



Royale Coach Club Spring Rally 2013

“Adventures in Williamsburg”

Member's Cookbook

To all my Royale Coach Friends

**I hope you enjoy this cookbook as much as I did
putting it together it for you.**

**Mary Habicht
Host of the Spring Rally 2013
Williamsburg, Virginia**

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Every effort has been made to incorporate your recipes with no errors. Where possible, cut and paste was used to minimize the chance of typos. We tried to make sure that recipes that were typed in were entered as you presented them.

A Toast to Good Friends



Lemon Drop Martini

by Charlotte Bracewell Hatcher

2 oz Citron Vodka,
1 oz real lemon juice, (can come out of a bottle but make sure
it is 100% real lemon juice)
1 T sugar,
2 T water.

Shake vigorously until sugar dissolves. Pour into cold martini
glass or pour over ice and consume. Serves 1

Percolator Punch

by Karen Brown

Serves 22

9 cups unsweetened pineapple juice

9 cups cranberry juice

4 1/2 cups water

1 cup brown sugar

4 whole clove

4 sticks cinnamon stick

1/4 tsp salt

Pour the unsweetened pineapple juice, cranberry juice, and water in the bottom part of the percolator. In the percolator basket put brown sugar and spices. Turn on percolator and allow it to go through perk cycle. Serve piping hot. Keep leftovers in refrigerator for a quick reheat.

California Smoothie

by Mary Habicht

2 servings

1 banana

1 cup OJ

1/2 cup milk

Ice cubes

Rum to taste

Blend in blender until smooth and creamy.

Strawberry Wine Punch (adult)

by Mary Habicht

2 –10oz packs of frozen strawberries – iced stage

1 small can lemonade – iced stage

1 fifth rose wine – chilled

2 28 oz ginger ale – chilled

Ice ring to float in punch bowl

In blender mix strawberries and lemonade until smooth.

Pour into punch bowl over ice. Add wine and slowly add ginger ale.

Leave out the wine if serving to children.

This is the punch that I served at all my Christmas Parties

The Beginning of a Good Meal



Kings Arms Tavern Cream of Peanut Soup

(From the Williamsburg Cook Book)

Makes 10 – 12 servings

Brazil is the native home of the peanut, the “ground nut” that sailed with Portuguese explorers to Africa and back to the Americas with the Negro. In 1794, Thomas Jefferson recorded the yield of sixty-five peanut hills at Monticello. The cultivation of peanuts increased in the South in the nineteenth century, but it was not until after the Civil War that they gained national acceptance.

Peanut Soup is comparatively new, but it is much in demand in the King’s Arms Tavern, in Williamsburg, VA.

1 medium onion, chopped
2 ribs of celery, chopped
¼ cup butter
3 tablespoons all-purpose flour
2 quarts Chicken Stock
2 cups smooth natural peanut butter
1-¾ cups light cream
½ cup peanuts, chopped

- 1) Sauté’ the onion and the celery in butter until soft, but no brown.
- 2) Stir in the flour until well blended
- 3) Add the Chicken Stock, stirring constantly, and bring to a boil
- 4) Remove from the heat and puree in a food processor or a blender

<continue next page>

<Kings Arms Tavern Cream of Peanut Soup contd>

- 5) Add the peanut butter and cream, stirring to blend thoroughly.
- 6) Return to low heat and heat until just hot, but do not boil.
- 7) Serve, garnished with chopped peanuts.

This is very rich and a cup works well as a serving.

Spicy Roasted Red Bell Pepper Pimiento Cheese

by Karen Brown

Serves 20

1 1/4 C lite mayonnaise
6 oz jar roasted red peppers, drained and chopped
2 tsp onion, finely chopped
2 tsp coarse-ground mustard
1/2 tsp ground red pepper
20 oz sharp white cheddar cheese, shredded
ground black pepper to taste

Stir together mayonnaise and next 4 ingredients until well blended; stir in cheese and black pepper. Serve with assorted crackers and vegetable slices. Store in refrigerator in an airtight container up to 4 days.

Cilantro pesto

by Shirley Sage

1 clove garlic
1/2-cup almonds
1 cup packed fresh cilantro leaves
2 T lemon juice
6 T olive oil

Chop cilantro with olive oil in food processor. Add remaining ingredients and process to a lumpy paste. (you may have to scrape the sides and add a touch of hot water). Serve on sourdough toast.

Fig Preserves

by Carolyn Lien

One regular square of cream cheese and pour fig preserves over it on a plate, add crackers.

Pickle Dip

by Brenda Schmitz

2 – 8oz Packages of cream cheese

1 Small jar of whole, dill pickles, chopped fine

Whip cream cheese, add pickle juice, and then chopped pickles.

Serve with Ruffle potato chips.

24 Hour Shrimp Dip

by Carolyn Lien

2 or 3 cans small shrimp,
1 pint mayo,
1 med red onion

Drain shrimp and put in glass bowl. Mince red onion and shrimp and add mayo. Cover and put in refrigerator for 24 hours. Serve in a bowl on a plate and add crackers around it.

Harvest Pumpkin Soup

by Judy Mancuso Davidson

8 servings

2 tablespoons unsalted butter
1 large potato, chopped. I don't peel
1 large onion, chopped
4 1/2 cups chicken or veggie broth
1 (15 oz) can pure pumpkin
Non salt seasoning
1/2 teaspoon ground nutmeg
crushed oregano and basil approx 1 teaspoon each
1/4 pint heavy cream (8 tablespoons)

1. In large pot over medium heat, melt butter. Add potato and onion and cook, stirring occasionally, until onion is translucent, about 8 minutes.
Add broth and bring to boil. Cover, reduce heat to low and cook until potato is tender. 10 to 12 minutes.

2. Use potato masher on potato/onion mix, then stir in pumpkin until smooth.
add seasonings. (non salt, nutmeg, oregano and basil)
Increase heat to medium/high and bring mixture to a boil.
Cover, reduce
(next page)

heat to low and cook for 10 minutes. Stir in cream and heat thoroughly.
Serve hot.

Artichoke Dip

by Mary Habicht

Serves 12

14-oz can artichoke hearts, drained and cut into small pieces

1/2 cups mayonnaise

1 cup Parmesan cheese, Grated

1 8-oz pkg. Cream cheese softened

Mix ingredients in baking dish (pie plate works well) bake at 350° for about 30 minutes or until the middle of the dip bubbles.

Pepperoni Pizza Dip

by Kally Kitchings

Ingredients

3 packages cream cheese
½ cup green onion, chopped
1 jar of pizza sauce, 14 ounce (not tomato sauce)
1 can chopped black olives, 4.25 ounce
1 jar sliced mushrooms, 7.5 ounce, well drained
¼ cup bell pepper, chopped
1 8 ounce package Mozzarella cheese
1 package Pepperoni

The above ingredients are for a 9 by 9 inch oven safe dish.
Arrange cream cheese in bottom of dish so that entire bottom of dish is covered. Continue layering ingredients in dish in the order listed above. Overlap the pepperoni as the last ingredient.

Bake for 25 minutes in a pre-heated 325 degree oven.
If using a larger or smaller dish ingredients will need to be adjusted.
Serve on crackers or chip and enjoy!

Cole Slaw/Waldorf Salad

by Kathy Solberg

1 bag Cole slaw
1 large or 2 small/medium apples
1 cup mayonnaise
1 TBSP sugar
½ to 1 cup chopped dates
1-2 cups honey roaster peanuts
Squeeze of lemon juice

Chop apples into bite-size pieces. Sprinkle with lemon juice.
Whip sugar into mayo. Mix all ingredients together and keep cold prior to serving.

Shrimp Dip

By Kathy Solberg

1 lb cooked shrimp
2 large pkgs cream cheese
2 tsp grated onion
½ to ¾ cup ketchup
½ to ¾ cup mayonnaise

Let cream cheese sit out to soften. Cream together the cream cheese, grated onion, ketchup and mayonnaise. When thoroughly mixed, add shrimp and mix just enough to distribute the shrimp throughout. Serve with Ritz crackers (or any crackers), toast points, or Fritos dippers.

Quick Mexican Dip

by Nancy McNulty

8 oz cream cheese

1 jar of your favorite salsa (I often use "Newman's Own Peach Salsa")

1 package (2 cups) shredded Mexican cheese blend

Spread softened cream cheese in bottom of 8x8 inch pan. Pour salsa over cream cheese. Top with shredded cheese.

Heat in oven until cheese has melted. Serve with corn chips.

Toasted Pecans (or Walnuts)

by Avice Bost

1 lb Pecans (or walnuts) (or combine the two)

2 Tbsp olive oil

1 tsp sea salt

Place nuts in pan. Drizzle olive oil over nuts. Sprinkle sea salt over the nuts and stir until all nuts are coated. Bake in 250-degree oven for 30 minutes.

NOTE: If doing 2 lbs, probably need to cook about 20 minute longer; stir once.

Annie's Pimento Cheese Dip

by Cindy Barbeau

2 cups sharp cheddar cheese, grated
Real Mayonnaise (~1 to 2 Tbsp)
1 jar diced pimentos, drained (4 oz)
Garlic powder (~ 1 Tbsp)
2 Tbsp sugar
Cayenne Pepper (to taste)

Mix all together and chill well; serve with crackers.

