*

¾ c. *Crisco (I substitute 2 T.
butter for 2 T. of the Crisco)*

Cut the shortening into the flour using a pastry blender or two knives. Add 4-5 tablespoons of ice water, depending on humidity of the air. Mix until all flour is moistened and form into a ball. Roll out the pastry to make the pie crust. Makes two crusts for 9-inch pies.

4 *lg. eggs, separated*
¾ c. *milk*
1 T. (1 *env.*) *gelatin*
½ c. *sugar*
¼ *tsp. salt*

2 *squares (2 oz.) bitter chocolate,
coarsely chopped*
½ c. *sugar*
2 c. *heavy cream*
3 *tsp. confectioners' sugar*

Preheat oven to 475° and bake one pie crust in 9-inch pie plate for 8-10 minutes. Check crusts while baking in case they start to slide down. Repair by pressing the slipping crust upwards with a tablespoon. **For the filling:** Separate eggs. Warm the whites in a small bowl over hot tap water. Put yolks into a medium bowl. Put milk, gelatin, sugar, salt and chocolate in pan and cook over medium heat. While cooking, beat egg yolks with a wire whisk. When gelatin mixture is pretty hot, pour into beaten egg yolks, whisking thoroughly. Turn back into saucepan and cook until mix comes to a boil, stirring constantly (I use a rubber spatula for this). Remove from heat and cool the outside of pot. Cool more by placing pot into a bowl of water and ice. Keep stirring regularly watching for the mixture to mound slightly. Meanwhile, beat the warm egg whites until frothy; gradually add ½ cup sugar and beat until very stiff. Fold in some of the mounded gelatin mixture into the egg whites, then fold the remainder of gelatin mix into the egg whites. While you are watching the gelatin and beating the egg whites, beat 1 cup (½ pint) heavy cream until stiff. Fold the egg white gelatin mix into the whipped cream. Mound the above mixture in prepared pie shell and cover with plastic wrap and chill. Beat 1 cup (½ pint) heavy cream with 3 teaspoons confectioners' sugar until stiff. Reserve enough whipped cream in decorating bag set with large star tip to make decorations on pie. Remove plastic wrap from partially chilled pie and spread whipped cream on top. Use spatula warmed in hot water and dried to make a smooth looking top. Make 8 or 10 decorative stars. Decorate with grated semi-sweet chocolate around edge of pie. Chill thoroughly. I sometimes make two baked pie crusts in advance to have on hand and keep them in plastic bags in the lower (unused) oven. Preparation time for filling and decorating is 1 to 1½ hours.

Barbara Mullin

COCONUT MAPLE PECAN BARS

- | | |
|---|------------------------------|
| <i>1 2/3 c. all-purpose flour</i> | <i>1/2 c. chopped pecans</i> |
| <i>1/2 c. brown sugar, packed</i> | <i>Pinch of salt</i> |
| <i>10 T. softened butter</i> | <i>3/4 c. maple syrup</i> |
| <i>1 1/3 c. flaked unsweetened coconut</i>
<i>(available at Indian or health</i>
<i>food store)</i> | |

Grease and flour 9-inch square baking pan. Heat oven to 350°. Combine the flour, brown sugar and butter. Stir until well blended. Mixture will be crumbly. Press that mixture into the pan. Bake for 15-28 minutes until lightly brown. Combine the coconut, pecans, salt and syrup in a saucepan. Cook, stirring, until the coconut has absorbed most of the syrup. Spread over the crust, return to the oven and bake for 10 minutes longer until coconut is browned. Cool slightly; cut into squares while still warm. Makes about 32 small bars.

Carolynn Pulliam

CRANBERRY PISTACHIO BISCOTTI

- | | |
|--------------------------------|---|
| <i>1/4 c. mild olive oil</i> | <i>1/4 tsp. salt</i> |
| <i>3/4 c. white sugar</i> | <i>1 tsp. baking powder</i> |
| <i>2 tsp. vanilla extract</i> | <i>1/2 c. dried cranberries</i> |
| <i>1/2 tsp. almond extract</i> | <i>1 c. pistachios (if salted, omit salt</i>
<i>above)</i> |
| <i>2 eggs</i> | |
| <i>1 1/4 c. flour</i> | |

Beat oil and sugar together; add vanilla and almond extracts and then the eggs. Mix flour, salt and baking powder together, then combine with egg mixture. Add cranberries and nuts. Divide dough in half and form into logs 12 x 2 inches on a parchment paper lined cookie sheet. (Dough is sticky, use cool water on hands while shaping.) Bake at 300° for 35 minutes. Cool for 10 minutes and lower oven to 275°. Cut logs diagonally into 3/4-inch slices. Lay on cookie sheet and bake 8-10 minutes on each side. Makes 3 dozen.

Carole Smillie

*O*RANGE-CHOCOLATE CHIP BARS

1/3 c. butter
2/3 c. dark brown sugar
3 eggs
1/2 c. milk
1/4 tsp. baking soda
1/2 tsp. salt

1 c. flour
1 1/4 c. oats
6 oz. chocolate chips
1/2 c. sugar
3 T. orange juice

Preheat oven to 375°. Grease and flour a 8-inch square baking pan. Combine butter, brown sugar and eggs. Add milk. Sift and stir baking soda, salt and flour into the mixture; mix well. Stir in oats and chocolate. Bake for 30 minutes. When done, combine sugar and orange juice in a small saucepan and bring to a boil. Add orange rind. Pour hot syrup over hot baked brownies and then cool.

Karen Jolley-Gates

*G*AROL LERCK'S CHOCOLATE CHERRY RING

2 c. flour
3/4 c. sugar
1 tsp. baking soda
1 tsp. cinnamon
1/8 tsp. salt
2 beaten eggs

1/2 c. cooking oil
2 tsp. vanilla
1 (21-oz.) can cherry pie filling
1 c. semisweet chocolate chips
1 c. chopped nuts

Preheat oven to 350°. Grease and flour a 10-inch tube pan. In a large bowl, stir together flour, sugar, baking soda, cinnamon and salt. In another bowl, combine eggs, oil and vanilla; add to flour mixture; mix well. Stir in cherry pie filling, chocolate pieces and nuts. Pour into tube pan. Bake 1 hour or until done. Cool in pan 15 minutes. Remove and completely cool. Sprinkle powdered sugar on top.

Susan D'Arecca



CINNAMON RAISIN BREAD PUDDING

16 slices cinnamon raisin bread	3 c. milk
1 stick butter, melted	1 c. heavy cream
4 whole eggs	1 T. vanilla extract
2 egg yolks	Confectioners' sugar
$\frac{3}{4}$ c. sugar	

Preheat oven to 350°. Brush both sides of bread with melted butter and arrange in rows in a buttered 9 x 12-inch baking dish. In a large bowl beat together the eggs and egg yolks. Whisk in the sugar, milk, cream and vanilla. Strain this mixture over the bread slices, making sure everything is evenly moistened. Place dish into another larger pan half filled with water. Bake it for 25 minutes. Remove from oven and let rest for 15 minutes. Sprinkle with confectioners' sugar.

Marie Castaldo

LAYERED BROWNIES

4 (1-oz.) unsweetened chocolate baking squares	4 lg. eggs, lightly beaten
1 c. butter	1 c. flour
2 c. sugar	1 c. chopped pecans, toasted

Preheat oven to 350°. Melt butter and chocolate in pan over low heat. Combine sugar and eggs in mixing bowl, stirring until blended. Add melted chocolate and butter. Stir in flour and pecans. Pour into a lightly greased aluminum foil-lined 13 x 9-inch pan. Bake at 350° for 20 to 23 minutes. Cool on wire rack for 1 hour.

Vanilla Cream Topping:

1 c. butter, melted	$\frac{1}{4}$ c. half-and-half
1 (16-oz.) box powdered sugar	2 tsp. vanilla

Stir together butter, sugar, half-and-half and vanilla until smooth. Spread on cooled brownies; chill for 45 minutes.

Brownie Glaze:

4 (1-oz.) semisweet chocolate baking squares	$\frac{1}{4}$ c. butter
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Melt the chocolate and butter in pan over low heat. Pour glaze over vanilla cream topping and spread evenly. Cut into squares for serving.

Linda Winter

RICE PUDDING

5 c. milk
¼ c. butter (½ stick)
½ c. raw rice
Pinch of salt
4 egg yolks

½ c. sugar
1 tsp. vanilla
Cinnamon
Raisins (½ c. opt.)

Melt butter over a low light. Then add milk, raw rice and salt. Cook gently for 1 hour and 10 minutes on top of stove, stirring occasionally. If adding raisins, do so after 50 minutes has passed. While this is cooking, beat 4 egg yolks (only) with ½ cup sugar and 1 teaspoon vanilla. Pour this into rice mixture, stirring constantly, until it coats the spoon or reaches whatever consistency you like. Pour into serving dish and sprinkle with cinnamon. Serve hot or cold.

Letty Hudak

WARM FRUITY RICE PUDDING

2 c. milk
1 (14-oz.) can fruit cocktail,
drained & liquid reserved
1 (4-serving size) pkg. Jello
vanilla flavor cook & serve
pudding & pie filling

½ tsp. ground ginger
1 c. instant white rice, uncooked

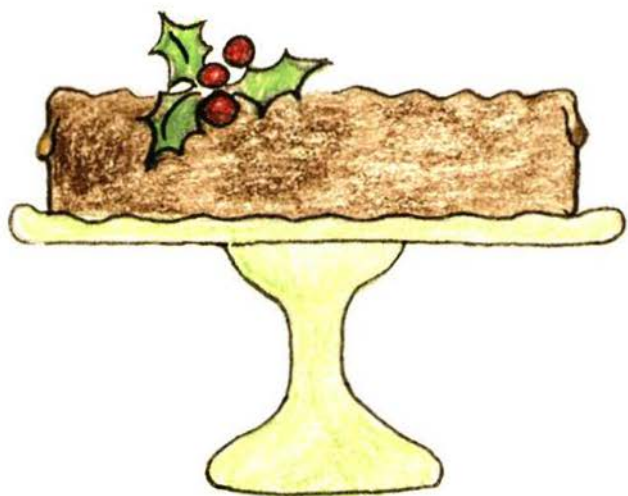
Mix milk, reserved fruit cocktail liquid, dry pudding mix, ginger and rice in medium saucepan until well blended. Bring to boil on medium heat; cook until thickened, stirring constantly. Remove from heat; stir in fruit. Let stand 15 minutes before serving.

Susan D'Arecca



melon

Recipe Favorites



Holiday

Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

Holiday



CHRISTMAS PUNCH

2 (6-oz.) cans limeade

2 qt. cold water

Lime slices

2 (6-oz.) cans lemonade

2 qt. chilled ginger ale

2 (6-oz.) cans orange juice

Ice

Mix fruit juices (frozen concentrate that is thawed) and water. Pour over ice in punch bowl. Add ginger ale. Garnish with lime slices. Makes 60 half-cup servings. Champagne may be substituted for the ginger ale.

Nancy Wallace

RUBY WINE PUNCH

$\frac{3}{4}$ c. water

$\frac{3}{4}$ c. sugar

6 inches stick cinnamon

1 tsp. whole cloves

Dash of salt

2 c. Burgundy, chilled

1 (1-qt.) bottle cranberry apple juice, chilled

In saucepan, combine water, sugar, cinnamon, cloves and salt; bring to boil. Reduce heat; simmer 10 minutes. Strain out spices and chill liquid. Combine chilled mixture with wine and cranberry-apple juice. Makes 12 to 14 servings.

Linda Parker

CRANBERRY CORDIAL

2 c. crushed cranberries

2 c. sugar

2 c. vodka

Combine cranberries, sugar and vodka. Store in a covered jar in a cool place for 3 weeks. Strain. Serve as an after dinner drink or fill decorative bottles and give as gifts.

Linda Parker

CAFE DIABLO

1 sm. orange

20 whole cloves

Peel of 1 orange, thinly sliced

Peel of 1 lemon, thinly sliced

Two (3-inch) cinnamon sticks

10 sm. sugar cubes

6 oz. brandy

4 c. hot strong coffee

2 oz. Cointreau

Silver punch bowl or other metal
punch bowl

Stud orange with cloves. In deep silver punch bowl place orange peel, lemon peel, cinnamon sticks and sugar cubes. Heat brandy but do not boil. Pour into the bowl. Bring the bowl on a tray to the table. Bring the orange and a flameproof ladle to the table. Dim the lights. Carefully ignite the brandy and ladle the liquid over the spices until the sugar melts. Pour the hot coffee into the bowl. Fill the ladle with the Cointreau. Set the orange in the ladle, ignite the Cointreau and lower the flaming ladle into the bowl, letting the orange float. Ladle the coffee into demitasse cups and serve.

