

*Grandma's Cookbook*

Lenon Family Recipes

STEPHEN  
**mcgrew**

## **Grandma and the Family Recipes**

Grandma McGrew was born Zelma Leila Lenon on May 28, 1903 in Tunnel Hill, Illinois, located in the very southernmost county in the state. Her birth was months before the Wright brothers flew the first airplane and a year before Lee DeForest invented the vacuum tube and with it, electronics.

The world she was born into was little different for most people than it was from their ancestors a millennium earlier. Horses, wagons, boats, and feet were their only forms of transportation except for the very rich, who had trains. Automobiles were brand new and prohibitively expensive for all but the richest, and far slower and less useful than a horse; basically, they were very expensive toys. In 1903, most people never traveled farther than fifty miles from their birthplaces in their entire lives.

Homes were heated and food was cooked with wood and coal as they were ten centuries earlier. The homes were built by hand, as they had been a thousand years earlier, because there were no power tools outside a waterwheel sawmill. Telephones were only in a few large businesses and very few rich people's houses.

Grandma was eight when she saw her first airplane. When I mentioned this to my mother not long ago, she was amazed—airplanes were still very rare when she was young in the nineteen thirties. When she was a child and an airplane was heard, everyone ran outside to see it, so imagine the spectacle of seeing an airplane flying only eight years after the first flight!

She lived half her life without seeing a contrail, because before the nineteen fifties there were no commercial jets, so no contrails. Today you can't look at the sky on a sunny day without seeing them.

When Grandma was seventeen, she bemoaned the

absence of eligible bachelors in the tiny rural town to her sister.

“What about that feller?” her sister said, pointing out the window at a dirty and bedraggled young man walking down the dusty dirt road.

Grandma wasn't impressed.

But the next Saturday she met him at a dance, all cleaned up; he had been on his way home from work when she'd seen him earlier. His name was William McGrew, and they fell in love and were soon married. Nine months later my oldest uncle on Dad's side, Daniel, or “Dangerous Dan”, was born, followed by Robert, William, and my dad, Thomas.

Grandpa was born in 1894 and was drafted towards the end of World War One, served a time in France, and returned to civilian life when his hitch was up, not long before he met Grandma.

I learned a lot of early twentieth century history from Grandma, history she had seen unfold first-hand. Some of it contradicts the history books. I'll take her word over books, she lived through it.

Racism was terrible, and she said Gypsies and Jews were almost as hated and feared as blacks when she was young.

The history books all talk of the “roaring twenties”, but Grandma said they didn't roar for most people. Like our early twenty first century, the wealthy were better off than ever and business boomed, but most people had it as hard as they had ever had. If you didn't grow a garden you were going to go hungry. When you got a hole in your clothing you didn't replace it, you sewed it back up.

There are books galore about the Great Depression, but she didn't talk much about those times. I doubt they were memorable to many who lived through them.

Unlike those before her, she and Grandpa did travel, because during the depression work was scarce but automobiles were affordable for most. They lived in southern Missouri, Chicago, and in Granite City and Madison. When I

was born, Grandpa worked for Purina in Hamel, Illinois and they had a small fifteen acre farm nearby.

In World War Two, Dan joined the Navy, Bob joined the Merchant Marine, and Bill was drafted into the Army. Bill was there at Normandy Beach on D-day, and he never talked to anybody about the war later, until he mentioned shooting a man point-blank in a “kill or be killed” situation, to Grandma, on his deathbed. Dad was still a teenager in World War Two.

Uncle Dan’s ship had been hit in a battle and he was injured. While in the hospital he met a man who had lost a leg in combat. The two went into business making prosthetics and became rich. Grandma said he “was born an old man.”

After his hitch in the Merchant Marine was up, Bob enlisted in the Air Force and made it his career. Dad joined the Army paratroopers hoping to go to Korea, but was stationed in Kentucky instead. I was born at the Army hospital there. When his hitch was up he worked at a bank for a while, and later became an electrical lineman.

Grandma and Grandpa had the small farm I mentioned above, with pigs, bovines, chickens, a mule, a large garden, and a dog named Shadrack. Grandpa worked at the grain elevator. Grandma did most of the gardening, but Grandpa took care of the animals, milking the cow every morning before work, and feeding them, and shoveling manure and feeding them again after work, and plowing the garden with a mule and an old fashioned plow.

The only indoor plumbing was a line from the cistern to the kitchen sink, so there was, of course, an outhouse rather than a bathroom.

I would visit them for a couple of weeks every summer. I loved it! So much to do and see and learn! Ever tasted raw milk, straight from the cow? Grandpa would squirt it over his shoulder at me, and we both laughed uproariously, especially when I caught some. Have you ever plucked chickens and shucked corn? Actually, I really didn’t like plucking chickens, plucking chickens burns your hands.

Grandma was deeply religious, and often read the Bible to me when I was small. One of my most prized possessions is a Bible she gave me in the late 1970s, a very nice and expensive leather-bound gold leaf red letter King James Bible that her sister (Buelah, I think, but I wouldn't swear to it) had given her for her birthday. She gave it to me because, she said, she didn't like the smell of new leather. I suspect she was just too attached to her old Bible, which was held together with electrical tape.

Grandpa had a horrible industrial accident in 1959 and never spoke or moved again, dying a decade later in a nursing home after Grandma could no longer care for him. The accident would not have happened if they'd had today's regulations.

My dad built an addition to the house after Grandpa's accident and they lived there for a few years before moving to a government-subsidized apartment in Madison. They were there when Grandpa was moved to the nursing home.

About a decade after Grandpa died, Grandma met Charles "Chuck" Persinger, a widower, in church. They were married, and he died of cancer about a decade later.

She went from living in a time without airplanes to seeing two men land on the moon and walk around, and rode commercial flights on more than one occasion. Born before electronics or radio, she watched Lawrence Welk every week on television. Born when practically no one had cars, she never learned to drive, but Grandpa had his pickup truck.

Five doctors told her that if she didn't get her cholesterol down she would die. She outlived all of them, dying in Poplar Bluff, Missouri, in 2003 at the age of ninety nine after falling and breaking her hip.

The Lenon family holds a reunion in southern Illinois every year. In the nineteen sixties and seventies, they got together to make a family cookbook. Everyone (well, a lot of folks) donated recipes for the book, *The Lenon Family Cookbook*. That's what the family called it, but the cover simply said

“Cook Book” and “Favorite recipes from our best cooks”. I’ve had my copy ever since then, and am now publishing those recipes again.

This is not a recreation of the original book, but it follows closely and I tried to improve it. Although you can’t copyright recipes, there is much in that cookbook that could be copyrighted, and the publisher claims copyright. I’ve completely replaced the things that may fall under copyright; the herb guide and “where to look in the Bible” are two examples.

The company that originally published it published cookbooks for churches and other organizations, and except for the recipes they were all the same. The Herb Guide, for instance, covered herbs not used in the cookbook and omitted ones that were used. In this version, it covers all the ones used in these recipes and only those, and there is far more information in this version. The old cookbook’s herb guide was two pages long, this one is over twenty pages.

Wikipedia has a use license that allows you to use the content, and I have. I urge you to contribute to them. Much of the editorial content was copied word for word from Wikipedia, as was most of the herb guide, although I have edited it fairly heavily. A couple dozen photos are ones I took of ingredients at Humphrey’s Market, and the photos of fudge that I bought there, but the rest are from Wikipedia except for the photo of “Party pink divinity”, which Megan Markam emailed to me. I should add that you should not expect your finished dishes to look like the illustrations because they’re not photos of the exact recipes shown, including the Party Pink divinity.

The “ingredients substitution” section has a few obsolete items dropped, and some important ones added, and all has been re-worded.

Some of the original book is not in this one because its inclusion in a book is no longer necessary, such as conversions to metric and back. These days we have smart phones that can

tell us things like that.

Grandma hadn't submitted any recipes to the original book, but she had a shoe box stuffed with recipes. She gave it to me when she was in her nineties and living with my dad. Most of the recipes in the box were newspaper clippings, but there were some written in her handwriting, and I included them. The recipe for polk wasn't written down, she told me that one verbally and my family ate a lot of polk afterwards, as we were pretty poor at the time. I also added a couple of my own recipes, under my name.

I have also edited the recipes for various reasons, starting with readability. Many if not most recipes everywhere omit words like "the", "an", and so forth, and I have added them back in. Some recipes were a little hard to understand, so I moved words around or changed them to more precise terms. I do understand that using incomplete sentences is how recipes have been written forever, but it grates on a writer's nerves. I also fixed the typos and misspellings I found in some of the recipes. I hope I haven't added new ones!

Of course, ever since people started writing recipes down they have been sharing them. A few of these look home-grown, but at least one came from a magazine and I'm pretty sure many of them came from a box or bag of ingredients, especially the ones that say "Spry", "Mazola", and so forth. Most folks copy recipes verbatim. If you see a brand name in any recipe anywhere, it's nearly certain that it was originally from a corporation or an older recipe that they changed the generic name for the product to their brand name.

With very few exceptions, like the ones where one brand is unique, like Velveeta cheese or 7-Up, I have removed brand names. Many brands have gone out of business or have been sold. Some had their recipes changed; one recipe in the original book called for Tostitos. When the recipe was originally written, Tostitos were likely the only tortilla chips on the market, and they have since changed the manufacture and recipe of those chips. One recipe called for Spry, which I

had never heard of and had to google. It turned out to be a brand of vegetable shortening and the brand has changed hands several times and may not even be made any more.

A few recipes called for Bisquick. I've changed "Bisquick" to the generic substitute for that brand; you already have them in your kitchen but may not have the commercial substitute for those ingredients, so you can save a trip to the store. It's also cheaper to make your own "Bisquick". I'm certain that when you see "Bisquick", that company probably originated the recipe or changed an older recipe.

One recipe was named after its brand of product when any similar product will do, and the original may not even be available these days. It was certainly one of the recipes that were originally from some soulless corporation, so I added some soul by renaming it to the submitter's name. I do not want this cookbook to be a bunch of advertisements for commercial products.

No matter what brand of margarine Grandma was using, she called it "Oleo", which is Latin for "oil". Many of the recipes called for oleo, but in fact the dictionary now says that oleo is "another name for margarine." A little research taught me that Oleo was the original brand of margarine, which is another reason for editing—consistency. Some recipes call for "melted butter" and some said, Yoda-like, or perhaps like military bureaucracy, "butter, melted". I've changed the military Yoda terminology to the plainer English and "oleo" to "margarine".

Some recipes call for canned goods, but sixty five years of eating has taught me that fresh or frozen food is almost always far superior to canned. I grew up thinking I didn't like peas, and when I finally tasted fresh peas I found I loved them; Mom had always made canned. So where the original book said "1 no. 303 can pineapple" I changed it to "two cups pineapple". After all, someone in Hawaii where you can get fresh pineapple might read this, and in the store where I took the pictures, whole pineapples were for sale. When a recipe called for two

eight ounce packages of something I changed it to simply sixteen ounces.

I was surprised to see so many cans in these recipes, because both my sets of grandparents had big gardens, as I did when my children were growing up. Fresh is better! It tastes better and is healthier. Frozen is almost as good, and canned is almost always vastly inferior. Alas, some recipes say “1 can” without giving the can size. There are an awful lot of them, so I left most of those as-is; you’ll have to guess what size can to buy that fits the one teaspoon of salt.

I also added a table of can sizes to this book in case you run across a recipe elsewhere that gives a can size instead of a more traditional measure.

The original cookbook had many recipes spanning two pages. I have avoided that; when you’re cooking or baking you don’t want to turn a page, so I’ve structured this book so that only a couple of recipes span two pages, and that’s only because they’re simply too long to fit on a single page. I was able to structure them so that they’re on two facing pages, so you still won’t have to turn pages.

Some recipes call for “butter or margarine”. I have left these as they were, although butter and margarine don’t taste the same. When given a choice, choose butter. Margarine’s molecules are one atom away from being plastic. Butter tastes better. However, since butter and margarine aren’t identical, if it only says “margarine” don’t use butter unless it’s all you have.

Some of these recipes are vague on amounts, and that fits Grandma perfectly. I never saw her measure when she cooked, not even when she was teaching someone else to cook, but it was always delicious. An example was “1 large can”. How large? On one occasion I made an educated guess, but could be wrong.

When I was eight and in the Cub Scouts, my troop had a baking contest. There were over a hundred kids in the contest. Grandma McGrew helped, only by telling me what to do. Part

of the recipe was a box cake, with extra ingredients to the cake and Grandma's chocolate icing recipe, which is probably in this book under someone else's name.

When I finished baking, the other kids were already in the vacant field behind Roger's house playing baseball. I grabbed my glove and joined in; Roger's mom was doing his baking for him. I don't remember but I'm sure we had fun; after all, there were no grownups.

The baking contest was that night. Fathers were the judges, but couldn't sample their son's baking and had to vote for a different, uh, pastry? I don't know. But I won.

Of course, Grandma coached me! The thing about box cakes with extras? You'll see it here. It's a family thing.

My win had controversy, because "Grandma helped him" and the accusation was actually made that Grandma really baked it, like Roger's mom did for him. That one angered me. There was also grumbling that I'd used a box cake.

Dad and I each sampled a slice after we got home. "This really is better than anything else at the contest!" he said. I agreed that it was good, but his mom was the brains of it. Grandma could cook and bake, and apparently it runs in the family.

A couple of these old recipes call for a coffee can, originated when coffee came in metal cans rather than the modern plastic cans, which is a bit of a problem. The only suggestion I have is a big #10 restaurant can; if you're a regular in a local restaurant they might give you an empty one. One calls for putting the plastic lid on until the dough rises enough to pop it off, and I'm not sure how you can get around that, unless you have an old metal coffee can. I just found one in my kitchen holding drill bits and a chuck. Check your attic, basement, and garage!

Many of the ingredients may also be very difficult to obtain. Lard, for instance. I hadn't seen lard since I was a little kid in the 1950s until I was shopping in a very old grocery store, originally opened in 1932, and they were selling their

own brand of lard in quart containers. It's available there now as I write this (there's a photo of it in this book), but they're the exception.

Sorghum is another one. I don't think I've seen it in a store and haven't seen it used since I was small. But these are old recipes, some of them truly ancient. One recipe author mentioned that she got it from her mother way back in 1915, so it might have been at least as old as the civil war and probably older. Recipes get passed down from generation to generation.

City folks might consider many of these recipes "soul food", but what the city slickers call "soul food" is simply good country cooking. I love hush puppies, especially with fried catfish (which I unfortunately don't have a recipe for, although there is at least one recipe for fish batter in this book).

However, it isn't just country cooking or even American cooking, because there are recipes from all over the world.

This book is in loving memory of those who volunteered recipes who are no longer with us, and with thanks to the rest who contributed.

*May 13, 2017, added to later*

#### Addendum:

While searching the internet for "Lenon family reunion" in hopes of finding someone in the family who could spread the word that I'm looking for more family recipes and republishing the old ones, I was saddened greatly by news in the *Southern Illinoisian* that "LouEmma Smith, who orchestrated the Lenon Family Reunions for more than twenty five years", and someone I had met a couple decades ago at two reunions, had passed away this year at age ninety five.

Many of her recipes live on in this book.

I hope the reunions continue and I can attend another. I'll have books to give away! If you see this and are descended from the Lenons, I'm looking for recipes and want to attend a

future reunion. Email me at [publish@mcgrewbooks.com](mailto:publish@mcgrewbooks.com).

*November 16, 2017*

**From the original cookbook:**

“The Lenon family wishes to thank all who have helped in the preparation of this cook book by way of sharing their favorite recipes with us. We hope that everyone has as much fun using it as we have had putting it together for you.

“We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.”

## Substitutions

### Don't have these?

### You can use these

1 whole egg, for thickening or baking

2 egg yolks; Or 2 tablespoons of dried whole egg plus 2 1/2 tablespoons of water

1 cup of butter or margarine for shortening

1/2 cup of lard, or rendered fat, with 1/2 teaspoon of salt, **or** 1 cup of hydrogenated fat (cooking fat sold under brand name) with 1/2 teaspoon salt. Note that hydrogenated oil is *not* good for you!

1 square of chocolate (1 ounce)

3-4 tablespoons of cocoa mixed with 1/2 tablespoon of fat

1 teaspoon double-acting baking powder

1 1/2 teaspoons of phosphate baking powder **or** 2 teaspoons of tartrate baking powder

1 cup sour milk for baking

1 cup of sweet milk plus 1 tablespoon of vinegar **or** 1 tablespoon of lemon juice **or** 1 3/4 teaspoons of cream of tartar

1 tablespoon flour for thickening

1/2 tablespoon potato starch, cornstarch, or rice starch (good if you're glucose intolerant)

1 cup cake flour for baking

7/8 cup all-purpose flour

1 cup all-purpose flour

Up to 1/2 cup bran or whole wheat

for baking

1 cup Bisquick

Please note: Bisquick is a trademark of General Mills. I do not want to promote corporate commercial products, so I have converted all of the recipes in this book that call for Bisquick to the substitute. I have added this here in case you find a recipe elsewhere that calls for Bisquick.

1 cup of self-rising cornmeal

1 cup of self-rising flour

flour

1 cup flour plus 1 1/2 teaspoons baking powder plus 1/2 teaspoon salt plus 2 1/2 tablespoons of oil or melted butter

The ingredients in Bisquick Original consist of bleached wheat flour (enriched with niacin, iron, thiamine mononitrate, riboflavin and folic acid), corn starch, dextrose, palm oil, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), canola oil, salt, sugar, DATEM, and distilled monoglycerides.

Bisquick HeartSmart is formulated with canola oil resulting in less saturated fat and 0g trans fat. Bisquick also comes in a gluten-free variety, which uses rice flour instead of regular flour.

One cup of cornmeal with 1 1/2 teaspoon of baking powder and 1/2 teaspoon of salt

Combine 1 cup of all-purpose flour with 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt. And you are right to worry about the shelf life of self-rising flour: the baking powder will lose its potency over time, which means your baked

goods won't rise as they should.

1 cup buttermilk

1 scant cup of milk. Stir in 1  
tablespoon of lemon juice or white  
vinegar.

## Herb and Spice Guide

*Sage* There are a lot of plants called “sage”, but the herb commonly used in cooking is *Salvia officinalis*, or more simply garden sage, common sage, or culinary sage. It is a perennial, evergreen subshrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the mint family Lamiaceae and native to the Mediterranean region, though it has naturalized in many places throughout the world.



It is good with stuffing, pork roast, sausage, poultry, and hamburgers, according to my elder relatives.

*Tarragon* *Artemisia dracunculus*, also known as “estragon”, is a species of perennial herb in the sunflower family. It is widespread in the wild across much of Eurasia and North America. One subspecies, *Artemisia dracunculus* var. *Sativa*, is cultivated for use of the leaves as an aromatic culinary herb. In some other subspecies, the characteristic aroma is largely absent.



It is said to be good with fish sauces, egg and cheese dishes, green salad, and chicken.

*Thyme* The most common variety of thyme is *Thymus vulgaris*. Thyme is of the genus *Thymus* of the mint family (Lamiaceae), and a relative of the oregano genus *Origanum*.



The ancient Egyptians used it for embalming. The ancient Greeks thought it was a source of courage.

It is used in cooking beef, veal, lamb, pork, fish, soups, chowder, oysters, eggs, and cheese.

*Parsley* *Petroselinum crispum* is a species of flowering plant in the family Apiaceae, native to southern Italy, Greece, Portugal, Spain, Malta, Morocco, Algeria, and Tunisia. It is naturalized elsewhere in Europe, and widely cultivated as a herb, a spice, and a vegetable.



Where it grows as a biennial, in the first year it forms a rosette of tripinnate leaves (compound leaves in which the leaflets are themselves bipinnate; also called “thrice-pinnate”. tetrapinnate) 3.9–9.8 inches long with numerous 0.4–1.2 inch leaflets, and a taproot used as a food store over the winter.

Parsley is widely used in European, Middle Eastern, and American cooking. Curly leaf parsley is often used as a garnish. In central Europe, eastern Europe and southern Europe, as well as in western Asia, many dishes are served with fresh green chopped parsley sprinkled on top. Root parsley is very common in central, eastern and southern European cuisines, where it is used as a snack or a vegetable in many soups, stews, and casseroles.

*Dill* *Anethum graveolens* is an annual herb in the celery family *Apiaceae*. It is the only species in the genus *Anethum*. Dill is widely grown in Eurasia where its leaves and seeds are used as a herb or spice for flavoring food.

Dill grows to 16–24 inches, with slender



hollow stems and alternate, finely divided, softly delicate leaves 4–8 inches long. The ultimate leaf divisions are 0.04–0.08 inches broad, slightly broader than the similar leaves of fennel, which are threadlike, less than 0.04 inches broad, but harder in texture. The flowers are white to yellow, in small umbels 0.8–3.5 inches in diameter. The seeds are 0.16–0.20 inches long and 0.04 inches thick, and straight to slightly curved with a longitudinally ridged surface.

It is used with fish, cottage cheese, potatoes, tomatoes, and used for making kosher pickles.

*Basil* *Ocimum basilicum* is also called great basil or Saint-Joseph's-wort. It is a culinary herb of the family Lamiaceae, the mint family. It is also called the “king of herbs” and the “royal herb”. The name “basil” comes from the Greek *basilikón phutón*, “royal, kingly plant”.



Basil is possibly native to India, and has been cultivated there for more than 5,000 years. It was thoroughly familiar to the Greek authors Theophrastus and Dioscorides. It is a tender plant, best known as a culinary herb prominently featured in Italian cuisine, and also plays a major role in Southeast Asian cuisines of Indonesia, Thailand, Malaysia, Vietnam, Cambodia, Laos, and Taiwan. Depending on the species and cultivar, the leaves may taste somewhat like anise, with a strong, pungent, often sweet smell.

There are many varieties of *Ocimum basilicum*, as well as several related species or species hybrids also called basil. The type used in Italian food is typically called sweet basil or Genovese basil, as opposed to Thai basil (*O. basilicum* variety *thyrsoflora*), lemon basil (*O. × citriodorum*), and holy basil (*Ocimum tenuiflorum*), which are used in Asia. While most common varieties of basil are treated as annuals, some are

perennial in warm, tropical climates, including holy basil and a cultivar known as “African blue basil”.

Basil is most commonly used fresh in recipes. In general, it is added at the last moment, as cooking quickly destroys the flavor. The fresh herb can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water. The dried herb also loses most of its flavor, and what little flavor remains tastes very different, with a weak coumarin flavor, like hay.

It is good with peas, tomatoes, potatoes, squash, lamb, duck, fish, eggs, salad, and cheese.

It can reduce stress and help prevent breast cancer, and promotes sound sleep.

## Bay Leaf

Bay leaf refers to the aromatic leaves of several plants used in cooking, including Bay laurel (*Laurus nobilis*, *Lauraceae*). Fresh or dried bay laurel is used in cooking for their distinctive flavor and fragrance. The leaves are often used to flavor soups, stews, braises and pâtés in Mediterranean cuisine and beans in Brazilian cuisine. The fresh leaves are very mild and do not develop their full flavor until several weeks after picking and drying.



California bay leaf—the leaf of the California bay tree (*Umbellularia californica*, *Lauraceae*), also known as California laurel, Oregon myrtle, and pepperwood, is similar to the Mediterranean bay laurel, but has a stronger flavor.

Indian bay leaf or malabathrum (*Cinnamomum tamala*, *Lauraceae*) is somewhat similar in appearance to the leaves of bay laurel, but is culinarily quite different, having a fragrance

and taste similar to cinnamon, but milder.

Indonesian bay leaf or Indonesian laurel (*salam* leaf, *Syzygium polyanthum*, Myrtaceae) is not commonly found outside Indonesia; this herb is applied to meat and, less often vegetables.

West Indian bay leaf, the leaf of the West Indian bay tree (*Pimenta racemosa*, Myrtaceae), is used culinarily and to produce the cologne called bay rum.