Enjoy!

Hampton Roads Crab Imperial

by Cindy Barbeau

1 pound crabmeat
1 egg
1 tsp dry mustard
1/4 tsp curry powder
3 Tbsp real mayonnaise
Pinch of garlic salt or garlic powder

Preheat oven to 425 degrees. Mix all ingredients lightly and spoon into greased casserole dish; Bake for 15 to 20 minutes, serve with crackers.

Enjoy!

Kelrae Farms Beet Salad

by Cindy Barbeau

2 whole fresh beets
3 cups of salad greens
1 can mandarin oranges, drained (11 oz)
2 T cider vinegar
2 tsp OJ concentrate
1/4 tsp dry mustard
1/4 tsp thyme
1/8 tsp cracked pepper
5 tsp canola oil
1 tsp sesame oil

Spray beets with cooking spray (put in an 8x8 square covered dish) and bake at 350 degrees for 1 hour. Cool beets, peel and cut into 1/2 inch cubes. In a large salad bowl, combine beet cubes, salad greens and drained oranges. In blender, combine vinegar, oj, mustard, thyme, and pepper. Process until blended and then gradually add in oils to emulsify. Drizzle mixture over salad and toss to coat.

Enjoy!

Snickerdoodle Salad

by Cindy Barbeau

6 snickers bars, cut into small chunks
6 granny smith apples, cut into small chunks
1-6 oz marshmallow cream
1-7 oz cream cheese, softened
1-6 oz cool whip

Cream together marshmallow cream and cream cheese, mix with spoon folding in the snickers bars and apples; fold in the whipped topping. Chill well and serve.

Enjoy!

Baked Cheese Dip

by Barbara Chalk

1 cup grated baby Swiss cheese
1 cup sweet onion, finely chopped
1 cup mayonnaise

Preheat oven to 350°F. Mix together and bake in small square or au gratin dish for 25-30 minutes. For larger servings, increase ingredients in equal amounts.

Grape Salad

by Barbara Chalk

Wash and dry:

4 cups green grapes

4 cups red grapes

Mix together:

1 cup sour cream

1 - 8 oz pkg cream cheese

1 1/2 tsp almond flavoring

1 tsp vanilla flavoring

1/2 cup powdered sugar

Assembly:

Fold grapes into cream cheese mixture. This will keep in the refrigerator for a week or so in air-tight container.

You may substitute low-fat ingredients if desired. I use Splenda and 1/3 low fat cream cheese, however it's much better with the real "stuff". There is a topping, but I seldom use it.

Topping

1 cup angel flake coconut

1/2 cup brown sugar

1/2 cup chopped pecans

Combine and sprinkle over salad.

Hot Pineapple Salad

by Barbara Chalk

2 - 20 oz cans chunk pineapple (in own juice)
Juice of 1 can of pineapple (save juice from other can for other use)
1 cup sugar
1/2 cup flour
2 cups shredded sharp cheddar cheese
20 Ritz crackers finely crushed
1/2 cup melted butter

Preheat oven to 350 degree F.

Place pineapple and juice in baking dish (9x11 Pyrex or au gratin dish). Mix flour, sugar, and cheese together and layer on top of pineapple and juice. Mix crackers with melted butter and sprinkle on top of mixture. Bake in oven for about 30 minutes. A very nice side dish for baked ham or pork loin.

Bacon-Wrapped Jalapeno Shrimp

by Mary Habicht (compliments of friend Carol Riddle)

Olive Oil

1 – 1-1/2 pounds of raw shrimp

¼ to ½ package of bacon

6-7 raw jalapeno peppers

Bottle of Honey BBQ sauce

Cut bacon into ½ strips then cut again lengthwise so that you have a skinny ½ strip and refrigerate. I've found that the less bacon you use, the better b/c the shrimp cooks faster than the bacon, and it's all about the shrimp anyway. Peel, de-vein & clean shrimp and refrigerate. Wash peppers and cut into small cross sections so that each piece is about 1/8" wide. Hollow out each cross section piece so that it can be fitted over a shrimp like a little green collar. Set aside cross section pieces in a bowl and refrigerate.

Be careful when cutting up these little hotties b/c any small cut you have on your hands/fingers is really going to sting after doing this. Also, be very careful when touching your face, eyes, etc. The juice really burns (for a short time) if you get it in the wrong spot ☺. Of course, you can wear gloves, but they are cumbersome and I find that I don't get the best result when wearing them, plus they add to the prep time.

Prepare 2 large cookie sheets by brushing a light coat of olive oil over entire surface area including sides. Retrieve bacon, shrimp and jalapeno collars from the refrigerator. Fit a jalapeno collar over each shrimp and wrap the small strip of bacon around it. Secure with a toothpick and place on prepared cookie sheet. Pour some Honey BBQ sauce into a small bowl and put ~ 1 teaspoon over each shrimp so that each is coated well.

Preheat oven to 375 degrees and cook ~25-30 minutes until bacon is done but not crispy.

Shrimp and Grits

by Stanley Reahard

Take a pound of peeled shrimp.
Roll in melted butter to coat.
Season pretty heavily with Chef Paul Prudhomme's Blackened Redfish seasoning.
Sauté until done (do not overcook shrimp or they'll be tough) and set aside.

Grits:

I use quick cook grits but not instant. Plan on cooking for at least 20-30 minutes--just keep adding water as they cook down.
Add some half and half to the water you're using to make grits creamier.
Salt and pepper to taste.
After about 20 minutes or so add a cup of shredded cheddar cheese and stir until melted.

To serve: Ladle grits into a bowl, sprinkle with bacon bits and chives or finely cut spring onions for garnish.
Warm up your shrimp and add to the bowl. Voila!

Enjoy.

Potato and Cherry Tomato Salad

by Denyse McCurdy

3/4 cup extra virgin olive oil
6 T white wine vinegar
1.5 tsp fine sea salt
coarse black pepper to taste
2 pounds small white potatoes (she suggests golfball size
Yukon gold)
1.5 cups cherry tomatoes cut in half
6 fresh basil leaves torn into small pieces

Combine the olive oil, vinegar, salt and pepper in a salad bowl and set aside.

Cover the potatoes with cold water, bring to a simmer and cook until a knife is easily inserted. Drain. When they are at room temperature, cut them into bite size wedges. Toss them in the salad bowl with the tomatoes and basil. Allow to marinate at room temperature for several hours before serving.

Mini Pies

by Charlotte Bracewell Hatcher

Cook at 375 for 30 minutes or until done

1/2 cup milk
1/2 cup bisquick mix
2 eggs,

Mix well together!

The recipe suggested 1/2 cup filling of your choice. I used, 1/2 cup each mixed together.....

- Shredded Mexican 5 cheese with hot peppers
- Tiny cubed ham
- Pico de gallo sauce.....

Then the same thing only use sausage crumbles.

Put 2 tablespoons mix in the bottom of muffin tins, Divide mix in 3's.....3 ham.....3 sausage, then pour rest of mix on top of mixture.

Cream Cheese Potato Soup

by Smitty Schmitz

Here is a great soup recipe. You can improvise and throw in mushrooms, carrots, corn, celery or whatever you have. I like to top it with some bacon bits for flavor.

4 cups chicken broth
4 cups peeled and cubed potatoes
1/4 cup minced onion
1/2 tsp seasoning salt
1/4 tsp white pepper
1/4 tsp ground red pepper
1 (8 ounce) package cream cheese, cut into chunks

Combine broth, potatoes, onion, and spices.

Boil on medium heat until potatoes are tender.

Smash a few of the potatoes to release their starch for thickening.

Reduce to low heat.

Add cream cheese.

Heat, stirring frequently, until cheese melts.

Oyster Stew

by John Habicht

1/2 cup butter
1 cup minced celery
3 tablespoons minced shallots
1 quart half-and-half cream (non Fat Free)
2 (16 ounce) containers fresh shucked oysters, undrained
(stewing size which are smaller)
1-2 cans sliced potatoes
salt and ground black pepper to taste
1 pinch cayenne pepper, or to taste

Melt the butter in a large skillet over medium heat, and cook the celery and shallots until shallots are tender.

Pour half-and-half into a large pot over medium-high heat. Mix in the butter, celery, and shallot mixture. Stir continuously. When the mixture is almost boiling, add sliced potatoes and pour the oysters and their liquid into the pot. Season with salt, pepper, and cayenne pepper. Stir continuously until the oysters curl at the ends. When the oysters curl the stew is finished cooking; turn off the heat and serve.

Mulligatawny Soup

by Kay Strickland

Serves 8-10

1 broiler-fryer chicken (3-4 lbs)
1 qt water
1 Tbsp salt
1 tsp curry powder
1/8 tsp mace
1/8 tsp cloves
1 small bunch parsley
1 medium onion, sliced
1 medium carrot, sliced
1 stalk celery, sliced
1 green pepper, diced
1 medium apple, pared and sliced
¼ cup butter
1/3 cup flour
1 can (8 oz) stewed tomatoes

In large saucepan, combine chicken, water and next 5 seasonings, cover and simmer 45 minutes or until chicken is tender. Remove chicken from broth. Measure broth; if necessary add water to make 1 quart. Remove bones and skin from chicken and cut meat into pieces. In large saucepan, cook onion, carrot, celery, green pepper and apple in butter until tender. Remove from heat; stir in flour. Gradually stir in broth and tomatoes. Add chicken. Heat to boiling, stirring constantly. Boil 1 minute. Cover and simmer 1 hour. To serve Indian style, bring to table in shallow soup plates and top each with a spoonful of hot rice.