Linda Parker

GUMIN & CAYENNE SPICED CASHEWS

1 egg white

1 T. water

1 lb. cashews

1/3 c. sugar

1 tsp. cumin

1 tsp. coarse salt

1/2 tsp. cayenne pepper

Preheat oven to 250°. In medium bowl, whip egg white and water until foamy. Add cashews, tossing to coat. Transfer nuts to a strainer and drain for 2 minutes. Wipe out bowl and add sugar, cumin, salt and pepper mixing to combine. Add cashews, tossing to coat. Put on a cookie sheet in a single layer and bake for 40 minutes. Stir with a spatula; reduce heat to 200° and bake another 30 minutes or until dry. Loosen nuts from cookie sheet and let cool.

Maryann Pietruszki

SHRIMP WITH DILL AND LEMON

*½ c. butter
2 lbs. raw shrimp, peeled &
deveined
Salt & pepper
6 shakes Tabasco sauce*

*1 T. chopped fresh dill or 2 tsp.
dried dill
Juice of 1 lemon
1 tsp. Worcestershire sauce*

In large skillet melt butter. Add shrimp and cook until shrimp are cooked through, about 3 minutes. Stir in salt and pepper, Tabasco sauce, chopped dill, lemon juice and Worcestershire sauce. Heat through. Serve on toothpicks.

Linda Parker

CHEDDAR CHEESE DIP

*8 oz. Wispride soft cheddar cheese
spread
8 oz. cream cheese
Garlic powder to taste (not garlic
salt)*

*Beer (enough to reach desired
consistency)
Pumpernickel or rye bread (whole
unsliced)*

Set out cheeses to soften. Mix well with a fork while slowly adding beer, enough to reach desired consistency. Blend to a smooth consistency, thick and creamy. Slowly sprinkle in garlic powder to taste and mix well. Refrigerate covered until ready to serve in the bread bowl. Hollow out the center of the bread. Take a sharp knife and cut a wide deep circle in the top of the bread being careful not to slice through the bottom. Remove the center and cube bread to use for dipping. Use the shell as a bowl. Surround bread with cut vegetables and bread cubes.

Darielle Walsh



*P*UFF PASTRY WRAPPED BRIE

1 sheet puff pastry, thawed 1 egg
1 (8-oz.) Brie cheese round

Preheat oven to 400°. Unfold pastry on floured surface. Place cheese in center. Fold pastry over cheese to cover. Trim excess pastry and press to seal. Reserve scraps for decoration, if desired. Beat egg with 1 tablespoon of water. Brush seam of pastry with egg mixture. Bake 25 minutes or until golden brown. Let stand 20 minutes. Serves six.

Susan D'Arecca

*P*EPPERONI PIZZA DIP

1-oz. pkg. cream cheese	½ c. pizza sauce
½ c. dairy sour cream	½ c. chopped pepperoni
1 tsp. dried oregano, crushed	¼ c. sliced green onion
⅛ tsp. garlic powder	¼ c. chopped green pepper
⅛ tsp. crushed red pepper	½ c. shredded mozzarella

Beat cream cheese, sour cream, oregano, garlic and pepper. Spread in a 9- to 10-inch pie plate. Spread over pizza sauce. Sprinkle with pepperoni, onions and peppers. Bake at 350° for 10 minutes. Top with mozzarella cheese. Bake 5 minutes more or until cheese is melted. Serve with crisp chips or crackers of choice.

Fran Brader

*H*UNTER'S CRAB DIP

1 (6-oz.) can crab or fresh crab	1 tsp. Dijon mustard
1 (8-oz.) pkg. cream cheese, softened	1 tsp. Worcestershire sauce
¼ c. mayonnaise	Paprika

Preheat oven to 350°. Combine all ingredients and pour into baking dish. Bake until bubbly (about 20 minutes). Sprinkle with paprika. Serve with chips or crackers.

Adah Levin

CRAB DIP

1 (8-oz.) pkg. cream cheese
4-oz. can crab meat (or substitute
baby shrimp)
 $\frac{1}{4}$ tsp. Lawry's seasoned salt or
Old Bay Seasoning

$\frac{1}{4}$ c. prepared cocktail sauce OR $\frac{1}{4}$
c. ketchup & 1 T. horseradish
Salt & pepper to taste

Soften the cream cheese. Press out all the water from the crab meat until it's almost dry. Add seasonings and cocktail sauce to cream cheese and mix well with a fork. When the cream cheese mixture is smooth and well blended, fold in the crab meat. Taste and adjust seasonings. Warm in the microwave or oven for a few minutes until hot throughout; stir to blend. Can be made ahead and refrigerated. Serve with crackers.

Darielle Walsfi

CURRY CHEESE BALL

8 oz. cream cheese
4 oz. grated cheddar cheese
2 tsp. curry powder (or less)

4 T. Grand Marnier or bourbon
Chutney

Whip two cheeses together. Add curry powder and Grand Marnier or bourbon. Blend together and form into a ball or oval on a serving dish. Refrigerate covered. Top with Raffeto Chut-Nut Chutney or your favorite chutney. Serve with crackers.

Mary Engelhart

SALAMI ROLL-UPS

$\frac{1}{2}$ lb. Hormel Genoa salami, sliced
quite thin

8 oz. softened cream cheese
1 tsp. horseradish

Lay slices out on work surface. Combine cream cheese with horseradish. Spread some on each salami. Roll up salami like cigarettes. Arrange attractively on plate and garnish.

Barbara Mullin

CHEESY ARTICHOKE SQUARES

- | | |
|--|--|
| 2 <i>tsp. butter</i> | $\frac{1}{4}$ <i>c. dry bread crumbs</i> |
| 2 (6-oz.) <i>jars marinated artichoke hearts</i> | $\frac{1}{4}$ <i>tsp. salt</i> |
| $\frac{1}{2}$ <i>med. onion, minced</i> | $\frac{1}{8}$ <i>tsp. oregano</i> |
| 1 <i>clove garlic</i> | $\frac{1}{8}$ <i>tsp. black pepper</i> |
| 4 <i>lg. eggs</i> | $\frac{1}{8}$ <i>tsp. Tabasco sauce</i> |
| | $\frac{1}{2}$ <i>lb. grated sharp Cheddar cheese</i> |

Preheat oven to 325°. Drain marinade from 1 jar of artichokes into small skillet. Sauté onions and garlic in marinade 5 minutes. Drain other jar of artichokes. Chop all of the artichokes finely. Beat eggs. Add bread crumbs with seasonings. Mix well and stir in cheese with rest of ingredients. Pour into buttered Pyrex square (8 inches) and bake 30 minutes at 325°. Let stand 15 minutes before cutting. Can be served warm or at room temperature. Use a 9 x 13-inch Pyrex when doubling recipe.

Letty Hudak

CHICKEN LIVER PÂTÉ

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|----------------------------------|------------------------------------|
| 5 <i>hard-boiled eggs</i> | $\frac{1}{2}$ <i>chopped onion</i> |
| 1 <i>lb. fresh chicken liver</i> | <i>Salt & pepper</i> |
| 6 to 7 <i>T. oleo</i> | 1 <i>grinder (very important)*</i> |
| 1 <i>sliced med. onion</i> | |

Sauté sliced onion in oleo for about 4 minutes in saucepan. Add one pound chicken liver. Cover; simmer for about 10 minutes or until done. Shut off and cool. Put contents (liver, onions and oleo) through meat grinder.* Add chopped onion (do not put chopped onion through grinder). Put 2 eggs also through grinder. Combine all ingredients. Season to taste. Makes 2 nice-sized dishes. Cover with sliced eggs for topping. The grinder makes all the difference for making smooth chicken liver pâté. Delicious!!!

Letty Hudak

*H*OT AND SOUR TURKEY SOUP

- | | |
|--|---|
| 8 c. turkey stock | 1 c. shredded cooked turkey |
| ¼ c. cornstarch | ¼ c. rice vinegar |
| 2 egg whites | 2 T. soy sauce |
| 2 c. thinly sliced bok choy or
Napa cabbage | 1 tsp. sesame oil |
| 12 snow peas, trimmed & halved
diagonally | 2 green onions, thinly sliced
diagonally |
| 2 lg. shiitake mushrooms, stems
trimmed & caps slices | |

Whisk ½ cup cold turkey stock and cornstarch in a small bowl until smooth. In another bowl, stir egg whites with a fork to blend. Bring remaining 7½ cups stock to a boil in a large Dutch oven. Gradually add cornstarch mixture and stir until mixture boils and thickens, about 2 minutes. Gradually stir in egg whites in a thin steady stream. Add bok choy, snow peas, mushrooms and turkey and simmer 2 minutes. Mix in vinegar, soy sauce and sesame oil. Season with salt and pepper. Ladle soup into bowls. Sprinkle with green onions and serve.

Linda Parker

*T*URKEY SOUP, PARMENTIER

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|--|--|
| 1 lg. onion, minced | 1½ c. each light cream & milk |
| 3 c. sliced raw potatoes | ⅛ tsp. each ground sage & thyme |
| 3 c. turkey broth | Salt & pepper |
| 1 (10-oz.) pkg. frozen peas &
carrots | 2 c. finely diced cooked turkey |
| 2 T. butter or margarine | Paprika, chopped parsley
(croutons) |

Cook onion and potatoes in broth for about 20 minutes; add peas and carrots and cook for 10 minutes longer. Add butter, liquids, herbs and salt and pepper to taste. Add turkey and heat. Serve with a sprinkling of paprika and parsley and with croutons. Makes about 2 quarts.

Kris Luka

*L*ARGE BATCH SWEET POTATO MINISTRONE WITH TURKEY SAUSAGE

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|--|---|
| <i>½ lb. smoked turkey sausage,
sliced (can use turkey sweet
Italian sausage or turkey frozen
breakfast links, vegetarian
breakfast links)</i> | <i>2 c. diced peeled sweet potatoes
1 tsp. dried oregano
½ tsp. ground pepper
½ tsp. salt</i> |
| <i>1 c. diced carrots</i> | <i>2 (14.5-oz.) cans whole tomatoes,
undrained & coarsely chopped</i> |
| <i>1 c. diced onions</i> | <i>1 (15-oz.) can white beans,
rinsed & drained</i> |
| <i>¾ c. thinly sliced celery</i> | |
| <i>8 c. chopped fresh spinach</i> | |
| <i>3 c. water or chicken broth or
vegetable stock</i> | |

Combine turkey sausage, onion, carrot and celery in a large saucepan or Dutch oven over medium high heat. Sauté 7 minutes or until the sausage is browned. Add water (or broth), potato, oregano, pepper, salt, canned tomatoes and beans. Bring to a boil, cover, reduce heat and simmer for 30 minutes or until the vegetables are tender. Stir in the spinach and cook 2-4 minutes.

Linda Parker

*G*RANBERRY MOLD

- | | |
|---------------------------------------|-------------------------------------|
| <i>2 sm. pkgs. raspberry Jello</i> | <i>2 sm. oranges, cut up</i> |
| <i>2 c. boiling water</i> | <i>2 cans whole cranberry sauce</i> |
| <i>1 c. cold water</i> | <i>½ c. chopped nuts</i> |
| <i>1 c. drained crushed pineapple</i> | |

Combine Jello and boiling water. Stir until dissolved. Add cold water. Stir in rest of ingredients. Pour into mold sprayed with non-stick spray. Refrigerate until set or overnight. Turn out mold onto platter lined with greens of your choice.

Fran Brader

WINTER ORANGE SALAD

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|---|-----------------------|
| 4 c. torn romaine lettuce | ¼ c. olive oil |
| 2 navel oranges, peeled & sectioned | 3 T. red wine vinegar |
| 1 sm. red onion, sliced into thin rings | 1 tsp. sugar |
| | ¼ tsp. salt |
| | ⅛ tsp. pepper |

Arrange the lettuce, oranges and onion on a serving platter. Combine the oil, vinegar, sugar, salt and pepper in a jar with a tight-fitting lid; shake well. Drizzle the dressing over the salad and serve immediately. Serves 4.

Linda Winter

ORANGE AND ONION SALAD

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|-----------------------|---|
| 6 lg. oranges | 1 c. imported black olives (nicoise, kalamata or Alfonso) |
| 3 T. red wine vinegar | ¼ c. fresh chives, snipped |
| 6 T. good olive oil | Freshly ground black pepper to taste |
| 1 tsp. dried oregano | |
| 1 med. purple onion | |

Peel onion and slice paper thin. Peel oranges and cut each into 5 crosswise slices. Arrange orange slices in a shallow serving dish. Combine vinegar, olive oil and oregano. Pour over oranges and toss to coat. Cover and refrigerate for 30 minutes. Remove from refrigerator. Toss again. Arrange onions and olives over orange slices and sprinkle with chives. Add freshly ground pepper to taste.

Linda Parker



*A*VOCADO-ORANGE SALAD

Salad:

4 med. oranges
2 lg. ripe avocados

2 green onions, including tops,
sliced

Cumin Dressing:

5 T. olive oil
1 T. red wine vinegar
1 T. orange juice

1 tsp. sugar
¼ tsp. ground cumin
1 sm. clove garlic

Dressing: Whisk together the ingredients in a small bowl. Cover and let stand for at least 1 hour or refrigerate for up to two days. Peel the oranges and trim away all the white membrane. Cut crosswise into ¼-inch slices. Pit and peel the avocados. Cut lengthwise into ½-inch wedges. Arrange the orange and avocado slices on a platter and pour the cumin dressing over them. Sprinkle the green onions over the salad and serve. Serves 4.