If eaten whole, *Laurus nobilis* are pungent and have a sharp, bitter taste. As with many spices and flavorings, the fragrance of the bay leaf is more noticeable than its taste. When dried, the fragrance is herbal, slightly floral, and somewhat similar to oregano and thyme. Myrcene, which is a component of many essential oils used in perfumery, can be extracted from the bay leaf. They also contain eugenol.

Bay leaves were used for flavoring by the ancient Greeks. They are a fixture in the cooking of many European cuisines, particularly those of the Mediterranean, as well as in the Americas. The leaves also flavor many classic French dishes. The leaves are most often used whole (sometimes in a *bouquet garni*) and removed before serving, as they can be abrasive in the digestive tract.

Cooked in ham and beans, chili, or other bean soups it will prevent gas. Scattered in a pantry it will repel meal moths, flies, cockroaches, mice, and silverfish. Spread around a bedroom it will get rid of bedbugs.

The leaves discourage the growth of mold.

They are good with soups, poached fish, and stew.

## Oregano

*Origanum vulgare* is a flowering plant in the mint family "Lamiaceae". It is native to temperate western and southwestern Eurasia and the Mediterranean region.

Oregano is a perennial herb, growing



from 7.9–31.5 inches tall, with opposite leaves 0.39–1.57 inches long. The flowers are purple, 0.12–0.16 inch long, produced in erect spikes. It is sometimes called wild marjoram, and its close relative *O. majorana* is known as sweet marjoram.

Many subspecies and strains of oregano have been developed by humans over centuries for their unique flavors or other characteristics. Tastes range from spicy or astringent to more complicated and sweet. Simple oregano sold in garden stores as *Origanum vulgare* may have a bland taste and larger, less-dense leaves, and is not considered the best for culinary use, with a taste less remarkable and pungent. It can pollinate other more sophisticated strains, but the offspring are rarely better in quality.

The related species, *Origanum onites* (Greece, Turkey) and *O. Syriacum* (West Asia), have similar flavors. A closely related plant is marjoram from Turkey, which differs significantly in taste though, because phenolic compounds are missing from its essential oil. Some varieties show a flavor intermediate between oregano and marjoram.

Its leaves can be more flavorful when dried than fresh. It has an aromatic, warm, and slightly bitter taste, which can vary in intensity. Good quality oregano may be almost strong enough to numb the tongue, but cultivars adapted to colder climates often have a lesser flavor. Factors such as climate, season, and soil composition may affect the aromatic oils present, and this effect may be greater than the differences between the various species of plants. Among the chemical compounds contributing to the flavor are carvacrol, thymol, limonene, pinene, ocimene, and caryophyllene.

Oregano's most prominent modern use is as the staple herb of Italian-American cuisine. Its popularity in the U.S. began when soldiers returning from World War Two brought back with them a taste for the “pizza herb”, which had probably been eaten in southern Italy for centuries. There, it is most frequently used with roasted, fried, or grilled vegetables, meat, and fish. Oregano combines well with spicy foods

popular in southern Italy. It is less commonly used in the north of the country, as marjoram generally is preferred.

The herb is widely used in cuisines of the Mediterranean Basin, the Philippines, and Latin America, especially in Argentinian cuisine.

In Turkish cuisine, oregano is mostly used for flavoring meat, especially for mutton and lamb. In barbecue and kebab restaurants, it can be usually found as a condiment, together with paprika, salt, and pepper.

The dried and ground leaves are most often used in Greece to add flavor to Greek salad, and is usually added to the lemon-olive oil sauce that accompanies fish or meat grills and casseroles.

Oregano is used in the southern Philippines to eliminate the odor of carabao or water buffalo when boiling it, while simultaneously imparting flavor.

*Mint* is a family of flowering plants commonly known as the mint or deadnettle family. Many of the plants are aromatic in all parts and include widely used culinary herbs, such as basil, mint, rosemary, sage, savory, marjoram, oregano, hyssop, thyme, lavender, and perilla. Some species are shrubs, trees (such as teak), or, rarely, vines. Many members of the family are widely cultivated, not only for their aromatic qualities but also their ease of cultivation, since they are readily propagated by stem cuttings. Besides those grown for their edible leaves, some are grown for decorative foliage, such as *Coleus*. Others are grown for seed, such as *Salvia hispanica* (chia), or for their edible tubers, such as *Plectranthus edulis*, *Plectranthus esculentus*, *Plectranthus rotundifolius*, and *Stachys affinis* (Chinese artichoke).



The species mentioned in the original cookbook are spearmint and peppermint, neither of which is used in any of these recipes, although mint itself is.

They are used in jellies, fruit juices, candies, frosting, pies, ice cream, and chocolate desserts.

## Marjoram

Marjoram (*Origanum majorana*, *Majorana hortensis* Moench, *Majorana majorana*) is a somewhat cold-sensitive perennial herb or undershrub with sweet pine and citrus flavors. In some Middle Eastern countries, marjoram is synonymous with oregano, and there the names sweet marjoram and knotted marjoram are used to distinguish it from other plants of the genus *Origanum*. It is also called pot marjoram, although this name is also used for other cultivated species of *Origanum*.



The leaves are smooth, simple, petiolated (the leaves are attached to the stem by stalks), ovate to oblong-ovate, 0.2–0.6 inches long, 0.1–0.3 inches wide, with obtuse apex, entire margin, symmetrical but tapering base, and the veins connected like a network. The texture is extremely smooth due to the presence of numerous hairs.

Marjoram is cultivated for its aromatic leaves, either green or dry, for culinary purposes; the tops are cut as the plants begin to flower and are dried slowly in the shade. It is often used in herb combinations such as *herbes de Provence* and *za'atar*. The flowering leaves and tops of marjoram are steam-distilled to produce an essential oil that is yellowish in color, darkening to brown as it ages. It has many chemical components, some of which are borneol, camphor, and pinene.

Marjoram is used for seasoning soups, stews, dressings, and sauces.

*Allspice* called pimenta, Jamaica pimenta, or myrtle pepper is the dried unripe fruit (berries, used as a spice) of *Pimenta dioica*, a midcanopy tree native to the Greater Antilles, southern Mexico, and Central America. It is now cultivated in many warm parts of the world. The name “allspice” was coined as early as 1621 by the English, who thought it combined the flavor of cinnamon, nutmeg, and cloves.



Several unrelated fragrant shrubs are called “Carolina allspice” (*Calycanthus floridus*), “Japanese allspice” (*Chimonanthus praecox*), or “wild allspice” (*Lindera benzoin*). “Allspice” is also sometimes used to refer to the herb costmary (*Tanacetum balsamita*).

Allspice is one of the most important ingredients of Caribbean cuisine. It is used in Caribbean jerk seasoning (the wood is used to smoke jerk in Jamaica, although the spice is a good substitute), in moles, and in pickling; it is also an ingredient in commercial sausage preparations and curry powders. Allspice is also indispensable in Middle Eastern cuisine, particularly in the Levant, where it is used to flavor a variety of stews and meat dishes. In Arab cuisine, for example, many main dishes call for allspice as the sole spice added for flavoring.

In the United States, it is used mostly in desserts, but it is also responsible for giving Cincinnati-style chili its distinctive aroma and flavor. Allspice is commonly used in Great Britain, and appears in many dishes, including cakes. Even in many countries where allspice is not very popular in the household, as in Germany, it is used in large amounts by commercial sausage makers. In the West Indies, an allspice liqueur is produced under the name “pimento dram” due to conflation of pimenta and pimento.

*Anise* Anise (*Pimpinella anisum*), also called aniseed, is a flowering plant in the family Apiaceae. It is native to the eastern Mediterranean region and Southwest Asia. Its flavor has similarities with some other spices, such as star anise, fennel, and liquorice.



Anise is an herbaceous annual plant growing to three feet or more tall. The leaves at the base of the plant are simple, 3/8-2 inches long and shallowly lobed, while leaves higher on the stems are feathery pinnate, divided into numerous small leaflets. The flowers are white, approximately 1/8 inch in diameter, produced in dense umbels. The fruit is an oblong dry schizocarp, 1/8-1/4 inch long, usually called “aniseed”.

The seeds, whole or ground, are used for preparation of teas and tisanes (alone or in combination with other aromatic herbs), as well as in a wide variety of regional and ethnic confectioneries.

The Ancient Romans often served spiced cakes with aniseed called *mustaceoe* at the end of feasts as a digestive. This tradition of serving cake at the end of festivities is the basis for the tradition of serving cake at weddings.

*Turmeric* Turmeric (*Curcuma longa*) is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native to the Indian Subcontinent and Southeast Asia, and requires temperatures between 68-86° and a considerable amount of annual rainfall to thrive. Plants are gathered annually for their rhizomes and propagated from some of those rhizomes in the following season.



When not used fresh, the rhizomes are boiled in water for about 30–45 minutes and then dried in hot ovens, after which they are ground into a deep-orange-yellow powder commonly used as a coloring and flavoring agent in many Asian cuisines, especially for curries, as well as for dyeing. Turmeric powder has a warm, bitter, pepper-like flavor and earthy, mustard-like aroma.

It reaches a little over a yard tall. Highly branched, yellow to orange, cylindrical, aromatic rhizomes (underground stems) are found. The leaves are alternate and arranged in two rows. They are divided into leaf sheath, petiole, and leaf blade. From the leaf sheaths, a false stem is formed. The petiole is 20–45 inches long. The simple leaf blades are usually 30–45 inches long and rarely up to 91 inches. They have a width of 15–18 inches and are oblong to elliptic, narrowing at the tip.

Turmeric is used widely as a spice in South Asian and Middle Eastern cooking. Various Iranian khoresh dishes are started using onions caramelized in oil and turmeric, followed by other ingredients.

Turmeric can improve a person’s mood and memory, according to recent studies, and may prevent Alzheimer’s. It also relieves pain because of its anti-inflammatory properties. A small study done at Johns Hopkins University indicated that it may prevent colon cancer if used with quercetin, which is in onions, apples, and cabbage.

## Cilantro

Cilantro, *Coriandrum sativum* is also known as Coriander or Chinese parsley. It is an annual herb in the family Apiaceae. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.



Most people perceive the taste of cilantro as a tart, lemony taste, but a smaller group, of about 4%-14% of people

tested, think cilantro tastes like bath soap, as linked to a gene which detects aldehyde chemicals also present in soap.

It is native to regions spanning from southern Europe and northern Africa to southwestern Asia. It is a soft plant growing to twenty inches tall. The leaves are variable in shape, broadly lobed at the base of the plant, and slender and feathery higher on the flowering stems. The flowers are borne in small umbels, white or very pale pink, asymmetrical, with the petals pointing away from the center of the umbel longer (0.20–0.24 inches) than those pointing toward it (only 0.039–0.118 inches long). The fruit is a globular, dry schizocarp 0.12–0.20 inches in diameter.

It was taken to British North America in 1670, and was one of the first spices cultivated by early settlers. The fresh leaves are an ingredient in many South Asian foods such as chutneys and salads; in Chinese and Thai dishes; in Mexican cooking, particularly in salsa and guacamole and as a garnish; and in salads in Russia and neighboring countries. In Portugal, chopped cilantro is used in the bread soup *Açorda*, and in India, chopped cilantro is a garnish on Indian dishes such as dal. As heat diminishes their flavor, cilantro leaves are often used raw or added to the dish immediately before serving. In Indian and Central Asian recipes, cilantro leaves are used in large amounts and cooked until the flavor diminishes. The leaves spoil quickly when removed from the plant, and lose their aroma when dried or frozen.

The dry fruits are known as coriander seeds. The word “coriander” in food preparation may refer solely to these seeds (as a spice), rather than to the plant. The plant is more commonly called “coriander” in Britain.

The seeds have a lemony citrus flavor when crushed, due to terpenes linalool and pinene. It is described as warm, nutty, spicy, and orange-flavored.

# Mace and Nutmeg

Mace is the spice made from the reddish seed covering (aril) of the nutmeg seed. Its flavor is similar to nutmeg but more delicate; it is used to flavor baked goods, meat, fish, vegetables, and in preserving and pickling.

In the processing of mace, the crimson-colored aril is removed from the nutmeg seed that it envelops and is flattened out and dried for ten to fourteen days. Its color changes to pale yellow, orange, or tan. Whole dry mace consists of flat pieces; smooth, horny, and brittle about 1.6 inches long.

The most important commercial species is the common, true, or fragrant nutmeg, *Myristica fragrans* (Myristicaceae), native to the Banda Islands in the Moluccas (or Spice Islands) of Indonesia. It is also cultivated on Penang Island in Malaysia, in the Caribbean, especially in Grenada, and in Kerala, a state formerly known as Malabar in ancient writings as the hub of spice trading, in southern India. In the seventeenth century work *Hortus Botanicus Malabaricus*, Hendrik van Rheede records that Indians learned the usage of nutmeg from the Indonesians through ancient trade routes.

Nutmeg and mace have similar sensory qualities, with nutmeg having a slightly sweeter and mace a more delicate flavor. Mace is often preferred in light dishes for the bright orange, saffron-like hue it imparts. Nutmeg is used for flavoring many dishes, and nowadays is mostly found in Western supermarkets in ground or grated form. Whole nutmeg can also be ground at home, and graters specifically designed for grating nutmeg have been in existence, according to U.S. publication *The Journal of Antiques & Collectibles*, since before 1650.



# Ginger

Ginger (*Zingiber officinale*) is a flowering plant whose rhizome, ginger root or simply ginger, is widely used as a spice or a folk medicine.



It is a herbaceous perennial which grows annual stems about a yard tall bearing narrow green leaves and yellow flowers. Ginger is in the family Zingiberaceae, to which also belong turmeric (*Curcuma longa*), cardamom (*Elettaria cardamomum*), and galangal. Ginger originated in the tropical rain forests from the Indian subcontinent to Southern Asia where ginger plants show considerable genetic variation. As one of the first spices exported from the Orient, ginger arrived in Europe during the spice trade, and was used by ancient Greeks and Romans. The distantly related dicots in the genus *Asarum* are commonly called “wild ginger” because of their similar taste.

Ginger produces clusters of white and pink flower buds that bloom into yellow flowers. Because of its aesthetic appeal and the adaptation of the plant to warm climates, it is often used as landscaping around subtropical homes. It is a perennial reed-like plant with annual leafy stems, about a yard tall. Traditionally, the rhizome is gathered when the stalk withers; it is immediately scalded, or washed and scraped, to kill it and prevent sprouting. The fragrant perisperm of the Zingiberaceae is used as sweetmeats by Bantu, and also as a condiment and sialagogue (it makes your mouth water).

Ginger produces a hot, fragrant kitchen spice. Young ginger rhizomes are juicy and fleshy with a mild taste. They are often pickled in vinegar or sherry as a snack or cooked as an ingredient in many dishes. They can be steeped in boiling water to make ginger herb tea, to which honey may be added. Ginger can be made into candy or ginger wine.

Fresh ginger can be substituted for ground ginger at a ratio of six to one, although the flavors of fresh and dried

ginger are somewhat different. Powdered dry ginger root is typically used as a flavoring for recipes such as gingerbread, cookies, crackers and cakes, ginger ale, and ginger beer. Candied ginger, or crystallized ginger, is the root cooked in sugar until soft, and is a type of confectionery. Fresh ginger may be peeled before eating. For longer-term storage, the ginger can be placed in a plastic bag and refrigerated or frozen.

Ginger is good for easing nausea, which is why your grandma gave you ginger ale when you had an upset stomach. It regulates blood flow, which may lower blood pressure for those with high blood pressure, as well as raising blood pressure in people who have fainting spells from low blood pressure.

*Cloves* Cloves are the aromatic flower buds of a tree in the family Myrtaceae, *Syzygium aromaticum*. They are native to the Maluku Islands (or Moluccas) in Indonesia, and are commonly used as a spice. Cloves are commercially harvested primarily in Bangladesh, Indonesia, India, Madagascar, Zanzibar, Pakistan, Sri Lanka, and Tanzania. Cloves are available throughout the year.



The clove tree is an evergreen that grows up to 8–12 yards tall, with large leaves and red flowers grouped in terminal clusters. The flower buds initially have a pale hue, gradually turn green, then transition to a bright red when ready for harvest. Cloves are harvested at a quarter to a half inch long, and consist of a long calyx that terminates in four spreading sepals, and four unopened petals that form a small central ball.

Cloves are used in the cuisine of Asian, African, and the Near and Middle East countries, lending flavor to meats, curries, and marinades, as well as fruit such as apples, pears or rhubarb. Cloves may be used to give aromatic and flavor qualities to hot beverages, often combined with other ingredients such as lemon and sugar. They are a common element in spice blends such as pumpkin pie spice and speculoos spices.

In Mexican cuisine, cloves are best known as *clavos de olor* (cloves of odor), and often accompany cumin and cinnamon. They are also used in Peruvian cuisine, in a wide variety of dishes as *carapulcra* (a Peruvian stew of pork and dehydrated potatoes) and *arroz con leche* (rice with milk).

A major component of clove taste is imparted by the chemical eugenol, and the quantity of the spice required is typically small. It pairs well with cinnamon, allspice, vanilla, red wine and basil, as well as onion, citrus peel, star anise, or peppercorns.

## Cinnamon

Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. Cinnamon is used mainly as an aromatic condiment and flavoring additive in a wide variety of foods. The aroma and flavor of cinnamon derive from its essential oil and principal component, cinnamaldehyde, as well as numerous other constituents, including eugenol.



Cinnamon has been known from remote antiquity. It was imported to Egypt as early as 2,000 BC. It is native to India, Sri Lanka, Bangladesh, and Myanmar. Some folks think it came from China, but they confuse it with cassia. Cinnamon was so highly prized among ancient nations that it was regarded as a

gift fit for monarchs and even for a god; a fine inscription records the gift of cinnamon and cassia to the temple of Apollo at Miletus. Its source was kept mysterious in the Mediterranean world for centuries by the middlemen who handled the spice trade, to protect their monopoly as suppliers.

Cinnamon is an evergreen tree characterized by oval-shaped leaves, thick bark, and a berry fruit. When harvesting the spice, the bark and leaves are the primary parts of the plant used. Cinnamon is cultivated by growing the tree for two years, then cutting the stems at ground level. The following year, about a dozen new shoots form from the roots, replacing those that were cut. A number of pests such as *Colletotrichum gloeosporioides*, *Diplodia spp.*, and *Phytophthora cinnamomi* (stripe canker) can affect the growing plants.

The stems must be processed immediately after harvesting while the inner bark is still wet. The cut stems are processed by scraping off the outer bark, then beating the branch evenly with a hammer to loosen the inner bark, which is then pried off in long rolls. Only 1/50 inch of the inner bark is used; the outer, woody portion is discarded, leaving yard long cinnamon strips that curl into rolls called “quills” on drying. The processed bark dries completely in four to six hours, provided it is in a well-ventilated and relatively warm environment. Once dry, the bark is cut into two to four inch lengths for sale. A less than ideal drying environment encourages the proliferation of pests in the bark, which may then require treatment by fumigation. Fumigated bark is not considered to be of the same premium quality as untreated bark.

Cinnamon bark is used as a spice. It is principally employed in cookery as a condiment and flavoring material. It is used in the preparation of chocolate, especially in Mexico. Cinnamon is often used in savory dishes of chicken and lamb. In the United States, cinnamon and sugar are often used to flavor cereals, bread-based dishes, such as toast, and fruits,

especially apples; a cinnamon-sugar mixture is sold separately for such purposes. It is also used in Turkish cuisine for both sweet and savory dishes. Cinnamon can also be used in pickling and Christmas drinks such as eggnog. Cinnamon powder has long been an important spice in enhancing the flavor of Persian cuisine, used in a variety of thick soups, drinks, and sweets.

It reduces blood sugar in people with type II diabetes. It also reduces cholesterol.

*Saffron* Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the “saffron crocus”. The vivid crimson stigmas and styles, called threads, are collected and dried to be used mainly as a seasoning and coloring agent in food. Saffron, long among the world’s most costly spices by weight, was probably first cultivated in or near Greece. *Crocus sativus* is probably a form of *C. cartwrightianus*, that emerged by human cultivators selectively breeding plants for unusually long stigmas in late Bronze Age Crete. It slowly propagated throughout much of Eurasia and was later brought to parts of North Africa, North America, and Oceania.



Saffron’s taste and iodoform or hay-like fragrance result from the chemicals picrocrocin and safranal. It also contains a carotenoid pigment, crocin, which imparts a rich golden-yellow hue to dishes and textiles. Its recorded history is attested in a seventeenth century BC Assyrian botanical treatise compiled under Ashurbanipal, and it has been traded and used for over four millennia. Iran now accounts for approximately 90% of the world production of saffron.

The saffron crocus, unknown in the wild, probably descends from *Crocus cartwrightianus*. It is a triploid that is “self-incompatible” and male-sterile; it undergoes aberrant

meiosis and is hence incapable of independent sexual reproduction—all propagation is by vegetative multiplication via manual “divide-and-set” of a starter clone or by interspecific hybridisation.

*Crocus sativus* thrives in the Mediterranean maquis, an ecotype superficially resembling the North American chaparral, and similar climates where hot and dry summer breezes sweep semi-arid lands. It can nonetheless survive cold winters, tolerating frosts as low as 14° and short periods of snow cover. Irrigation is required if grown outside of moist environments such as Kashmir, where annual rainfall averages 39–59 inches; saffron-growing regions in Greece (20 inches annually) and Spain (16 inches) are far drier than the main cultivating Iranian regions. What makes this possible is the timing of the local wet seasons; generous spring rains and drier summers are optimal. Rain immediately preceding flowering boosts saffron yields; rainy or cold weather during flowering promotes disease and reduces yields. Persistently damp and hot conditions harm the crops, and rabbits, rats, and birds cause damage by digging up corms. Nematodes, leaf rusts, and corm rot pose other threats.

*Chives* Chives is the common name of *Allium schoenoprasum*, an edible species of the *Allium* genus. Its close relatives include the garlic, shallot, leek, scallion, and Chinese onion.

A perennial plant, it is widespread in nature across much of Europe, Asia, and North America. It is the only species of *Allium* native to both the New and the Old Worlds.

Chives are a commonly used herb and can be found in grocery stores or grown in home gardens. In culinary use, the



GRÄSLÖK, ALLIUM SCHOENOPRASUM L.

scapes (long, leafless flower stalk coming directly from a root) and the unopened, immature flower buds are diced and used as an ingredient for fish, potatoes, soups, and other dishes. The edible flowers can be used in salads.

Chives are a bulb-forming herbaceous perennial plant, growing to 12–20 inches tall. The bulbs are slender, conical,  $\frac{3}{4}$ – $1\frac{1}{4}$  inch long and  $\frac{1}{2}$  inch broad, and grow in dense clusters from the roots. The stems are hollow and tubular, up to 20 inches long and  $\frac{1}{16}$ – $\frac{1}{8}$  inch across, with a soft texture, although prior to the emergence of a flower they may appear stiffer than usual. The grass-like leaves, which are shorter than the stems, are also hollow and tubular, or round in cross-section which distinguishes it at a glance from garlic chives (*Allium tuberosum*). The flowers are pale purple, and star-shaped with six petals,  $\frac{1}{2}$ – $\frac{3}{4}$  inches wide, and produced in a dense inflorescence (the complete flower head of a plant including stems, stalks, bracts (a modified leaf or scale, typically small, with a flower or flower cluster in its axil), and flowers) of 10–30 together; before opening, the inflorescence is surrounded by a papery bract. The seeds are produced in a small, three-valved capsule, maturing in summer. The herb flowers from April to May in the southern parts of its habitat zones and in June in the northern parts.

Chives are repulsive to insects in general, due to their sulfur compounds, keeping pests away. However, their flowers attract bees, and they are at times kept to increase desired insect life.

Chives are grown for their stems and leaves, which are used for culinary purposes as a flavoring herb, and provide a somewhat milder flavor than those of other *Allium* species.