The Meat and Potatoes *(and other side dishes)*



Potato Chip Casserole from Cooking Light

by Karen Brown

Serves 6

4 cups cooked chicken, cut in 1/2" pieces
1/4 cup chopped green onion
1/4 cup chopped red bell pepper
2 tablespoons finely chopped fresh parsley'8 ounces can slices
water chestnuts, drained and chopped
1/2 cup low fat mayonnaise
1/4 cup reduced fat sour cream
2 tablespoons lemon juice
2 teaspoons Dijon-style mustard
1/2 teaspoon each salt and pepper
3/4 cup shredded Swiss cheese
3/4 cup crushed baked potato chips

Preheat oven to 400 degrees. Combine chicken and next 4 ingredients in a large bowl; stir well. Combine low-fat mayonnaise and next 5 ingredients in a small bowl, stirring with a whisk. Add mayonnaise mixture to chicken mixture; stir well to combine. Spoon chicken mixture into an 11 x 7 baking dish coated with cooking spray and sprinkle with cheese.

Top cheese evenly with chips. Bake at 400 degrees for 13 minutes or until filling is bubbly and chips are golden.

Cedar Planked Salmon with Brown Sugar

by Mary Habicht

Serves 6

Plank Cooking Is A Native American Technique that Imparts a Subtle, Smoky Flavor

2 1/2 lb. - salmon, center-cut fillet with skin

1/2 to 1 cup - Light Brown Sugar or Dark Brown Sugar,
packed (amount depends on size of fillet)

salt (kosher or sea salt)

pepper

water

1 cup - wine, red dry (optional)

Soak the cedar plank in water and wine (optional) for 30 minutes. Wash and pat dry salmon; season with salt and pepper to taste. Place fillet, skin side down, on wet plank. Cover entire fillet with brown sugar. For charcoal or gas grilling, use indirect heat method*, cover grill and cook for 12 minutes. *Indirect cooking means the coals will be arranged away from the food. Place a
(next page)

foil drip pan (large enough to cover the surface below the food) in the center of the fire-box and mound the coals all around the pan, using long-handled tongs. For a gas or electric grill, follow manufacturer's directions for indirect cooking. For 2- or 3-burner unit, one burner is usually turned off after preheating and the food is placed over the unit burner. For 1-burner units, the burner is turned to LOW

Curried Chicken Salad

by Carolyn Lien

2 cups diced cooked chicken,
1/2 cup sliced water chestnuts,
1 pound red grapes, halved,
8 ounce pineapple chunks,
1/2 cup diced celery(optional),
1/2 cup slivered almonds.

The sauce:

3/4 cup miracle whip salad dressing,
1 teaspoon curry powder,
2 teaspoons lemon juice
2 teaspoons soy sauce.

Combine chicken, water chestnuts grapes, and pineapple chunks, celery, and almonds and mix. Make sauce and then combine the sauce with the chicken mixture and let set in the refrigerator over night.

Turkey Tetrazzini

by Carolyn Lien

Slice cooked turkey meat to cover 9 x 13 pan twice,
2 1/2 cups grated cheese,
1 1/2 cup chopped celery,
2 green bell peppers, chopped,
1/2 cup chopped onion,
1 large can mushrooms,
1/2 stick margarine,
1 pack spaghetti and
2 cans cream of mushroom soup.

Cook spaghetti and saute vegetables and season as you like. Layer and then Repeat: grease bottom of pan, , mushrooms noodles on bottom, turkey meat, vegetables, 1 can cream of mushroom soup, 1/2 mushrooms, 1/2 cheese, season between layers, now repeat layers again. Bake at 350 degrees for 30 to 35 minutes covered(I use tin foil). This recipe can be halved and pun in smaller dish and bake the same time. Great way to finish up the turkey.

White Bean Chicken Chili

by Shirley Sage

4 servings

2-3 T olive oil
1 large onion, chopped
1 lb boneless, skinless chicken breasts
1 T minced garlic
1 (15 oz) can Great Northern beans
1 (19 oz) can cannelloni beans
1 (4 1/2 oz) can green chilies
1 1/2 t ground cumin
1 t white pepper
1/8 t red pepper 9cayenne optional
1 914 oz) chicken broth
2 T cornstarchs
2 T water

Heat oil in Dutch oven over med heat. Add chopped onion to brown. Add raw chicken cut to desired size. Add garlic and continue to cook stirring occasionally. While chicken cooks, rinse and drain beans and chilies. Add beans, chilies, cumin, white and red pepper and broth to pot. Increase heat to high and bring to a boil. Meanwhile combine cornstarch and water to male a paste. Add cornstarch to chicken mix a little at a time stirring constantly. Cook until chili reaches desired thickness.

Best Barbecue Sauce

by Shirley Sage

3 T orange marmalade
1 cup soy sauce
1/2 cup red wine vinegar
garlic salt
pepper

Marinate ribs in sauce overnight. (Enough for 6 lbs.) Barbecue on low grill 45 minutes. Keep in 200-degree oven for 2 hrs. and meat will fall off the bone and have great flavor!

Mostociolli

by **Brenda Schmitz**

2 to 2 1/2 lbs. Ground Beef
1 - Medium Onion, chopped
2 - 12 oz. Cans Contadina Tomato Paste
24 oz. Water
1 - Box Seashell Pasta
1 - 29 oz. Can Tomato Sauce
1 – Block of Monterey Jack cheese, grated
1 – Block of Munster cheese, grate
1 – Cup of Parmesan cheese
1/3 Cup brown sugar

Brown meat with onion. Add all other ingredients except cheese. Cover the top of sauce with garlic powder, Italian seasoning, salt & pepper, Oregano and sweet basil or parsley. Cook pasta and drain. Add a little sauce to pasta. Place 1/2 of pasta in 9 X 11 casserole. Add 1/2 of sauce, 1/2 grated cheese, and 1/4 cup parmesan. Repeat layering. Cover with foil and bake @ 350° for 40 minutes.

Bogna Caulda

by **Brenda Schmitz**

¼ lb. Butter
3 Cans Anchovies
2 Cans Mushroom Soup
½ qt Half & Half
Garlic (To taste)

Melt butter & dissolve anchovies in butter, cooking gently.
Add all other ingredients and cook slowly until thick. (About
15 minutes on low heat)
Serve with bread or rolls.

Green Beans a la Julie

by Karen Brown

Serves 12

3 cans whole green beans

1 cup butter

1 package bacon

1 cup brown sugar

dash soy sauce

1/2 teaspoon garlic salt

Melt butter and add soy sauce, brown sugar, garlic

Wrap a handful of green beans with 1/2 strip bacon.

Hold with a toothpick. Pour sauce over green bean bundles. I like to assemble the night before cooking to marinate in sauce. Bake at 350 degrees for 30 minutes.

Grape Salad

by Brenda Schmitz

- 1 Bunch of black, seedless grapes
- 1 Small container of sour cream
- 3 to 4 Tablespoons of maple flavored yogurt
- 1 Small package of chopped pecans

Marinated Artichoke Hearts

by Mary Habicht

Serves 6

(You can double the amount of artichokes without doubling the sauce)

1 can of artichoke hearts - quartered

1 Package Italian salad-dressing mix

1/4 cup red wine vinegar

2 tablespoons water

2/3 cup olive oil

Warm sauce and pour over artichokes. Cover and Refrigerate for a few hours but over night is best. Serve warm.

Cornbread Salad

by Karen Brown

Serves 12

2 packages Mexican corn bread mix, 6 oz. pkg.
1 cup each onion, celery, bell pepper, tomato - chopped
1 can ranch-style beans, drained
1 cup sour cream
1 cup mayonnaise

Prepare corn bread according to package directions; cool.
Crumble into large bowl. Add onion, celery, green pepper,
tomato, and beans; mix well.
Mix sour cream and mayonnaise in small bowl. Add to corn
bread mixture; mix well.
Chill in refrigerator.

Burgundy Spaghetti Sauce (use this for chili too)

by Mary Habicht

2 Tbsp olive oil
1 lb browned ground beef
1 cup of red wine (burgundy)
6 oz can tomato paste
1 medium onion, chopped small
1 clove garlic, crushed
1 tsp salt
1/4 tsp pepper
1 Tbsp sugar
1/2 tsp dry basil or Italian seasoning
1 lb can tomato sauce or diced tomatoes (or a smaller can of each)

After browning meat (you can add onions at this time and brown also if you like), add all other items and simmer for 1 hour. Remove cover and cook 15 minutes more.

TO MAKE INTO CHILI*****

TAKE THE SAUCE YOU HAVE LEFT and add to it

1 can diced tomatoes
1 can light kidney beans
1 Tbsp vinegar
1 teaspoon Worcestershire sauce
1/4 or more to taste light brown sugar
and chili powder to taste (start with 1/2 tablespoon)

Simmer for 15 minutes with cover off. Great with Beer Bread!