Liz Dwyer

*P*OACHED PEARS ON BABY SPINACH WITH WARM GOAT CHEESE

2 Bosc pears
1 pkg. baby spinach
1 (10-oz.) pkg. goat cheese
½ c. vegetable oil

¼ c. seasoned rice wine vinegar
Salt & pepper to taste
½ c. walnut halves
1 tsp. sugar

Peel pears. Poach in boiling water (to which you have added a teaspoon sugar) until tender but still firm. Remove and cool. Slice pears in half, then in thirds. Remove core centers. Wash and dry spinach greens; trim any stems. Arrange greens on salad plates. Place three sections of pear on greens in circle leaving space in middle. **For dressing:** Combine vegetable oil, vinegar, salt and pepper. Just before serving, slice goat cheese into four sections. Place on a plate and warm in microwave for 30 seconds. Place a goat cheese section in center of each plate. Sprinkle a few walnuts around and drizzle greens and pears with dressing. Serve immediately. Serves 4.

Mary Engelhart

FIESTA SALAD

Vinaigrette:

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|--|----------------|
| 1 sm. garlic clove | ½ tsp. sugar |
| ¼ c. fresh cilantro, washed & spun dry | ¼ tsp. salt |
| 1 T. fresh lime juice or to taste | ½ c. olive oil |

Salad:

- | | |
|---------------------------|--------------------------------|
| 14-oz. can hearts of palm | 1 sm. red onion, thinly sliced |
| 4 firm ripe avocados | Lettuce leaves (about 2 heads) |

In a blender purée the garlic and cilantro with the lime juice, sugar and salt. With the motor running, add the oil in a stream, blending until the dressing is emulsified. Cut the hearts of palm and avocado into ¼-inch cubes and in a large bowl with a rubber spatula gently toss with the onion and the vinaigrette until mixed well. Line eight salad plates with the lettuce leaves and mound the avocado mixture on top. Serves 6 to 8.

Liz Dwyer

CHICKEN SALAD WITH AVOCADO

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|--|---|
| Cut-up chicken from 2 roasted chickens | 1 T. chopped onion |
| 2 (13½-oz.) cans pineapple tidbits | 1 T. curry powder |
| 1 c. mayonnaise | 1 c. thinly sliced celery |
| ½ c. heavy cream | ¼ c. finely chopped green onion (green part only) |
| 1 (8-oz.) bottle Sharwood's Major Grey's Mango Chutney | 4 lg. ripe avocados |
| | 2 T. Italian dressing |

Mix all ingredients, starting with mayonnaise, but add pineapple just before serving. Slice avocado and baste with Italian dressing shortly before serving.

Bobbie Grecco

*C*ALAMARI AND SHRIMP SALAD

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|--|------------------------------------|
| 2 lbs. extra lg. frozen cooked shrimp | 6 oz. Colossal pitted green olives |
| 2 lbs. raw calamari rings (smaller the better) | 4 oz. kalamata olives |
| 3 T. Italian parsley, chopped finely | 5 lemons |
| ½ red onion, chopped finely | 6 oz. olive oil |
| 4 center (heart)(stalks of celery (destringed then sliced) | Sea salt |
| | Ground pepper |

Boil water in a very large pot and add sea salt. Place calamari in boiling water and bring back to a boil. Boil for 30 seconds and strain calamari and run cold water over calamari to cool immediately. Defrost frozen shrimp under cold running water and remove tails and cut into thirds. Combine cooled calamari and shrimp in bowl. Add chopped red onion, celery and olives. Cut one lemon into thin slices for garnish around top of bowl. Zest 4 lemons and add zest to salad. Squeeze lemon juice from 4 lemons into salad; add olive oil and mix. Add fresh parsley, sea salt and ground pepper.

Richard Pelikan

*A*RDY'S EXCELLENT BRUNCH BAKE

- | | |
|--------------------------------|------------------------------|
| 2 c. plain croutons | 1 c. shredded Cheddar cheese |
| 1 c. chopped ham | 6 eggs, beaten |
| 1 T. chopped onion | 2 c. milk |
| 2 T. chopped green bell pepper | Salt & pepper to taste |

Grease a 9 x 13-inch baking dish. Layer croutons, ham, onion, green pepper and cheese in pan. Beat eggs, milk, salt and pepper together in bowl. Pour over layers. Chill, covered with foil, overnight. Bake, covered, at 325° for 45 minutes. Bake, uncovered, for 15 minutes longer. Serve immediately.

Joan Barna

CHICKEN AND WILD RICE CASSEROLE

- | | |
|---|--|
| 2 (6.2-oz.) pkgs. fast-cooking long-grain & wild rice mix | 2 med. onions, chopped |
| $\frac{1}{4}$ c. butter | 4 c. (1 lb.) shredded cheddar cheese, divided |
| 4 celery ribs, chopped | 2 (10 $\frac{3}{4}$ -oz.) cans cream of mushroom soup, undiluted |
| 2 (8-oz.) cans sliced water chestnuts, drained | 2 (8-oz.) ctn. sour cream |
| 5 c. chopped cooked chicken (or turkey) | 1 c. milk |
| $\frac{1}{2}$ tsp. pepper | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ c. soft bread crumbs | 2.25 oz. sliced almonds, toasted |

Preheat oven to 350°. Lightly grease a 15 x 10-inch baking dish. Prepare rice mixes according to package directions. Melt butter in a large skillet over medium heat; add celery and onion. Sauté 10 minutes or until tender. Stir in water chestnuts, rice, chicken, 3 cups cheese, mushroom soup, sour cream, milk, salt and pepper. Spoon mixture into baking dish and top casserole with bread crumbs. Bake at 350° for 35 minutes. Sprinkle with remaining cheese and almonds and bake 5 more minutes. Serves 10-12.

Karen Jolley-Gates

CHICKEN RICE CASSEROLE NOEL

- | | |
|--|---|
| 1 box Uncle Ben's long-grain & wild rice, cooked according to directions | 2 cans cream of chicken soup |
| 2 whole chicken breasts, cooked & cut into bite sized pieces | 1 c. mayonnaise |
| | 2 T. lemon juice |
| | 1 $\frac{1}{2}$ to 2 c. shredded cheddar cheese |
| | 1 $\frac{1}{2}$ to 2 c. buttered bread crumbs |

Preheat oven to 350°. Grease a 9 x 13-inch baking dish or pan. Layer the cooked rice and chicken in the pan. In a bowl, combine well the soup, mayonnaise and lemon juice. Pour on top of chicken. Sprinkle cheese and bread crumbs on top. Bake for 35 to 45 minutes. (Measurements for cheese and bread crumbs may be adjusted for taste.)

Linda Winter

CHICKEN WITH ARTICHOKE HEARTS AND MUSHROOMS

4 whole chicken breasts (4 lbs.),
boned & skinned
¼ c. Wondra flour
½ c. fine dry bread crumbs
1 tsp. salt
½ tsp. freshly milled black pepper
¼ c. olive oil
2 T. unsalted butter

1 lg. yellow onion (10 oz.),
halved & thinly sliced
2 (9-oz.) pkgs. frozen artichoke
hearts, defrosted & well drained
1 lb. med. mushrooms, trimmed,
wiped & thinly sliced
1 c. chicken broth
½ c. dry vermouth

Cut each boned chicken breast in half and each half into thirds. In a shallow bowl, combine flour, bread crumbs, salt and pepper. Dredge chicken in flour mixture and shake off excess. In a 12-inch skillet heat olive oil over medium-high heat until haze forms, then add butter. Quickly sauté chicken in two batches until very lightly golden on both sides. Drain on paper towels. Arrange chicken in a single layer in a 9 x 13-inch baking dish. Pour off some of the pan drippings, leaving about 3 tablespoons. Add onion and sauté over medium heat until barely tender, about 2 minutes, stirring constantly to loosen any fragments that might be stuck to the bottom of the pan. Add artichoke hearts and continue to sauté, stirring frequently, until barely tender when tested with a fork at base of artichoke, about 2 minutes. Add mushrooms and sauté just until well incorporated, about 30 seconds. Stir in chicken broth and vermouth, then remove from heat. Spoon artichoke mixture between and over chicken pieces. Pour remaining pan juices over chicken. When ready to bake, adjust rack to center of oven and preheat to 350°. Bake uncovered, basting frequently with pan juices, until chicken and artichoke hearts are very tender when tested with the tip of a knife, about 35 to 40 minutes. Remove from oven and serve immediately.

Marylyn Straight



CHICKEN IN PORT WINE SAUCE

1 lb. 6 oz. boneless skinless
chicken breasts or thighs
1 T. olive oil
Salt & freshly ground pepper

$\frac{1}{3}$ c. Port wine
 $\frac{1}{2}$ c. chicken broth
1½ T. ketchup
1 tsp. chopped fresh thyme

Preheat oven to 180°. Remove fat from chicken and open thighs flat or pound chicken breasts. Heat oil in nonstick skillet. Sprinkle chicken with salt and pepper. Cook in skillet over high heat 4 minutes per side or until done. Transfer to ovenproof dish and place in oven while making sauce. Drain fat from skillet but do not rinse. Add port wine to skillet; bring to boil; cook over high heat for 1 minute. Add chicken broth and ketchup. Cook over high heat 2-3 minutes stirring to make a smooth sauce. Add thyme and mix well. Remove chicken from oven, cover with sauce and serve.

Linda Parker

CHICKEN WITH LEMON CREAM

$\frac{1}{4}$ c. butter
2 broiler chickens, cut up
3 T. dry sherry
3 T. dry white wine
2 T. lemon juice

2 T. grated orange peel
1½ c. cream
Salt & pepper
 $\frac{3}{4}$ c. grated Swiss cheese
8 thin slices lemon

Melt butter in a heavy skillet. Brown the chicken pieces. Cover the pan and cook over medium heat for 50 minutes. Remove chicken from pan and place in a shallow casserole. In same pan combine sherry, wine, lemon juice, orange peel, cream and salt and pepper to taste. Bring to a boil stirring constantly. Pour sauce over chicken. Sprinkle Swiss cheese over top and decorate with lemon slices. Bake at 350° for 30-40 minutes until cheese melts. Cheese may be browned under the broiler if needed to brown.

Linda Parker

CHICKEN SAUTÉ

<i>Boned & skinned chicken breast, cut in half</i>	<i>2 T. chopped chives</i>
<i>½ stick butter</i>	<i>2 T. chopped parsley</i>
<i>2 T. lemon juice</i>	<i>½ tsp. tarragon</i>
<i>2 crushed garlic cloves</i>	<i>3 T. warmed brandy</i>
	<i>¼ c. dry white wine</i>

Melt butter in a skillet until it bubbles. Add lemon juice and garlic cloves. Cook over fairly high heat for 1-2 minutes. Add chicken pieces and sauté for 2-3 minutes on each side until lightly browned. Lower heat and continue to cook for 10-15 minutes until tender and well browned. Add chives, parsley and tarragon; simmer one minute. Ignite warmed brandy and pour over chicken. Add white wine and simmer 2 minutes. Serves 2.

Nancy Wallace

GOLDEN CHICKEN WITH TOMATOES AND OLIVES

<i>1 c. long-grain rice</i>	<i>2 cloves garlic, thinly sliced</i>
<i>2 T. olive oil</i>	<i>1 pt. grape or cherry tomatoes, halved</i>
<i>1 lb. boneless skinless chicken breasts, cut into thirds</i>	<i>¾ c. dry white wine (such as Sauvignon Blanc)</i>
<i>½ tsp. kosher salt</i>	<i>¾ c. fresh flat-leaf parsley, chopped</i>
<i>½ tsp. black pepper</i>	
<i>1 lg. yellow or other kind of onion, thinly sliced</i>	
<i>1 c. lg. pimiento-stuffed olives, quartered</i>	

Cook the rice according to the package directions. Heat the oil in a large skillet over medium heat. Season the chicken with the salt and pepper. Cook until golden brown, about 3 minutes per side. Transfer to a plate. Add the onion to the skillet and cook, stirring occasionally, until slightly soft, 5 minutes. Add the olives, garlic and tomatoes and cook, stirring, for 2 minutes more. Return the chicken to the skillet, add the wine and bring to a simmer. Cook until the chicken is cooked through and the sauce has slightly thickened, 4 to 6 minutes. Stir in the parsley. Divide the chicken among individual plates and spoon the sauce over the top. Serve with the rice. Serves 4.