Chives have a wide variety of culinary uses, such as in traditional dishes in France, Sweden, and elsewhere. In his 1806 book *Försök til en flora (Attempt at a Flora)*, Retzius describes how chives are used with pancakes, soups, fish, and sandwiches. They are also an ingredient of the *gräddfil* sauce with the traditional herring dish served at Swedish

midsummer celebrations. The flowers may also be used to garnish dishes. In Poland and Germany, chives are served with quark cheese. Chives are one of the *fines herbes* of French cuisine, the others being tarragon, chervil and parsley. Chives can be found fresh at most markets year-round, making them readily available; they can also be dry-frozen without much impairment to the taste, giving home growers the opportunity to store large quantities harvested from their own gardens.

## Paprika

Paprika is a ground spice made from dried red fruits of the larger and sweeter varieties of the plant *Capsicum annuum*, called bell pepper or sweet pepper. The most common variety used for making paprika is tomato pepper, sometimes with the addition of more pungent varieties, called chili peppers, and cayenne pepper. In many languages, but not English, the word *paprika* also refers to the plant and the fruit from which the spice is made.



Although paprika is often associated with Hungarian cuisine, the peppers from which it is made are native to the New World and were later introduced to the Old World. Originating in central Mexico, paprika was brought to Spain in the sixteenth century. The seasoning is also used to add color to many types of dishes.

The trade in paprika expanded from the Iberian Peninsula to Africa and Asia, and ultimately reached Central Europe through the Balkans, then under Ottoman rule, which explains the Hungarian origin of the English term. In Spanish, paprika has been known as *pimentón* since the sixteenth century, when it became a typical ingredient in the cuisine of western Extremadura. Despite its presence in Central Europe since the beginning of Ottoman conquests, it did not become popular in Hungary until the late nineteenth century.

Paprika can range from mild to hot—the flavor also varies from country to country—but almost all plants grown produce the sweet variety. Sweet paprika is mostly composed of the pericarp, with more than half of the seeds removed, whereas hot paprika contains some seeds, stalks, placentas, and calyces. The red, orange or yellow color of paprika is due to its content of carotenoids.

The plant used to make the Hungarian version of the spice was grown in 1529 by the Turks at Buda, now part of Budapest, the capital of Hungary. Central European paprika was hot until the 1920s, when a Szeged breeder found a plant that produced sweet fruit, which he grafted onto other plants.

The first recorded use of the word “paprika” in English is from 1896, although an earlier reference to Turkish paprika was published in 1831. The word derives from the Hungarian word *paprika*, a diminutive of the Serbo-Croatian word *papar* meaning “pepper”, which in turn came from the Latin *piper* or modern Greek *piperi*. Paprika and similar words, *peperke*, *piperke*, and *paparka*, are used in various Slavic languages in the Balkans for bell peppers.

It is principally used to season and color rices, stews, and soups, such as goulash, and in the preparation of sausages, mixed with meats and other spices. In the United States, paprika is frequently sprinkled raw on foods as a garnish, but the flavor is more effectively brought out by heating it in oil.

Hungarian paprika, which is bright red, is claimed to be sweeter than paprika grown elsewhere, but claims about the alleged inferiority of non-Hungarian paprikas are not backed by scientific evidence: in the quantities used in a recipe, the difference in country of origin would be hard to detect.

*Garlic*

Garlic (*Allium sativum*) is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot, leek,



chive, and Chinese onion.

Garlic is native to Central Asia and northeastern Iran, and has long been a common seasoning worldwide, with a history of several thousand years of human consumption and use. It was known to ancient Egyptians, and has been used both as a food flavoring and as a traditional medicine. China produces some 80% of the world supply of garlic.

*Allium sativum* is a bulbous plant. It grows up to 4 feet in height. It produces hermaphrodite flowers and is pollinated by bees, butterflies, and other insects.

*Allium sativum* grows in the wild in areas where it has become naturalized. The “wild garlic”, “crow garlic”, and “field garlic” of Britain are members of the species *Allium ursinum*, *Allium vineale*, and *Allium oleraceum*, respectively. Identification of the wild progenitor of common garlic is difficult, due to the sterility of its many cultivars which may all be descended from the species *Allium longicuspis*, which grows wild in central and southwestern Asia.

In North America, *Allium vineale* (known as “wild garlic” or “crow garlic”) and *Allium canadense*, known as “meadow garlic” or “wild garlic” and “wild onion”, are common weeds in fields. So-called elephant garlic is actually a wild leek (*Allium ampeloprasum*), and not a true garlic. Single clove garlic (also called pearl or solo garlic) originated in the Yunnan province of China.

Garlic is widely used around the world for its pungent flavor as a seasoning or condiment.

The garlic plant’s bulb is the most commonly used part of the plant. With the exception of the single clove types, garlic bulbs are normally divided into numerous fleshy sections called cloves. Garlic cloves are used for consumption (raw or cooked) or for medicinal purposes. They have a characteristic pungent, spicy flavor that mellows and sweetens considerably with cooking.

Other parts of the garlic plant are also edible. The leaves and flowers (bulbils) on the head (spathe) are

sometimes eaten. They are milder in flavor than the bulbs, and are most often consumed while immature and still tender. Immature garlic is sometimes pulled, rather like a scallion, and sold as “green garlic”.

The main chemical in garlic is allicin, which has antibacterial, antiviral, antifungal, and antioxidant properties, and are very good for health. Garlic is also full of vitamins and nutrients like vitamins B1, B6, and vitamin C, manganese calcium, copper, and selenium, as well as others.

*Cumin* Cumin (*Cuminum cyminum*) is a flowering plant in the family Apiaceae, native to a territory including Middle East and stretching east to India. Its seeds—each one contained within a fruit, which is dried—are used in the cuisines of many cultures in both whole and ground form. Although cumin is thought to have uses in traditional medicine, there is no high-quality evidence that it is safe or effective as a therapeutic agent.



Cumin is the dried seed of the herb *Cuminum cyminum*, a member of the parsley family. The cumin plant grows to 12–20 inches tall and is harvested by hand. It is an annual herbaceous plant, with a slender, smooth, branched stem that is 8–12 inches tall and has a diameter of 1 1/4–2 inches. Each branch has two to three subbranches. All the branches attain the same height, so the plant has a uniform canopy. The stem is colored grey or dark green. The leaves are 2–4 inches long, pinnate or bipinnate, with thread-like leaflets. The flowers are small, white or pink, and borne in umbels. Each umbel has five to seven umbellts. The fruit is a lateral spindle-shaped or ovoid 1/6–1/5 inches long, containing two fruits with a single seed. Cumin seeds have eight ridges with oil canals. They resemble caraway seeds, being oblong in shape, longitudinally ridged,

and yellow-brown in color, like other members of the Apiaceae (Umbelliferae) family such as caraway, parsley, and dill.

Likely originating in a region of the Eastern Mediterranean called the Levant, cumin has been in use as a spice for thousands of years. Seeds excavated at the Syrian site Tell ed-Der were dated to the second millennium BC. They have also been reported from several New Kingdom levels of ancient Egyptian archaeological sites. In the ancient Egyptian civilization, cumin was used as spice and as preservative in mummification.

The ancient Greeks kept cumin at the dining table in its own container (much as pepper is frequently kept today), and this practice continues in Morocco. Cumin was also used heavily in ancient Roman cuisine. In India, it has been used for millennia as a traditional ingredient in innumerable recipes, and forms the basis of many other spice blends.

Cumin was introduced to the Americas by Spanish and Portuguese colonists. Several different types of cumin are known, but the most famous ones are black and green cumin, both of which are used in Persian cuisine.

Today, the plant is mostly grown in Southern Asia, Northern Africa, Mexico, Chile, and China. Since cumin is often used as part of birdseed and exported to many countries, the plant can occur as an introduced species in many territories.

Cumin is a drought-tolerant, tropical, or subtropical crop. It has a growth season of 100-120 days. The optimum growth temperature ranges are between 77° and 86°. The Mediterranean climate is most suitable for its growth. Cultivation of cumin requires a long, hot summer of three to four months. At low temperatures, leaf color changes from green to purple. High temperature might reduce growth period and induce early ripening. In India, cumin is sown from October until the beginning of December, and harvesting starts in February. In Syria and Iran, cumin is sown from mid-November until mid-December (extensions up to mid-January are possible) and harvested in June/July.

The main producers of cumin are China and India, which produces 70% of the world supply and consumes 90% of that (which means that India consumes 63% of the world's cumin). Mexico is another major producer. In total, around 300,000 tons of cumin per year are produced worldwide.

Cumin has many health benefits. It aids in digestion, improves the immune system, helps ward off insomnia, and is good for respiration disorders.

# Where to Look in the Bible

## **When—**

### **You need peace**

John 14, Romans 8

### **All is going well**

Psalm 33:12-22, Psalm 100, 1 Timothy 6, James 2:1-17

### **You face responsibility**

Joshua 1:1-9, Proverbs 2, 2 Corinthians 8:1-15

### **You are starting a new home**

Psalm 127, Proverbs 17, Ephesians 5, Colossians 3, 1 Peter 3:1-17, 1, John 4

### **You want to get along**

Romans 12

### **You are anxious for a loved one**

Psalm 121, Luke 17

### **Your business is poor**

Psalm 37, Psalm 92, Ecclesiastes 5

### **You are discouraged**

Psalm 23, Psalm 42, Psalm 43

### **Things are going from bad to worse**

2 Timothy 3, Hebrews 13

### **Friends seem to desert you**

Matthew 5, 1 Corinthians 13

**You are filled with sorrow**

Psalm 46, Matthew 28

**You are tempted to do wrong**

Psalm 15, Psalm 19, Psalm 139, Matthew 4, James 1

**Things look depressing**

Psalm 34, Psalm 71, Isaiah 40

**You can't sleep**

Psalm 4, Psalm 56, Psalm 130

**You have had an argument**

Matthew 18, Ephesians 4, James 4

**You are tired**

Psalm 95:1-7, Matthew 11

**You are worried**

Psalm 46, Matthew 6

**You are challenged by opposition**

Ephesians 6, Philippians 4

**You are facing a crisis**

Job 28:12-18, Proverbs 8, Isaiah 55

**You are impatient**

Psalm 40, Psalm 90, Hebrews 12

**You have lost a loved one**

1 Corinthians 15, 1 Thessalonians 4:13 to 5:28,  
Revelation 21 & 22

**You are bored**

2 Kings 5, Job 38, Psalm 103, Psalm 104, Ephesians 3

**You are holding a grudge**

Luke 6, 2 Corinthians 4, Ephesians 4

**You have experienced severe losses**

Colossians 1, 1 Peter 1

**You need forgiveness**

Matthew 23, Luke 15, Philemon

**You are ill or in pain**

Psalm 6, Psalm 39, Psalm 41, Psalm 47, Isaiah 26, James 5:13-19

**You need stronger faith**

Psalm 126, Psalm 146, Hebrews 11

**You think God is far away**

Psalm 25, Psalm 125, Psalm 138, Luke 10

**You are leaving home**

Psalm 119, Proverbs 3 & 4

**You are making a budget**

Mark 4, Luke 19

**You are lonely or afraid**

Psalm 27, Psalm 91, Luke 8, 1 Peter 4

**You are afraid to die**

John 11, John 17, John 20, 2 Corinthians 5, 1 John 3, Revelation 14

**You have sinned**

Psalm 51, Isaiah 53, John 3, 1 John 1

**You want to worship God**

Psalm 24, Psalm 84, Psalm 116, Isaiah 1:10-20, John 4:1-45

**You are homesick**

Isaiah 66:13, Matthew 8:19-20, Psalm 23:1-6

***To find—***

**The Ten Commandments**

Exodus 20, Deuteronomy 5

**The Beatitudes**

Matthew 5:1-12

**The Lord's Prayer**

Matthew 6:5-15, Luke 11:1-13

**The Sermon on the Mount**

Matthew 5-7

**The Great Commandments**

Matthew 22:34-40

**The Good Samaritan**

Luke 10

**The Prodigal Son**

Luke 15

**The Parable of the Sower**

Matthew 13, Mark 4, Luke 8

**The Last Judgment**

Matthew 25

**Faith**

Hebrews 11

**Love**

1 Corinthians 13

**The Ascension of Jesus**

Acts 1:1-12

**The Day of Pentecost**

Acts 2

**The Temptation of Christ**

Matthew 4:1-11, Luke 4:1-13

**The Magnificence of Mary**

Luke 1:46-55

**Eternal Life**

John 3:16-17

**Jonah and the whale**

Johah 1

**David and Goliath**

1 Samuel 17

**Daniel in the lion's den**

Daniel 6

**Surviving the fiery furnace**

Daniel 3

**Lent**

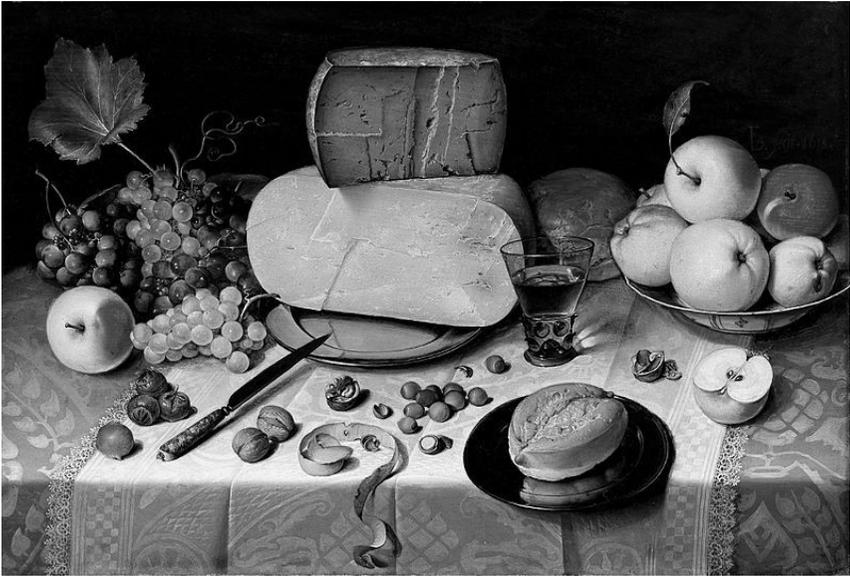
Joel 2:12-14

## Can sizes

When a recipe from the original family cookbook calls for a certain sized can of an ingredient, I've changed it to absolute amounts when possible. However, you may run across recipes elsewhere that call for a "#303 can" of something, so this might be handy for you in the future.

#1 picnic	1 1/4 cups	10 1/2 to 12 ounces
#300	1 3/4 cups	14 to 16 ounces
#303	2 cups	16 to 17 ounces
#2	2 1/2 cups	20 ounces
#2 1/2	3 1/2 cups	27 to 29 ounces
#3	5 3/4 cups	51 ounces
#10	3 quarts	6 1/2 pounds to 7 pounds and 5 ounces

## Breakfast, Lunch, and Brunch



*Breakfast, still life by Floris van Dyck*

## Mashed potato doughnuts

Gladys Russell Morgan

This is a delicious way to use leftover mashed potatoes. Sift together:

3 1/2-4 cups flour  
3 teaspoons baking powder  
1/2 teaspoon salt



Set it to one side while you beat two eggs until they are light. While the eggs are still beating, add one cup of sugar. Continue beating until it is light and fluffy, and add two tablespoons of melted shortening. Combine:

1 cup mashed potatoes  
2/3 cup milk  
1 teaspoon vanilla

Add it to the egg mixture, blending it well. Stir in the dry ingredients and mix it well. Roll the dough, a portion at a time, on a lightly floured board. Cut it and fry it in deep fat. Roll it in sugar and enjoy!

## Faux McRib

Steve McGrew

Every few years, McDonald's commercials scream "McRib is back!" If you're a fan of that sandwich, you can make your own at less than a third of what McDonald's charges.

A barbecue pork TV dinner is at present about a dollar while a McRib is over three. The barbecued meat in the TV dinner is identical to a McRib, and they probably only sell McRibs when there is a surplus of the meat.

So to make your own, get that TV dinner and cook it as per its instructions. Put it on a bun with pickles and onions, and your Faux McRib will be identical to McDonald's vastly overpriced sandwich, and always available.

## Healthy lunch

Marie Lenon Kelley

Place on a separate large salad plate for each:  
crisp lettuce leaves torn in bite size pieces

1/2 cup cottage cheese

3-4 cherry tomatoes

1 stalk celery, cut 1/2 inch thick

4-5 trimmed radishes

dried or fresh chopped parsley

chopped fresh chives

dash of paprika

1 purple top turnip, peeled, sliced thin, and divided between 2 or more plates

Use marinated mushrooms for the dressing. Add coffee, bread and fruit for a healthy lunch.



## Mushroom broccoli quiche

Linda Ebersohl Stacks

Prepare one unbaked crust. Cover the bottom of the crust with 1 1/2 cups of grated Swiss cheese. Cover the cheese with:

1 medium chopped onion

1/4 pound chopped mushrooms

butter to sauté onion and mushrooms in

For the custard, beat well together:

4 eggs

1 1/2 cups milk

3 tablespoons flour

1/4 teaspoon salt

1/4 teaspoon dry mustard

1 teaspoon oregano



Pour the custard over the mushroom layer and bake it at 375° for 40-45 minutes or until it is solid in the middle.

## Old fashioned molasses doughnuts

Jeff Len Mann

3 3/4 cups sifted flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1/2 teaspoon salt  
2 eggs  
1/2 cup sugar  
1/2 cup light molasses  
1 cup sour cream  
oil for frying  
powdered sugar



Sift together the flour, baking powder, baking soda, salt, cinnamon, ginger, and molasses until it is light and fluffy. Blend in the sour cream and gradually stir in the flour mixture until it is well blended. Cover the bowl and chill the dough for two hours.

On a lightly floured surface, roll the dough to 3/8 to 1/2 inch thick. Cut it with a floured doughnut cutter. Gather the scraps together and re-roll it, using as little flour as possible. Cut more doughnuts.

In a fryer, heat 2-3 inches of oil to 375°. Slip the doughnuts into the hot oil 2-3 at a time and fry them, turning them once, 2 1/2-3 minutes or until they're golden brown. Remove them with tongs and drain them on paper toweling. Roll them in powdered sugar, flavored with cinnamon, if desired. Makes about 1 1/2 dozen doughnuts.

Editor's note: The top image is sorghum being made in rural Tennessee.

## Spicy molasses doughnuts

Kent J. Alstat

2 cups sifted all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/2 teaspoon cloves  
1 egg  
2/3 cup milk  
1/4 cup vegetable oil  
1/3 cup unsulphured molasses  
granulated sugar, cinnamon sugar, or powdered sugar



Sift the flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves together. Add the egg, milk, oil, and molasses all at once, mixing them well. Pour additional salad oil two inches deep in a heavy skillet and heat it to 365°, and drip in the batter by teaspoonfuls. Fry them for two minutes, turning them once. Drain them on absorbent paper and roll them in granulated sugar, cinnamon sugar, or sprinkle them with powdered sugar. Makes approximately three dozen doughnuts.

Editor's note: The earliest origins to the modern doughnut are generally traced back to the *olykoek* ("oil(y) cake") Dutch settlers brought with them to early New York or New Amsterdam. These doughnuts closely resembled later ones but did not yet have their current ring shape. One of the earliest mentions of "doughnut" was in Washington Irving's 1809 book *A History of New York, from the Beginning of the World to the End of the Dutch Dynasty*.

The first cookbook mentioning doughnuts was an 1803 English volume which included doughnuts in an appendix of American recipes. Hanson Gregory, an American, claimed to have invented the ring-shaped doughnut in 1847.

## Breakfast casserole

Shirley Reeves

- 4 slices bread
- 1 pound sausage
- 8 ounces cheddar cheese
- 6 eggs
- 1 1/2 cups milk
- 1 teaspoon salt



Tear the bread into small pieces and place them in a 9x13 inch greased baking dish. Brown the sausage, drain it and crumble it over the bread. Add the grated cheese. Beat the eggs, add the milk, and pour it over the other ingredients. Bake it for 30-40 minutes at 350° until it's set in the middle. It can be made the night before, refrigerated, and baked in the morning. Also, you can make half of it.

## Granola

Gayle Barnes Walker

- 1/2 cup oil and honey, heated until warm
- 4 cups quick or old fashioned oats
- 1/2 cup wheat germ
- 1/2 cup dry milk
- 1/2 cup sesame seeds
- 1/2 teaspoon cinnamon

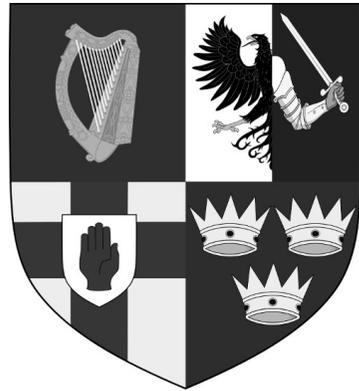


Toast the oats in two shallow pans at 300° for fifteen minutes. Combine the remaining dry ingredients in a large bowl. Pour the heated honey-oil over and stir in the oats. Spread them back in the pans and toast for fifteen minutes more. Cool it in the pans on racks and store it in an airtight container. It's also good with peanuts or dates if you like.

## Irish potato doughnuts

Sherry Smith Alstat

3 1/2-4 cups self-rising flour  
1/2 teaspoon nutmeg  
1 cup mashed potatoes  
2 tablespoons softened butter  
1 cup milk  
2/3 cup sugar  
2 beaten eggs  
cinnamon sugar  
oil for frying



Stir together three cups of flour and the nutmeg. Beat the potatoes and butter together until it is smooth. Thoroughly blend together the milk, sugar, and eggs. Gradually stir in the flour mixture. Add enough additional flour to make a soft dough, and divide the dough in half.

On a lightly floured surface, roll each half to 1/4 inch thickness. Cut it with a floured doughnut cutter and fry it in preheated 375° oil until golden, about 1 1/2 minutes on each side. Drain them on toweling and roll or shake the warm doughnuts in cinnamon sugar. Makes about three dozen.

Note: If using all-purpose flour, add two tablespoons baking powder and two teaspoons salt.

Editor's note: Wikipedia has a very large entry about doughnuts, including a long list of countries and the doughnuts they make, but Ireland was not on the list. My guess is that the name comes from Ireland's ancient history, when England ruled and had decreed that commercial farmers only grow potatoes.

Potato blight struck, and what is known as the "Potato Famine" happened back in 1845 and lasting until 1849. There was mass starvation and emigration, cutting Ireland's population in half.

It led to the Gaelic language being almost completely gone, with English substituting.

## The best pancakes

Jeffrey Len Mann

In a large bowl, beat together:

2 tablespoons oil  
1 cup milk  
1 egg

Sift together:

1 cup unsifted all-purpose flour  
2 tablespoons baking powder  
2 tablespoons sugar  
1/2 teaspoon salt

Add the dry ingredients to the liquid ingredients, blending them well. Stir in one additional tablespoon of milk. Fry it on a lightly oiled griddle.

Makes about 8 pancakes, just the right amount for me.



## Steve's weird breakfast

Steve McGrew

Make a slice of toast or a biscuit, a small bowl of sausage gravy, and an egg fried over easy. Put gravy on the plate, with the bread on top. Cover it with gravy, and put the fried egg on top, and salt and pepper to taste. When you cut it, the yolk mixes with the gravy for a delicious mixture.

I use pre-made, very thick gravy I thin down with milk. Powdered gravy would work as well, or you can make sausage and make the gravy from that.

I thought I had invented this, but an old friend, Tammy Seger, says she has this often.

## Grandma's pancakes

Steven R. Mann

3 cups buttermilk  
2 eggs  
1/2-3/4 teaspoon baking soda  
2 1/3 cups flour  
1 1/2 teaspoons salt



Blend the ingredients well with a mixer at medium speed. Drop it by large tablespoons onto a hot, well greased griddle, four at a time. Makes twenty four medium size pancakes.

Grandma Smith said this recipe came from a book published for the Hurst Christian Church and this was how she learned to make pancakes when she was a little girl. When she married my Grandpa, Leonard Smith, this became the only kind of pancakes he would eat.

Editor's note: Archaeological evidence suggests that pancakes were probably the earliest and most widespread cereal food eaten in prehistoric societies.