Bean and Pea Salad

by Mary Habicht

1 can (about 15 ounces) french green beans - drained
1 can (about 15 ounces) peas - drained
1 2 oz jar pimento – chopped
1 medium onion – chopped
Dash salt

1/3 cups light brown sugar
3/4 cup vinegar

Combine vegetables and salt. In small saucepan dissolve sugar in vinegar over low heat. Pour over salad and cover. Refrigerate over night.

The longer it sits the better it gets!

Creamy Corn Casserole

by Anne Gould

1/2 c butter
2 eggs beaten
1 (8.5 oz) pkg dry cornbread mix
1 (15 oz) can whole kernel corn
1 (14.75 oz) can creamed corn
1 c sour cream

Preheat oven to 350 deg F

Lightly grease 9x9 pan

In medium bowl combine ingredients; Spoon into pan

Bake for 45 sute or until top is golden brown.

Grilled Stuffed Jalapeno Chicken Thighs

by Kally Kitchings

Ingredients

Large skinless boneless chicken thighs

Sesame Ginger marinating sauce (or marinating sauce flavor of your choice)

Thick sliced bacon

Jalapeno Pepper, halved and de-seeded

Mozzarella cheese sticks

Toothpicks

Note: Amount of ingredients depends on how many serving you need for the meal

Remove any fat on chicken thighs and place in large zip lock bag with enough marinating sauce to entire coat chicken thighs. Put zip lock bag in refrigerator and let marinate a minimum of four hours (rotate bag at least once per hour.) Stuff a half of a Jalapeno Peppers with mozzarella cheese and cover with second half of pepper. Place stuffed Jalapeno Pepper in center of marinated chicken thigh wrapping chicken thigh around pepper. Secure with one toothpick. Wrap slice of bacon around chicken thigh securing with two toothpicks.

Grill chicken thighs until internal temperature of the chicken (not the pepper) reaches 180 degrees.

Note: Make sure each chicken thigh has the same number of toothpicks so you will know how many to remove before eating!

Doritos Chicken Casserole

by Kally Kitchings

Ingredients

4 skinless chicken breast, boiled 30 minutes and deboned,
shredded
1 bag Taco or Nacho flavored Doritos, 7 ½ ounce
1 stick butter
1 jar Picante Sauce, 15 ounce (not the thick and chunky style)
1 small onion, finely chopped
1 can cream of chicken soup
Cheddar and Monterrey Jack Cheese

Combine soup and picante sauce. Crumble Doritos chips while still in bag to bite size pieces and pour into bottom of 9 by 13 inch oven safe dish. Sauté butter and onion and pour over chips. Spread shredded chicken over chip mixture. Pour soup mixture over chicken and chips ensuring that all chips have been moistened. Top with Cheddar and Monterrey Jack cheese in a thick layer. Bake at 350 degrees until all cheese has melted and blended. Serve with garlic bread.

Note: Do not add more chips than 7 ½ ounce or decrease the moisture. It is important that all chips soak up the moisture or the dish will be very dry and crunchy rather than smooth and moist.

Italian Meatloaf

by Charlotte Bracewell Hatcher

Serves 4-6

1 medium onion, chopped
2 Tbsp. olive oil
1 egg
1/2 cup milk
1/2 cup packaged stuffing (Pepperidge Farm, etc.)
1 lb. ground beef
2 Tbsp. chopped parsley
1/2 tsp. salt
1/4 tsp. pepper
1 can (6-oz.) tomato sauce
1/4 tsp. oregano

Sauté onion in olive oil over low heat until golden. Beat egg slightly; add milk and stuffing. Let stand 5 minutes. Add beef, parsley, salt and pepper. Mix thoroughly. Shape the meat into a loaf and place in a shallow baking dish or pan. Bake in a 375-degree oven 30 minutes. Pour the tomato sauce over the meat, sprinkle with oregano and bake another 20-30 minutes longer.

Italian Oven Vegetables

by Charlotte Bracewell Hatcher

I use a 13 by 9 dish for this recipe, but you can easily cut it in half and use an 8-inch square one.

Place on the bottom a layer of thin-sliced eggplant, on top of that a layer of thin sliced zucchini, then a layer of sliced tomatoes, then sliced green peppers. Then take a cup of red wine, mix with half cup of butter, about 4 Tbsp. of tamari or soy sauce, some pepper, garlic, oregano, and basil.

Pour it over the vegetables and lay slices of swiss or mozzarella cheese across the top and bake it uncovered in a 400-degree oven for 45 minutes to 1 hour, depending on the size of the dish.

The cheese should be crusty on top.

(if using a convection oven, bake @ 375-degrees for 30-35 mins.)

Candied Sweet Potatoes

By Kathy Solberg

2 medium to large sweet potatoes, cooked and peeled
Cut into lengthwise slices about ½ inch thick
Place in buttered shallow baking dish
Cut a small strip from each slice with fill with oleo or butter
Cook the following for about ten minutes:

- ½ cup brown sugar
- ¼ cup butter or oleo
- 1/8 tsp salt
- ¼ tsp cinnamon
- ½ cup hot water

Pour this syrup over the sweet potatoes and bake for about an hour at 350 degrees. Turn the slices over after about ½ hour, being careful not to break them.

Pasta Bake

by Nancy McNulty

preheat oven to 375

1 lb ground beef

1 large onion, chopped

minced garlic (amount dependent on your taste)

32 oz. jar of spaghetti sauce

3/4 lb penne pasta

2 cups shredded Italian cheese

Brown the ground beef in large frying pan. Add onions to brown when beef almost done. Add garlic. Add spaghetti sauce when beef mixture fully cooked. Add cooked pasta.

Put mixture in 9 by 13 inch lasagna pan. Spread cheese over top.

Bake at 375 degrees for 20 minutes or until cheese has melted and sauce is bubbling.

Wetbacks Delight

By Jim McNulty

1 lb ground beef
1 chopped onion
1 clove minced garlic
8 oz can tomato sauce
8 oz can tomato paste
1 tsp. chili powder
1 tsp oregano
1/2 tsp cayenne pepper
2 TBSP sugar
3 cups water
1 cup cooked rice
1 bag corn chips
2 cups shredded Mexican cheese mixture

Optional toppings:

chopped olives
onions
tomatoes
avocado

Brown ground beef, onion and garlic. Lower heat and add tomato sauce, tomato paste, spices, sugar and water. Cover pan and simmer for 45 minutes. Line bottom of 9x13 lasagna pan with corn chips. Add cooked rice to ground beef mixture and place on top of corn chips. Top with cheese.

Bake at 350 for about 30 minutes or until cheese is melted.

Carrot Soufflé

by Barbara Chalk

7 cups chopped carrots (about 2 pounds)
2/3 cup granulated sugar
1/4 cup fat free sour cream
3 Tablespoons all-purpose flour
2 Tablespoons butter, melted
1 teaspoon baking powder
1 teaspoon vanilla extract
1/4 teaspoon salt
3 large eggs, lightly beaten
Cooking spray
1 teaspoon powdered sugar

Preheat oven to 350 degrees F.

Cook carrots in boiling water for 15 minutes or until very tender; drain. Place carrots in food processor and process until smooth. Add granulated sugar and next 7 ingredients (sugar through eggs); pulse to combine.

Spoon mixture into a 2 quart baking dish coated with cooking spray. Bake in oven for 40 minutes or until puffed and set. Sprinkle with powdered sugar.

Yields: 8 – 1/2 cup servings

Cole Slaw

by Barbara Chalk

Mix together:

2 - 8 oz. pkg cole slaw mix
2-3 green onions, chopped (if desired)
1 - 12 oz pkg frozen green peas, rinsed
1 cup salted, roasted sunflower seeds

Whisk together:

1/2 cup oil (I use 1/4 cup olive and 1/4 cup vegetable)
1/4 cup white balsamic vinegar
1/4 cup sugar (I use Splenda with just a tad of real sugar)
1 tsp onion flakes
1 tsp dry mustard
1 Tbsp Ppppy seeds

Add dressing to cole slaw mix a half hour before serving.

Mix:

1 pkg Ramen noodles, crunched (do not use seasoning packet)

Toss with dressing/cole slaw mixture just before serving.

Sweet Potato Soufflé

by Barbara Chalk

5-6 cups mashed sweet potatoes (canned or cooked fresh)
1 stick butter
2/3 cups sugar
1 tsp salt
1/2 cup milk
1/2 cup evaporated milk
1 Tbsp vanilla
3 eggs
Topping (recipe follows)

Preheat oven to 350°F. Melt butter and mix with potatoes. Add sugar, salt, milk and vanilla. Beat eggs and fold into potato mixture. Pour into a greased 9"x13" or 2 qt baking dish and cover with topping. Bake in oven for 35-40 minutes.

Topping

1 cup brown sugar
1/3 cup flour
1 cup chopped nuts
1/2 stick butter

Mix together sugar, flour and nuts. Melt butter and mix with dry ingredients. Sprinkle over soufflé.