Susan D'Arecca

CHICKEN BUNDLES WITH CRANBERRY CHUTNEY

Chutney:

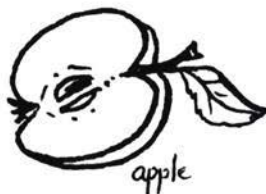
<i>1½ c. fresh or frozen cranberries</i>	<i>¼ tsp. ginger</i>
<i>1 pear, peeled & chopped</i>	<i>¼ tsp. allspice</i>
<i>½ c. packed brown sugar</i>	<i>¼ c. water</i>
<i>⅓ c. raisins</i>	<i>1 T. vinegar</i>

Bundles:

<i>¼ c. butter</i>	<i>1 (5-oz.) pkg. spreadable cheese</i>
<i>8 (4-oz.) boneless chicken breasts</i>	<i>with garlic & herbs</i>
<i>¼ tsp. pepper</i>	<i>1 egg, lightly beaten</i>
<i>2 (8-oz.) cans crescent rolls</i>	

To make the chutney: Combine the cranberries, pear, brown sugar, raisins, ginger, allspice, water and vinegar in a saucepan. Bring to a boil and continue cooking until the cranberries pop and the mixture thickens. Remove from the heat and let cool. **To make the bundles:** Preheat the oven to 375°. Spray a cookie sheet with cooking spray. Cook the chicken breasts in a skillet with the butter and pepper for 8-10 minutes until well browned on all sides. Cool slightly. Separate both cans of crescent rolls into 8 rectangles. Firmly press the perforations to seal. Press each to form a 4 x 6-inch rectangle. Spread the cheese in the center of each rectangle, put the chicken on top of the cheese and wrap the dough around the chicken. Press dough to seal. Put on the cookie sheet and bake 18-22 minutes or until dough is a deep golden brown, brushing lightly with the egg the last 5 minutes. Serve with the chutney.

Linda Winter

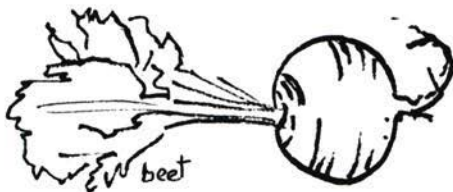


THANKSGIVING STUFFING AND TURKEY

$\frac{3}{4}$ c. butter or margarine	2 c. diced apples
1½ c. diced onions	2 c. coarsely chopped pecans
1 c. diced celery	½ c. chopped Italian parsley
1 lb. bulk sausage	1 tsp. sage
1 (15- to 16-oz.) pkg. plain or 2 (7-oz.) pkgs. cornbread stuffing mix	½ tsp. freshly ground pepper
1 (14½-oz.) can chicken broth	2 eggs, beaten
	1 turkey

Stuffing: In large skillet melt butter or margarine over medium heat. Add onions and celery; sauté until translucent, 5 minutes. Transfer vegetables to a large bowl. In same skillet cook sausage, stirring to break up meat, until browned, 10 minutes. Add to bowl with vegetables. Stir in stuffing mix and remaining ingredients except eggs. (Can be made ahead. Cover and refrigerate up to 24 hours. Just before roasting, add eggs to stuffing.) Stir in eggs. Preheat oven to 325°. Loosely fill neck and body cavities of turkey with stuffing. (Transfer remaining stuffing to a shallow baking dish. Cover with foil and refrigerate.) Fold neck skin over back of turkey and fasten with skewer or toothpicks. Tie legs together with string. Place turkey with breast side up on rack in shallow roasting pan. Rub with butter. **Roast:** 4½-5½ hours or until meat thermometer inserted in inner thigh reaches 180°. After 4 hours, add reserved stuffing to oven and bake covered 1 hour. Transfer turkey to platter and let stand 15 minutes before carving. Makes 16 servings.

Richard Pelikan



CRANBERRY TURKEY STRATA

1 T. *spicy brown mustard*
1 c. *chopped cooked turkey*
1 c. *chopped cooked ham*
1½ c. *shredded Swiss cheese*
8 lg. *eggs*
3 c. *milk*
1 tsp. *salt*

½ tsp. *freshly ground black pepper*
½ tsp. *hot pepper sauce*
1 T. *balsamic vinegar*
⅓ c. *powdered sugar*
12 *pieces hearty bread*
14-oz. can *Ocean Spray whole cranberry sauce*

Preheat oven to 350°. Spray 13 x 9-inch baking dish with cooking spray. Toast bread. Mix ½ cup cranberry sauce and the mustard in small bowl. Spread over 1 side of the toast slices. Arrange half of the slices cranberry side up in the pan to cover the bottom of the pan, overlapping if necessary. Sprinkle evenly with ham, turkey and cheese. Top with remaining toast, cranberry side down. Combine eggs, milk, salt, pepper and pepper sauce in a large bowl; whisk until well blended and slightly frothy. Pour egg mixture carefully into baking dish, making sure bread is soaked with liquid. Cover; refrigerate at least 4 hours or overnight. Uncover baking dish and bake for 60 to 70 minutes or until puffed and top is slightly golden and toothpick inserted in center comes out clean. Let cool for 10 minutes. Meanwhile, blend remaining cranberry sauce and the vinegar in a small bowl. Just before serving, sift powdered sugar over strata. Top each serving with a dollop of cranberry mixture.

Linda Parker

HERB WRAPPED FILET OF BEEF

1 *beef filet, about 4 lbs. (ready to cook)*
1 *bunch fresh rosemary*
1 *bunch fresh thyme*

1 *bunch fresh oregano*
2 *cloves garlic, sliced*
Salt & pepper to taste
2 *tsp. chopped fresh parsley*

Preheat to 425°. Wrap filet in fat and tie loosely. Insert rosemary, thyme, oregano under all the fat. Retie tightly. Cut slits through the fat into the meat and insert garlic. Sprinkle with salt and pepper. Place filet in shallow baking pan, fat side up. Bake 10 minutes. Reduce heat to 350° and bake 20-25 minutes longer for rare or 35 minutes for medium. Remove from oven and let stand 10 minutes. Discard fat, herbs and string. Cut into thin slices. Garnish with parsley.

Linda Parker

LITHUANIAN HUNTERS' STEW

<i>4 lbs. sauerkraut</i>	<i>1 lb. mushrooms, quartered</i>
<i>2 c. bouillon (chicken or beef)</i>	<i>8 prunes, pitted</i>
<i>1 lb. bacon, diced</i>	<i>½ tsp. pepper</i>
<i>2 lg. onions, sliced</i>	<i>4 bay leaves</i>
<i>2 c. kolbassi, diced</i>	<i>Salt to taste</i>
<i>2 c. leftover turkey or other roast</i>	<i>1 c. red dry wine</i>

Rinse the sauerkraut in a colander. Place in large pot. Add bouillon and $\frac{3}{4}$ pound of the bacon. Bring to a boil, cover and simmer for 1 hour. Fry the onions with the remaining diced bacon until golden. Add to the stew. Add kolbassi, turkey, mushrooms, prunes, pepper, salt and bay leaves. Simmer 1 more hour. Remove from heat and refrigerate overnight. Add 1 cup red wine, bring stew to a boil and cook on medium heat for 10 minutes stirring constantly. Remove bay leaves.

Linda Parker

BURGUNDY MEATBALLS

<i>2 T. butter</i>	<i>4 T. water</i>
<i>2 T. minced onion</i>	<i>¼ c. oil</i>
<i>2 lbs. ground beef</i>	<i>2 cloves garlic</i>
<i>1 c. bread crumbs</i>	<i>1 lg. chopped tomato</i>
<i>2 tsp. salt</i>	<i>6 sm. white onions, peeled</i>
<i>½ tsp. pepper</i>	<i>12 sm. mushrooms, chopped</i>
<i>2 eggs, slightly beaten</i>	<i>1 c. beef broth</i>
<i>1 c. Burgundy</i>	<i>⅛ c. parsley</i>

Sauté onions in butter. Add to beef, bread crumbs, eggs, salt, pepper and water. Combine and make into small balls. Heat oil with garlic. Remove garlic. Brown meatballs. Pour off oil. Add tomatoes, onions, mushrooms, beef broth, Burgundy and parsley. Bring to a boil and simmer 30 minutes.

Linda Parker

*R*ACK OF LAMB

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|---|------------------------|
| 1 (8-chop) rack of lamb (about 1½ lbs.) | 2 T. butter, melted |
| 1 garlic clove, cut in half | 1 garlic clove, minced |
| 3 T. Dijon mustard | 1 T. parsley, chopped |
| ½ tsp. dried rosemary | 1 c. bread crumbs |
| | Salt & pepper to taste |

Preheat oven to 500°. Rub the rack of lamb with the cut garlic clove then discard the garlic. Place the lamb fat side down on a rack in a roasting pan. Cook 8 minutes at 500°. Take the lamb out. Combine the Dijon mustard with the rosemary. Brush on the fat side of the lamb. Combine the butter, garlic, parsley, bread crumbs and salt and pepper to taste. Cover the mustard mixture with the bread crumb mixture. Roast at 325° for 50 minutes. Rest for 10 minutes. The meat will be medium rare.

Linda Winter

*V*EGAN BEEF WELLINGTON

- | | |
|--------------------------------------|-----------------------------------|
| 1 pkg. Pepperidge Farm puff pastry | 1 batch of Oi-Vey Moch Liver Pâté |
| 9-oz. pkg. vegiballs (soy meatballs) | |

Preheat oven to 450°. Defrost pastry according to package directions. Spread out one pastry sheet. Mush soy meatballs into a loaf shape. Place in center of pastry. Spread Moch Liver Pâté over top. Cover loaf with second sheet of pastry. Press together at sides; trim to fit. Bake for about 15 minutes until crust is lightly browned.

Linda Parker

*O*I-VEY MOCH CHOPPED LIVER

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|---------------------------------|---------------|
| 1 c. mushrooms, roughly chopped | ½ c. walnuts |
| 1 lg. onion, roughly chopped | ½ tsp. salt |
| 1 T. olive oil | ½ tsp. pepper |

In a medium saucepan, sauté mushrooms and onions in oil on medium heat until onions become translucent. In a blender or food processor, chop the walnuts and add the mushrooms and onion mixture and salt and pepper. Blend together for 30 seconds. Serve chilled.

Linda Parker

GRAPEFRUIT BAKED ALASKA

3 med. grapefruit

1 c. orange marmalade

3 egg whites, room temp.

$\frac{1}{4}$ c. granulated sugar

Powdered sugar

Preheat oven to 425°. Cut grapefruit in half. Remove core and all membranes leaving flesh in grapefruit shell. Place on a baking sheet and set aside. Heat marmalade until warm. In a medium bowl, beat egg whites until soft peaks form. Slowly beat in granulated sugar a little at a time, beating until stiff. Carefully fold in warm marmalade. Cover top of grapefruit halves with meringue, covering to edge of shells. Bake grapefruit approximately 8 minutes or until nicely browned. Sprinkle with powdered sugar.

Maryann Pietruszki

PINEAPPLE CASSEROLE

$\frac{1}{2}$ c. butter, softened

$\frac{1}{2}$ c. sugar

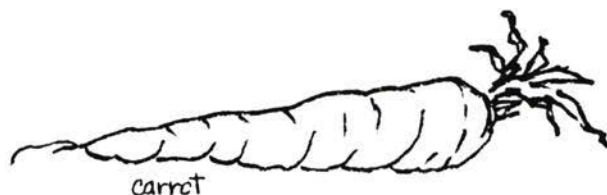
4 eggs

6 slices white bread, trimmed & cubed

1 (15-oz.) can crushed pineapple

Preheat oven to 350°. Cream together butter and sugar. Add eggs one at a time. Add white bread then crushed pineapple. Mix together. Pour into 2-quart casserole bowl. Bake at 350° for one hour. Great as a Thanksgiving side dish!

Gayle Lechner



*A*PPLE CORNBREAD STUFFING

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|-------------------------------------|---|
| 1 lb. loose pork sausage meat | 2 T. sage |
| 2 c. finely chopped onions | 1 T. dried thyme |
| 2 c. finely chopped celery | 2 Granny Smith apples, peeled,
cored & chopped |
| ½ c. finely chopped green pepper | ¼ lb. butter |
| ½ c. finely chopped red bell pepper | 1 c. chicken broth |
| 4 c. crumbled cornbread | ½ c. dry vermouth |
| 4 c. fresh white bread crumbs | |

Place sausage meat in a large skillet and cook until it loses its raw look. Add onions, celery, green and red peppers and cook until vegetables are limp. Do not drain. In a large bowl, combine cornbread, bread crumbs, sage, thyme and apples. Add melted butter and mix. Add sausage mixture, chicken broth and vermouth. Mix thoroughly. Add salt and pepper to taste. Add more chicken broth if the mixture seems too dry. Place the dressing in buttered casserole, cover and bake for 45-60 minutes at 350°.