The pancake's shape and structure varies worldwide. A crêpe is a thin Breton pancake of French origin cooked on one or both sides in a special pan or crêpe maker to achieve a lacelike network of fine bubbles. A well-known variation originating from southeast Europe is a palačinka, a thin moist pancake fried on both sides and filled with jam, cheese cream, chocolate, or ground walnuts, but many other fillings—sweet or savory—can also be used. When potato is used as a major portion of the batter, the result is a potato pancake. Commercially prepared pancake mixes are available in some countries.

Pancakes may be served at any time of the day with a variety of toppings or fillings including jam, fruit, syrup, chocolate chips, or meat, but in America they are typically considered a breakfast food. Pancakes serve a similar function to waffles.

## Sour dough pancakes

Louemma Russell Smith

2 packages dry granular yeast  
1 quart lukewarm water  
6 cups sifted flour  
2 teaspoons salt  
1 teaspoon baking soda  
3 tablespoons molasses  
1/2 cup hot water  
5 beaten eggs



Dissolve the yeast in lukewarm water. Stir in the flour, cover it, and let it stand for twenty four hours at room temperature. Please be sure this is in a very large bowl! Add the salt, baking soda, molasses and hot water. Add the eggs; don't beat them but mix them well. Let it stand for half an hour and the batter is ready. This recipe makes about forty pancakes about five inches in diameter.

It is an ideal recipe for a big family or for camping out. Leonard brought this recipe to me from a magazine when he had to wait in an office while he was working for the Department of Revenue in 1962. He said that the pancakes reminded him of the fried bread that his mother, Emma Geistdorfer Smith, made for them when they were growing up.

Editor's note: The Ancient Greeks made pancakes called "frying pan". The earliest attested references to tagenias are in the works of the fifth century BC poets Cratinus and Magnes. Tagenites were made with wheat flour, olive oil, honey, and curdled milk, and were served for breakfast. Another kind of pancake was staititēs, from staitinos, "of flour or dough of spelt", derived from stais, "flour of spelt". Athenaeus mentions, in his *Deipnosophistae*, staititas topped with honey, sesame, and cheese. The Middle English word "pancake" appears in English in the fifteenth century.

The Ancient Romans called their fried concoctions *alia dulcia*, Latin for "other sweets".

## **Sandwich soufflé**

Rosalie Lager Russell

- 16 slices bread
- 8 slices boiled ham
- 3 cups milk
- 1/2 cup melted butter
- 1 cup crushed corn flakes
- 8 slices American cheese
- 6 eggs
- 1/2 teaspoon salt



Place eight buttered slices of bread on the bottom of a greased casserole, and top them with cheese and ham. Top each with eleven slices of bread. Mix the eggs, milk, and seasonings and pour it over the top of the sandwiches. Cover and refrigerate it for eight hours or overnight. Sprinkle the top with corn flakes, outlining each to identify them when cutting them out after baking. Top it with melted butter and bake it at 350° for an hour. Excellent for breakfast or brunch.

## **Double cheese sandwiches**

Gayle Barnes Walker

- whole wheat, rye, or pumpernickel bread
- 1 1/2 cups grated Monterrey Jack
- 1 cup grated sharp cheddar
- 1/2 cup finely cut celery
- 1/4 cup finely chopped green peppers
- 1 tablespoon finely chopped onion
- 2 tablespoons Italian dressing
- 1 tablespoon mustard

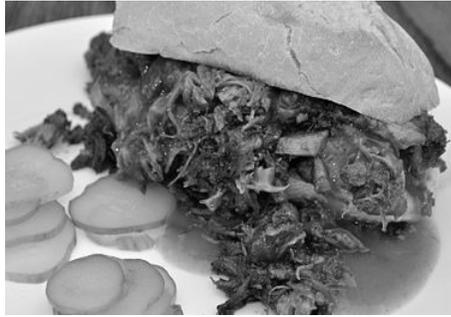


Combine the cheeses, celery, green pepper, onion, Italian dressing, and mustard, and mix it lightly to blend it. Spread it on sliced bread. Serve them, or wrap them individually and freeze them to use as needed. Makes 2 3/4 cups.

## BBQ beef and pork sandwiches

Gayle Barnes Walker

1 1/2 pounds beef stew chunks  
1 1/2 pounds pork cut in chunks  
3 medium chopped green peppers  
2 large chopped onions  
6 ounces tomato paste  
1 cup water  
1/2 cup packed brown sugar  
1/4 cup chili powder  
1/4 cup cider vinegar  
2 teaspoons salt  
1 teaspoon dry mustard  
2 teaspoons Worcestershire



Combine all the ingredients in a five quart pan and bring it to a boil, then reduce the heat to simmering. Cover and cook it for three hours or until the meat pulls apart with a fork. Stir it often to be sure it doesn't stick. Skim off the fat, pull the meat apart, and mix it. Serve it now now or freeze it in individual patties on cookie sheets lined with cling wrap to use as needed. Makes seven cups.

Editor's note: The English word "barbecue" and its cognates in other languages come from the Spanish word *barbacoa*. Etymologists believe this to be derived from *barabacu* found in the language of the Arawak people of the Caribbean and the Timucua people of Florida; it has entered some European languages in the form of *barbacoa*. The Oxford English Dictionary (OED) traces the word to *La Hispaniola* and translates it as a "framework of sticks set upon posts". Gonzalo Fernández De Oviedo y Valdés, a Spanish explorer, was the first to use the word "barbacoa" in print in Spain in 1526 in the *Diccionario de la Lengua Española* (2nd Edition) of the *Real Academia Española*. After Columbus landed in the Americas in 1492, the Spaniards apparently found Tainos roasting meat over a grill.

## Sloppy franks

Nikki Jo Wyatt

- 1/2 pound lean ground beef
- 1/2 cup chopped onion
- 8 hot dogs cut up in large pieces
- 1 cup barbecue sauce
- 8 hot dog buns



Brown the ground beef in an oiled skillet, breaking it up with a large fork and stirring until it is light brown in color. Spoon off the fat. Add the onion and hot dogs. Cook it over moderate heat, stirring occasionally, for five minutes. Add the barbecue sauce, heat it through, and spoon it into buns that have been warmed in the oven. Serves eight.

## Italian Quiche

Terrie Nichols

- 1 unbaked 9 1/2 inch frozen pie crust
- 1/2 cup diced pepperoni
- 3/4 cup shredded Swiss cheese
- 3/4 cup mozzarella cheese
- 3 well beaten eggs
- 1 cup half & half
- 1 tablespoon minced onion
- 1/4 teaspoon oregano
- 1/4 teaspoon salt



Mix the pepperoni and cheese, and then place it in the pie shell. Mix the beaten eggs, cream, salt, oregano, and onion. Pour it evenly over the dry ingredients in the shell. Bake it in a 375° oven until light brown and a toothpick comes out dry. Cool it for ten minutes before serving.

## Flannel cakes

Carolyn Russell Barnes

2 cups sifted flour  
1 teaspoon salt  
3 teaspoons baking powder  
2 separated eggs  
2 cups milk  
1/4 cup vegetable oil  
2 tablespoons brown sugar



Sift the flour, salt, and baking powder together. Beat the egg yolks and add the milk and oil. Beat in the flour mixture with a rotary beater. Fold in the stiffly beaten egg whites and bake them on a hot griddle, turning them to brown both sides. Makes twenty four.

## **Appetizers, Pickles, and Relish**



## Ham and cheese ball

Gayle Barnes Walker

2 teaspoons Worcestershire sauce  
16 ounces cream cheese  
1 teaspoon lemon juice  
1 teaspoon dry mustard  
1/2 teaspoon paprika  
1/4 teaspoon garlic powder  
1/4 teaspoon salt  
2 small cans deviled ham  
2 teaspoons chopped parsley  
1/2 pound shredded sharp cheddar  
2 teaspoons chopped and drained pimento



Soften the cream cheese and mix in the cheddar and the next eight ingredients, then stir in the pimento and parsley. Chill it until it's firm enough to handle. Shape it in balls or logs, and roll it in nuts and/or parsley. Wrap in it cling-wrap and refrigerate it.

## Shrimp Spread

Eileen Bongiorno Karas

In a large bowl, combine:

8 ounces softened cream cheese  
1/2 cup sour cream  
1 small minced onion  
2 teaspoons Worcestershire sauce  
dash of garlic powder  
1 teaspoon lemon juice  
2 small cans baby shrimp, drained  
small amount of ketchup for color



Mix it well and let it stand for twenty four hours in a covered container in the refrigerator.

## **Braunschweiger snowball salad**

Shirley Reeves

Mash an eight ounce package of cream cheese at room temperature. Mix in enough mayonnaise to spread it. Set it aside. Blend together thoroughly:

1 pound Braunschweiger  
1/2 cup chili sauce  
2 teaspoons horseradish

Mold the mixture into a ball and spread cream cheese over it, then refrigerate it. Spread it on your favorite crackers.

## **My Favorite Cheese Ball**

Pat Nichols

16 ounces cream cheese  
1 small can crushed and drained pineapple  
1 cup chopped pecans  
2 tablespoons chopped onion  
1 tablespoon seasoned salt

Mix, chill, and shape it into two balls.

## **Vegetable Dip**

Julie Karas Abraham

1/2 package dry Italian dressing mix  
1 cup mayonnaise  
1 cup sour cream  
chives

Mix it together thoroughly and chill it. Serve it with raw vegetables.



## Crab Dip

Mary Jacobson Nichols

1 can crab meat  
1 large carton sour cream  
onions  
chopped sweet pickle  
seasoned salt  
seasoned pepper  
dash of monosodium glutamate (often labeled “flavor enhancer”)\*



Mix it well.

\*Editor’s note: Monosodium glutamate (MSG, also known as sodium glutamate) is the sodium salt of glutamic acid, one of the most abundant naturally occurring non-essential amino acids. Monosodium glutamate is found naturally in tomatoes, cheese, and other foods.

Glutamic acid was discovered and identified in 1866 by the German chemist Karl Heinrich Ritthausen, who treated wheat gluten (for which it was named) with sulfuric acid.

Kikunae Ikeda of Tokyo Imperial University isolated glutamic acid as a taste substance in 1908 from the seaweed *Laminaria japonica* (*kombu*) by aqueous extraction and crystallization, calling its taste umami. Ikeda noticed that *dashi*, the Japanese broth of *katsuobushi* and *kombu*, had a unique taste not yet scientifically described (not sweet, salty, sour, or bitter). To verify that ionized glutamate was responsible for umami, he studied the taste properties of glutamate salts: calcium, potassium, ammonium, and magnesium glutamate. All these salts elicited umami and a metallic taste due to the other minerals. Of them, sodium glutamate was the most soluble, most palatable, and easiest to crystallize. Ikeda submitted a patent to produce MSG; the Suzuki brothers began commercial production of MSG in 1909.

Some people are sensitive to MSG. Do not serve it to anyone with mental health problems, especially if they are bipolar or have certain forms of schizophrenia.

## **Water chestnut canapés**

Melanie Bell

2 cans water chestnuts  
1 pound bacon (precooked a little)

Wrap each water chestnut with bacon and secure it with a toothpick. Mix:

1/2 cup brown sugar  
1/4 cup chili sauce  
1/4 cup salad dressing

Pour it over the water chestnuts and bake it in a 350° oven for forty five minutes.

## **Gallon jar pickles**

Louemma Russell Smith

4 cups cider vinegar  
1/2 cup pickling salt  
1 1/2 teaspoons mustard seed  
3 large onions, sliced thin  
4 cups sugar  
1 1/8 teaspoons turmeric  
1 1/3 teaspoons celery seed  
cucumbers



You need enough cucumbers, sliced thin, to fill a gallon jar. Mix the first six ingredients and stir them well. Tightly pack the onions and cucumbers into a jar. Cover it with brine made of the first six ingredients and stir it well. Tightly screw on the lid. Place it upside down in the refrigerator for six days, then turn it right side up. Store it in the refrigerator. They will actually keep for nine months! That is, unless you eat them all before that!

This recipe was given to me by my aunt, Bernice Lenon Nichols.

## Cheese Dip

Donna Carol

1 small can jalapeño peppers  
1 tablespoon or more butter  
French bread, loaf, or rolls, torn into bite-size chunks  
1 brick white Monterrey Jack or longhorn cheese, cut into 1-2 inch squares

Drain the peppers and sauté them in butter in the bottom of a casserole dish. Use very low heat so the butter doesn't burn. Add the cheese a chunk at a time, so that it melts quickly. Stir it frequently. When the cheese is all melted, it's ready to serve in the dish. Put the bread



chunks in a large basket. Serve guests forks and napkins. Vary the amount of peppers on how spicy you like food.

Editor's note: If you grow your own jalapeños as I have done, I wonder how many peppers to use? I would assume a "small" can would be a #1 picnic.

## Guacamole

Liz Piper  
submitted by Louemma Smith

2 tablespoons picante sauce  
1 teaspoon lemon juice  
1 large ripe peeled, seeded, and mashed avocado  
1/4 teaspoon salt

Combine all the ingredients and mix them well. Makes about one cup.

## Mexicali Dip

Gayle Barnes Walker

8 ounces cottage cheese  
1 teaspoon chili powder  
1/4 teaspoon salt  
1/4 teaspoon garlic powder  
dash of white pepper  
1 tablespoon lemon juice



Blend all the ingredients in a blender until it's smooth. Refrigerate it for at least four hours for the flavors to blend. Serve it with raw veggies.

## Dill dip

Elizabeth Russell Vrana

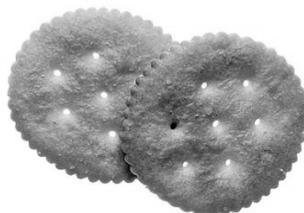
1 cup mayonnaise  
1 cup sour cream

Sprinkle in some garlic salt and some crushed dill weed. Let it stand for two hours in the refrigerator. Serve it with the following raw vegetables that have been cleaned and cut in pieces: broccoli, cucumber, zucchini, celery, peppers.

## Cheese Log

Terri Russell Rosene

1 large package cream cheese  
2 pounds grated cheddar cheese  
1/2 cup chopped pecans  
1/2 cup chili powder  
1/2 cup garlic powder



Mix the cheese and pecans and form it into logs as desired. Roll the logs in the chili and garlic powder mixture. Serve it with crackers.

## Dried beef dip

Kim Ebeling Carter

- 3 ounces softened cream cheese
- 1/4 cup margarine
- 1 teaspoon horseradish
- 1 teaspoon grated or minced onion
- 2 teaspoons lemon juice
- 3 ounces dried beef cut very fine



Mix it well and refrigerate it . Very good for chips, your favorite crackers, or vegetables.

## Fruit 'n' dip

Maxine Smith Mann

- 1 bunch white seedless grapes
- 1 bunch dark grapes, cut in half and seeds removed
- 2 cups pineapple cut in chunks
- 2 firm ripe bananas, peeled and cut in bite sized pieces
- 2 large red plums
- 2 red apples and 2 yellow apples, sliced but not peeled
- 2 apricots and 2 peaches, seeded and sliced
- 2 oranges, peeled and separated
- 1 quart large strawberries, cut in halves or quarters
- 1 pint Bing cherries, with stems left on if possible
- 1 small cantaloupe, cut in pieces or balls
- 2 cups watermelon, cut in chunks or in balls

Wash, peel, and slice all fresh fruits in desired pieces and arrange them in a large tray. Serve them with a large bowl of dip in the center of the tray. For the dip:

- 1 large package Philadelphia cream cheese
- 2 jars marshmallow crème

For a colorful and more flavorful dip, add a small package of cherry, strawberry, or raspberry gelatin and mix it well. A tablespoon of mayonnaise can be added for a tangy flavor. It is delicious with club crackers also.

## Deviled egg dip

Kent J. Alstat

8 hard boiled eggs, chopped  
3 tablespoons mayonnaise  
1/4 cup picnic style mustard  
1 cup milk  
1/4 cup chopped tomato  
dash of red pepper  
2 tablespoons minced green onion  
1/4 tablespoon salt or salt to taste



Combine the eggs, mayonnaise, mustard, milk, tomato, salt, red pepper, and onion in a blender and blend it well. Chill it in the refrigerator overnight. Place it in the center of a large plate or platter and surround the bowl with cleaned, cut to bite size, raw vegetables and potato chips.

Makes about two cups of dip, or 8-10 servings.

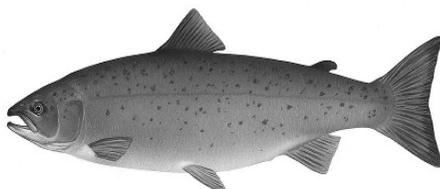
## Salmon log

Pat Nichols

1 can red salmon  
8 ounces cream cheese  
1 tablespoon lemon juice  
2 tablespoons grated onion  
1 teaspoon horseradish  
1/4 teaspoon salt  
1 teaspoon liquid smoke  
1/2 cup chopped walnuts



Mix, chill and shape it in rolls, then roll it in 1/2 cup of walnuts and three tablespoons of snipped parsley. This freezes very well but should be thawed completely before serving with party crackers.



### **Cheese Puffs**

Melanie Karas Bell

- 1 cup mayonnaise
- 2 teaspoons Worcestershire sauce
- 6-9 slices crisp fried bacon
- 1 small chopped onion
- pepper to taste
- 3 ounces chopped, silvered almonds
- 1/2 pound grated sharp cheddar cheese
- party loaf bread (or frozen loaf of bread with crust removed)



Freeze it on a cookie sheet. After it is frozen, store it in a plastic bag. Bake it (frozen) at 400° for ten minutes. Spread it generously on the bread.

### **Zucchini relish**

Gladys Russell Morgan

- 10 cups coarsely ground zucchini
- 3 large coarsely ground onions
- 1 coarsely ground hot pepper

Stir in five tablespoons of salt and let it stand overnight. The following morning, rinse and drain it and add the following:

- 2 1/4 cups vinegar
- 4-5 cups sugar
- 1 can red pimento
- 1 chopped green pepper
- 1 teaspoon black pepper
- 1 teaspoon nutmeg
- 1 teaspoon turmeric
- 1 teaspoon dry mustard
- 2 teaspoons celery seed



Combine the ingredients in a large pan, bring it to a boil, and simmer it for four minutes. Fill sterilized jars and seal them.

## French Onion Soup

Bonnie Lou Wyatt

thinly sliced white onions  
2 teaspoons butter or drippings

Brown the onions in butter or drippings. As this browns, stir it and get a deep pan ready and put one beef bullion cube per one cup of hot water in it; this amount depends on how much soup broth you want, compared to the amount of onions you have. Add the following:



dash of Worcestershire sauce  
dash of pepper  
salt (a small amount—the bullion cube is salty)

When it is all is heated and browned, stir the onions into the broth and heat it again to distribute the flavors. Heat the oven to 300°. Have glass oven-proof bowls ready. Spoon the onions and broth into the bowls. Place seasoned croutons, 8-10 in the soup. Place a shredded or a slice of Mozzarella cheese on top. Place it in the oven until the cheese melts or browns. Serve it immediately.

Editor's note: Onion soups have been popular at least as far back as Roman times. Throughout history, they were seen as food for poor people, as onions were plentiful and easy to grow. The modern version of this soup originates in Paris, France in the eighteenth century, made from beef broth, and caramelized onions.

Evidence of the existence of soup can be found as far back as about 20,000 BC. Boiling was not a common cooking technique until the discovery of waterproof containers, which probably came in the form of seashells or pottery.

## Golden cucumber relish

Sherry Smith Alstat

12 large ripe cucumbers  
12 onions (2-2 1/2 inches)  
6 large sweet red peppers  
2 bunches celery  
3/4 cup coarse salt  
4 cups sugar  
1 quart white vinegar  
2 tablespoons mustard seed



Peel the cucumbers, scoop out and discard the seeds\* and centers, and dice them into 1/4 inch cubes. Dice the peeled onions to the same size. Add the salt and mix it well. Cover it and let it stand 10-12 hours, then place it in a white cloth and let it drain until it's quite dry. Dice the celery and peppers in 1/4 inch cubes.

Combine the vinegar, sugar, and mustard seeds in a large enameled kettle. Add the vegetables and cook it over low heat until the mixture is thick, and the cucumbers are golden colored. Process it for five minutes or cold pack. Makes 6 pints.

\*Editor's note: rather than discarding the seeds, dry them and plant them in your yard next year. Personally, though, I don't like cucumbers at all unless they're pickled. But if you do like them, they're easy to grow. They are in the gourd family, Cucurbitaceae.

It is a creeping vine that roots in the ground and grows up trellises or other supporting frames.

There are three main varieties of cucumber: slicing, pickling, and seedless. Within these varieties, several cultivars have been created. In North America, the term "wild cucumber" refers to plants in the genera *Echinocystis* and *Marah*, but these are not closely related. The cucumber is originally from South Asia, but now grows on most continents. Many different types of cucumber are traded on the global market.

### All season relish

Sherry Smith Alstat

- 12 green tomatoes
- 12 green peppers
- 12 sweet red peppers
- 2 medium onions



Grind all of the above ingredients and drain them for ten minutes. Add:

- 1 pint vinegar
- 4 tablespoons flour
- 1 tablespoon celery seed
- 1 pint mustard
- 2 tablespoons salt
- 3 cups sugar



Mix it well and cook it for ten minutes. Keep watch and stir it to keep it from sticking.

Add one pint of salad dressing and mix it together well. Put it into hot jars and seal them, using hot seals.

This is very good on hot dogs and other sandwiches.

### Pepper relish

Shirley Reeves

- 12 green peppers
- 12 red peppers
- 6 medium onions
- 2 cups vinegar
- 2 cups sugar
- 1 tablespoon salt



Clean and chop the peppers and onions. Cover it with boiling water and let it stand for five minutes, then drain it. Mix the vinegar, salt, and sugar, and bring it to a boil. Add the peppers and onion and boil it for five minutes more. Put it in jars and seal them immediately. Makes five pints.

## Bread and butter pickles

Vicki Collins Barnes

4 quarts unpared cucumbers, sliced thin  
6 sliced medium white onions  
3 cups white vinegar  
1 green pepper, cut in strips (optional)  
1 sweet red pepper, cut in strips  
3 cloves crushed garlic  
1/3 cup medium coarse salt  
5 cups sugar  
3 cups white vinegar  
2 tablespoons mustard seed  
1 1/2 teaspoons celery seed  
1 1/2 teaspoons turmeric



Combine the vegetables, garlic, and salt. Cover them with ice cubes and mix them thoroughly. Let it stand for three hours in the ice. Drain it well.

Combine the remaining ingredients and pour them over the vegetables. Bring it just to boiling. Seal it at once in hot sterilized

jars. Makes eight pints.

No hot water bath is necessary when canning these pickles, as your pickles are hot and the jars and lids are also hot. Set them on a towel and they will seal, but if you are in doubt about their sealing, store them in the refrigerator. They are always better if chilled before serving.

## **Kosher dill pickles**

Judy Morgan Penrod

4 quarts water  
1 cup salt  
2 cups vinegar  
cucumbers  
dill  
1 clove garlic  
3-4 grape leaves



Wash the cucumbers, fill the quart jars, and top them with 3-4 grape leaves in each, a bunch of dill, and a clove of garlic. Heat the liquids with salt, pour it over the cucumbers, and seal the jars. Season them 4-6 weeks before eating them.

## **Old fashioned corn relish**

Linda McVicker Russell

1/4 cup sugar  
1/2 cup vinegar  
1/2 teaspoon salt  
1/4 teaspoon Tabasco  
1/2 teaspoon celery seed  
1/4 teaspoon mustard seed  
1 tablespoon chopped onion  
12 ounces whole kernel corn  
1 tablespoon chopped pimento  
2 tablespoons chopped green pepper



Combine the sugar, vinegar, salt, Tabasco, celery seed, and mustard seed. Bring it to a boil and boil it for two minutes. Remove it from the heat, combine it with the other ingredients, put it in a container, and refrigerate it.

Editor's note: Corn relish is a traditional Southern United States family recipe, given as a garnish or side dish to the typically meat-and-potatoes dinner fare.