Beef Stew

by Norma Moss

This is a family recipe that has been used over the years for “busy” days and before slow cookers were the easy way to cook.

250 degrees – 5 hours – Serves 5-6 persons

2 lb Lean Stew Meat
4-6 Potatoes, quartered
4-6 Carrots, cut small
2-3 Onions, cut up
1 C Celery, ½” long, about 2 stalks
1 lg Can Tomatoes
3 Tbsp Tapioca
1 Tbsp Salt
2 Slices Torn-up Bread, Mix well

COVER TIGHTLY – DO NOT OPEN UNTIL 5 HOURS ARE UP!

Stuffed Grape Leaves – Egyptian

by Rita Creel-Bunch

1 jar grape leaves (most grocery stores have them in the gourmet section)
2 cans chicken broth
2 lbs hamburger
1 sm tomato paste
1 lg onion (chopped fine)
salt and pepper
½ stick butter
1 cup rice
1 sm can mushrooms (chopped fine)

Mix well hamburger, tomato paste, onions, salt, pepper, butter, rice and mushrooms. Roll mixture in grape leaves. Put a small amount of mixture in the center of a grape leaf. Start rolling over, then fold sides in and continue rolling forward ... keep as tight as possible. Put torn pieces of leaves around the bottom of the pan to prevent sticking. Pack TIGHTLY. Put a plate on top, venting around the edges and weigh the plate down to keep the leaves from unwrapping. Cover with chicken broth. Cover pot and cook 2-3 hours on top of the stove on low, or until rice is done. You may need to add water if the chicken broth cooks out.

Mom's Chop Suey

by Rita Creel-Bunch

¼ cup butter or fat

1 cup onions, chopped

1 tsp salt

1 cup celery chopped

1 cup bell pepper, chopped

1 cup hot water

1 can bean sprouts

1 lb hamburger

1 can Chinese vegetables

Stir meat in pot with fat or butter. Sear quickly. Add onions and cook 5 minutes without browning. Add celery, bell pepper, salt and hot water. Cover and cook 5 minutes. Add drained sprouts and vegetables. Mix and heat to boiling point. Add thickening and cook 5 minutes more. Serve over rice.

Murrell's Spaghetti Sauce

by Rita Creel-Bunch

1 cup chopped onions
1 can tomatoes
1 can tomato paste
1 lb hamburger
1 can mushroom soup
3 cloves garlic, minced

Put 1 teaspoon grease in large pan. Drop in onions and garlic. Let it get glazed looking. Drop in meat, stir until it browns. Put in tomatoes, mushroom soup and tomato paste. Stir every once in a while until done. The longer it cooks on low, the better.

Mushroom Pie

by Rita Creel-Bunch

Crust

1 ½ cup all-purpose flour
½ tsp salt
½ cup vegetable shortening
¼ cup water

Preheat oven to 450 °. In medium bowl, combine flour and salt. Cut in shortening. Mix until it forms a coarse meal. Sprinkle with water. Mix into soft dough. Roll out dough and put in bottom of a deep dish pie plate. Prick bottom of the crust with a fork. Bake 5 minutes, set aside to cool. REDUCE OVEN to 375°.

Filling

½ cup butter or margarine
½ cup chopped green onions
3 cloves minced garlic
10 oz fresh mushrooms, sliced
2 cups shredded Swiss cheese
3 eggs
1 1/3 cup whipping cream
1 tsp dried basil, crushed
1 tsp dried thyme leaves, crushed
1 tsp salt
½ tsp black pepper

In a large skillet, melt butter over medium heat. Add onions and garlic. Cook until tender. Add mushrooms, cook until liquid evaporates. Remove from heat. Sprinkle half of cheese over crust, spoon ½ of mushroom mix over cheese and repeat. In medium bowl, whisk eggs, cream, basil, thyme, salt and pepper. Pour over pie filling. Bake 40 to 45 minutes.

Gluten Free Green Beans

by Cindy Barbeau

1/2 lb of bacon, microwavable
1 medium onion, chopped
4 cans french style green beans, drained or fresh petites
4 Tbsp brown sugar
1/4 cup water

Drain green beans. Microwave the bacon until crisp. Drain on paper towels. In covered casserole dish, place 2 T of bacon grease, add onions and microwave on high for 2-3 minutes until onions are tender. Add the green beans, brown sugar, water and crumbled bacon to the casserole dish; cover and heat at 375 degrees for 10-15 minutes, or until heated through. Serve with slotted spoon.

Enjoy!

Creole Cauliflower Au Gratin

by Cindy Barbeau

4 Tbsp butter
1 onion, chopped
1/2 cup of chopped yellow and orange peppers
1 tsp sugar
2 Tbsp flour
2 cups, diced tomatoes (1 can rotel mild and 1 can fire roasted)
1 head of cauliflower, steamed and quartered
1/2 cup grated sharp cheddar cheese
salt & pepper, to taste

Steam cauliflower, melt butter in pan, add onions and chopped peppers (brown slightly). Stir in 1 tsp sugar. Blend in flour, add tomatoes, salt & pepper. Heat to boiling, cook for 3 minutes, stirring constantly. Add cooked cauliflower and heat through. Transfer to uncovered casserole dish and top with 1/2 c grated cheese. Bake in 350 degree oven until cheese melts.

Enjoy!

Green Beans with Almonds & Caramelized Shallots

by John Habicht

1/2 cup blanched slivered almonds
5 tablespoons butter
5-10 small shallots, thinly sliced (depending on how much you
like onions)
2 tablespoons white sugar
salt and pepper to taste
1 1/2 pounds fresh green beans, trimmed and snapped

Place the slivered almonds in a dry skillet over low heat, and cook and stir constantly until the almonds are lightly toasted, 3 to 5 minutes. Watch carefully, because they burn easily. Remove the almonds and set aside.

Heat butter in a skillet over medium-low heat, and cook and stir the shallots and red bell pepper until softened, about 8 minutes. Sprinkle the shallot mixture with sugar, salt, and pepper, and reduce heat to low. Cover, and cook slowly, stirring occasionally, until the sugar dissolves and the shallots caramelize, 5 to 8 minutes.

Place a steamer insert into a saucepan, fill with water to just below the bottom of the steamer, and bring the water to a boil. Add the green beans, cover, and steam until just tender enough to pierce with a fork, 7 to 8 minutes. Drain the green beans, place them into the skillet with the shallot mixture, mix well, and gently stir in the toasted almonds.

Pickled Brussels Sprouts

by John Habicht

2 (10 oz.) pkg. frozen Brussels sprouts or 1 ½ lbs fresh

Brussels sprouts

¾ c. cider vinegar (if you like them to be more sour)

OR ... ½ cup cider vinegar (my way makes them less sour)

¼ cup of water

the rest of the recipe is the same for both.....

1 tsp. salt

1/2 tsp. dry mustard

1 tsp. oregano

1/4 tsp. black pepper

Cook Brussels sprouts according to package directions if frozen. If Brussels sprouts are fresh...

Wash and remove any loose or damaged leaves. Cut the stalk close to the leaves. It is traditional to cut a cross on the bottom of the sprout – this allows water inside during boiling. Place in boiling water and simmer until soft – about 5 – 8 minutes

Drain Brussels sprouts.

Put Brussels sprouts into a quart jar. In a sauce pan combine remaining ingredients; bring to a boil over high flame. Pour over Brussels sprouts. Cover jar and marinate in refrigerator at least 24 hours. Drain and serve with cocktail picks.

Pineapple Chicken Bake

by Kay Strickland

Serves 3-4; double makes 6 servings

2 white chicken breasts, split, boned and skinned
2 Tbsp butter, melted
½ tsp salt
¼ tsp pepper
1 cup firmly packed brown sugar
1 can (8 oz) crushed pineapple, drained
¼ cup lemon juice
2 Tbsp prepared mustard
1 tsp Worcestershire sauce
Dash of soy sauce
Hot cooked rice

Brush chicken with butter; sprinkle with salt and pepper.
Place chicken in a 12x8x2 inch baking dish. Bake, uncovered,
at 375° for 30 minutes.

Combine next 6 ingredients, stirring well. Spoon glaze over
chicken. Bake an additional 20 minutes, basting occasionally.
Serve over rice.

Meatloaf

by Kay Strickland

Serves 10

Meatloaf

2 lb chopped sirloin
1 onion
2 eggs
½ cup (about 20) soda crackers
1 green pepper, chopped
¾ cup packed brown sugar
3 Tbsp ketchup
1 tsp salt
½ tsp garlic salt

Mustard Sauce

½ cup light brown sugar
¼ cup mustard

Tomato Sauce

1 can crushed tomatoes
1 can (8 oz) tomato sauce
¼ tsp salt
¼ tsp garlic salt

Combine ingredients for meatloaf. Brush mustard sauce on top. Pour tomato sauce over meatloaf. Bake at 375° for 1 hour. Let rest for 15 minutes.