Karen Jolley-Gates

*C*ORN BREAD AND PROSCIUTTO STUFFING

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|--|---|
| 2 onions, chopped fine | 10 c. corn bread stuffing |
| 1 leek including some green
chopped fine, washed well &
drained well | 1 scallion, chopped fine |
| 1 lg. garlic clove, minced | ½ c. finely chopped fresh flat
leafed parsley leaves |
| 1 stick butter | Chicken broth |
| ½ lb. prosciutto, sliced ¼ inch
thick & diced | |

In a large skillet cook onions, leek and garlic in butter over moderate/low heat stirring until vegetables are softened. Add prosciutto and cook stirring 1 minute. Stir in corn bread stuffing gradually. Add scallion. Parsley and pepper to taste and cook over moderate heat until stuffing is coated with butter. Transfer to bowl and add 2 cups stock to moisten (but not wet). Toss well.

Linda Parker

ALMONDY RICE

2 T. sunflower oil
1 red pepper, seeded & diced
6 scallions, chopped
1 c. brown rice
2½ c. good stock
Salt & freshly ground black pepper

1 T. freshly chopped parsley
1 c. sliced button mushrooms
1 c. flaked almonds
4 hard-boiled eggs

Heat oil in a large saucepan; fry peppers and onions for about 5 minutes. Add rice and cook gently until all oil is absorbed. Add stock, seasoning and parsley. Bring to a boil, cover with a lid and simmer gently for 30 minutes, stirring occasionally to prevent mixture from sticking. Add mushrooms and cook for about 10 minutes until rice is tender and all stock has been absorbed. Add almonds and eggs, diced. Serves four.

Liz Dwyer

HERBED SPINACH CASSEROLE

1 (10-oz.) pkg. frozen spinach,
thawed
1 pkg. Knorr leek soup mix
1 tsp. dry marjoram

1 c. sour cream
1 c. soft white bread crumbs
½ c. grated Swiss cheese
Butter

Preheat oven to 350°. Thaw frozen spinach. Combine with leek soup mix, marjoram and sour cream. Mix well and put into a buttered casserole. Spread soft bread crumbs over the top and sprinkle with Swiss cheese. Bake 30 minutes until thoroughly heated and cheese has melted.

Nancy Wallace



CHEESY LEEKS WITH BACON

4 med. sized leeks

8 Canadian bacon slices, lightly
broiled

2 T. butter

2 T. all-purpose flour

1 ¼ c. skim milk

¾ c. grated aged cheddar cheese

1 tsp. Dijon mustard

Salt & pepper

Fresh parsley to garnish

Preheat oven to 350°. Cut the coarse green leaves off the leeks. Cut a deep slit through all the green and half the white part of the leek and open up. Wash thoroughly under running cold water. Wrap each leek in 2 rashes of bacon. Arrange in a shallow ovenproof dish so that they are just touching. **For the sauce:** Heat butter in a saucepan, stir in flour and cook for a minute. Gradually blend in milk and bring to a boil, stirring until thickened. Remove from heat and add ⅔ of the cheese, mustard and seasoning. Pour sauce over leeks and sprinkle remaining cheese. Cook uncovered at 350° for 1 hour until leeks look tender.

Liz Dwyer

GRAND MARNIER CARROTS

10 fresh carrots

¼ c. butter

1 T. flour

⅓ c. fresh orange juice

1½ T. Grand Marnier

Orange slices for garnish

Peel carrots and cut into strips lengthwise. Cook in boiling water with lid on until tender. Drain and remove to greased 7 x 9-inch shallow baking dish. Melt butter and stir in flour; cook for 1 minute. Gradually add orange juice, stirring constantly until mixture bubbles. Add Grand Marnier, blend well and remove from heat. Pour evenly over carrots. Garnish with twisted orange slices. Bake at 350° for 30 minutes.

Colleen Schmidt

*B*ALSAMIC GLAZED SWEET POTATOES

3 lg. sweet potatoes
¼ c. balsamic vinegar
1 T. brown sugar

¼ c. butter
1 tsp. salt

Preheat oven to 400°. Peel and cut sweet potatoes into 1-inch pieces. In large skillet, bring vinegar and brown sugar to a boil. Stir until sugar is dissolved and cook until thickened (about 3 minutes). Add butter and salt and stir until melted. Add sweet potatoes and toss to coat. Place potatoes on a rimmed sheet pan and bake 40 minutes.

Tracy Criscitiello

*K*ENTUCKY BOURBON SWEET POTATOES

3 (1-lb. 2-oz.) cans sweet potatoes
1 c. sugar
⅓ c. bourbon

½ c. butter or margarine
½ tsp. vanilla extract

Preheat oven to 350°. Turn sweet potatoes with liquid into a large saucepan. Cook over medium heat, stirring occasionally until heated. Drain sweet potatoes of liquid. Mash potatoes. Add sugar, bourbon, butter or margarine and vanilla. Beat until well blended. Turn potato mixture into a 2-quart baking dish. Bake uncovered for 30 minutes. Serves 9.

Mary Engelhart

*S*WEET POTATO CASSEROLE

6 med. sweet potatoes
½ c. sugar
2 eggs

1 T. vanilla
½ c. butter
⅓ c. milk

Topping:

⅓ c. brown sugar
⅓ c. chopped pecans

2 T. flour
2 T. butter

Preheat oven to 350°. Grease a 9 x 13-inch pan. Cook, peel and mash potatoes. Add sugar, eggs, vanilla, butter and milk and blend thoroughly. Spread into pan. **Make topping:** Cream brown sugar and butter. Add nuts and flour. Sprinkle on top of potatoes. Bake at 350° for 30 minutes. (Potatoes may be boiled or baked in the first step.)

Diana Kazazis

CRANBERRY BUTTERMILK SCONES

3 c. flour
 $\frac{1}{3}$ c. sugar
2½ tsp. baking powder
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. baking soda
 $\frac{3}{4}$ c. cold butter

1 c. buttermilk
1 c. dried cranberries
1 tsp. grated orange peel
1 T. milk
 $\frac{1}{4}$ tsp. cinnamon + 2 T. sugar

In a bowl, combine the flour, $\frac{1}{3}$ cup sugar, baking powder, salt and baking soda; cut in cold butter. Stir in the buttermilk just until combined. Fold in cranberries and orange peel. Turn onto a floured surface; divide dough in half. Shape each portion into a ball and pat into a 6-inch circle. Cut each circle into six wedges. Place on lightly greased baking sheet. Brush with milk. Combine the cinnamon and sugar and sprinkle over scones. Bake at 400° for 15-20 minutes or until golden brown. Yield: 1 dozen.

Joan Barna

BUTTERMILK-SAGE BISCUITS

$\frac{1}{2}$ c. white cornmeal
1½ c. all-purpose flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. baking soda
2 T. minced fresh sage or 1 T.
crumbled dried

1½ tsp. freshly ground pepper
 $\frac{1}{2}$ tsp. salt
6 T. unsalted butter, chilled
 $\frac{2}{3}$ c. buttermilk

Preheat the oven to 425°. Grease a baking sheet. In a bowl, mix the cornmeal, flour, baking powder, baking soda, sage, pepper and salt. Toss with a fork to combine. Cut the butter into the bowl and mix with a pastry blender or your fingers. Add the buttermilk and stir just until the dough holds together. Do not overmix. Turn the dough out onto a lightly floured surface. Knead with the heels of your hands a few times. Pat the dough to a $\frac{1}{2}$ -inch thickness. With a $\frac{1}{2}$ -inch diameter round cutter, cut out the biscuits and place them, in a tight formation, on the baking sheet. If you have leftover dough scraps, press them together and cut out more biscuits. Bake the biscuits in the preheated oven for 12 to 15 minutes until lightly browned. Makes about 30 biscuits.

Linda Parker

PUMPKIN BISCUITS

2½ c. *all-purpose flour*

1 T. *baking powder*

1 tsp. *salt*

2½ T. *brown sugar*

½ c. *unsalted butter (cold), cut
into sm. bits*

1 (15-oz.) *can unsweetened
pumpkin purée*

2 tsp. *grated orange zest*

2 T. *heavy cream*

Preheat oven to 400°. Butter baking sheets. Sift the flour, baking powder, salt and brown sugar into a mixing bowl. Use a pastry blender to cut in the butter until the mixture resembles coarse meal. Stir in the pumpkin and orange zest to make a soft dough. Pat the dough to ½ inch thick. Cut out biscuits using a 2-inch cutter. Put the biscuits on buttered baking sheets. Gather scraps and pat again ½ inch thick. Cut as many biscuits as possible. Use a pastry brush to brush the tops of the biscuits with cream. Bake just until lightly browned, about 15 minutes. Makes 36 biscuits.

Linda Parker

CRACKED BLACK PEPPER CREAM BISCUITS

3 c. *cake flour*

1 T. *baking powder*

1 T. *sugar*

2 T. *coarsely ground black pepper*

1 tsp. *salt*

1¼ c. *heavy cream*

2 T. *butter*

¼ tsp. *coarse salt*

Preheat oven to 425°. Lightly grease a baking sheet. Melt butter and cool. Sift together the flour and baking soda. With a fork stir in sugar and 1½ tablespoons pepper and 1 teaspoon salt. Add cream and stir to form a soft dough. On a lightly floured board knead 8 times. Pat out dough into a 9-inch square that is ½ inch thick. Cut into rectangles that are 2¾ x 1¾ inches (16). Dip tops of biscuits in butter and arrange butter side up on baking sheet spacing ½ inch apart. Sprinkle with salt and remaining pepper. Bake 15 minutes.

Linda Parker

*J*AMES BEARD SWEET POTATO ROLLS

2 ($\frac{1}{4}$ -oz.) pkgs. yeast
 $\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ c. water (110°-115°)
3 T. melted butter
1 T. salt

3 eggs, one of which is beaten
together with 2 T. heavy cream
3-3 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ c. cooked mashed sweet
potatoes

In a bowl combine yeast with 1 tablespoon of sugar and warm water; let proof for 5 minutes. Add remaining sugar, butter, salt and 2 of the eggs to the yeast mixture; stir to blend well. Stir in the flour, 1 cup at a time, and then stir in the sweet potato. Turn out onto a floured surface and knead for 2 to 3 minutes adding only enough flour to prevent it from sticking to the board. When the dough is smooth and springy, shape it into a ball. Place in an oiled bowl and coat the dough completely with the oil. Cover bowl with plastic wrap and let sit in a warm place until it doubles in size, about 1 hour. Punch dough down and shape into 2 dozen golf ball sized balls. Place them onto a buttered cookie sheet about 2 inches apart. Cover and let rise until doubled in size. Preheat oven to 375°. Brush the rolls with the beaten egg and cream mixture. Bake for 20 minutes.

Linda Winter

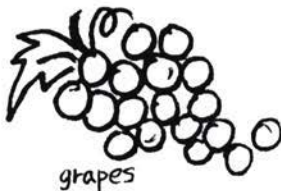
*C*AKE WAFFLES

8 eggs
2 $\frac{1}{4}$ c. sugar
1 lb. butter, softened

4 T. milk
 $\frac{1}{2}$ tsp. baking soda
2 $\frac{1}{4}$ c. flour

Beat eggs well. Mix in sugar, butter, milk, baking soda and flour. Bake in waffle iron until golden.

Liz Dwyer



*N*EW YEAR'S EVE CHOCOLATE CAKE

2 oz. unsweetened chocolate, broken up	5 med. eggs, separated Pinch of salt
4 oz. semisweet chocolate, broken up	Icing (recipe to follow) Narcissus, ivy to decorate
9 T. unsalted butter	Whipped cream
12 T. sugar	Raspberries
3 T. all-purpose flour	

Preheat oven to 350°. Butter a 9-inch springform pan, then line with a circle of buttered waxed paper, dusted with flour. Melt both chocolates in double-boiler over simmering water. Stir until melted. Remove from heat and scrape into medium bowl. Cool 30 minutes. Add butter, stirring well. Add 9 tablespoons sugar, flour and egg yolks, one at a time, stirring each time. Place egg whites in the bowl of an electric mixer. Add salt and beat until egg whites start to hold their shape. Add 3 remaining tablespoons sugar and beat until egg whites are firm but not stiff or dry. With a rubber spatula, gently fold egg whites into chocolate mixture, one cup at a time. Scrape batter into pan. Bake for 35 minutes. Check for doneness with toothpick. Cool 15 minutes. Gently remove sides of springform pan. Cover top with wire cake rack and invert cake. Gently remove bottom pan and peel off waxed paper. Place a second wire cake rack on bottom of cake and invert once again so top is up. Cool completely. Pour warm icing over top of cake. Spread with long, flexible metal spatula. Let rest 2 hours to set. Garnish with narcissus or ivy; serve with whipped cream and raspberries.

Icing for New Year's Eve Chocolate Cake:

4 T. unsalted butter	3 T. heavy cream
2 oz. semisweet chocolate	$\frac{2}{3}$ c. sifted confectioners' sugar
2 oz. bitter chocolate	1 tsp. vanilla extract

In top of double boiler over simmering water, melt butter and chocolates, whisking constantly. Remove from heat and whisk in heavy cream. Add sugar and vanilla and whisk until completely smooth. Ice the chocolate cake.