## Best ever kosher dill pickles

Clara Lenon Russell

Submitted by Gladys Russel Morgan

4 quarts water  
12 ounces vinegar  
12 ounces pickling salt  
Pickling size cucumbers

Wash the cucumbers and pack them in quart jars, and add a clove of garlic, and dill weed or dill seed. Have some previously washed grape leaves and place 3-4 in each jar. Heat the liquid and salt to boiling. Pour it over the cumberbers in the jars and seal them. Allow them about ten days to two weeks to cure.

## Pickled beets

Marie Lenon Kelley

24 small beets  
2 cups distilled white vinegar  
1 cup granulated sugar  
2 teaspoons salt  
6 whole cloves  
1 three inch cinnamon stick  
2-3 medium (1/2 pound) sliced onions



Remove the beet tops, leaving one inch of stem and tap roots. Wash the beets and cook them in boiling water until they are tender. Drain them, retaining one cup of liquid. Peel and slice the beets.

Combine one cup of beet liquid, vinegar, sugar, salt and spices, tied in a cheese cloth bag in a saucepan. Heat it to boiling. Add the beets and onions and let it simmer for five minutes. Remove the spice bag and continue simmering while packing one clean, hot jar at a time. Fill them to within half an inch of the top, making sure that the vinegar solution covers the beets. Cap each jar at once. Process them for five minutes in a boiling water bath.

Makes four pints.

## **Carrot relish**

Angela Nichols Hill

Clean one pound of carrots and steam them for 10-12 minutes. Cool and slice them. Add chopped green pepper and two ounces of drained pimentos. Add:

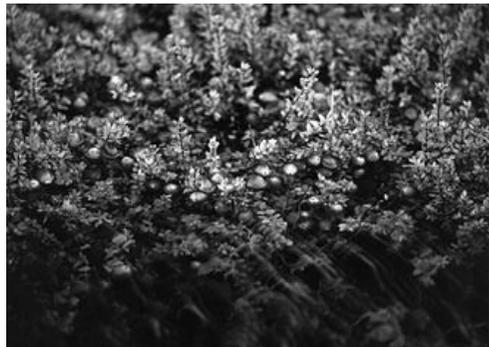
- 1/4 cup vinegar
- 1/2 cup sugar
- 4 tablespoons chopped onion

Dissolve three tablespoons of flour in the vinegar along with 1/4 cup of water. Place the carrots in a saucepan and add the green pepper, pimento, onion, three tablespoons of honey, 1/4 teaspoon dry mustard, 1/4 teaspoon of salt, and one teaspoon of celery salt. Add the sugar to the flour mixture and mix it all together and cook it on medium heat until it's bubbly, about three minutes. Serve it warm or chilled. Makes 2-3 cups.

## **Spiced cranberry relish**

Elinor (Lenon) David

- 2 oranges, cut up with peel on and seeds removed
- 1 pound cranberries
- 2 cups sugar
- 2 cups water
- 2 cored and sliced apples
- 3/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1/4 teaspoon cloves
- 1/2 teaspoon anise seed



Combine all of the ingredients in a large pot and bring it to a boil. Lower the heat and cook it until all the berries are broken. Stir it often. Cool it slightly in the pot, then fill sterile jars. Use it with turkey, ham, or chicken.

## Pepper relish

Zona Bishop Lenon

12 red peppers  
12 green peppers  
12 onions  
2 cups cider vinegar  
1/2 cup sugar  
2 cups white syrup  
3 tablespoons salt  
1 tablespoon celery seed



Wash the peppers and onions and cut the peppers in halves.

Remove the stem ends, seeds, and fibrous white parts. Peel the onions. Chop the peppers and onions medium fine or put them through a food chopper, using a coarse knife. Cover it with boiling water and let it stand for five minutes, then drain it well.

Combine this with the vinegar, sugar, white syrup, salt, and celery seed. Bring it to a boil, stirring constantly. Continue cooking ten minutes longer and pour it into hot sterilized jars and seal them immediately. Makes about 3-5 pints.

## Freezer pickles

Shirley Reeves

4 cups sliced unpeeled cucumbers  
2 cups sliced onions

Sprinkle four teaspoons of salt and two tablespoons of water over them and let it stand for two hours, then drain it. Do not rinse them. Stir one cup of sugar and 1/2 cup of vinegar (I like cider vinegar). Stir it until it's dissolved. Do not heat it. Pour it over the cucumbers and onions and freeze it. Makes two pints.

**Bread & butter pickles, mustard style**

Zona Bishop Lenon

- 1 dozen cucumbers
- 2 dozen onions
- 1 bunch celery
- 1/2 cup salt
- water to cover all



Slice the cucumbers, onions, and celery and let it stand in salt water for three hours. Combine:

- 1 quart vinegar
- 3 cups sugar
- 1 small jar prepared mustard
- 1 1/2 tablespoons mustard seed
- 1 tablespoon turmeric powder

Let the spice, sugar, and vinegar come to a good boil. I add a little flour to thicken them just before I seal them.

**Cranberry Relish**

Louemma Russell Smith

Sort, wash, and drain one package of raw cranberries.

Select two apples and two oranges —do not peel them. Grind them all coarsely.

Dissolve one package of raspberry gelatin in 1/2 cup of boiling water. Let it cool and add it to the cranberry-apple-orange mixture. Sweeten it to your taste. It's best if refrigerated overnight.

Editor's note: The illustration is Arthur Rothstein's *Child Labor, Cranberry Bog*, 1939, in the Brooklyn Museum.



## **Bread & butter pickles**

Louemma Russell Smith

1/2 peck cucumbers\*  
4 white onions  
3 red and 3 green peppers  
3 pints vinegar  
6 cups brown sugar  
1/2 cup water  
3 tablespoons celery seed  
3 tablespoons mustard seed  
3 tablespoons turmeric powder  
1 teaspoon powdered alum



Peel and slice the cucumbers. Soak them in salt water overnight along with the onions which have been peeled and sliced. Boil the sugar, vinegar, and spices together. Add the onions and peppers and let them come to a boil. Boil for ten minutes and add the cucumbers, and boil five minutes longer. Seal them while they're hot.

This was a favorite recipe of my mother, Clara Lenon Russell, but was given to me by my aunt, Bernice Lenon Nichols.

\*Editor's note: A peck is about 2.33 gallons, so you need a little over a gallon of cucumbers.

## **Braunschweiger spread**

Shirley Reeves

8 ounces Braunschweiger  
3 tablespoons pickle relish  
3 tablespoons chopped celery  
3 tablespoons chopped green pepper

Mix it with a dash of mustard and enough mayonnaise to spread on crackers or bread for sandwiches.

## Curry Dip

Judy Morgan Penrod

- 2 cups mayonnaise
- 1 teaspoon garlic salt
- 1 teaspoon garlic powder
- 1 teaspoon horseradish
- 1 teaspoon grated onion

Combine all of the ingredients. Serve as dip for raw cut up vegetables, chips, or crackers.

## Rye Bread Dip

Tracee Alstat McMurray

- 1 1/2 cups mayonnaise
- 8 ounces sour cream
- 2 teaspoons parsley flakes
- 1 loaf unsliced round rye bread
- 2 teaspoons dill seed
- 2 teaspoons onion flakes
- 2 teaspoons dry ranch dressing mix



Mix all the ingredients well. Cut the top off of the loaf and “pick” the center out into bite size pieces. Pour the dip into the center of the loaves and surround them with bread pieces.

## **Soups, Salads, Dressings, and Sauces**



## **Pennsylvania Dutch bacon dressing**

Loudene Lenon Davis

2 slices bacon, diced and cooked crisp  
1 1/2 tablespoons flour  
3/4 cup water  
1 tablespoon sugar  
1/4 cup vinegar  
1 egg yolk  
1/8 teaspoon dry mustard  
1/8 teaspoon salt  
black pepper



Remove the cooked bacon from its fat and stir in the flour until it's smooth. Combine the water, sugar, and vinegar and it add to the pan. Cook it until it has thickened and become smooth. Remove it from the heat and add the beaten egg yolk, mustard, salt, and pepper. Stir it vigorously, then reheat it over a very low burner for a few seconds, and pour it while hot over the shredded cabbage, chopped spinach, torn leaf lettuce, or green beans which have been cooked.

## **Blueberry salad**

Zelma Lenon

Submitted by Steve McGrew

1 box black cherry gelatin  
1/2 cup crushed, undrained pineapple  
1 cup blueberries

Dissolve the gelatin in one cup of hot water. Add the berries and pineapple and stir it. Put it in the refrigerator for it to jell.

For the top:

1/2 cup sour cream  
1 small package Philadelphia cream cheese  
1/4 cup sugar  
1/4 teaspoon vanilla

Beat it until it's smooth and put it on top of the salad.

## Old fashioned tomato bisque

Eileen Bongiorno Karas

2 pounds drained tomatoes  
2 beef bullion cubes  
1 tablespoon sugar  
2 teaspoons salt  
1 teaspoon onion powder  
1/4 teaspoon basil leaves  
1/4 teaspoon white pepper  
1/2 cup margarine  
1/2 cup flour  
4 cups skim milk



Cut one cup of drained tomato into large pieces. Combine the remaining tomatoes and liquid, bullion cubes, sugar, salt, onion powder, basil leaves, pepper, and bay leaf. Force the mixture through a sieve. Melt the margarine over low heat. Blend in the flour and gradually stir in the milk. Cook it over medium heat, stirring constantly, until the mixture comes to a boil. Simmer it for thirty minutes and remove it from the heat. Gradually blend in the tomato mixture, stirring briskly. Add the tomato pieces. Return it to the heat and stir constantly until it's hot. There are 180 calories per serving.

I use my fresh tomatoes from the garden.

Editor's note: The image is from someone named "Alpha" from Melbourne, Australia.

According to Wikipedia, this recipe is not bisque. Bisque is "a smooth, creamy, highly seasoned soup of French origin, classically based on a strained broth (coulis) of crustaceans. It can be made from lobster, langoustine, crab, shrimp or crayfish", none of which are contained in this recipe.

Bisque is also commonly used, although incorrectly as in this recipe, to refer to cream-based soups that do not contain seafood, in which the sometimes pre-cooked ingredients are pureed or processed in a food processor or a food mill.

## French dressing

Loudene Lenon Davis

Place in a pitcher:

1/4 cup lemon juice, fresh or canned

1/4 cup vinegar

juice of 1 grated small onion

Place one cup of salad oil in another pitcher. Place in a beater bowl:

3/4 cup sugar

1 cup ketchup

1 teaspoon paprika

1 teaspoon salt

Add the acids and oil to the ingredients in the bowl, beating at high speed. Begin with acid end with oil. Garlic may be added to taste.



## Seaside salad

Eileen Bongiorno Karas

1 package macaroni and cheese, cooked per directions

10 ounces cooked fresh or frozen peas

7 ounces drained and flaked tuna

1 cup chopped celery

1 cup salad dressing

1/2 cup drained sweet pickle relish

2 tablespoons chopped onion

2 tablespoons chopped pimento

salt and pepper to taste



Combine the cooked macaroni and cheese, cooked peas, tuna, celery, salad dressing, pickle relish, onion, and pimento in a large bowl. Toss it lightly and season it with salt and pepper. Chill it thoroughly before serving. Makes 6-8 servings.

## Marinara Sauce

Jeanetta Morgan Crown

2 teaspoons dried basil, or 1/4 cup chopped basil, if using fresh  
2 teaspoons olive oil  
2 minced garlic cloves  
1 small chopped onion  
16 ounces tomatoes  
6 ounces tomato paste  
1 tablespoon sugar (optional)  
1 1/2 teaspoons salt



In a two quart saucepan over medium heat, in oil, cook the garlic and onion until they are tender, about five minutes.

Stir in the tomatoes, their liquid, and the remaining ingredients. Reduce the heat to low and cover it. Cook for it for twenty minutes or until thickened, stirring occasionally.

Editor's note: *marinara* is Italian for "Mariner's". The sauce was originated in Naples, a city on the ocean.

Several folk theories exist as to the origin of this sauce. One version states that cooks aboard Neapolitan ships returning from the Americas invented marinara sauce in the mid sixteenth century after Spaniards introduced the tomato, a central Mexican "New World" fruit, to Europe. Another theory states this was a sauce prepared by the wives of Neapolitan sailors upon their return from sea.

Historically, however, the first Italian cookbook to include tomato sauce, *Lo Scalco alla Moderna (The Modern Steward)*, was written by Italian chef Antonio Latini and was published in two volumes in 1692 and 1694. Latini served as the Steward of the First Minister to the Spanish Viceroy of Naples. This early tomato sauce was more like a modern tomato salsa.

Italians refer to marinara sauce only in association with other recipes. For instance, *spaghetti alla marinara* literally translates to "spaghetti mariner's style".

## Russ' barbecue sauce

Russ Morgan

Mix in a saucepan:

2 tablespoons brown sugar  
1 tablespoon paprika  
1 teaspoon salt  
1/4 teaspoon chili powder  
1/8 teaspoon cayenne pepper  
2 tablespoons Worcestershire sauce  
1/4 cup vinegar  
1 teaspoon dry mustard  
1/4 cup vinegar  
1 cup tomato juice  
1/4 cup ketchup  
1/2 cup water



Simmer for fifteen minutes or until it's slightly thickened.

## Amish salad

Zelma Lenon

Submitted by Steve McGrew

1 quart rinsed and drained sauerkraut  
1 chopped green pepper  
1 small chopped onion

Toss this with a sauce made of:

1 1/2 cup sugar  
1/2 cup salad oil  
2/3 cup vinegar  
1/3 cup water

Let it stand overnight. Drain it before serving. It will keep for two weeks and is better with age.

## Zona's mayonnaise

Loudene Lenon Davis

- 1/2 teaspoon prepared mustard
- 1 egg
- 1 tablespoon flour
- 1 tablespoon sugar
- 1/3 cup vinegar
- 1/3 cup water
- 2 tablespoons cream
- 1 tablespoon butter



Break the egg in a pan, add the sugar and flour, and beat them until they are mixed well. Add the vinegar and water and boil until it is thick. Cool it and add two tablespoons of cream. Butter and mustard may be added to taste.

You may prefer a little more sugar or a little less vinegar.

## Pineapple cabbage salad

Marie Lenon Kelley

- 1/2 cup sour cream
- 2 tablespoons sugar
- 2 tablespoons vinegar
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups shredded cabbage
- 1 cup chopped walnuts
- dash of paprika (optional)
- 2 cups crushed and drained pineapple



Blend the sour cream, sugar, vinegar, salt, and pepper. Pour it over the cabbage, pineapple, and nuts. Toss it lightly and chill it before serving. Sprinkle it lightly with paprika. Makes eight servings.

## Italian spaghetti sauce

Judy Morgan Penrod

- 1/4 cup chopped onion
- 1 teaspoon parsley flakes
- 1/2 cup chopped celery
- 1 tablespoon cooking oil
- 1 beef bouillon cube
- 2/3 cup boiling water
- 1/4 teaspoon oregano
- 1/8 teaspoon garlic powder
- 6 ounces tomato paste
- 1 bay leaf
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound tomatoes
- 1 pound ground beef (optional)



Sauté the onions, parsley flakes, and celery in oil until they are tender. Dissolve a bouillon cube in boiling water and add it to the onion mixture along with the remaining ingredients. Cover it and simmer it slowly for about an hour. You may add the ground beef when you cook the onions and brown it well. Adjust the salt and pepper accordingly. Serve it with spaghetti and garnish it with grated Parmesan cheese.

## Frosty cranberry salad

Sharon Konsavage Daugard

- sixteen ounces whole cranberry sauce
- 8 3/4 ounces crushed and drained pineapple
- 1 cup dairy sour cream
- 1/4 cup sifted confectioner's sugar

Combine the sauce and pineapple and stir the sour cream and sugar together and add it to the fruit mixture. Line a three cup refrigerator tray with foil. Pour in the fruit mix and freeze it.

## Salsa cruda

Mary Jacobson Nichols

2 fresh chopped tomatoes  
1/2 medium chopped onion  
2 fresh chili peppers or 1 fresh jalapeño pepper  
1/4 cup chopped cilantro  
1 teaspoon crushed leaf oregano  
2 tablespoons cold water  
salt to taste

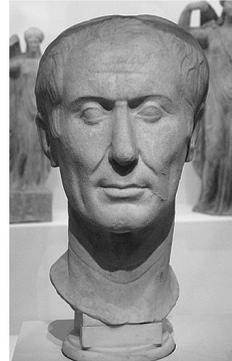
Mix it well. Makes 1 1/2 cups.

Editor's note: *Salsa cruda* is Spanish for “uncooked sauce”.

## Caesar potato salad

Jim Karas

1 egg  
1/4 cup low calorie Italian dressing\*  
1/4 cup grated Parmesan cheese  
2 teaspoons Dijon-style mustard  
1/2 teaspoon salt or more to taste  
1/2 cup sliced black olives  
freshly ground pepper  
2 teaspoons Worcestershire sauce  
1-1 1/2 cups fresh or thawed frozen peas  
4 medium white or red potatoes, cooked whole



In a large bowl, beat together the egg, Italian dressing, grated cheese, Worcestershire sauce, mustard, and salt with a wire whisk. Set it aside for the flavors to blend. Meanwhile, strip the peel off of the potatoes and cube or slice them. Toss them gently with the peas, olives, and Caesar dressing. Grind pepper over the top. Makes 6-8 servings.

\*Editor's note: As I don't have a weight problem, I'd use regular old fashioned Italian dressing. It tastes better. I do understand, though, that we seem to have an obesity epidemic so perhaps this and other recipes in this book will help.

## Dressing for tossed green salad

Shirley Reeves

1/2 cup oil  
1/2 cup ketchup  
1/4 cup cider vinegar  
1/3 cup sugar or 1 teaspoon liquid sweetener  
1 teaspoon paprika  
1 small grated onion or 1 teaspoon onion flakes and dash of garlic salt

Mix it all together and store it in the refrigerator. It keeps well.

## Freezer Cole Slaw

Louemma Russell Smith

1 teaspoon whole mustard seed  
1 medium head shredded cabbage  
1 chopped green pepper  
1 tablespoon celery seed  
1 grated carrot  
1 teaspoon salt  
1 cup vinegar  
1/2 cup water  
2 cups sugar



Mix the salt and cabbage and let it stand for an hour. Squeeze the excess moisture from the cabbage and add the carrot and green pepper. Mix the vinegar, water, mustard seed, celery seed, and sugar together in a saucepan and boil it for one minute. Let it cool to lukewarm and pour it over the cabbage. Mix it and serve it. This slaw freezes very well.

Make a double amount and freeze half for a future meal or picnic.

## Hot sauce

Carolyn Russel Barnes

In a large saucepan, combine:

- 1 pint vinegar
- 1 1/2 pints water
- 1 pint ketchup
- 3 tablespoons prepared mustard

While blending it, bring it to a boil over medium heat.

Add:

- 1 teaspoon salt
- 1 tablespoon black pepper
- 1 tablespoon cayenne pepper
- 1 thinly sliced lemon
- 1 stick butter



Continue cooking and stirring until the butter is all melted. Store it in large jars in the refrigerator. Excellent on fresh pork barbecue or grilled chicken.

This is a recipe that has been in the Barnes family for many years. It was used in the restaurant in Princeton, Kentucky in the early 1920s and the Barnes Bar-B-Que at Herrin in the 1930s, and the Dog'n'Suds at Energy in the 1960s.



**... where everything's  
so dog-gone good!**

## Hearty beef soup

Yolanda Eichelberger  
daughter of Lou Lenon Burklow

4 slices cut up bacon  
1/2 cup chopped onion  
1 1/2 pounds ground chuck  
28 ounces tomatoes  
10-12 ounces thick potato soup  
12 1/2 ounces condensed beef consommé  
2 cups water  
3 carrots, sliced 1/4 inch thick  
1 cup chopped celery leaves  
1 teaspoon salt  
1 teaspoon pepper  
1/2 teaspoon sugar  
1/4 cup cornstarch  
marjoram (optional)  
basil (optional)



Sauté the bacon in a large kettle until the fat is transparent. Add the onions and cook it until it's golden. Add the beef and cook and stir it over medium heat for five minutes, or until it's browned. Add the next eight ingredients and bring it to a boil. Reduce the heat, and cover it and let it simmer for

45-60 minutes, stirring it occasionally. Blend cornstarch with a little water to a smooth paste and add it to the soup, and bring it to a boil again. Season it as desired with marjoram and basil.

Note: I pour off some of bacon fat, also I use less cornstarch than called for in recipe. Most times I omit the marjoram and basil. However, most of my friends think they add greatly to the flavor.

## Grandma's vegetable soup

Loudine Lenon Davis

- 16 cups water
- 4 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 cup uncooked rice
- 2 medium onions, thinly sliced
- 4 sliced carrots
- 1 diced medium potato
- 1 cup diced celery
- 1 can tomatoes
- 1 pound ground beef, pulled apart into pieces about size of an almond



Combine all of the ingredients except the tomatoes and meat, and let it simmer for an hour. Add the meat and the tomatoes, cut up slightly if they are big pieces. Let it simmer another half hour. Another cup of water may be added near the end of cooking time to make up for evaporation.

## Oyster stew

Howard Lee Russell

- 2 bunches green onions
- 4 green peppers
- 1 stalk celery
- 2 large dried onions



Sauté the vegetables separately. Cook one quart of fresh oysters with juice slowly over a burner until edges curl, and add the sautéed vegetables. Slowly add three quarts of milk, and salt and pepper it to taste.

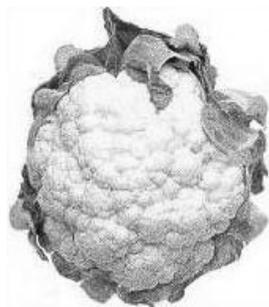
“Lord have Mercy—this is good!!”

Editor's note: Oyster is the common name for a number of different families of salt-water bivalve molluscs that live in marine or brackish habitats.

## Broccoli cauliflower soup

Sharon Lenon McIntire

8 ounces cauliflower  
10 ounces condensed chicken broth  
10 ounces chopped broccoli  
1/2 teaspoon mustard seed  
1/2 teaspoon dried dill weed  
1/2 teaspoon salt  
1/2 teaspoon ground mace (optional)\*  
1/3 cup finely chopped onion  
1/4 cup margarine  
2 tablespoons flour  
pepper to taste  
3 1/2 cups milk  
4 ounces shredded Swiss cheese



Cook the cauliflower, covered in half of the chicken broth for 5-8 minutes or just until tender.

In a separate pan, combine the remaining chicken broth, broccoli, mustard seed, and dillweed, and cook it covered for 5-8 minutes or until the broccoli is tender. Remove it from the heat, cover it, and keep it warm. Blend the cauliflower and mace in a blender until it is smooth. Cook the onion in margarine until it's tender. Stir in the flour, salt, and pepper. Add the milk and cook and stir it until it's thickened and bubbly. Combine the sauce, cauliflower mix and cheese into the broccoli mix. Cook and stir it until the cheese melts. Delicious!

\*Editor's note: As mentioned in the Herb Guide earlier in the book, mace is a spice made from the reddish seed covering of the nutmeg seed. Its flavor is similar to nutmeg but more delicate. If there's none in your cupboard, you can use nutmeg instead.

## Low calorie Ratatouille

M. Elinor (Lenon) David

eggplant  
onions  
summer squash  
zucchini  
2 large tomatoes  
2 cups water



Slice all of the vegetables. In a large flat pan, layer the vegetables in the order given and add water. Top it with tomatoes and sprinkle it with Parmesan cheese. Bake it at 375° for fifty minutes to an hour.

Make a big pan as this gets better the second and third time reheated.

## Broccoli soup

Shirley Reeves

3 cups milk  
11 ounces cheddar cheese soup  
10 ounces frozen chopped broccoli  
1 small chopped onion

Combine the milk and soup in a three quart saucepan. Stir in the broccoli and onion. Cook it over medium heat until it's bubbly, stirring occasionally and breaking the broccoli with a fork until it's thawed. Let it simmer, covered, for ten minutes. Remove it from the heat and let it cool. Cover and chill it. At serving time, reheat and serve it.