Overnight Pickles

by Kay Strickland

Serves 8

8 cups cucumbers, sliced, unpeeled
2 cups Vidalia onions, sliced
2 cups red bell pepper strips
2 cups salt
2 cups sugar
1 ½ cups white vinegar
2 tsps celery seed
2 tsps mustard seed

In a large bowl, combine cucumbers, onions and red bell peppers. Sprinkle with salt and mix well. Let stand 1 hour. Drain. In a medium saucepan, combine sugar and vinegar. Heat gently until sugar is dissolved. Allow to cool. Add celery and mustard seed and stir. Place cucumber mixture in nonmetallic container. Pour vinegar mixture over cucumbers. Cover and chill for at least 24 hours before serving.

Broccoli Salad

by Kay Strickland

8 or 12 cups of fresh broccoli florets

1 small red onion, thinly sliced

1 Tbsp sugar

1 cup golden raisins

Put all in zip lock bag and mix it well. Chill overnight.

Carrot Salad

by Kay Strickland

2 lbs carrots, sliced
1 can tomato soup
½ cup oil
¾ cup vinegar
¾ cup sugar
1 onion, sliced
1 green pepper, sliced fine

Cook carrots. Boil soup, oil, sugar and vinegar until sugar dissolves. Pour over carrots. Add onion and peppers. Chill.

Best Ever Cole Slaw

by Kay Strickland

1 small head cabbage, shredded
1 green pepper, chopped
1 medium onion, chopped
1 cup celery, finely diced
½ cup vinegar
1 cup sugar
1 tsp mustard seed
½ tsp salt

Combine first 4 ingredients. In a saucepan, combine vinegar, sugar, mustard seed and salt. Bring to a boil. Pour over cabbage mixture. Place in an airtight bowl. Cool overnight.

Will keep in refrigerator for 3 weeks. It also can be frozen.

Baked Carrots

by Kay Strickland

8 medium carrots, sliced

¼ cup butter

5 Tbsp sugar

½ tsp cinnamon

salt and pepper to taste

¼ cup water

Heat water to mix with butter, sugar, cinnamon and salt and pepper. Pour over sliced carrots. Bake at 350° for 1 hour.

Corn Casserole

by Kay Strickland

1-2 cans corn
1 can cream corn
2 eggs, slightly beaten
1 box corn muffin mix – 8 ½ oz jiffy
1 stick of oleo, melted
1 cup sour cream
1 cup sharp cheddar cheese

Preheat oven to 350°. Mix all except cheese together in a 9x13 pan. Bake for 15 to 20 minutes. Take out and sprinkle cheese on top. Bake for another 20-30 minutes or until golden (not brown) on top.

Sweets... for the Sweet



Pineapple Upside Down Cake

by Mary Habicht

8 servings

3/4 cup - butter or margarine, melted, divided
3/4 cup - firmly packed Domino® Light or Dark Brown Sugar
7 - pineapple slices
1/4 cup - pineapple juice
1 1/2 cups - all-purpose flour
2 teaspoons - baking powder
1/2 teaspoon - salt
1/2 cup - Domino® Granulated Sugar
1/2 cup - milk
1 - egg
1/2 teaspoon - vanilla

Instructions

Preheat oven to 400°F. Place 4 tablespoons melted butter in 9-inch cake pan and tilt the pan back and forth to coat the bottom. Sprinkle the brown sugar evenly over the melted butter. Arrange pineapple slices over brown sugar mixture and sprinkle with pineapple juice. In large bowl, stir together flour, baking powder, salt and sugar. Add milk, egg, vanilla and remaining melted butter and beat until blended. Carefully spoon batter over pineapple in pan. Bake 25-30 minutes or until golden brown. Cool in pan on wire rack for 10 minutes. Turn out on serving plate and serve warm or cool.

Note: Fresh pineapple may be used or 1 (20-oz.) can pineapple slices. If using canned pineapple reserve liquid for pineapple juice.

Capirotada (Mexican Bread Pudding)

by John Habicht

5 slices of buttered white bread, crust removed
1 cup water
1 1/2 cups dark brown sugar
2 eggs, separated
1 Tbsp butter, softened
1/4 cup cognac
1 banana, sliced
1 tart apple, peeled, cored and sliced
2 Tbsp raisins
1/2 cup shelled peanuts
1/4 lb Monterey Jack cheese, sliced
1/2 tsp cinnamon

To make the syrup: put the water with the sugar in a small saucepan, heat gently until sugar dissolves, then bring to boil and boil steadily for 5 minutes (220° F on a sugar thermometer).

Beat the egg whites until hold a stiff peak. Beat the butter, egg yolks and cognac together. Gradually beat in the hot syrup and fold in the egg whites.

Butter a large shallow baking dish and arrange a layer of buttered bread in it. Then add a layer of banana, apple, raisins and peanuts and cover with cheese. Continue layering until the dish is almost full, ending with a layer of bread. Sprinkle each layer with cinnamon.

Pour the syrup and egg mixture over it and bake in a moderately low oven (325°F) for 25-35 minutes or until the pudding is set. Also great for breakfast!

Candied Walnuts

by Shirley Sage

2 C white sugar

2/3 C evaporated milk

a little butter

1/4 t vanilla

1/2 t cinnamon

Bring to a boil all the above ingredients except vanilla. Stir until thick. Remove from heat and add vanilla Add 1 quart walnuts and stir. Pour onto buttered pan and quickly separate. Let dry and then store in a covered container.

Peach Cobbler

by Carolyn Lien

Put 1 stick of butter in 9x13 dish. and put in oven in 350 degrees.

The batter:

Mix 1 cup flour, 1 cup sugar,
1 1/4 teaspoon baking powder,
3/4 cup milk.

Whisk together and pour on top of melted butter. Take a large can of peaches and add 1/4 teaspoon to fruit. Then pour fruit and the juice on top of the batter. NEVER stir the layers together. Bake 45 minutes in 350 degree oven. Will come out looking like a cobbler and let it cool for 30 minutes at least. Serve with vanilla ice cream.

Blonde Brownies

by Kally Kitchings

Ingredients

1 yellow cake mix

1 stick of butter (not margarine)

1 beaten egg

Mix & smash in a buttered 9x13 dish

8oz cream cheese softened

1 cup chopped walnuts

1 cup powder sugar pack loosely

1 cup of brown sugar pack firm

Pinch of salt

1 tsp. vanilla

2 beaten eggs

Mix together, doesn't have to be smooth; poor over top and
bake @ 325F for 45 minutes. Sprinkle top w/ powdered sugar.

Note: Do not overcook. When you shake pan it should not be
runny. Cook for a few more minutes if runny. Should be soft
on top.

Whoopie Pies

by Charlotte Bracewell Hatcher

Combine: 2 cups flour, 1 tsp. baking soda, 1 tsp. salt, 1/2 cup cocoa, 1 egg, 3/4 cup milk, 1/2 cup cooking oil & 1 tsp. vanilla.

Mix ingredients together and drop on greased cookie sheet.
Bake @ 350 degrees for 12 minutes.

Filling: 1/2 cup margarine or butter, 1 cup confectionary sugar & 3 heaping tablespoons marshmallow fluff.

Cranberry Mincemeat Pie

By Jim McNulty

1 2-crust pie shell
1 cup cranberries
1 cup mincemeat
1 whole orange, peel and all
½ cup sugar

Chop orange (with peel) into a relish. Chop cranberries into a relish. Mix together with sugar. Put in pie crust and cover with top crust and bake at 350° for 15 minutes, then 325° for 45 minutes.

3-2-1 CAKE

by Charlotte Bracewell Hatcher

Ingredients

1 box any flavor cake mix
1 box Angel food cake mix

1 Gallon Ziplock bag or hard container

Mix both boxes of dry cake mix into 1 gallon Ziplock bag (only dry cake mix... do not add anything else to bag). Dry mix has a super long shelf life and does not need to be refrigerated.

Mix well.

To make little cakes...

Use a microwaveable dish that will hold at least 8 oz.

Mix 3 tbsp dry cake mix with 2 tbsp water.

Mix well, microwave for 1 minute.

Can be iced with your favorite icing or just as it comes out of the microwave.

Since it makes quite a lot.....I suggest using a really good vanilla cake as your base and then use flavoring to have a variety. I use lemon (for Roger) and coconut (for me) quite often.

These little cakes are great for kids...big and small.....and great for the motor home munchies when a whole cake is too much.

Mimi Loring's Chocolate Sauce (my grandmother)

By Nancy McNulty

1/4 cup butter
1 and 1/2 squares Bakers semi-sweet chocolate
1/4 cup cocoa
3/4 cup sugar
1/2 cup thin cream (half and half) or milk (use slightly less is using milk)
1 tsp. vanilla

Melt butter and chocolate in pan and then remove from heat. Stir in cocoa and when mixed, stir in sugar. Add cream and return pan to heat. Add vanilla and stir until mixture is smooth.

Delicious!

Banana Blueberry Pie

by Barbara Chalk

Blend together:

1 stick butter (softened)
1 cup flour
1 cup finely chopped pecans

Press into bottom and up the sides a little of a 9x13 - inch pan.
Bake at 350°F 10-12 minutes or until slightly brown around edges. Cool.

Whip together:

1 - 8 oz pkg cream cheese
1/2 cup sugar
1/2 tsp vanilla

Fold:

1 - 8 oz carton Cool Whip into cream cheese mixture. Set aside.