Karen Jolley-Gates

*B*BLACK DEVIL'S FOOD CAKE

1 c. boiling water

2 squares unsweetened Baker's
chocolate

1 c. sugar

1 T. butter

1 c. sifted flour

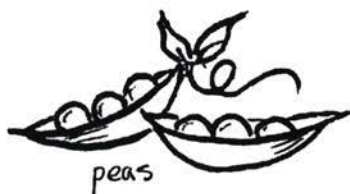
1 tsp. baking soda

$\frac{1}{4}$ tsp. salt

1 egg, beaten

Preheat oven to 350°. Butter and flour an 8-inch cake pan. In a large saucepan, boil 1 cup boiling water and Baker's chocolate for 5 minutes, stirring constantly. Add sugar and butter and cool thoroughly. Sift together sifted flour, baking soda and salt. Add to mixture. Add beaten egg. Pour into 8-inch cake pan. Bake at 350° for 35 minutes.

Liz Dwyer



RED VELVET CAKE WITH VANILLA CREAM CHEESE FROSTING

2½ c. flour	1 c. sour cream
½ c. cocoa power	½ c. milk
1 tsp. baking soda	1 (1-oz.) bottle red food color
½ tsp. salt	2 tsp. pure vanilla extract
1 c. (2 sticks) butter, softened	Vanilla Cream Cheese Frosting
2 c. sugar	(recipe follows)
4 eggs	

Vanilla Cream Cheese Frosting:

1 (8-oz.) pkg. cream cheese	2 tsp. vanilla extract
4 T. butter	1 (16-oz.) pkg. confectioners' sugar
2 T. sour cream	

Preheat oven to 350°. Sift flour, cocoa powder, baking soda and salt; set aside. Beat butter and sugar in large bowl with electric mixer on high speed 5 to 7 minutes or until light and fluffy. Beat in eggs, one at a time. Mix in sour cream, milk, food color and vanilla extract. Gradually beat in flour mixture on low speed just until blended. Do not overbeat. Pour batter into 2 greased and floured 9-inch round cake pans. Bake in preheated 350° oven for 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely on wire rack. Fill and frost cake layers with Vanilla Cream Cheese Frosting. **Vanilla Cream Cheese Frosting:** Beat 1 (8-ounce) package cream cheese, 4 tablespoons (½ stick) butter and 2 tablespoons sour cream in large bowl until smooth. Mix in 2 teaspoons pure vanilla extract. Gradually beat in 1 (16-ounce) package confectioners' sugar on medium speed until light and fluffy.

Jeanette Pelikan



*S*OUR CREAM CHOCOLATE CHIP CAKE

Yellow cake mix

1 pkg. instant vanilla pudding

½ c. oil

4 eggs

1 c. sour cream

½ c. sugar

1 tsp. cinnamon

1 sm. pkg. chocolate chips

Preheat oven to 350°. In a large bowl blend cake mix, pudding mix, oil, eggs and sour cream. It will be very thick. In a small bowl mix sugar and cinnamon. Add to batter and stir. Add small package chocolate chips. Grease angel food pan and dust with flour. Pour in mix. Bake at 350° for 1 hour more or less.

Liz Dwyer

*B*OURBON CAKE

8 extra lg. eggs, separated

1 lb. butter, softened

2 c. sugar

2 tsp. vanilla

2 tsp. almond extract

⅓ c. bourbon

3 c. flour

1 c. finely chopped nuts

1 c. sugar

Preheat oven to 350°. Grease and flour a tube pan with removable bottom. Cream butter and 2 cups sugar and add egg yolks one at a time and beat thoroughly. Add vanilla, almond extract and bourbon. Add 3 cups flour and nuts and mix thoroughly. Set aside. Beat the egg whites until foamy; gradually add 1 cup sugar and beat until stiff. Fold some of the egg whites into the butter-flour mixture. Then fold the egg whites into the mixture carefully so as to not deflate the egg whites. Use a large bowl as this makes a large amount of batter. Pour the batter into a tube pan and smooth the top. Bake for 1 ½ hours. Cool 30 minutes in pan on wire rack. Cut around the outside and inside of the pan and lift the cake out using the center of the pan for a handle. Separate the bottom of the cake from the pan using a knife and invert the cake onto the wire rack. Cool completely before serving.

Barbara Mullin

CHEESE CAKE

2 (8-oz.) pkgs. cream cheese
1 c. sugar
3 eggs, separated

3 T. flour
1½ tsp. vanilla
1 pt. sour cream

Preheat oven to 350°. Beat egg whites for extra lightness. Mix cream cheese, sugar, egg yolks, flour, vanilla and sour cream in blender. Mix in egg whites. Pour into greased 8-inch springform pan. Bake at 350° for 45 minutes. Turn off oven. Let cheese cake set for 1 hour. Chill.

Liz Dwyer

CORNMEAL PIE CRUST

One Single Crust:

1 c. + 2 T. flour
½ c. yellow cornmeal
1 T. sugar
½ tsp. salt

¼ c. cold vegetable shortening, cut
into pieces
¼ c. cold buttermilk

2 T. cold unsalted butter, cut into
¼-inch pieces

Combine flour, cornmeal, sugar and salt. Scatter the butter over dry ingredients and then use a pastry blender to cut into pieces the size of split peas (or work in a food processor bowl and pulse 5 or 6 times) then add the shortening in the same manner. Add the buttermilk and stir (or pulse until the dough forms clumps). It will be damper than most pie crusts. Shape into a large flat piece, wrap and refrigerate for an hour before rolling out. It is especially good for pumpkin or apple pie.

Carole Smillie



BLACK BOTTOM PIE

Filling:

- | | |
|---------------------------|---|
| 2 T. water | 2 c. milk |
| 2 T. rum | 4 egg yolks |
| 1 env. unflavored gelatin | 1 c. (6 oz.) semi-sweet chocolate chips |
| $\frac{2}{3}$ c. sugar | |
| 1 T. cornstarch | |

Chocolate Crust:

- | | |
|--|---------------------------------|
| 1½ c. chocolate wafer cookies, crushed | 2 T. sugar |
| | $\frac{1}{3}$ c. butter, melted |

Topping:

- | | |
|------------------|---------------------------|
| 2 c. heavy cream | 3 T. confectioners' sugar |
|------------------|---------------------------|

Preheat oven to 350°. **To make the crust:** Combine crushed cookies, 2 tablespoons of sugar and $\frac{1}{3}$ cup of melted butter. Press into a 9-inch pie plate, both bottom and sides. Bake for 8-10 minutes. Cool on wire rack. **To make the filling:** Combine water and rum. Sprinkle gelatin over mixture and set aside. Combine $\frac{2}{3}$ cup sugar and cornstarch in heavy saucepan. Gradually mix in milk and egg yolks. Bring to a boil over medium heat, whisking constantly; boil one minute. Stir in gelatin mixture until dissolved. Stir 1 cup custard mixture and chocolate chips until smooth. Pour into cooled crust. Chill 30 minutes or until set. Set aside remaining mixture. Beat 1 cup cream with 1½ tablespoons confectioners' sugar. Combine with remaining custard. Spoon over chocolate mixture. Chill pie. Cover with remaining sweetened whipped cream.

Linda Winter



*P*RALINE PUMPKIN PIE

3 T. butter, softened	1 tsp. salt
⅓ c. + ½ c. firmly packed light brown sugar	1 tsp. cinnamon
⅓ c. chopped pecans	1 tsp. ginger
1 (9-inch) pie crust	1 tsp. ground cloves
3 lg. eggs, lightly beaten	1 c. evaporated milk
1½ c. canned pumpkin purée	½ c. water
	½ c. granulated sugar

Preheat oven to 450°. In a small mixing bowl, cream the butter with ⅓ cup brown sugar until smooth. Stir in the pecans. Spread the mixture into the bottom of the pie crust and bake 10 minutes. Let stand 10 minutes to cool. Reduce oven temperature to 350°. In a medium mixing bowl, whisk together the eggs, pumpkin purée, granulated sugar, the remaining ½ cup brown sugar, the spices and salt. Combine the evaporated milk and water in a glass measuring cup and stir into the pumpkin mixture, beating well. Pour the mixture into the partially baked pie crust. Bake 50 minutes or until the center is set.

Karen Jolley-Gates

*L*IBBY'S BEST PUMPKIN PIE WITH CRUNCHIES

2 c. flour	2 eggs
¾ c. Crisco shortening	¾ c. sugar
4-5 T. ice water	½ tsp. salt
½ c. dark brown sugar	1 tsp. cinnamon
½ c. soft butter	¼ tsp. ginger
½ c. finely chopped nuts	¼ tsp. ground cloves
1 (16-oz.) can Libby's pumpkin	1 (12-oz.) can evaporated milk

First make the pie crust: Combine flour and shortening; cut in until fine like cornmeal. Add 4-5 tablespoons water and mix with fork. Make in to a loose ball and use about ¾ of the dough to roll out one crust. Place in deep pie plate, flute and prick the dough. Bake at 475° for 4 minutes. Meanwhile, mix brown sugar, butter and nuts. Remove partially-baked crust from oven and spread with above paste. Bake an additional 4-5 minutes until crunchies are toffee color. Remove from oven and make filling. **To make filling:** Combine pumpkin, eggs, sugar, salt, cinnamon, ginger and cloves. Mix well. Add one can evaporated milk and mix well. Pour into prepared pie shell. Bake at 425° for 15 minutes then reduce temperature to 350° for 45-50 minutes until done (inserted knife comes out clean). Cool on wire rack. Chill. Serve with whipped cream.

Barbara Mullin

APPLE PIE WITH CRUMB TOPPING

2 c. unsifted flour
½ tsp. salt
¾ c. Crisco
4-5 T. ice water
¾ c. sugar
2 T. flour
½ tsp. cinnamon

Juice of ½ lemon
6-7 c. peeled, cored & sliced
apples
5 T. softened butter
10 T. sugar (½ c. & 2 T.)
½ tsp. cinnamon
⅓ c. flour

Preheat oven to 425°. **First make the pastry:** Cut the shortening into 2 cups of flour and salt using a pastry blender. Add 4-5 tablespoons water as needed. Mix until all flour is moistened and form into a ball. Roll out pastry and line a 9-inch deep pie plate. (These may be extra pastry dough; save for a small pie.) **Make the filling:** Mix ¾ cup sugar, 2 tablespoons flour, cinnamon, lemon juice and apple slices. Place in pie pan and dot with 1 tablespoon butter. **Then make the crumb topping:** Mix the 5 tablespoons of softened butter, 10 tablespoons of sugar, cinnamon and ⅓ cup of flour with a fork to make crumbs. Put on top of pie and bake at 425° for 40 to 50 minutes. Cool on wire rack.

Barbara Mullin

CLASSIC PECAN PIE

3 eggs
1 c. sugar
1 c. dark corn syrup
1 stick butter

1 tsp. vanilla
¼ tsp. salt
1 c. pecan halves
1 prepared pie crust, unbaked

Preheat oven to 400°. Place pie crust into pie plate; bottom crust only is needed. Melt the butter. Beat the eggs and sugar until light and fluffy. Stir in the butter, corn syrup, salt, vanilla and pecans. Mix well. Pour into unbaked pie shell. Bake at 400° for 10 minutes then lower oven to 350° and bake for 30-40 minutes or until filling is set.

Karen Jolley-Gates

TOFFEE CHOCOLATE PECAN PIE

1 unbaked 9-inch pie crust
4 oz. chocolate-covered toffee
bars, chopped (3 bars)
4 lg. eggs, lightly beaten
1 c. light corn syrup

4 T. unsalted butter, melted
 $\frac{1}{2}$ c. sugar
1 T. vanilla extract
 $\frac{3}{4}$ c. semi-sweet chocolate chips
1 c. pecans

Preheat oven to 350°. Cover bottom of 9-inch pie crust with chopped chocolate-covered toffee bars. In a bowl, combine eggs, corn syrup, butter, sugar and vanilla. Mix well. Stir in chocolate chips and pecans. Pour mixture over broken chocolate-covered toffee bars in pie crust. Bake 50-55 minutes or until done.

Karen Jolley-Gates

CHOCOLATE BOURBON PECAN PIE

$\frac{1}{2}$ (15-oz.) prepared pie crust
4 lg. eggs
1 c. light corn syrup
6 T. butter, melted
 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. packed light brown sugar

3 T. bourbon (opt.)
1 T. all-purpose flour
1 T. vanilla extract
1 c. pecan halves
1 c. (6 oz.) semi-sweet chocolate
morsels, melted

Fit pie crust into a lightly-greased 9-inch pie pan, being careful to press together any cracks or seams. Fold edges under and crimp. Preheat oven to 350°. Whisk together eggs, then add corn syrup, melted butter, sugar, brown sugar, bourbon, flour and vanilla. Stir in pecans and melted chocolate. Pour filling into pie crust. Bake on lowest oven rack for 1 hour or until set; shield crust with aluminum foil after 20 minutes. Cool. May serve with whipped cream.