Editor's note: If there's any broccoli in your garden, use it! But you can probably reduce the cooking time, as it doesn't have to thaw unless you've put it in the freezer overnight.

## Mean Chili

Jeff Mann

2 pounds ground beef  
1 pound stewing beef  
4 cans chili hot beans\*  
3 cans tomato sauce  
2 cans whole tomatoes  
1/4 stick margarine  
cheddar cheese, if desired  
1 chopped green pepper†  
2 chopped medium onions†  
2 chopped cloves garlic†  
6 tablespoons chili powder  
salt, pepper and Tabasco to taste  
2 cups water



† Chop the vegetables, but not too fine.

Brown the ground beef in an oiled skillet and drain off the oil. Brown the stewing beef in half of the margarine. Chop the onions, garlic, and green pepper. Using a large kettle, add the ground beef, stewing beef, onions, green pepper, all of the tomato sauce (rinsing out the cans with small amounts of water) and tomatoes (make sure they are cut up in small pieces), water, and spices (make it hot!). Bring it all to a boil and turn down the heat to very low so that it is just barely boiling. Cook it for about two hours or until the green peppers are tender. Brown the sliced mushrooms in the remaining margarine, and add to the chili and cook it another half hour, but don't let it stick. Stir it good and if it starts to stick, add a little more water. Serve it with cheese. Feeds approximately 10-12.

Chili is best the longer it cooks.

\* This is straight from the old book. I didn't know what "chili hot beans" are, so I looked it up. They're small red beans with hot spices. There are many different brands of "chili hot beans".

## Marie's Chili

Marie Lenon Kelly

Wash and soak 1 1/2 pounds of pinto beans (picked over) in cold water overnight. Quarter one large onion. Cube two inches of good fat back or three strips of bacon or smoked neck bones, three or four ounces. Salt it to taste, with a few dashes of pepper.

Put the above ingredients into a large pan, cover it, bring it to a boil, lower the heat and simmer it until the beans are tender.

Add six ounces of tomato paste and 6 ounces of sautéed ground beef. Drain off any fat.

Have the jalapeño peppers and hot sauce handy for all who like “perking” it. I stopped making it too hot a long time ago for the little children. Serve it with buttered salty crackers or oyster crackers. A hot cup of coffee or tea will cool the mouth.

Editor's note: peppers' heat is from their alkalinity, so an acidic drink like orange juice or lemonade works better to cool your mouth. Coffee and tea are acidic, but far less so.

## Macaroni and cheese salad

Norma Lenon

- 1 package macaroni and cheese dinner
- 4 slices cooked and crumpled bacon
- 1/4 cup mayonnaise
- 1/2 cup chopped sweet pickles
- 3 chopped hard boiled eggs
- 1 chopped tomato



Prepare the macaroni dinner according to the directions on the package. Add the remaining ingredients, mix it well and chill it.

## Cream of potato soup

Jeff L. Mann

4 medium sized potatoes  
1/2 medium sized onion  
2 tablespoons fat  
1 quart milk  
2 tablespoons flour  
1 teaspoon salt  
1/8 teaspoon pepper



Peel the potatoes and cut them thin. Cook them in enough water to cover them, until they are soft. Drain off the water and save it. Rub the potatoes through a sieve. Heat the milk, onion, and potato water (about 1 cup) in a double boiler. Remove the onion and add it to the potatoes. Melt the fat and mix it with the flour. Stir it into the hot soup. Season it and serve it hot.

You may add two tablespoons of finely chopped parsley just before serving; it adds greatly to the attractiveness of the soup.

## Salad

Kay Lenon

Cut up:

1 head lettuce  
16 ounces spinach  
10 ounces fresh or frozen peas  
6 boiled eggs  
1 bunch green onions  
1 pound bacon, fried crisp

Mix and pour over the salad:

1 package dressing mix  
1 small carton sour cream  
1/2 cup whipped cream

## Dad's okra soup

Louemma (Russell) Smith

- 2 medium peeled and diced potatoes
- 1 medium onion, chopped small
- 6 tender okra, sliced in medium pieces
- 6 medium fresh tomatoes, peeled and cut into small pieces or 1 can tomatoes, cut in small pieces

Place the ingredients in a medium saucepan and cover them with water and bring it to a boil. When the vegetables are tender, drop in the pieces of fresh ground beef (about 1/2 pound). Salt and pepper it to taste. Cover it and simmer until the hamburger is done. Dad also liked this with small pieces of bacon, which he fried until done, but not crispy.

## Simple chili

Luann Gatewood (1954-1981)  
Submitted by Louemma Smith

- 1 clove crushed garlic
- 2 large chopped onions
- 2 tablespoons vegetable oil
- 2 pounds lean ground beef
- 6 ounces tomato paste
- 2 tablespoons chili powder
- 1/2 teaspoon vinegar
- 1 small bay leaf
- 2 whole cloves
- 1 teaspoon salt
- 1/8 teaspoon ground red pepper
- 32 ounces chopped undrained tomatoes
- 16 ounces kidney beans, undrained, mashed



Sauté the garlic and onion in oil in a heavy skillet. Add the ground beef and cook it over low heat until it is browned, stirring to crumble it. Add the remaining ingredients and simmer uncovered for one hour. Makes ten servings.

## Smitty's Chili

Louemma Russell Smith

2 tablespoons cooking oil  
1 large can hot chili beans with gravy  
1 large can tomato juice  
1 large onion (or 3 medium size), sliced thin  
2 scant tablespoons flour  
salt and pepper to taste  
8 tablespoons chili seasoning (or 6 tablespoons chili powder and a dash of cayenne pepper)  
2 pounds ground beef (1 pound of it should be as lean as possible)

Peel the onion and slice it thin. Fry it slowly in the oil in a large heavy skillet. When the onion is done, turn the heat up to high and add the ground beef and stir it gently in the skillet with the onions until it is done and slightly browned. Turn down the heat after you are sure all the juices have cooked out of the beef, then add the flour, the chili seasonings and the salt and pepper.



When the flour and seasonings have been well blended with the beef and onions, dip it with a large spoon over into a large heavy kettle that contains the can of tomato juice and the can of beans. Rinse the bean can out with some water and put the liquid into the skillet and stir the bottom of the skillet until it is clean. Put that liquid into the kettle with the beans, onions, and beef. Stir it well. Turn the heat down to low and simmer it for at least an hour. Keep it on the low burner until serving time. Makes 10-12 servings.

This is Leonard's original recipe and I have cut it down to family size instead of the large size we made when we served it at "Smitty's Place" in the late '30s, the '40s, the '50s and the early '60s. It's even better the next day when you have to add some water and a little salt to it before heating.

## Tangy bean salad

Nikki Jo Wyatt

Drain one can of each:

8-9 ounces kidney beans  
8-9 ounces garbanzo beans  
8-9 ounces whole kernel corn

Combine it with:

1 cup sliced celery  
1 cup thinly sliced onions

Stir together:

1/4 cup sweet pickle relish  
2 tablespoons wine vinegar  
3 tablespoons salad oil

Pour it over the bean mixture and toss to coat it. Chill it for at least two hours to blend the flavors. Makes 4-6 servings.



## Sweet & sour lettuce

Lisa Lenon

1/2 cup half & half  
3-4 teaspoons vinegar  
1 tablespoon sugar  
1/4 teaspoon salt  
2 bunches leaf lettuce, torn into bite-sized pieces

Mix the half & half, vinegar, and salt in a salad bowl. Add the lettuce and toss it.

## Summer fruit salad

Carole Penrod Morgan

- 2 cups cantaloupe\*
- 2 cups watermelon\*
- 1 cup blueberries
- 2 cups honeydew melon\*
- 2 cups chunk pineapple and syrup
- 1 cup strawberries, stemmed and halved



\*Cut all in medium sized cubes. Gently toss it all in a large glass bowl and chill it well before serving.

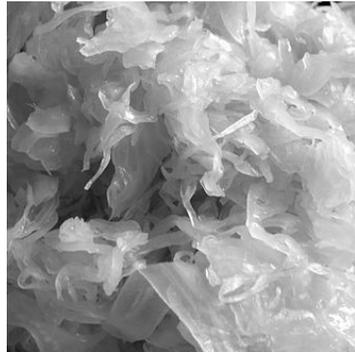
## Kraut Salad

Jayne Talley Etherton  
submitted by Lou Emma Lenon

- 2 cups Sauerkraut
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 cup chopped carrots
- 1 small jar pimentos

Slowly boil:

- 1 cup sugar
- 1/4 cup vinegar



Pour it over the above ingredients and refrigerate it.

## Lime pear salad

Judy Morgan Penrod

Mash and drain one large can of pears. Measure the syrup from the pears and add water equal to 2 1/2 cups. Heat it to boiling and dissolve three ounces of lime gelatin. Add eight ounces of softened cream cheese to the pears and fold it into the cooled gelatin mixture. Fold in nine ounces of whipped topping. Chill it in the refrigerator until it sets firmly.

## Italian slaw

Maxine Smith Mann

1 onion  
3/4 cup sugar (spread on top of cabbage and onion)  
1 medium size head cabbage, alternate in bowl with thinly sliced onion

Bring to a boil:

1 cup vinegar  
3/4 cup salad oil  
1 tablespoon salt  
1 teaspoon dry mustard seed  
1 teaspoon celery seed  
2 tablespoons sugar



Pour it over the cabbage while it's still hot. Cover it while hot and let it stand 4-6 hours. Keep it in the refrigerator. This is better after the third day but is good up to the third week.

## Overnight cole slaw

Louemma Russell Smith

1 very large head cabbage or 2 small ones  
1 large carrot  
1 teaspoon salt  
2 cups sugar  
1/2 teaspoon celery seed  
2/3 cup cider vinegar  
1/4 cup water



Shred the cabbage and carrot. Combine the salt, water, sugar, celery seed, and vinegar in a saucepan and bring it to a boil. Pour the boiling mixture over the cabbage mixture and refrigerate it for at least twenty four hours.

## Good coleslaw

Maxine Smith Mann

- 1 medium sized head shredded cabbage
- 1 cup sugar
- 1 cup vinegar
- 3/4 cup vegetable oil
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1 teaspoon mustard Seed

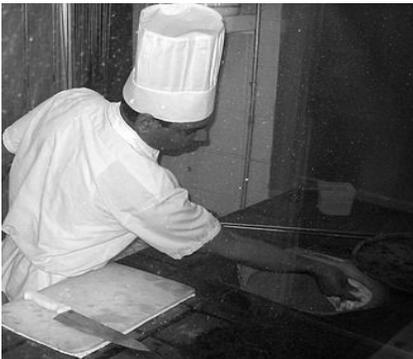


Mix all of the ingredients except the cabbage in a small saucepan and bring it to a boil. Cool it to lukewarm and pour it over the cabbage and mix it well. refrigerate it until it is well chilled and serve it.

## Chef's salad

Jeffrey Len Mann

- 2 cups clean, crisp salad greens
- 1 cucumber, peeled and cubed and seeds removed
- 3 carrots, scraped and sliced thin
- 4 slices tomato
- 4 chopped scallions
- 3 ounces low-fat cheese, thin strips
- 3 1/2 ounces artichoke hearts, drained and quartered, reserve the oil



Put two tablespoons of vinegar in the oil from the artichokes and mix it well to use over the salad, or use your favorite dressing. Best if all salad dressing is chilled first. Could be refrigerated before serving if they haven't been chilled first.

## Rice and vegetable salad

Louemma Russell Smith

- 1 cup uncooked long-grain white rice
- 1/4 cup red wine vinegar
- 2 tablespoons polyunsaturated oil
- 1 tablespoon water
- 1/8 teaspoon white pepper
- 1 1/2 cups dried zucchini
- 1/2 cup sliced radishes
- 1 tablespoon fresh chopped dill weed
- 6 tablespoons low-fat yogurt
- 2 tablespoons thinly sliced green onions



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Cook the rice according to the package instructions, but omit the salt. In a small metallic bowl, mix the vinegar, oil, water, and pepper, and toss it with the hot rice. Add the zucchini, radishes, and dill weed and toss it to mix it. Cover and refrigerate it until serving time. Just before serving, top the rice mixture with yogurt and green onions. This recipe makes six cups and is from the St. Louis Heart Association.

## Vegetable Salad

Shirley Reeves

- 1 can white whole kernel corn, drained
- 1 can French cut green beans
- 1 can small green peas
- 1 cup chopped onion
- 1 small can pimento
- 1 chopped green pepper



Mix all above ingredients and set it aside. Simmer the following together:

- 2/3 cup cider vinegar
- 1/3 cup salad oil
- 1/2 cup sugar or 1 teaspoon liquid sweetener

Cook it for five minutes and pour it over the vegetables. Let it stand overnight in the refrigerator. This dressing is also good for coleslaw.

## **Marinated carrots**

Louemma Russell Smith

5 cups cooked carrots  
1 medium onion, sliced thin  
1 green pepper, cut in thin strips

Combine the following and pour it over the carrot mixture:

1 can tomato soup  
1/2 cup sugar  
1/4 cup oil  
3/4 cup vinegar  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
dash of black pepper

Marinate 12 hours or overnight. Good as long as it lasts!

## **Marinated mushrooms**

Marie Lenon Kelley

Wash and drain small mushrooms. Remove the stems and use them with other larger mushrooms in other recipes. Slice them thin and place them in 1-2 cup containers with a tight fitting seal. Add:

3 tablespoons vinegar  
1 tablespoon salad oil  
chopped onion  
chopped pepper  
several herbs of your choice



One tablespoon of vinegar from a can or jar of jalapeño peppers gives a nippy taste if you like. Let it marinate by tipping the container upside down several times over a period of two hours.

## Any bean salad

Sherry Smith Alstat

1 tablespoon chopped green peppers

1 tablespoon chopped pimento

1 tablespoon chopped green onion

1/2 cup oil

1/4 cup vinegar

1/2 teaspoon oregano

pepper to taste

2 sliced radishes

3 sprigs chopped parsley

16 ounces beans (green, red, or white kidney beans, chick peas or a combination)



Drain the beans, reserve the liquid and add water to it if necessary to make 1/3 cup. Combine the beans, green peppers, pimento, and onion in a bowl.

Mix together the oil, vinegar, oregano, parsley, pepper, and the reserved bean liquid. Pour it over the vegetables and marinate it in the refrigerator for at least three hours. Add the radishes just before serving. With a slotted spoon, lift the beans onto a bed of salad greens. Makes six 135 calorie servings.

## Marinated tomatoes

Gayle Barnes Walker

2 tablespoons red wine vinegar

3 tablespoons oil

1/4 teaspoon salt

1/8 teaspoon white pepper

chopped, fresh chives and basil to taste



Peel, seed and chop three cups of tomatoes. Stir in the above ingredients and let it set overnight. Pour it over the vegetables and refrigerate them.

## Cheese fruit logs

Sherry Smith Alstat

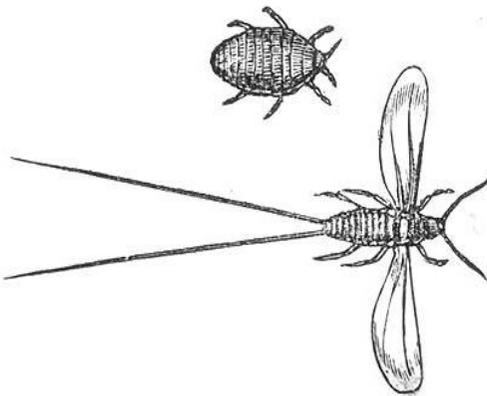
- 8 ounces softened cream cheese
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 2 cups commercial sour cream
- 2 drops red food coloring
- 32 ounces drained fruit cocktail
- 1/3 cup coarsely chopped pecans
- 2 1/2 cups miniature marshmallows
- 1/3 cup coarsely chopped maraschino cherries



In a large bowl, combine the cream cheese, sugar, and sour cream. Beat it with a wooden spoon until it is well blended and light and fluffy. Add the red food coloring and stir to blend it well.

Stir in the drained fruit, cherries, pecans, and marshmallows. Spoon the mixture into two one pound coffee cans or any size clean vegetable cans. Cover and freeze it for eight hours or overnight.

To serve it, remove it from the freezer and let it stand for five minutes. Remove the bottom of the can with a can opener and push the log out onto a lettuce-lined serving dish. If desired, decorate with fresh mint or parsley sprigs. Let it stand ten minutes before slicing. Serves 14-16.



Editor's note: Red food coloring is made from insects, specifically *Dactylopius coccus* (illustrated). Other artificial colors are far less gross; to us, at least. Many cultures eat insects. Not me!

## Skroodle salad

Tracee Alstat McMurray

- 1 package cooked and drained scroodles
- 1 medium onion, sliced thin
- 1 medium or 2 small zucchini, sliced thin
- 2 cups thinly sliced celery
- 1 small can sliced mushrooms
- 1/2 cup grated cheddar cheese
- 1 cup thinly sliced ham, cut in small pieces
- 1/2 cup broccoli, broken into bits
- 1/2 cup ripe olives, sliced thin



In two tablespoons of oil, sauté the onion, celery, zucchini and broccoli. Cook it over low heat until it is tender but not brown. Toss it with the cheese, ham, olives, and mushrooms, and add the scroodles that have been lightly salted and buttered. Add Italian dressing and refrigerate it well before serving.

## Carrot raisin salad

Tracee Alstat McMurray

- 2 cups shredded raw carrots
- 1/2 cup seedless raisins
- 1/4 cup mayonnaise
- 1/4 cup low-fat yogurt
- 2 tablespoons fresh lemon juice

Scrub the carrots, scrape or peel them and shred them to make two cups. Combine them with the raisins. Mix together the mayonnaise, yogurt, and lemon juice. Pour it over the salad and mix it thoroughly. Makes 6 servings, approximately 130 calories per serving.

## Chicken rice salad

Kent J. Alstat

Cook one cup of rice in two cups of chicken broth and chill it. In large mixing bowl, mix:

- 1 1/2 cups cubed cooked chicken
- 1 cup cooked green peas
- 1/4 cup sliced green onions

Add the rice and toss it well. Add 1/2 cup of Green Goddess salad dressing and toss to blend it. Garnish it with tomato wedges and serve on lettuce leaves.

## Green Goddess salad dressing

Steve McGrew

- 2 teaspoons anchovy paste or 2-4 canned anchovies
- 1 small minced garlic clove
- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 1/2 cup chopped parsley
- 1/4 cup chopped tarragon
- 3 tablespoons chopped chives
- 2 tablespoons lemon juice
- salt and black pepper to taste



Put all of the ingredients in the bowl of a blender or food processor and blend or pulse until you get an evenly smooth dressing, about 30-45 seconds.

I got this one from the internet. The recipe is from the Palace Hotel in San Francisco in 1923 by the hotel's executive chef, Phillip Roemer. Mr. Roemer wanted something to honor the actor George Arless (pictured) and the play *The Green Goddess*. It is a variation of an even older dressing by one of Louis XIII's chefs, who called it *sauce au vert*, which is French for "green sauce".

It was first sold in stores in the 1970s, and has changed hands since then and is now produced in limited quantities.

## **Cabbage Salad**

Louemma Russell Smith

1 large head finely shredded cabbage  
1 bunch finely chopped celery  
3-4 scraped and finely grated carrots  
1 large green pepper, chopped fine  
3 tablespoons mayonnaise  
salt, sugar, and pepper to taste  
1 quart buttermilk and some vinegar to taste



Mix the cabbage, celery, carrots, and pepper in a large mixing bowl. Add the sugar, salt, pepper, mayonnaise, and some buttermilk and some vinegar. Stir it all together and taste it to see if you need more buttermilk or vinegar. You may even need more salt or sugar.

When it is the consistency you wish it to be, place it in a large bowl with a tight cover and refrigerate it until it's well chilled.

This keeps well in the refrigerator for a week to ten days, but does need to be stirred occasionally, and maybe add some buttermilk to keep it well moistened. To begin with, just use some of the buttermilk until you can determine the amount you will need.

I have never frozen any of this but have never had to throw any of it away!

## **Five cup salad**

Zelma Lenon

Submitted by Steve McGrew

Mix together:

1 cup sour cream  
1 cup marshmallows  
1 cup pineapple  
1 cup mandarin orange slices  
1 cup coconut

## Strawberry-banana layered salad

Bonnie Smith Wyatt

6 ounces strawberry gelatin  
2 cups boiling water  
1 1/4 cups cold water  
1/2 cup sliced strawberries  
1/2 cup crushed banana  
8 ounces softened cream cheese

Dissolve the gelatin in boiling water, then add the cold water. Measure 1 3/4 cups and set it aside. Gradually blend the remaining gelatin into the cream cheese using a blender or mixer. Pour it into an eight inch square pan and chill it until it is set, but not firm. Meanwhile, chill the measured gelatin until it's slightly thickened. Fold in the strawberries and banana and spoon it into the pan. Chill it until it's firm, approximately three hours.



## Cottage cheese salad

Shirley Reeves

Mix sixteen ounces of cottage cheese and three ounces orange gelatin.

Drain one can of mandarin oranges and one can of crushed pineapple. Mix it all together with nine ounces of whipped cream, and refrigerate it.



## Cucumbers in mock sour cream

Tracee Alstat McMurray

3 medium peeled and sliced cucumbers  
1 small onion, chopped fine  
1 cup mock sour cream  
1 teaspoon sugar  
2 tablespoons chopped parsley  
pepper to taste

Sprinkle the cucumbers and onions with sugar (artificial sweetener could be used). Mix it well and chill it in the refrigerator for several hours. Drain off the water that accumulates. Mix in the mock sour cream, parsley, and pepper. Chill it until serving time.

Approximately 50 calories per serving. Mock sour cream:

2 tablespoons skim milk  
2 tablespoons lemon juice  
1 cup cottage cheese



Place all of the ingredients in a blender and mix it on medium-high speed until it is smooth and creamy. Use it as a sour cream substitute. This sauce may be added to hot dishes at the last moment, or you can serve it cold, with the addition of flavoring or herbs, as a dressing for salad or a sauce for a mousse.

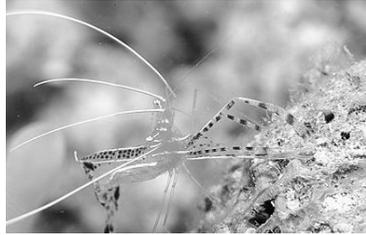
When it is the consistency you would like it to be, place it in a large bowl with a tight cover and refrigerate it until it is well chilled. This keeps well in the refrigerator for a week to ten days but does need to be stirred occasionally, and maybe add some buttermilk to keep it well moistened. I have never frozen this salad but have never had to throw any of it away! (To begin with, just use some of the buttermilk until you can determine the amount you will need.)

Yield: about 1 1/4 cup. Approximately ten calories per tablespoon or 160 calories per cup.

## Shrimp salad

Amanda Barnes Johnson

- 12 ounces cooked and deveined tiny frozen shrimp
- 3 cups thinly sliced celery
- 1 tablespoon minced red onion
- 1/2 cup sliced stuffed olives
- 1/2 cup low calorie French dressing
- 1/2 cup mayonnaise
- 1/4 cup chopped walnuts (optional)



Prepare the celery, onion, and olives the day before, combining them, and store them in an airtight bowl in the refrigerator. One hour before serving, defrost and clean the shrimp according to the package directions.

Combine the French dressing and mayonnaise, then combine all the ingredients and refrigerate it until ready to serve on lettuce leaves. Serves eight.