Gently stir together:

1 can blueberry pie filling
Juice of 1/2 lemon
1/2 tsp vanilla
1/2 tsp salt

Assembly:

Slice 2 or 3 bananas into bottom of cooled crust. Spread cream cheese mixture over bananas. Top with pie filling. Refrigerate a few hours before serving.

You can also use regular baked pie crusts. It will make 2 pies.

Kally's Kandy!

by Kally Kitchings

Melt in microwave on high for 2 minutes one 11.5 ounce package of Nestles Milk Chocolate Morsels and one 10 ounce package of Reese's Peanut Butter Cups.

Stir Well

Add: 1 cup of mini marshmallows
1 cup peanuts
1 cup rice krispies

Stir Well

Drop by tablespoon onto a cookie sheet that has been lined with plastic wrap. Refrigerate until set. Does not take long for them to set.

Don't ask how many calories are in this . . . you don't want to know!!!

Creamy Cheesecake

by Naomi Theisz

Cheesecakes always work best when the ingredients are used at room temperature.

Grease the bottom and sides of a 10 or 11 inch springform pan.

Preheat oven to 350 degrees.

CRUST

$\frac{3}{4}$ C graham cracker crumbs

$\frac{3}{4}$ C chopped walnuts (may be substituted with $\frac{3}{4}$ C more graham cracker crumbs)

3 Tablespoons sweet butter

Mix ingredients together and spread onto the bottom of springform pan.

FILLING

2 pounds cream cheese

1 $\frac{1}{4}$ c sugar

2 teaspoons vanilla

1 Tablespoon fresh lemon juice

4 large eggs

Cream the cream cheese in the electric mixing bowl. Add sugar and then add remaining ingredients. Pour into springform pan and bake in oven for 50 to 60 minutes depending on pan size. Cheesecake will rise and may have large cracks on top. It should be golden brown on top and a toothpick should come out nearly clean. Remove and

<next page>

< Creamy Cheesecake contd>

set aside for 15 minutes. Maintain oven heat. Cheesecake may settle leaving a valley on top.

TOPPING

1 pint sour cream (This should be kept in refrigerator until needed)

¼ C sugar

1 teaspoon vanilla

While cheesecake is baking mix topping ingredients thoroughly and return to refrigerator.

When cheesecake has cooled for 15 minutes spread topping and return to oven for 5 minutes.

(Try to keep topping ¼ inch from edge but don't worry if it flows to edge, it's still delicious.)

Remove and let cool. Refrigerate for at least 24 hours before serving.

DO NOT FREEZE. DO NOT USE PREVIOUSLY FROZEN CREAM CHEESE

Peanut Fudge

by Larry Dunville

2 cups white sugar
1 cup buttermilk
1 tsp baking soda

Boil this using oversized pot as candy foams, stirring constantly until soft ball stage or until proper brown color and candy pulls away from edges of pot.

Remove from heat and add...

2 cups peanuts
2 Tbsp butter
1-2 tsp vanilla

Beat until candy loses its gloss, about 1-2 minutes. Pour onto buttered foil. It will harden immediately.

Melting Chocolate Cake with Vanilla Ice Cream

by Norma Moss

This recipe was given to us by the chef on a Royal Caribbean cruise we took many years ago.

Ingredients

Semi Sweet Chocolate	11 oz.
Butter	11 oz.
Fresh Eggs	7
Sugar	3 oz.
Flour	4 oz.

Melt Chocolate and Butter. Mix half of Eggs and Sugar and whisk for a few minutes—add flour. Add balance of eggs. Add Egg mixture to the Melted Chocolate Mixture. Bake directly in over at 392* degrees for 15-20 minutes. Serve with Vanilla Ice Cream in 2 oz. ramekin cups

*Yep, that's right. 392F degrees. The recipe was given for 200C which had to be converted.

Garnish

- Sweet Chocolate
- Chocolate Sauce
- Powdered Sugar

Mamie Eisenhower's Fudge Recipe

by Norma Moss

This recipe was given to us by an Mamie Eisenhower impersonator and was an actual recipe used by Mrs. Eisenhower for guests.

12 oz	Semisweet Chocolate Bits
12 oz.	German Sweet Chocolate, broken into bits
1 Pint	Marshmallow Cream
2 Cups	Chopped Walnuts or Pecans
1 Can	(13 oz) Evaporated Milk
4 ½ Cups	Sugar
2 Tbsp.	Butter
Pinch	Salt

In a large bowl, combine Semisweet Chocolate bits, Sweet Chocolate, Marshmallow Cream and chopped Nuts. Reserve.

In a saucepan, over medium heat, combine milk, sugar, butter and salt. Bring to boiling, stirring constantly. Simmer, stirring continuously, for six to seven minutes. Pour the boiling milk and sugar mixture over the reserved chocolate-nut mixture, and beat until the chocolate is melted and the fudge is creamy.

Pour fudge mixture into buttered 9 x 9 inch pan, let cool at room temperature for a few hours or overnight, before cutting into squares. Store in a tin box or other airtight container.

Makes about 5 pounds of fudge. Enjoy!

Cream Cheese Flan

by Rita Creel-Bunch

¾ cup sugar
8 oz cream cheese
8 eggs
1 can sweetened condensed milk
1 can evaporated milk
1 tsp vanilla

In the bottom of a metal cake pan, combine 3 Tbsp sugar and 2 Tbsp water. Cover over a medium heat until amber in color. Swirl around and set aside. Beat all other ingredient together. Pour on top of caramelized sugar in cake pan. Place cake pan in another pan and fill bottom pan with water halfway up side of cake pan. This is called *bano de maria*. Bake at 350 degrees for 50 minutes. Refrigerate at least four hours before serving.

Cream Cheese Cake

by Rita Creel-Bunch

Crust

1 pkg vanilla wafers, crushed
¾ cup melted butter

Preheat oven to 500 degrees. Combine wafer crumbs and melted butter. Press in bottom of 9 inch spring form pan, light greased halfway up the sides. Cover and refrigerate.

Filling

5 pkgs cream cheese, softened
½ cup sugar
6 eggs
2 egg yolks
3 Tbsp all-purpose flour
3 tsp vanilla
¼ cup whipping cream

Beat one pkg of cream cheese for five minutes. Add second pkg of cream cheese and beat for five minutes. Repeat for all cream cheese. Add eggs and yolks, one at a time, beating for two minutes between each addition. Beat in flour and vanilla. Beat in cream. Pour filling into crust and bake 10 minutes. Reduce heat to 200 degrees and bake one hour. Turn oven off and leave cake in oven one hour without opening the door. Cool completely before trying to remove sides of pan.

Molten Spiced Chocolate Cabernet Cake

by Cindy Barbeau

Serves 4

4 oz semi-sweet baking chocolate
1/2 cup butter (1 stick)
1 Tbsp cabernet sauvignon or other red wine
1 tsp Vanilla
1 cup confectioner's sugar
2 eggs
1 egg yolk
6 Tbsp flour
1/4 tsp Saigon Cinnamon
1/4 tsp Ground Ginger

Butter 4 custard cups or soufflé dishes (6 oz each). Place on a baking sheet. Microwave chocolate and butter in large microwaveable bowl on High for 1 minute; until butter is melted. Whisk until chocolate is completely melted. Stir in wine, vanilla, and sugar until blended. Whisk in eggs and yolk. Stir in remaining ingredients and spoon evenly into prepared dishes. Bake in a preheated 425 degree oven for 15 minutes, until sides are firm but centers are soft. Let stand for 1 minute; loosen edges with a knife. Invert onto serving plates, sprinkle with confectioner's sugar or serve with fresh whipped cream.

Enjoy!

Apple Enchiladas

by Kally Kitchings

Ingredients

1 (21 ounce) can apple pie filling (cherries or peaches can be substituted for apples)

6 (8 inch) flour tortillas

1 tsp ground cinnamon

1/2 cup butter

1/2 cup white sugar

1/2 cup brown sugar

1/2 cup water

Spoon about one heaping quarter cup of pie filling evenly down the center of each tortilla. Sprinkle with cinnamon; roll up, tucking in edges; and place seam side down in prepared dish. In a medium saucepan over medium heat, combine butter, white sugar, brown sugar and water. Bring to a boil, stirring constantly; reduce heat and simmer 3 minutes. Pour sauce over enchiladas and let stand 45 minutes. Bake in preheated oven 20 minutes, or until golden. Serve with vanilla ice cream.

Banana Delight

by Kally Kitchings

18 whole graham crackers (5x2") divided
3/4 cup semi-sweet chocolate morsels
12 oz container frozen whipped topping, thawed & divided
1 pkg (3.4 oz) banana cream instant pudding
1 cup milk
1 lemon or 2 tbsp lemon juice
4 large bananas

(1) Finely chop half of graham cracker and set aside. Coarsely crumble remaining crackers.

(2) For ganache, place chocolate morsels and 1.5 cups of whipped topping in bowl and microwave on high for 45-60 seconds or until melted and smooth, stirring every 15 seconds. Combine pudding mix with milk and whisk until mixture begins to thicken. Fold in remaining whipped topping and set aside.

(3) Juice lemon or measure 2 tbsp. juice. Peel bananas and cut into 1.5" slices, add lemon juice and toss gently to coat. Set aside 12 slices for garnish.