Karen Jolley-Gates



*P*UMPKIN GINGERBREAD TRIFLE

- | | |
|--|--|
| 2 (14-oz.) pkgs. gingerbread mix | $\frac{1}{2}$ c. packed brown sugar |
| 1 (5-oz.) box instant vanilla pudding mix | $\frac{1}{4}$ tsp. ground cinnamon |
| 1 (30-oz.) can pumpkin pie filling (not pureed pumpkin, but pie filling) | 1 (12-oz.) ctn. frozen whipped topping |
| | $\frac{1}{2}$ c. gingersnaps (opt.) |

Bake the gingerbread according to the package directions; cool completely. Prepare the pudding and set aside. Stir the pumpkin pie filling, sugar and cinnamon into the pudding. Crumble 1 pan of gingerbread into the bottom of a large bowl, ideally a trifle bowl. Pour $\frac{1}{2}$ of the pudding mixture over the gingerbread; add a layer of whipped topping. Repeat with the remaining gingerbread, pudding and whipped topping. Sprinkle the top with crushed gingersnaps, if desired. Refrigerate overnight.

Darielle Walsh

*T*OFFEE BARS

- | | |
|--------------------------|---|
| 1 $\frac{3}{4}$ c. flour | 1 egg yolk |
| 1 c. sugar | 1 egg white, beaten slightly |
| 1 c. softened butter | $\frac{1}{2}$ c. finely chopped walnuts |
| 1 tsp. vanilla extract | |

Mix flour, sugar, butter, vanilla and egg yolk thoroughly. Press into jelly-roll pan. Using plastic paint scraper or pancake turner helps to spread evenly, then spread egg white evenly over dough. Press nuts lightly into dough. Bake at 275° for 1 hour 10 minutes until golden brown. Immediately cut into bars or squares. Cool on wire rack.

Barbara Mullin



CHOCOLATE PIXIES

1-oz. square unsweetened
chocolate, melted

2½ c. sifted all-purpose flour

2 tsp. baking powder

½ tsp. salt

½ c. vegetable oil

2 c. sugar

4 eggs

2 tsp. vanilla extract

1 c. confectioners' sugar

Melt chocolate in top of double boiler over simmering water. Sift together flour, baking powder and salt. Combine oil, chocolate and sugar. Add eggs one at a time and beat well after each addition. Add vanilla. Add sifted dry ingredients to chocolate mixture and blend well. Chill several hours or overnight. Heat oven to 350°. Lightly grease cookie sheets with unsalted butter or shortening. Drop dough by rounded teaspoonfuls into confectioners' sugar. With fingers, coat dough thoroughly with sugar and shape into balls. Place balls 2 inches apart on prepared cookie sheets. Bake 10 to 12 minutes. Cool slightly and remove cookies to wire cake rack to cool. Store in airtight containers for a week or in freezer for a month. If cookies are frozen, let thaw at room temperature before serving. Makes about 6 dozen cookies.

Joan Kylish

NANNY'S CHOCOLATE FILLED BON-BONS

½ c. butter

½ c. granulated sugar

1 tsp. vanilla

1 egg

1⅓ c. unsifted all-purpose flour

½ tsp. baking soda

¼ tsp. salt

36 chocolate Kisses, unwrapped

Preheat oven to 400°. Cream butter, sugar, brown sugar, vanilla and egg in large bowl at medium speed on electric mixer. Combine flour, baking soda and salt. Stir into creamed mixture. Press two level measuring teaspoonfuls dough around each Kiss, covering Kiss completely. (Place pecan half on top of each if desired.) Place on ungreased baking sheet. Bake at 400° for 6-7 minutes. (Cookies will not brown. Do not overbake.) Gently press pecans into hot cookies or just press top of cookies. Cool on baking sheet one minute. Remove to cooling racks. Makes 3 dozen cookies.

Linda Parker

COCONUT MACAROONS

2 (8-oz.) pkgs. shredded coconut 2 tsp. vanilla
1 (15-oz.) can (1½ c.) sweetened
condensed milk

Preheat oven to 350°. Mix ingredients well. Drop from teaspoon onto **very well greased** cookie sheet (should be in a little mound). Bake at 350° for 10-12 minutes. Cookies should be slightly golden on top but be careful to not burn the bottoms. Cool slightly and remove to cooling rack. Makes 4 dozen cookies.

Darielle Walsh

CHRISTMAS WREATHS

36 lg. marshmallows ¼ tsp. green food coloring
½ c. butter 3½ c. cornflakes
½ tsp. vanilla Red M & M candies

Over medium heat, melt marshmallows and butter together. Stir in vanilla and food coloring. Fold in cornflakes and mix well. Drop by tablespoonfuls onto wax paper. Working quickly with buttered fingers, form into little wreaths. Decorate with red candies. They will firm up as they cool.

Janet Gardner

TRADITIONAL SUGAR COOKIES

¾ c. shortening (part butter or
margarine) 1 tsp. vanilla
1 c. sugar 2½ c. flour
2 eggs 1 tsp. baking powder
1 tsp. salt

Mix thoroughly shortening, sugar, eggs and vanilla. Blend in flour, baking powder and salt. Cover and chill at least 1 hour. Heat oven to 400°. Roll dough ⅛ inch thick on lightly floured board. Cut into desired shapes. Place on ungreased baking sheet. Bake 6 to 8 minutes or until very light brown. Makes 4 dozen 3-inch cookies.

Colleen Schmidt

TEA WAGON COOKIES

<i>½ c. margarine (1 stick)</i>	<i>1 tsp. vanilla</i>
<i>1 c. sugar</i>	<i>1 tsp. salt</i>
<i>1 egg + 1 yolk, well-beaten</i>	<i>1 c. brown sugar</i>
<i>1½ c. flour</i>	<i>1 egg white</i>
<i>1 tsp. baking powder</i>	<i>¾ c. walnuts, chopped</i>

Preheat oven to 350°. Cream margarine and sugar. Add 1 egg and 1 yolk well beaten; add vanilla. Sift flour, baking powder and salt together; add to wet mix. Spread mix into a greased 9 x 12-inch pan. **Make a meringue as follows:** Beat 1 egg white stiff; add 1 cup brown sugar. Spread over batter. Sprinkle with ¾ cup walnuts. Bake 30 minutes or longer at 350° (until batter is firm).

Liz Dwyer

HONEY COOKIES

<i>1 c. butter</i>	<i>1 tsp. warm water</i>
<i>1 c. sugar</i>	<i>1 tsp. cinnamon</i>
<i>1 c. honey</i>	<i>1 tsp. mace</i>
<i>1 tsp. baking soda</i>	<i>3 c. flour</i>

Preheat oven to 400°. Cream butter and sugar. Beat in honey. Dissolve baking soda in warm water and add to mixture. Sift spices with flour and add. Put through cookie press or drop by spoonfuls on cookie sheets. Bake at 400° for 8 minutes.

Liz Dwyer



GREEK WEDDING COOKIES

1 c. ($\frac{1}{2}$ lb.) *sweet butter*
 $\frac{1}{4}$ c. *sugar*
1 *egg yolk*
2 T. *brandy*
 $\frac{1}{2}$ tsp. *vanilla extract*
 $\frac{1}{2}$ tsp. *almond extract*

$\frac{1}{2}$ tsp. *baking soda*
 $2\frac{1}{2}$ c. *sifted flour*
 $\frac{1}{2}$ *finely chopped walnuts or almonds*
Confectioners' sugar

Cream the butter with an electric mixer until fluffy (at least 25 minutes). Add sugar slowly and keep beating. Add egg yolk, brandy, vanilla and almond extracts. Sift baking soda with flour and fold into mixture. Add nuts by kneading into dough (don't overwork dough). Add a little flour if dough is too wet. Measure 1 tablespoon each of dough into a ball and place on ungreased baking/cookie sheet. Bake 30 minutes at 375° or until golden brown. Put all baked wedding balls on a platter and sift confectioners' sugar on them while still warm. When cool, before serving, roll in confectioners' sugar to coat.

Richard Pelikan

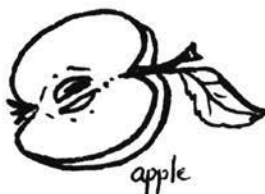
MEXICAN WEDDING CAKES

$\frac{3}{4}$ c. *butter*
 $\frac{1}{4}$ c. *margarine*
 $\frac{1}{2}$ c. *sugar*
2 tsp. *vanilla*

1 T. *water*
2 c. *flour*
1 c. *chopped pecans*

Preheat oven to 300°. Cream butter, margarine and sugar. Add vanilla and water. Add flour. Mix well and add pecans. Form small balls a little larger than marbles. Bake on ungreased cookie sheets in slow (300°) oven for 20 minutes. While hot, roll in powdered sugar.

Liz Dwyer



J & K LEMON TEACAKES

Cookies:

<i>2/3 c. sugar</i>	<i>2 1/4 c. all-purpose flour</i>
<i>1 c. butter, softened</i>	<i>1 1/2 tsp. grated lemon peel</i>
<i>1 egg</i>	<i>1 to 2 drops yellow food coloring</i>
<i>1 tsp. vanilla extract</i>	

Glaze:

<i>1 1/2 c. powdered sugar, sifted</i>	<i>3 to 4 T. milk</i>
--	-----------------------

Garnish:

Candied violets OR tiny frosting flowers

Heat oven to 350°. In large mixer bowl combine all cookie ingredients **except** flour, lemon peel and food coloring. Beat at medium speed, scraping bowl often, until very light and creamy (2 to 3 minutes). By hand, stir in flour until well mixed. In small bowl, place **3/4 cup** dough. By hand, stir in lemon peel. Shape lemon flavored dough into 36 (1/2-inch) balls. Divide remaining dough into 36 pieces. Place 1 lemon dough ball in center of each piece of dough; shape into 1-inch balls, making sure lemon dough is covered. Place 2 inches apart on cookie sheets. Bake for 15 to 18 minutes or until edges are lightly browned. Cool completely. In medium bowl stir together all glaze ingredients. Dip top of each cookie into glaze; let excess glaze drip off. Place on wire rack over waxed paper. If needed, add a few drops of milk to glaze if it becomes too thick. Garnish with candied violets before frosting sets. Yield: 3 dozen.

Janet Gardner

*M*ERINGUES

<i>3 egg whites</i>	<i>1/4 tsp. cream of tartar</i>
<i>1 c. sugar</i>	<i>1/2 c. chopped nuts</i>
<i>1 pkg. chocolate chips</i>	<i>1/2 tsp. vanilla</i>

Preheat oven to 200°. Grease a cookie sheet. Beat egg whites until stiff. Add sugar gradually. Add cream of tartar and vanilla. Fold in nuts and bits; drop by spoonful on greased cookie sheet. Bake at 200° for 50-60 minutes.

Liz Dwyer

*S*NICKERDOODLES

1 c. shortening
1½ c. sugar
2 eggs
2⅔ c. sifted flour
2 tsp. cream of tartar

1 tsp. baking soda
½ tsp. salt
2 T. sugar
2 tsp. cinnamon

Preheat oven to 400°. Cream shortening and sugar until well-blended. Add eggs; mix well. Sift flour, cream of tartar, baking soda and salt. Add to shortening mixture. Mix well. Chill dough. Roll chilled dough into balls and roll them in sugar and cinnamon mixed together in a bowl. Place them 2 inches apart on ungreased baking sheets and bake for 8-10 minutes. Makes 5 dozen.

Liz Dwyer

*S*MACZNEGO

2½ c. sifted flour
1 tsp. baking powder
¾ c. sugar
1 c. butter
1 egg, beaten

1 T. sour cream
½ tsp. vanilla
1 can Solo apricot filling
¼ c. sugar
¼ c. flour

Preheat oven to 350°. Combine 2½ cups flour, baking powder and ¾ cup sugar in bowl. Blend in butter by hand. Combine egg, sour cream and vanilla and add to flour mixture blending to form dough (all by hand). Spread ⅔ of dough onto ungreased sided cookie sheet using an offset spatula (dip spatula in water to make spreading easier). Top with apricot filling. To remaining dough, add ¼ cup sugar and ¼ cup flour, combining to form crumbs. Sprinkle over apricot filling. Bake for 45 minutes. Cool and cut into 1-inch squares.

Maryann Pietruszki

*O*RANGE MARMALADE NUT BARS

1 pkg. store-bought cookie dough
1 c. marmalade

1½ c. walnuts, chopped
1 c. semi-sweet chocolate chips

Preheat oven to 350°. Spread cookie dough on ungreased (9 x 12-inch) cookie sheet to ¼-inch thickness. Bake 18-20 minutes. Let cool. Spread marmalade over the cooled cookie dough. Sprinkle nuts on top of marmalade. In a double boiler over lightly simmering water, melt chocolate chips. Dip a spoon in melted chocolate and drizzle on top of nuts. Let cool. Cut into 12 bars. **Tip:** Add a little butter to chocolate chips to make drizzle thinner.