## Scarlett O'Hara salad

Amanda Barnes Johnson

- 1 1/4 cups cranberry juice cocktail
- 3 ounces cherry gelatin
- 1 tablespoon lemon or lime juice
- 1 cup halved seedless grapes
- 1/2 cup Southern Comfort
- 1/2 cup sugar
- 1/2 cup finely chopped celery
- 1/2 cup chopped nuts
- 1 cup pitted and drained Bing cherries



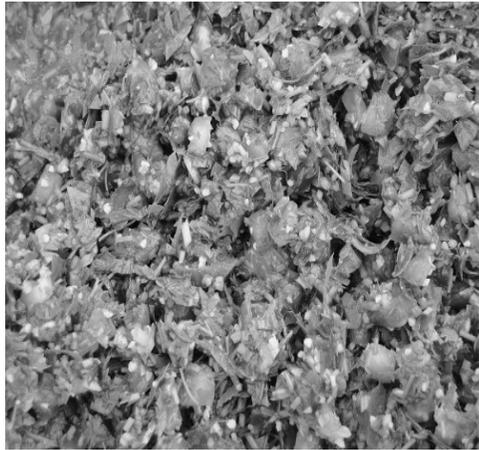
Heat the cranberry juice to just under boiling and stir it into the gelatin in a bowl until it has completely dissolved. Add the lime or lemon juice, Southern Comfort, and sugar. Stir it well. Chill it until the mixture begins to congeal. Fold in the remaining ingredients and pour it into a lightly oiled mold and return it to the refrigerator until it is served. Serves ten.

## Tabouli salad

Linda Ebersohl Stacks

You should begin to soak the bulgar wheat at least three hours before serving time. It needs to thoroughly marinate and chill.

1 cup dry bulgar wheat  
1 1/2 cups boiling water  
1 heaping teaspoon crushed, fresh garlic  
1/4 cup chopped scallions, including greens  
1/2 teaspoon dried mint  
1/4 cup olive oil  
fresh black pepper  
1/2 cup cooked chick peas  
1 chopped green pepper  
1 1/2 teaspoons salt  
1/4 cup fresh lemon juice  
2 medium diced tomatoes  
1/2 cup parsley  
1/2 cup grated carrot  
1 chopped cucumber  
sliced black olives



Combine the bulgar, water and salt in a bowl. Cover it and let it stand for 15-20 minutes. Add the lemon juice, garlic, oil, and mint. Mix it thoroughly and refrigerate it for 2-3 hours. Just before serving, add vegetables, any or all of your choice.

Editor's note: This is also called Tabbouleh, Tabouleh, or Tabbouli.

Bulgar is also called "burghul", from Arabic: "groats". It is a cereal food made from the parboiled groats of several different wheat species, most often from durum wheat. It originated in Middle Eastern cuisine.

Bulgar is sometimes confused with cracked wheat, which is crushed wheat grain that has not been parboiled.

**Silver salad**

Clara Russell

Submitted by granddaughter Gayle Barnes Walker

- 1/2 pound sliced marshmallows
- 10 quarts crushed pineapple
- 2 1/2 cups Queen Anne cherries
- 1 tablespoon salad dressing
- 1/2 pint whipped cream
- 1/2 cup chopped nut meats

Chill it overnight.



**Three bean salad 33**

Louemma Russell Smith

- 1 can whole cut green beans
- 1 can yellow wax beans
- 1 can red kidney beans
- 1 onion
- celery and peppers
- 1 cup vinegar
- 1 cup sugar
- 1/4 cup oil
- salt and pepper to taste

Slice the onion and break it apart into rings. Cut up the celery and peppers. Combine all the ingredients and mix them well, being sure all is coated well. Refrigerate it for twenty four hours before serving.



Editor's note: The illustration is a painting by the Italian Baroque painter Annibale Carracci, dating from 1580-1590 (probably 1583-1585). It's titled *Mangiafagioli* (The Bean Eater).

## Marinated chick peas

Bernice Lenon Nichols

16 ounces drained chick peas or garbanzo beans  
2-4 ounces chopped and drained pimentos  
3/4 cup vegetable oil  
1/4 cup vinegar  
1 teaspoon salt  
1/2 teaspoon dry mustard  
1/4 teaspoon black pepper



In a medium bowl, combine the chick peas and pimentos. In a measuring cup, mix the oil, vinegar, salt, pepper, and mustard. Pour it over the chick pea mixture. Cover and refrigerate it for four hours or overnight.

Makes about one quart or eight servings. This is especially good if you add 1/2 medium onion, chopped fine, and one green sweet pepper, chopped fine.

## Five cup salad

Mabel Diebold

1 can mandarin oranges  
1 can Royal Ann cherries  
1 cup coconut  
1 cup pineapple tidbits  
1 cup miniature marshmallows



Mix two tablespoons of sugar with eight ounces of sour cream and fold in the fruit. Refrigerate it.

Editor's note: This is very similar to the five cup salad recipe from Grandma McGrew, listed earlier in the chapter. I would imagine that there are quite a few different recipes for this dish.

The image is an ancient Vietnamese cup.

## Cauliflower and broccoli salad

Randy Ebeling

Chop into small pieces:

- 1 head cauliflower
- 1 bunch fresh broccoli
- 2 carrots
- 2 stalks celery
- 1 tablespoon chives



Mix:

- 1 cup mayonnaise
- 1 package dry cheese garlic dressing
- 8 ounces sour cream
- 1 cup dairy sour cream
- 1/4 cup sifted confectioners sugar

Combine the sauce and pineapple. Stir the sour cream and sugar together and add it to the fruit mixture. Line a three cup refrigerator tray with foil. Pour in the fruit mix and freeze it.

## Sweet and sour barbecue sauce

Jeff L. Mann

- 1 1/4 cups ketchup
- 1/4 cup water
- 1/4 cup firmly packed brown sugar
- 1 small minced onion
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice

Combine the ketchup, water, brown sugar, soy sauce, lemon juice, and onion, mixing it well. Baste the meat with the sauce. It lends a nice flavor to poultry and pork, also.

## Cold spaghetti salad

Melanie E. Karas Bell

- 2 fresh tomatoes
- 1 green pepper
- 1 sweet red onion
- 1 pound thin spaghetti, or noodle of your choice
- 1 large bottle Italian dressing
- 1 bottle salad seasoning

Mix all of the ingredients together in a bowl. Let it stand for twenty four hours in the refrigerator, tossing it a few times.

## Garden patch salad

Terrie Nichols

- 2 1/2 ounces sliced drained mushrooms
- 17 ounces drained sweet peas
- 8 1/2 ounces drained diagonal cut green beans
- 2 ounces drained pimentos
- 1 cup chopped celery
- 1/3 cup chopped onion
- 1/3 cup chopped pepper
- 1/4 cup salad oil
- 1/4 cup vinegar
- 1/4 cup sugar
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons celery seed

Gently combine the peas, beans, pimento, mushrooms, celery, onion, and pepper in a bowl. Mix the other ingredients and carefully toss with the vegetables to coat them evenly. Cover it and chill it for 6-8 hours or overnight.



## Ham or turkey and rice salad

Pat Nichols

1 1/2 cups mayonnaise\*  
1/4 teaspoon pepper\*  
2 tablespoons lemon juice\*  
2 teaspoons prepared mustard  
2 teaspoons grated onion  
3 cups cooked and diced turkey  
2 cups drained pineapple cubes  
2 cups diced celery  
1 1/3 cups minute rice, prepared according to instructions and cooled

\*Prepare for dressing and set aside

Combine the cooled rice, ham, pineapple, and celery. Toss it with dressing and chill it.

## Apple date salad ring

Rosalie Russell

3 ounces raspberry gelatin prepared by box directions  
1 cup unpeeled and diced apple  
1/2 cup diced celery  
1/2 cup crushed, drained pineapple  
1/4 cup finely cut pitted dates  
1/4 cup chopped nuts  
2 tablespoons mayonnaise  
1/2 cup whipped cream



Chill the gelatin until it is slightly thickened. Combine the other ingredients and fold them into the gelatin along with the whipped cream. Pour it into a mold and chill it until it's firm. Unmold it on lettuce leaves and garnish it with additional mayonnaise and nuts.

## Glazed fruit salad

Rosalie Russell

- 1 can pineapple chunks
- 1 can sliced apricot halves
- 1 can pear halves, cut in chunks
- 1 can sliced peaches
- 1 package instant vanilla pudding mix
- 2 pints washed strawberries
- 3 bananas, sliced in half
- 2 cups fruit syrup from above drained fruit

Drain the fruits, reserving the liquids. Mix the canned fruits and strawberries together. Follow the directions on the package of pudding mix, substituting two cups of canned fruit syrup for two cups of milk. Add this to the fruit mixture, tossing it well to coat it. Just before serving it, add the sliced bananas. Serve it on lettuce and top it with mayonnaise.

Note: do not use light fruits, as the liquids will not make a pretty glaze.

## Pink salad

Loudene Lenon Davis

Mix the following together in a pan and cook it until it's melted, stirring all the time:

- 1 package strawberry gelatin
- 16 large marshmallows
- 1/3 cup water
- 2 1/2 cups crushed pineapple in juice



Let it cool. Add eight ounces of cream cheese to 2/3 cup of whipped cream. Fold it into the gelatin mixture with one cup of chopped nuts and one cup of coconut. Chill it until it is firm. This is nice served in a pretty bowl.

## Frosted fruit salad

Loudene Lenon Davis

1 package lemon gelatin  
1 package orange gelatin  
juice of 1 lemon  
2 diced bananas  
10 diced marshmallows  
2 1/2 cups crushed and drained pineapple

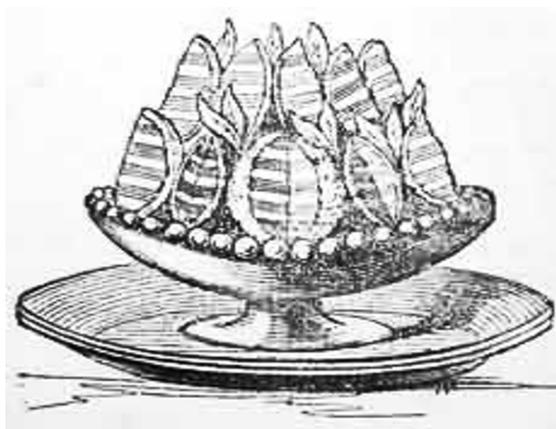
### Topping:

2 tablespoons flour  
1/2 cup sugar  
1 slightly beaten egg  
1 cup pineapple juice  
2 tablespoons butter  
1 cup whipped cream  
1/2 cup grated sharp cheese



Dissolve the gelatin in the hot water. Add the cold water and lemon juice. Chill it until it has partially thickened and fold in the pineapple, bananas, and marshmallows. Pour it into a 9x12 inch pan and chill it until it is firm. Mix the flour and sugar in a heavy pan and add the eggs and pineapple juice.

Cook it, stirring constantly until it's thick. Add the butter and let it cool. When it has cooled, fold in the whipped cream. Spread it on the gelatin and sprinkle it with cheese. Cut it into squares and serve it on crisp greens.



## Fruit salad

Vicki Bongiorno Konsavage

- 1 package instant vanilla pudding
- 2 1/2 cups drained mandarin oranges\*
- 2 1/2 cups unsweetened chunk pineapple with juice\*

Put the undrained pineapple in a bowl. Sprinkle the instant pudding over it and stir gently to mix it, and refrigerate it overnight. Two hours before serving, slice in two bananas and add a half pint of sliced strawberries. Stir it gently to mix.

\*Editor's note: The original recipe called for "1 large can". I assume it's not a #10 restaurant can, but a #303 which is 2 1/2 cups.



## High desert spaghetti salad

Denise Vrana Hollingsworth

- 1/2 bottle Salad Supreme\*
- 1/2 package vermicelli, broken and cooked
- 1 small bottle Italian dressing
- 1 small chopped red onion
- 1 small can stewed tomatoes



Mix all the ingredients together, spaghetti last. Keep it in the refrigerator.

\*Editor's note: "Perfect Pinch Salad Supreme seasoning" is a proprietary blend of Romano cheese, sesame and poppy seeds, and spices. The company's web site doesn't say what spices or I would have replaced it with a generic substitute.

## Hot fudge sauce

Nikki Jo Wyatt

- 1/2 cup milk
- 1/4 cup light corn syrup
- 2 tablespoons cocoa
- 1 cup sugar
- 1 square (1 ounce) unsweetened chocolate, chopped
- 2 tablespoons butter
- 1/3 cup heavy cream
- 1 teaspoon vanilla

Stir the sugar and cocoa in a heavy two quart saucepan. Stir in the milk and corn syrup until it's blended. Stirring constantly, over medium heat, bring it to a full boil and boil it for eight minutes. Remove it from the heat and stir in the chocolate and butter until they're melted. Gradually stir in the heavy cream until it's blended, stirring constantly over medium heat. Bring it to a boil and boil it for two minutes. Remove it from the heat, stir in the vanilla, and let it cool. Store it in a tightly covered jar in the refrigerator.

Reheat it, uncovered, in the jar in a saucepan of almost simmering water until it's warm and spoonable. Makes about two cups.

## Quick orange salad

Cindy Ebeling

- 1 pound cottage cheese
- 3 ounces dry orange gelatin
- 1 small carton whipped cream
- 1 can drained and crushed pineapple

Blend the cottage cheese and gelatin together in a mixer. Add the whipped cream. Stir in the pineapple, and refrigerate it.



## **Very good gelatin salad**

Shirley Reeves

3 ounces lime or strawberry gelatin  
1/2 cup water  
20 ounces crushed undrained pineapple  
20 large marshmallows

Heat it until the marshmallows melt. Let it stand in the refrigerator until it starts to congeal. Whip:

1 ounce cream cheese  
1/4 cup milk

Fold in nine ounces of whipped cream, then fold in the gelatin mixture. Place it in a 9x13 inch dish and refrigerate it until it is solid.

## **How To Tell You Are Getting Old**

Louemma Russell Smith

Everything hurts and what doesn't hurt doesn't work.

You feel like the morning after when you haven't been anywhere.

You get winded playing chess.

Your children begin to look like middle-aged.

You know all the answers but nobody asks you any questions.

You turn out the light for economic rather than romantic reasons.

You sit in a rocking chair but can't get it going.

Your knees buckle but your belt won't.

You're 17 around the neck, 42 around the waist and 96 around the golf course (9 holes).

You just can't stand people who are intolerant.

You burn the midnight oil until 9 PM.

Your back goes out more often than you do.

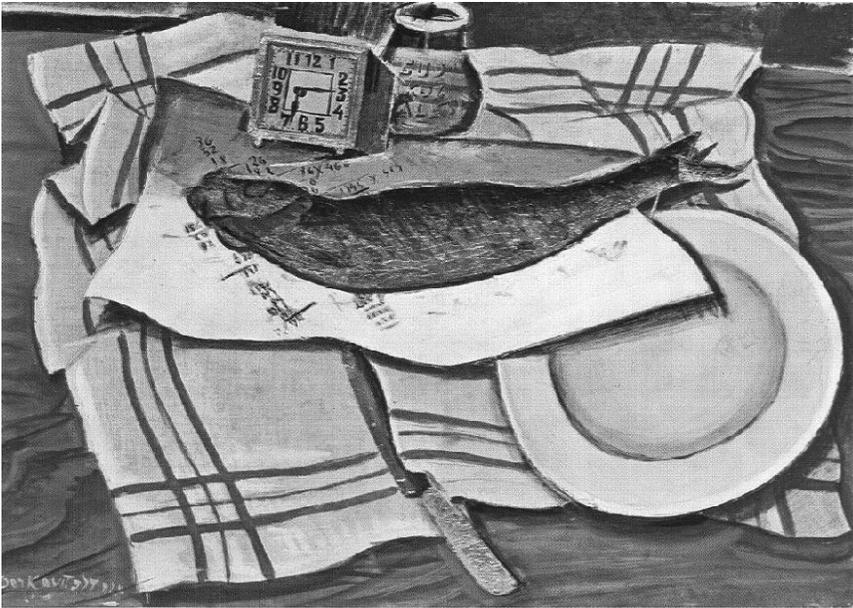
Your pacemaker raises the garage door when a pretty girl goes by.

The little gray-haired lady you help across the street is your wife.

You got your exercise acting as pallbearer for friends who exercise.

You have too much room in the house and not enough in the medicine cabinet.

## Meats and Fish



## **Meatballs**

Lisa Lenon

2 tablespoons finely chopped onion  
1/2 teaspoon Worcestershire sauce  
1/2 cup dry bread crumbs  
1 pound hamburger  
1/4 cup milk  
1 teaspoon salt  
1 egg

Mix all of the ingredients. Shape it into about twenty 1 1/2 inch balls. Fry them over medium heat, turning them occasionally, for about twenty minutes or until they're well browned.

## **Roast beef**

M. Elinor (Lenon) David

3 pounds roast beef (more if you wish).

Rub the roast beef with garlic powder and place it on a rack. Add one cup of water and cook it at 350° for two hours. Slice and serve it.

## **Easy beef Stroganoff**

Use 1/3 of the roast beef. Cut the beef into small pieces. Boil water for egg noodles. Use two handfuls of noodles for each person. Mix sour cream with 1/2 cup of cold milk. Beat the sauce. Stir the beef, drained and cooked noodles, and sour cream together and serve it hot.



## Sweet and sour meatballs

Gail Walker

- 3 pounds ground chuck
- 1 package onion soup mix
- 3 eggs
- 1 1/2 cups bread crumbs, soaked in 1/2 cup milk

Mix the ingredients together and form it into balls. Place them in an 11x13 inch glass dish. Prepare the sauce and pour it over the balls. Cover it and bake it at 350° for one hour.

For the sauce:

- 1 medium can sauerkraut
- 1 can whole cranberry sauce
- 1/2 cup brown sugar
- 1 1/3 cups water
- 12 ounces chili sauce



Mix the above ingredients and simmer them for five minutes. Pour it over the meatballs while they are hot and bake it.

## Pot roast

Loudene Lenon Davis

- 3 pounds pot roast
- 1 package onion soup mix
- 1 can cream of mushroom soup
- 2 fourteen inch sheets of heavy aluminum foil

Fold the two sheets of foil double and flatten them out. Spread the dry onion soup mix on the foil. Place the pot roast on top of the soup mix and spread the undiluted mushroom soup on top of the pot roast. Bring the foil together securely and twist the ends so the gravy will not leak out, but leave air space for expansion. Place it on a cookie sheet in a 350° oven for 2 1/2 hours. When it's ready to serve, open one end carefully and pour the gravy into a bowl.

## **Maid-rites**

Zelma Lenon  
Submitted by Steve McGrew

2/3 cup chopped onion  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon prepared mustard  
2 tablespoons oil  
1 pound ground beef  
1/4 cup water  
1/2 cup ketchup  
Worcestershire sauce

Brown the onion in oil and remove it from the skillet. Add the ground beef, salt, pepper, and mustard. Stir it until the meat is browned. Return the onion to the skillet with the water and ketchup. Let it simmer over low heat until it's thick. If there's too much fat, skim it off.

Place it on buttered, toasted buns and serve it with pickle relish.

## **Baked chicken in barbecue sauce**

16 ounces tomatoes, drained and dried  
3 pounds chicken wings and/or thighs  
2 tablespoons cooking oil  
2 diced medium onions  
2 cups chili sauce  
1 teaspoon salt  
pepper to taste

Jeffery Len Mann



Chicken parts cook in a flash. These are browned and then baked for half an hour in a thick, tangy sauce.

Preheat the oven to 375° and heat the oil in a Dutch oven. Add the onions and chicken. Brown the chicken on all sides. Cover it and simmer for 5–10 minutes.

In a medium size bowl, mix together the chili sauce, salt and pepper, and tomatoes. When the sauce is well blended, pour it over the chicken and mix it well. Bake it for thirty minutes.

**Old fashioned chicken  
and dumplings**

Gladys (Russell) Morgan

Cut one large baking or stewing hen up and place it in a large saucepan with enough water to cover it. Add salt and pepper to taste and cook it until it is tender.

For the dumplings:

- 2 cups flour
- 1/2 cup lard
- 1 teaspoon salt



Cut the lard into the flour and salt and add enough water to form manageable dough. Turn the dough out on a floured board and knead it in additional flour until the dough is firm. Divide it into 2-3 portions and roll it out to the desired thickness. Cut it into strips, 1x2x3 inch pieces. Remove the chicken pieces from the broth and set them aside. Drop the dumpling strips into the



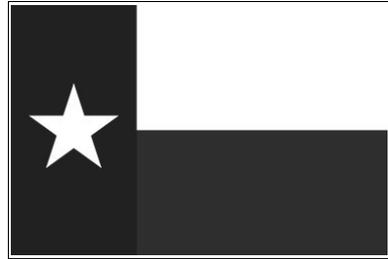
boiling broth and reduce the heat to prevent it from boiling over. Allow it to simmer until the dumplings are done. Be sure to have a sufficient amount of broth. Sprinkle it with black pepper if desired.

This is the way my mother, Clara (Lenon) Russell, taught me to make dumplings. My Grandmother, Martha Russell, made them like this also.

## Texas beef skillet

Lori Ebersohl Mayhugh

- 1 pound ground beef
- 3/4 cup chopped onion
- 16 ounces cut up tomatoes
- 15 1/2 ounces red kidney beans
- 1/2 cup quick-cooking rice
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon garlic salt
- crushed corn chips
- 3 tablespoons chopped green pepper
- 3/4 cup shredded American cheese

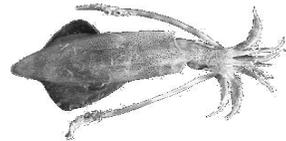


In a heavy skillet, cook the ground beef and onion until the meat is browned and the onion is tender, and drain off the fat. Stir in the undrained tomatoes and the undrained beans, uncooked rice, green pepper, chili powder, garlic salt, 1/2 cup of water and 1/2 teaspoon of garlic salt. Bring it to boiling, then reduce the heat. Simmer it, covered, for twenty minutes, stirring it occasionally. Top it with cheese, cover and heat it about three minutes or until the cheese melts. Sprinkle the corn chips around the edges. Serves six.

## Fried Squid

Jayne Barnes Raso

- 2 1/2 pounds squid, cleaned and cut into rings
- 6 cups oil
- 2 cups flour
- pinch of salt
- 2-3 lemons (garnish)



Salt the squid lightly and dredge it lightly in flour. Heat the oil very hot, about 375°. Add the squid and fry it until it's golden brown. Drain it on paper towels and serve it hot with lemon slices or wedges. Serves eighteen.

## Spaghetti and meatballs

Marlene Morgan

1 pound ground beef  
1/4 pound pork sausage (optional)  
1 medium onion, chopped fine  
1/2 pound finely chopped fresh mushrooms  
1-2 eggs  
8 ounces tomato sauce and 1-2 cups water  
1/2 bunch fresh parsley, tops only, chopped  
salt and pepper to taste.

Mix the beef and sausage well. Mix the above other ingredients. Sprinkle it generously with grated cheese. Mix it again and form it into meatballs (not too large). Brown it in cooking oil. Cook it until it is done, turning it often. Add the tomato sauce and water. Let it cook until it is thick. Serve it with cooked spaghetti and French bread.

## Cajun steak and rice

Shirley Reeves

Cube one round steak and sauté it in a small amount of oil. Add:

2 teaspoons Worcestershire sauce  
8 ounces tomato sauce  
1 chopped green pepper  
1 chopped onion  
1 teaspoon oregano  
1/4 teaspoon garlic salt



Simmer it until it's tender, and add one can of mushroom soup. While the steak is simmering, cook one cup of rice and one teaspoon salt in three cups of water. Rinse the rice, add three tablespoons of margarine and serve it with the meat.

## Chestnut meatballs

Melanie Bell

2 cups soft bread crumbs  
1/2 cup milk  
1 tablespoon soy sauce  
1/2 teaspoon garlic salt  
1/4 teaspoon onion powder  
1/2 pound ground chuck  
1/2 pound pork sausage  
5 ounces water chestnuts



Combine the bread crumbs, milk, soy sauce, garlic salt, onion powder, chuck, and sausage meat. Drain the chestnuts and chop them finely. Add it to the meat mixture and blend it well. Form it into one inch balls.