(4) To assemble trifle, place half of the crumbled graham crackers over bottom of clear bowl. Place half of the bananas over the crackers, arranging some of the bananas against the sides of bowl and top with 1/3 of the ganache. (To get a good visual of the ganache layers, spoon ganache into resealable plastic food storage bag; secure with a chip clip. Trim corner of bag to allow ganache to flow through. Pipe around the inside edges of the bowl, then drizzle remaining ganache over the bananas.). Spread half the banana filling over ganache, spreading to edges. Repeat layers one time. Decorate with remaining ganache. Sprinkle top of trifle with chopped graham cracker. Arrange reserved banana slices around the edges of the trifle.

Strawberries and Cream

by Kally Kitchings

Ingredients

25 jumbo strawberries
3/4 cup heavy whipping cream
3/4 cup milk
1 small box vanilla instant pudding
1/2 tsp almond extract

Wash and dry berries. Slice off stem end. Using a sharp paring knife, slice an “x” deep into berries without cutting all the way down. Beat heavy whipping cream until stiff peaks form. In a separate bowl, combine milk and pudding. Beat for 2 minutes. Add almond extract and whipped cream. Fit a pastry bag with a #10 or #12 round tip (depending on the size of berries). Fill pastry bag with pudding mixture. Pipe pudding into strawberries, spreading petals open with fingers to allow more cream to fit.

Upside Down Cinnamon Apple Coffee Cake

by Kally Kitchings

Ingredients

1-1/2 cups apples, chopped and peeled
1 can (12.4 ounce) Pillsbury cinnamon rolls with icing
1/2 cup pecan halves or pieces
2 Tbsps butter, melted
1/3 cup packed brown sugar
2 Tbsps corn syrup

Heat oven to 350 degrees.

Spray 9-inch glass pie plate with cooking spray. Spread 1 cup of the apples in pie plate.

Separate dough into 8 rolls. Cut each roll into quarters; place in large bowl. Add remaining 1/2 cup apples and pecans.

In small bowl, mix butter, brown sugar and corn syrup until well blended. Add brown sugar mixture to dough mixture; toss gently to combine. Spoon mixture over apples in pan. Bake 28 to 38 minutes or until deep golden brown. Cool 5 minutes. Invert onto serving platter.

Remove lid from icing. Microwave icing on high 10 to 15 seconds or until drizzling consistency. Drizzle over warm coffee cake.

Serve warm.

Jumbo Oatmeal Muffins

by Kay Strickland

1 ½ cup all purpose flour or unbleached

1 cup quick cooking rolled oats

1 ½ tsp baking powder

¾ tsp baking soda

¼ tsp salt

1 ½ tsp cinnamon

½ cup firmly packed brown sugar

¼ cup butter, softened

1 egg

1 ¼ cups milk

¾ cup currants or raisins

½ cup chopped nuts

Combine flour, oats, baking powder, baking soda, salt and cinnamon. In large bowl, blend brown sugar, butter and egg. Mix well. Add dry ingredients alternately with milk to brown sugar mixture. Stir in currants and nuts. Grease cups in muffin pan. Fill cups 2/3 full and place on cookie sheet. Bake at 375° for 18 to 25 minutes. Cool 5 to 10 minutes.

Makes 6 jumbo or 12 medium muffins.

Oatmeal Cake

by Kay Strickland

Cake

1 ¼ cups boiling water
1 cup dry oatmeal
½ cup butter or margarine
1 cup brown sugar
1 cup sugar
2 eggs
1 ½ cup sifted flour
1 tsp baking soda
1 tsp cinnamon
1 tsp vanilla
Pinch of salt

Icing

¼ cup butter or margarine
½ cup brown sugar
3 Tbsp milk
1 cup coconut

Pour boiling water over oatmeal in large bowl. Let stand for 5 minutes. Add all other ingredients and beat until smooth. Pour into greased rectangular pan.

Cook icing ingredients until boiling. Drizzle over cake by teaspoons full.

Bake at 350° for 35 minutes.

Chocolate Chip Sour Cream Cake

by Kay Strickland

Cake

1 ½ sticks sweet butter
1 ½ cups sugar
3 eggs
1 ½ cups sour cream
2 ½ cups flour
1 ½ tsp baking soda
1 ½ tsp baking powder
2 tsp vanilla
12 oz pkg chocolate chips

Filling

¼ cup cinnamon
¾ cup sugar
1 cup walnuts

Preheat oven to 350°. Cream butter with sugar. Add eggs one at a time and beat. Add sour cream. Slowly add in flour, baking soda and baking powder. Add vanilla and blend well. Add chocolate chips. Grease bundt tube pan. Pour half of cinnamon filling on bottom of pan. Add half batter. Add rest of filling. Pour remaining batter. Bake 1 hour at 350°.

Shiver!

by Kay Strickland

20-24 Oreo cookies
1/3 cup butter, melted
1 can sweetened condensed milk
1 can Hershey's syrup
1 stick butter
½ gallon ice cream
Cool Whip – optional
Nuts – optional

Grease 9x12 pan. Crush Oreos, add melted butter. Spread in pan. Freeze at least ½ hour. Soften ice cream. Spread over cookie mixture and freeze.

Heat condensed milk, syrup and butter, stirring continually until it boils. Turn down heat and cook 5 minutes. Cool. Spread over ice cream. Freeze. Cover with Cool Whip and add nuts if desired. Freeze.

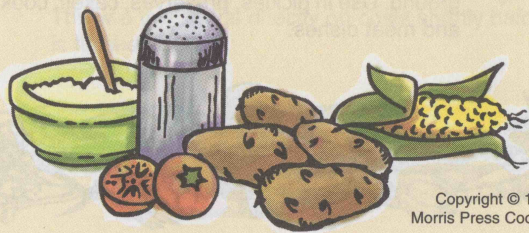
Appendix

Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

Cooking Tips

1. After stewing a chicken, cool in broth before cutting into chunks; it will have twice the flavor.
2. To slice meat into thin strips, as for stir-fry dishes, partially freeze it so it will slice more easily.
3. A roast with the bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.
4. When making a roast, place dry onion soup mix in the bottom of your roaster pan. After removing the roast, add 1 can of mushroom soup and you will have a good brown gravy.
5. For a juicier hamburger, add cold water to the beef before grilling ($\frac{1}{2}$ cup to 1 pound of meat).
6. To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags. They will stay separated so that you may remove as many as you want.
7. To keep cauliflower white while cooking, add a little milk to the water.
8. When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
9. To ripen tomatoes, put them in a brown paper bag in a dark pantry, and they will ripen.
10. To keep celery crisp, stand it upright in a pitcher of cold, salted water and refrigerate.
11. When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb the odor.
12. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
13. Let raw potatoes stand in cold water for at least a half-hour before frying in order to improve the crispness of French-fried potatoes. Dry potatoes thoroughly before adding to oil.
14. Use greased muffin tins as molds when baking stuffed green peppers.
15. A few drops of lemon juice in the water will whiten boiled potatoes.
16. Buy mushrooms before they "open." When stems and caps are attached firmly, mushrooms are truly fresh.
17. Do not use metal bowls when mixing salads. Use wood, glass or china.
18. Lettuce keeps better if you store it in the refrigerator without washing it. Keep the leaves dry. Wash lettuce the day you are going to use it.
19. Do not use soda to keep vegetables green. It destroys Vitamin C.
20. Do not despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Just add a little more liquid in order to offset the thickening.



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Herbs & Spices

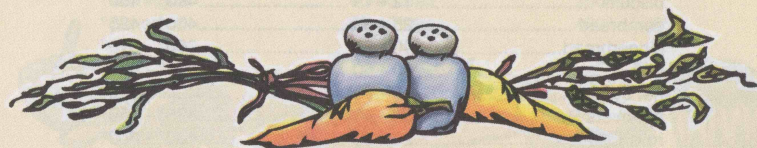
Acquaint yourself with herbs and spices. Add in small amounts, $\frac{1}{4}$ teaspoon for every 4 servings. Crush dried herbs or snip fresh ones before using. Use 3 times more fresh herbs if substituting fresh for dried.

- Basil** Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, ground 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.
- 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.
- 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.
- Ginger** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.



Herbs & Spices

- 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.
- 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** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- 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.



Vegetables & Fruits

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 rapidly.

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 flabby pods.

Buying Fresh Fruits

Bananas: Skin should be free of bruises and black or brown spots. Purchase them green and allow them to ripen at home 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.



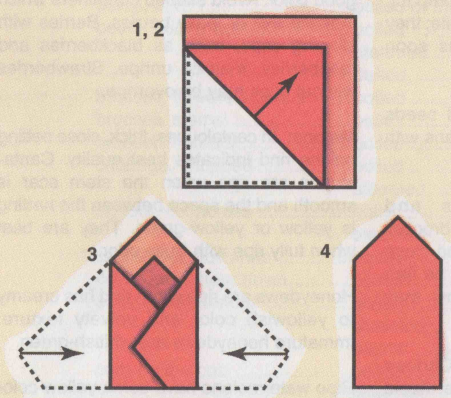
Napkin Folding

General Tips:

Use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children can help. Once they learn the folds, they will have fun!

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 that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 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.