Gayle Lechner

*D*ARK CHOCOLATE ESPRESSO SHORTBREAD

1¼ c. all-purpose flour
¼ c. cornstarch
¼ c. unsweetened cocoa
1 tsp. instant espresso powder
¼ tsp. salt

1 c. powdered sugar
3 oz. white chocolate baking bar
3 oz. unsweetened chocolate
baking bar

Preheat oven to 325°. Combine flour, cornstarch, cocoa, espresso powder and salt in a medium bowl; set aside. Beat butter at medium speed with an electric mixer until fluffy; gradually add powdered sugar, beating well. Stir in dry ingredients; beat just until blended. Line 2 baking sheets with parchment paper. Divide dough into 3 equal portions. Place 2 portions on opposite ends of one baking sheet. Place remaining portion on second baking sheet. Cover dough portions with plastic wrap; gently press or roll each portion of dough into a 5½-inch circle. Lightly score each round with a sharp knife into 6-8 sections (I recommend 8). Bake rounds at 325° for 23 minutes or until shortbread feels firm to the touch. Gently score each round again and slide parchment from baking sheets onto wire racks. Let cool completely on the parchment. Cut shortbread into wedges along scored lines. Melt chocolate baking bars separately in small bowls in the microwave according to package directions. Partially dip wide end of each shortbread wedge in unsweetened chocolate. Place on a wax paper-lined jelly-roll pan and freeze briefly to set chocolate. Then partially dip other half of wide end of each wedge in white chocolate. Freeze briefly to set white chocolate. Yield: 1½-2 dozens. Can be frozen.

Kris Luka

CHINESE CHEWS

½ c. butter

1 c. flour

2 T. sugar

2 beaten eggs

1½ c. brown sugar

1 c. chopped walnuts

½ c. dry coconut

½ tsp. vanilla

2 T. flour

Preheat oven to 350°. Combine butter, flour and sugar. Put into a 9 x 9-inch pan. Bake 10-15 minutes. While baking the crust, combine eggs, brown sugar, walnuts, coconut, vanilla and flour. Spread on baked crust. Bake 30 minutes. Cool and cut into pieces.

Letty Hudak

RATIE'S FAMOUS BROWNIES

*2 squares (2 oz.) unsweetened
chocolate*

8 T. butter

1 c. sugar

2 eggs

½ tsp. vanilla

1 c. chopped walnuts

¼ c. all-purpose flour

¼ tsp. salt

Preheat oven to 325°. In a heavy saucepan over very low heat, melt chocolate and butter. Remove from heat and stir in sugar. Beat in eggs and vanilla. Quickly stir in nuts, flour and salt. Spread in well greased 8 x 8-inch pan. Bake 40-45 minutes. Let pan cool on rack.

Mary Smith

Liz Dwyer

IRRESISTIBLE BROWNIES

¾ c. butter

2 c. sugar

1½ c. flour

⅔ c. cocoa

½ tsp. baking powder

¼ tsp. salt

4 eggs, at room temp.

2 tsp. vanilla

2 c. semi-sweet chocolate chips

Preheat oven to 350°. Melt butter. Pour butter into large mixing bowl. Add eggs, sugar and vanilla. Mix well. Stir in flour, cocoa, baking powder and salt. Stir until smooth. Add chips. Spread in a 13 x 9-inch baking pan. Bake 30 to 35 minutes. Cool on wire rack and cut into 2-inch squares.

Joan Barna

FORGETFUL COOKIES

2 egg whites
1/8 tsp. cream of tartar
Pinch of salt
1 tsp. vanilla extract

3/4 c. sugar
1/2-3/4 c. semisweet chocolate
chips &/or chopped nuts

Preheat oven to 325°. Put on greased cookie sheet. Beat egg whites with on electric mixer at high speed until peaks form. Add cream of tartar, salt, vanilla and sugar. Mix. Fold in chocolate chips and/or nuts. Put small spoonfuls on lightly greased cookie sheet. Put in oven; after 2 minutes, turn oven off. Leave in over overnight. (Do **not** open door.)

Elizabeth C. Hanscom

ST. JOSEPH CREAM PUFFS

1 c. water
1/2 c. margarine

1 c. flour
4 eggs

Ricotta Cream:

1 c. ricotta
2 T. semi-sweet chocolate morsels,
chopped
1 tsp. grated orange rind

1/3 c. confectioners' sugar
1/2 c. heavy cream, whipped
1 tsp. vanilla extract
Maraschino cherries

To make puffs: Preheat oven to 400°. Heat butter and water to a boil. Stir in flour all at once. Mix over low heat until ball forms. Remove from heat. Beat in eggs, one at a time. Drop from spoon on ungreased cookie sheet. Bake 45-50 minutes. Allow to cool slightly. Split open and scrape out soft dough. Fill with ricotta cream. **To make ricotta cream:** Combine ricotta, chocolate morsels, orange rind and confectioners' sugar. Blend well. Fold in whipped cream and vanilla. Chill. Fill pastry puffs and decorate with dot of cream and cherry.

Joan Kylishi

*P*ECAN CHEWS

Crust:

1 $\frac{3}{4}$ c. flour

$\frac{1}{3}$ c. powdered sugar

$\frac{1}{4}$ c. cornstarch

$\frac{1}{2}$ tsp. salt

$\frac{3}{4}$ c. chilled unsalted butter, cut
into $\frac{1}{2}$ -inch pieces

Topping:

1 $\frac{1}{4}$ c. packed golden brown sugar

$\frac{1}{2}$ c. light corn syrup

$\frac{1}{4}$ c. unsalted butter

4 c. coarsely chopped pecans

$\frac{1}{2}$ c. whipping cream

2 tsp. vanilla extract

For crust: Preheat oven to 350°. Line a 13 x 9 x 2-inch baking pan with foil, leaving one-inch overhang on all sides. Butter foil. Blend flour, powdered sugar, cornstarch and salt in food processor. Add butter and process until mixture begins to clump together. Press dough evenly into bottom of pan. Bake crust until set and light golden, about 25 minutes. Remove from oven. Let stand while preparing topping. Reduce oven temperature to 325°. **For Topping:** Stir brown sugar, corn syrup and butter in heavy medium saucepan over medium high heat until sugar dissolves and mixture boils; boil one minute. Add pecans and cream; boil until mixture thickens slightly, about 3 minutes. Stir in vanilla. Pour hot topping over warm crust. Bake until caramel is darker and bubbles thickly, about 20 minutes. Transfer pan to rack. Cool completely in pan. Topping will harden. Lift foil out of pan onto cutting board. Using heavy sharp knife, cut into $\frac{1}{2}$ -inch pieces.

Mary Smith

*R*URABIATHES COOKIES

1 lb. butter

3 T. Crisco

$\frac{1}{2}$ c. sugar

1 $\frac{1}{2}$ jiggers whiskey

2 tsp. baking powder

5 c. flour

Confectioners' sugar

Cream butter, Crisco and sugar until it's white. Add whiskey, baking powder and flour. Mix until well-blended. May use cookie press or roll into walnut-sized balls and flatten. Bake at 350° for 10 minutes. Dip into confectioners' sugar while still warm.

Diana Kazazis

TOFFEE SQUARES

35 unsalted saltine crackers
2 sticks butter
1 c. brown sugar

1 c. chocolate chips
1 c. (or more) finely chopped nuts

Preheat oven to 350°. Line a buttered jelly-roll pan (or any pan with sides) with saltines. Melt butter and sugar and bring to a full boil for 3 minutes. Pour over crackers. Bake 10-12 minutes at 350°. Spread chocolate chips over warm crackers in a thin layer. Sprinkle nuts over chocolate and put in refrigerator to cool. Cut or break into squares. Makes 35-40 cookies.

Darielle Walsh

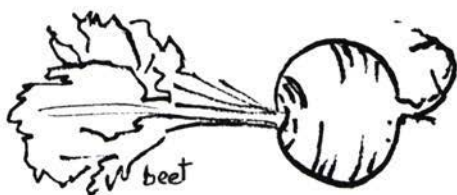
BETTER THAN GOOD CANDY

1 (8-oz.) pkg. cream cheese
1/3 lb. butter
2 lbs. 10X confectioners' sugar,
sifted
Pinch of salt
1 tsp. vanilla

1 pkg. Baker's unsweetened
chocolate
2-3 squares paraffin wax
1 can unsalted peanuts,
chopped & crushed

Mix cream cheese, butter, sugar, salt and vanilla together. Let stand in refrigerator overnight. Shape into 1-inch balls. Dip each ball in melted chocolate mixed with paraffin. Roll into peanuts. (Can substitute crushed pretzels or coconut.)

Jeanne Monaghan



ACORN DATES

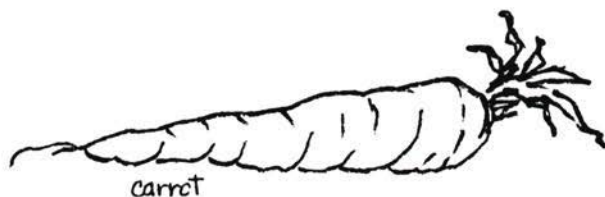
*¾ c. shelled whole natural
almonds*

10 oz. whole pitted dates

*12 oz. semisweet chocolate chips
2 tsp. vegetable oil*

Toast almonds on baking sheet in a 350° oven for 10 minutes until lightly golden. Cool slightly. Line second sheet with waxed paper. Using whole pitted dates, stuff each date with almond, snipping one end of date if opening is too small. Finely chop or grind remaining almonds. Microwave chocolate chips and vegetable oil in microwave-safe bowl at 100 percent power for 1 minute; stir until smooth. Dip dates into chocolate; use fork to remove, letting excess drip into bowl. Place on waxed paper-lined sheet. Chill 30 minutes to firm. Remove dates from refrigerator. Re-melt chocolates, if necessary. Dip end in chocolate, then almonds. Set on waxed paper. Chill to firm. Makes about 40 candies.

Janet Gardner



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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



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HERBS in SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

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

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER

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

MARJORAM

May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT

Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG

Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO

Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA

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

PARSLEY

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

ROSEMARY

Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON

Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE

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

TARRAGON

Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME

Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC

Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

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

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popoversto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
wafflesto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft doughto 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima.....	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

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

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

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

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

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

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

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

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

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

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

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

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



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

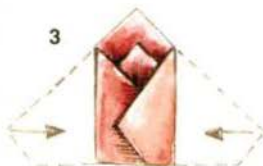
Instructions:

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

1, 2



3



4



ROSETTE

Elegant on plate.

Instructions:

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

1



2



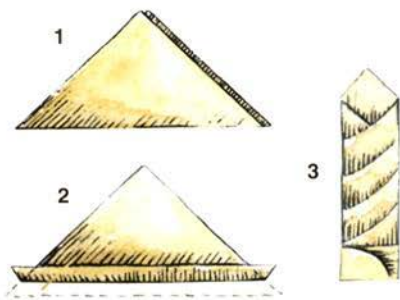
3



4



NAPKIN FOLDING



CANDLE

Easy to do; can be decorated.

Instructions:

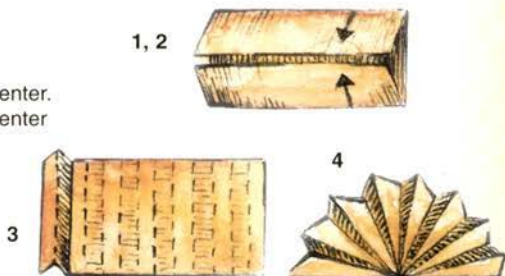
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

Instructions:

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

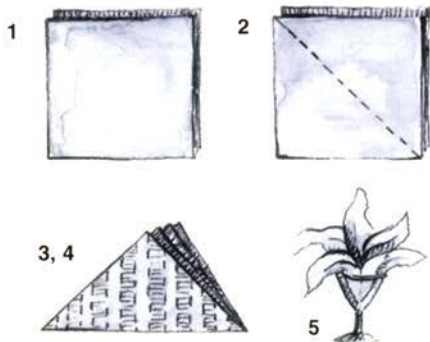


LILY

Effective and pretty on table.

Instructions:

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



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

C° TO F° CONVERSION

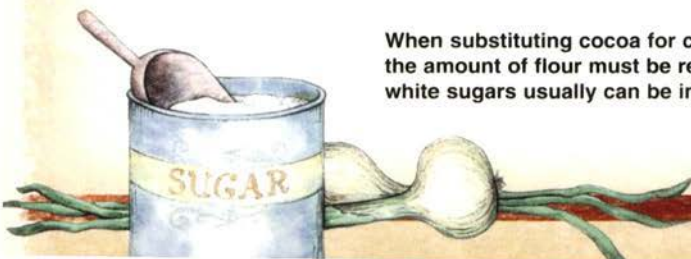
120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

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

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

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

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, $\frac{3}{4}$ c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 $\frac{1}{2}$ oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

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

Au jus: Served in its own juices.

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

Bisque: A thick cream soup.

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

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

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

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

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

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

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

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

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

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

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

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

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

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

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

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

Sauté: To cook and/or brown food in a small quantity of hot shortening.

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

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

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

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



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