Bake it for 18-20 minutes in a 350° oven. For the sauce:

8 1/2 ounces crushed pineapple  
1 cup brown sugar  
2 tablespoons cornstarch  
2 teaspoons soy sauce  
1 cup beef bouillon  
1/2 cup vinegar  
1/3 cup chopped green pepper



Drain the pineapple, reserving the liquid. In a medium saucepan, combine the brown sugar and cornstarch, add the reserved pineapple juice, bouillon, vinegar, and soy sauce. Bring it to a boil, stirring constantly, and

cook it until it is thickened and clear. Boil it for one minute. Stir in the green pepper and pineapple.

## **Salt and pepper pork roast**

Amanda Barnes Johnson

- 3 pounds boned and tied pork roast, fat trimmed
- 2 tablespoons honey
- 1 tablespoon prepared mustard
- 1 tablespoon crushed peppercorns

Mix the honey and prepared mustard and brush it on the roast. Mix the salt and peppercorns spread on wax paper or a cutting board. Roll the meat on the mixture. Roast it on a rack for one hour and forty five minutes, or if you are using a thermometer, until 170° is the inside temperature. It has a very crispy outside and juicy inside. Serves 6-8.

## **Sunday codfish cakes**

Dennis Abraham

- 1 small chopped onion
- 8 sprigs parsley

Blend the two for 5-7 seconds.

- 2 cubed boiled potatoes
- 2 eggs
- 3 tablespoons melted butter
- salt and pepper to taste

Add one pound of drained cod fish. Cut it in pieces and Mix it all well in a blender or food processor. The mixture should be

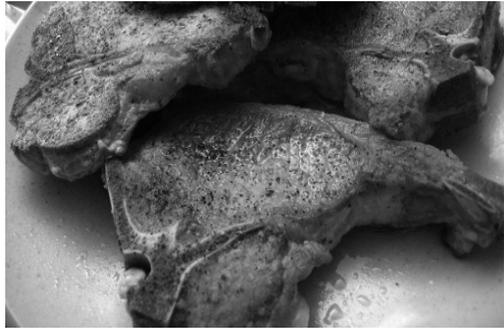


coarse. Chill it for an hour in the refrigerator, shape it into flat cakes, and coat it in well-seasoned bread crumbs. Fry it in the skillet with oil, on both sides until golden brown, about 4-5 minutes per side.

## Spanish pork chops or pork steak

Denise Vrana Hollingsworth

- 4 pork blade steaks
- 1 tablespoon oil
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 8 ounces tomato sauce
- 1/4 cup cooking sherry
- 2 teaspoons sugar
- 1/4 teaspoon basil
- 2 medium sliced onions
- 1 tablespoon Worcestershire sauce



In a large skillet over medium heat, brown the pork steaks and pour off the drippings. Sprinkle it with salt and pepper.

In a bowl, mix the tomato sauce, sherry, Worcestershire sauce, sugar, and basil, and pour it over the steaks. Add the onion slices. Cover it tightly and simmer it for forty five minutes or until the steaks are done. It can be served with rice or noodles. Serves four.



































































































































## Moist and crispy onion chicken

Maxine Smith Mann

1 envelope onion soup mix  
3/4 cup fine dry bread crumbs  
One 2 1/2-3 1/2 pound broiler-fryer chicken, cut up  
1/2 cup mayonnaise

Place the onion soup mix in a large plastic food bag and shake it to blend it. Brush the chicken on all sides with mayonnaise. Place one piece of chicken at a time in the bag, close it tightly and shake it until the chicken is coated. Bake it in a 400° oven 40-45 minutes or until it's golden brown and tender. Serves 4.

Note: For extra oniony chicken, use two envelopes of onion soup mix and reduce the bread crumbs to 1/3 cup and proceed as above.

## Beef Stroganoff

Rosalie Russel  
(Mrs. Wm. Howard)

1 clove garlic  
1 minced onion  
1 pound ground beef  
1/4 cup margarine  
1/2 teaspoon salt  
2 teaspoons flour  
1/4 teaspoon pepper  
8 ounces mushrooms  
1 can cream of chicken soup  
1 cup sour cream



Sauté the onion and garlic in margarine. Brown the beef, add the flour, salt, pepper, and mushrooms. Cook it for five minutes. Add the soup and let it simmer, uncovered, for ten minutes. Stir in the sour cream and heat it through. Add some parsley if desired and serve it on cooked noodles.

## Sweet and sour chicken wings

Maxine Smith Mann

20-25 broiler-fryer chicken wings, rinsed well

1 cup pineapple juice

1 cup soy sauce

1 cup sugar

1/4 cup water

1/2 cup vegetable oil

2 cloves crushed garlic

1 tablespoon ground ginger

pineapple chunks, cherry tomatoes,

mandarin orange slices, kiwi slices can be used for garnish

(optional)



With a sharp knife or kitchen shears, cut off and discard the tips of the wings and cut the wings in half. In a large shallow, non-corrodable pan, combine the pineapple juice, soy



sauce, sugar, water, oil, garlic and ginger. Add the chicken wings and cover and refrigerate it overnight. About an hour before serving, preheat the oven to 350°. Place the wings on a foil-lined shallow pan or baking sheet, reserving the marinade. Bake the wings, uncovered, for forty five minutes, basting frequently with the marinade.

Turn the wings once during baking time and continue until they are a deep golden brown and fork-tender. Place them on a large platter to serve them and garnish with pineapple chunks, cherry tomatoes, mandarin orange sections and kiwi slices threaded onto decorative picks, placed here and there on the wings. Provide plenty of napkins!

Makes ten appetizer servings of 4-5 pieces each.

## **Grandma Margaret Vrana's stuffed peppers**

Elizabeth Russell Vrana

- 6 green peppers
- 1 pound ground beef
- 1/2 cup cooked white rice
- 1 finely chopped onion
- salt and pepper to taste
- 1 can tomato soup
- 3 small cans tomato sauce or you can use tomato juice and 1/2-1 cup water



Cut the tops off of the peppers and clean out the seeds. Mix the meat, rice, salt, pepper, and onions together and stuff it in the peppers. Place the tops back on and use toothpicks to keep them in place. In a soup pot, mix the tomato soup, the tomato sauce and the water. Set the stuffed peppers in the sauce mix and simmer until done. If there is any stuffing left over, form small balls and drop them into the sauce.

## **Oven baked chicken**

Elizabeth Russell Vrana

- 1 cut up frying chicken
- 1 stick margarine
- season to taste
- 1 cup bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon parsley flakes



Melt the margarine and add the seasoning. Mix the cheese and parsley flakes with bread crumbs. Dip the chicken in the margarine and roll it in the bread crumb mixture. Place it skin-side up on a baking sheet lined with aluminum foil and lightly oiled. Bake 1 1/2 hours or until done in a 350° oven.

## Chicken wings Pacifica

Elizabeth Russell Vrana

- 12-15 chicken wings
- 1 cup soy sauce
- 1 cup packed brown sugar
- 1/2 cup butter
- 1 teaspoon dry mustard
- 3/4 cup water



Heat the ingredients together until the sugar and butter have melted. Cool it, then pour it over the chicken wings that have been placed in a baking dish. Marinate it for two hours in the refrigerator. Bake it for forty five minutes in a 350° oven; baste with sauce occasionally as it bakes.

## Meatballs

Linda Vrana

- 2 pounds hamburger
- 1 can chopped water chestnuts
- 1 egg
- salt and pepper to taste
- 1/2 cup chopped onions



Mix all the ingredients and roll it into small balls. Bake it on a cookie sheet for 20-30 minutes at 350°. Make a sauce of:

- 1 cup soy Sauce
- 1 medium jar apricot preserves
- 1 cup water
- 1/2 cup packed brown sugar
- 1 small can light fruit cocktail

Heat all these ingredients together until boiling, then simmer the meatballs in the sauce until they are heated through.

## Chicken wrap-ups

Terrie Nichols

1 package chicken breasts  
1 can cream of chicken soup  
1 can crescent rolls (8 to a package)  
cheese  
milk

Boil the chicken and debone it into pieces when it's cool. Place the chicken into the center of each crescent roll and sprinkle it with cheese. Fold the crescent rolls up like you would a diaper. Butter a baking dish and place the roll-ups in it. Heat the soup and one can of measured milk in a pan until it's bubbly. Pour it over the chicken rolls and bake them in a 350° oven for about thirty minutes or until brown. A few minutes before it is done, sprinkle cheese on top of it and allow the cheese to melt.

## Country style ribs

Charles E. Russell

3 tablespoons cornstarch dissolved in lemon juice  
3 pounds country style pork ribs  
1/2 cup chopped green peppers  
1/2 cup chopped green onions  
1/2 cup chopped celery  
1/2 cup pineapple juice  
1/2 cup chili sauce  
1/2 cup lemon juice  
1/4 cup brown sugar



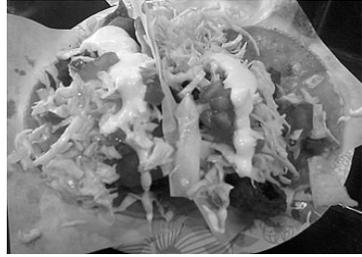
Season the pork ribs with salt and pepper and celery salt and brown them in oil. Put the ribs in the baking dish or crock pot. Sauté the chopped vegetables in a skillet and add the remaining ingredients. Pour it over the ribs, cover them and bake at 325° for 2 1/2 hours, or in the crock pot, cook it until it's tender.

## Tacos

Mary Jacobson Nichols

In a skillet, brown:

- 1 pound ground beef
- 1 diced onion
- 2 pods garlic, chopped fine



Then add two fresh, chopped tomatoes. Sprinkle it with about one tablespoon of flour. Simmer it, covered, until the tomatoes wilt and the mixture begins to thicken.

Preheat the taco shells in a hot oven, about 450°. Fill the shells about half full of the meat mixture, and top it with shredded lettuce and grated longhorn cheese. Top that with picante sauce.

## Enchiladas

Mary Jacobson Nichols

In a skillet, brown:

- 1 pound ground beef
- 2 pods garlic, chopped fine
- 1 onion, cut in pieces



Place some of the meat mixture in a preheated\* corn tortilla, roll it up and place it in a baking dish (a heavy cup may be used to hold the tortilla in place). Cover with one can of chili without beans. Top it with grated longhorn cheese and diced onion. Bake in a 350° oven for thirty minutes.

\*To heat the tortillas, place a tortilla in a dry skillet over low heat and put your finger on the tortilla. When heated to your touch, turn it over and heat the other side. Then fill and roll it. This keeps the tortilla from tearing apart when rolled.

## Meatballs 'n' dip

Sherry (Smith) Alstat

1 pound ground beef  
1/4 cup dry bread crumbs  
1/4 cup milk  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
dash of pepper  
1 egg



Mix together all of the ingredients and shape it into small balls, using one teaspoon measure for each. Brown the meatballs in two tablespoons of melted shortening. Reduce the heat and let it simmer while making the dip.

For the dip:

1 cup dairy sour cream  
1/4 cup milk  
5/8 ounce brown gravy mix

Combine the above ingredients in a small saucepan. Heat it, stirring constantly for five minutes. Use it as a hot dip for the meatballs. Use toothpicks to dip the meatballs in the dip, keeping it hot in a fondue pot or something similar.

## Batter for fish

Sharon Lenon McIntire

Dip the fish fillet in dry pancake mix, then dip the fillet in buttermilk, preferable to plain milk. Then dip the fillet in the dry pancake mix again.

Salt and pepper the dry mix before beginning and add one teaspoon of dry mustard to mix with it, to take away the slightly sweet taste of the pancake mix. Cook it slowly as the coating browns quickly and could burn. Use it on fillets only.

## **Fish court-bouillon**

Nolia LeBlanc  
submitted by Rosalie Russell

1 cup cooking oil  
1 cup flour  
1 small can tomato sauce  
2 large chopped onions  
1 cup chopped celery  
1 cup chopped onion tops  
2 tablespoons chopped parsley  
1 large chopped green pepper  
3 cloves chopped garlic  
1 cup cooking sherry  
4 pounds deboned fish  
lemon juice  
Worcestershire sauce  
hot pepper sauce  
salt and pepper to taste



Make a brown roux of the oil and flour, about half and half. Add the onions, celery, garlic, and green pepper, and cook it until it's soft. Add the tomato sauce and cook it slowly, stirring about every five minutes. Add about four cups of hot water and let in simmer for an hour. Add the fish. Be careful not to cook it too much, so fifteen minutes should be plenty. Season it to taste and add the parsley and sherry about five minutes before serving. Serve it over rice.

## **Tender pork chops and gravy**

Charles E. Russell

1 can cream of mushroom soup  
3-4 pork chops

Brown the pork chops on both sides. Remove the chops from the pan and pour in the soup and  $1/2$ - $3/4$  cup of water. Simmer the chops in the soup for thirty minutes. Use the soup as gravy.

## **Garlic shrimp**

Rosalie Russell

1 1/2 cups melted butter  
2 cloves minced garlic  
dash cayenne pepper  
1/3 cup chopped parsley  
1/2 teaspoon paprika  
1 1/2 cups cooking sherry  
5 pounds shrimp, deboned and deveined

Sauté the shrimp in butter and add the other ingredients. Serve it hot over cooked rice.

## **Meatball risotto**

Terri Russell Rosene

Shape a half pound of ground beef into tiny balls, and brown them well in two teaspoons of butter or margarine. Add:

1 1/2 cups spaghetti sauce  
1 1/2 cup water

Bring it to a boil. Stir in:

1 1/2 cup instant rice  
1/4 cup grated Parmesan cheese

Cover it, remove it from the heat and let it stand for ten minutes. The rice is a tasty alternative to the usual spaghetti.

Editor's note: Risotto is a dish that's become associated with fancy high end restaurants, but really it's the epitome of Italian home cooking and comfort food.



## Cajun crab boil

Terri Russell Rosene

- 6 crabs
- 2 pounds crayfish
- 3 pounds shrimp
- 2 pounds smoked sausage
- 2 large onions
- 1 pound small red potatoes
- 1 dozen ears corn
- 2 whole lemons
- 2 large bags crab boil seasoning



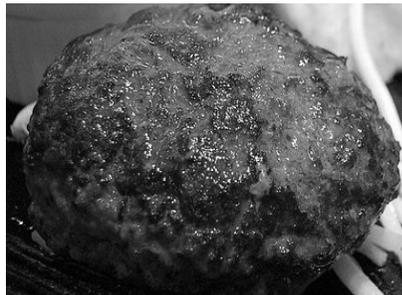
Boil water in a large pot and add the seasonings and potatoes. Cook it for fifteen minutes, then add the rest of the ingredients except the shrimp. Cook it for fifteen more minutes or until it's done. Drain it well and serve it by spreading it out on thick newspapers. Portions are optional, as are ingredients.

## Quick Salisbury steak

Betty Jean Russell

- ground beef
- 1 egg
- 1 can cream of mushroom soup
- 1 package dry onion soup mix

Mix the ingredients together and form it into steak patties. Brown them on both sides in a deep skillet. Remove them from the skillet and pour out the grease. Add the mushroom soup with 1/4 cup of water and simmer the steaks in this. Serve the steaks and gravy with potatoes.



## Oven beef stew

Betty Jeanne Russell

2 pounds stew meat, browned if desired  
5 medium potatoes  
1 cup chopped celery  
4 medium onions  
1 large can tomatoes  
2 teaspoons salt

Bake it covered for three or more hours in a 325° oven.  
A little thyme, sage, and oregano give a very good flavor.

## Shrimp Stroganoff

Bonnie Russell  
(Mrs. Howard Lee)

Sauté:

1/2 cup chopped onions  
1 can drained and sliced mushrooms  
1 tablespoon grated garlic  
1 tablespoon margarine

Add:

1 can cream of chicken soup  
1 cup sour cream

Heat it good and add one pound of cooked and cleaned shrimp. Heat it more and serve it over five cups of cooked noodles.

Pour 2 1/2 tablespoons of melted margarine and three tablespoons of poppy seed over the noodles. Mix it well and put the Stroganoff on top of the noodles.



## Grandma's Meat Pie

Sherri Russell

Bake a pork roast seasoned with salt, pepper, and garlic. Cool it and chop it up fine. In a skillet, use the oil from the roast to fry the onions, bell peppers, and celery (all chopped fine) all at the same time. There should be about two cups of these vegetables. Cook it slowly until it's half done. Add the meat and mix it well. Add one teaspoon of imported oregano and crushed red peppers to taste. Put it in an unbaked pie shell and top it with a second crust. Bake it until it's golden brown.

Makes two pies or one deep dish pie. You may use beef or chicken.

## Louise Jones' pizza

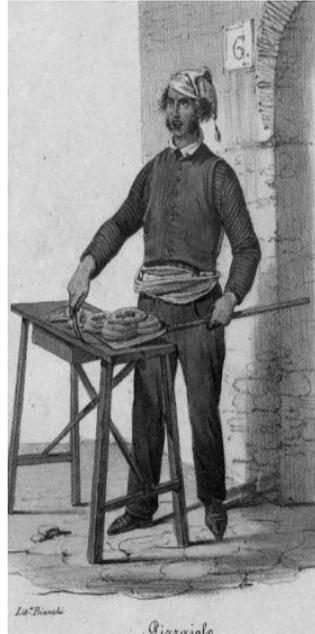
Sherri Russell

1 pound lean hot sausage  
1 pound extra lean ground beef  
1 bunch chopped green beans  
1 chopped small green pepper

Cook it together and crumble it fine with fork. While it is cooking, add:

1 bunch chopped green onions  
1 small chopped green pepper  
1 teaspoon crushed red pepper  
1/4 teaspoon oregano  
salt and pepper to taste

Mix it well and let it simmer for five minutes, then drain it well. Melt one pound of Velveeta cheese in the microwave. Add the cheese. Bake it for twenty minutes at 400°. Serve it on English muffins.



## Swingin' wings

Dr. Wm. H. Russell

Separate the chicken wing sections and discard the tips. Wash and dry them. Mix:

- 1 large can Parmesan cheese
- 1-2 tablespoons garlic powder (depending on your taste)

Melt enough margarine to accommodate the amount of wings you wish to prepare. Dip the wings in margarine, then in cheese to coat them thoroughly. Line a shallow baking pan with foil and arrange the wings in rows; don't crowd them. Bake at 350° about thirty minutes or until they are tender and golden brown.

## Chicken cashew

Loudene Lenon Davis

- 1 three pound frying chicken
- 2 cups water
- 2 teaspoons salt
- 1 cup chopped celery
- 1 teaspoon grated onion
- 1 tablespoon butter
- 1 tablespoon soy sauce
- dash Tabasco
- 1 can cream of mushroom soup
- 1 cup chicken broth
- 1 can chow mein noodles
- 1/2 cup chopped cashews



Place the chicken, water, and salt in a pan. Cover it and cook for about an hour until it's tender. Cool it and remove the skin and bones, leaving the meat in large pieces. Sauté the celery and onions in butter for five minutes. Add the soy sauce, Tabasco, and mushroom soup, and pour it into a casserole dish. Sprinkle the noodles and nuts on top. Bake at 350° for twenty minutes.

## Veal Parmesan

Jeanette Morgan Crown

- 2 cups marinara sauce
- 1 cup dried bread crumbs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 eggs
- 3 tablespoons butter or margarine
- 1/4 cup fresh grated Parmesan cheese
- 6 veal cutlets, each cut about 1/4 inch thick
- 8 ounces Mozzarella cheese cut into six slices



Prepare the Marinara sauce. On waxed paper, mix the bread crumbs, salt, and pepper. In a pie plate, beat the eggs slightly. Dip the cutlets in the egg, then the bread crumbs, repeating each once.

In a twelve inch skillet over medium-high heat, in hot butter, fry the cutlets a few at a time, until browned on both sides. It takes about ten minutes. Arrange the cutlets in a skillet and spoon some sauce over each cutlet. Top each with a slice of Mozzarella and sprinkle with Parmesan. Reduce the heat to low; cover and cook it until the cheese is melted, about five minutes.

Editor's note: Veal is the meat of calves, in contrast to the beef from older cattle. Veal can be produced from a calf of either sex and any breed; however, most veal comes from young males of dairy breeds who are not used for breeding. Generally, veal is more expensive than beef from older cattle.

Some methods or aspects of veal production are controversial due to animal welfare concerns.

Veal has been an important ingredient in Italian, French, and other mediterranean cuisines from ancient times. The veal is often in the form of cutlets, such as the Italian cotoletta or the famous Austrian dish Wiener Schnitzel. Some classic French veal dishes include fried escalopes, fried veal Grenadines, stuffed paupiettes, and many more.

## Teriyaki steak

Shirley Reeves

- 2 1/2 pounds round steak, cut into cubes
- 1 teaspoon ground ginger
- 1/2 cup soy sauce
- 1 tablespoon sugar
- 1 clove crushed garlic
- 2 tablespoons oil



Mix the sauce and pour it over the meat in a crock pot. Cook it on low for 6-8 hours. Serve it over cooked rice or noodles.

## Salmon skillet supper

Lou Emma Smith

- 15 1/2 ounces salmon, drained and flaked
- 1 medium diced onion
- 1 lightly beaten egg
- 1 cup uncooked rice
- 10 ounces condensed chicken broth
- 1 can water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 10 ounces fresh or frozen peas, cooked in a little boiling water for 5 minutes

In a large skillet or Dutch oven, combine the onion, salmon, egg, cooked peas, rice, broth, water, salt, and pepper. Mix them well. Bring it to a boil and stir it thoroughly. Reduce the heat to a simmer, cover it and cook it for twenty five minutes.



## Italian beef

Louemma Russell Smith

12 ounces beer  
6 beef bouillon cubes  
salt and pepper  
bay leaf  
garlic salt  
2-3 pinches oregano  
1 chopped garlic button  
1 tablespoon sugar  
celery tops (3-7 leaves) or even celery flakes will suffice  
1 large diced onion  
4-5 pounds sirloin roast, rolled, or rump (arm roast is a good substitute and much cheaper)



Cut the roast into 2-3 inch cubes. Pour twelve ounces of beer over it, and fill the pan with enough water to cover the roast. Add the rest of the ingredients, and bring it to a boil and simmer it for three hours, or until the beef is tender. Strain the juice and let the beef cool enough to shred by hand. Pour the juice back over the beef, cover it and let it set overnight. Cut Italian buns apart and fill them with the beef and liquid and wrap them in aluminum foil. Keep them in the oven until ready to serve, or reheat them with a microwave.

For a larger recipe, use the following ingredients:

























20 ounces beer  
12 pounds beef  
9 bouillon cubes  
salt and pepper  
4-6 pinches oregano  
garlic salt  
4-5 bay leaves  
2 chopped garlic buttons  
2 tablespoons sugar  
about 10 celery leaves  
1 large onion or 1 1/2 medium size onions, diced



## Turkey Creole

Louemma Russell Smith

4 tablespoons cooking oil  
2 cups diced onions  
2 1/2 cups diced celery  
1 cup diced green pepper  
2 teaspoons finely minced garlic  
5 teaspoons original Worcestershire sauce, divided  
4 cups diced cooked turkey, about 1 1/2 pounds  
1 large can chopped tomatoes  
1 tablespoon paprika  
2 teaspoons salt  
2 tablespoons Cornstarch  
1/4 cup water

Heat the oil in a large heavy saucepan. Add the onions, celery, green pepper, and garlic. Sauté it for five minutes. Add the tomatoes to the saucepan and stir in the paprika, salt, and three tablespoons of Worcestershire sauce. Bring it to boiling, then reduce the heat and let it simmer, covered, for twenty minutes.



Blend the cornstarch with water and stir it into the saucepan. Add the turkey and the remaining two teaspoons of Worcestershire sauce. Simmer it covered, stirring constantly, until the mixture is thickened, about ten minutes. Spoon it into a parsleyed rice ring, if desired, or serve with rice. Serve it with crisp rolls and a mixed fruit salad.

## Sweet 'n' sour chicken

Louemma Russell Smith

- 1 pound boneless chicken, cut into cubes
- 2 teaspoons oil
- 1 minced clove garlic
- 1 cup green pepper strips
- 1 cup carrot strips
- 1 cup soy sauce
- 2 tablespoons cooking sherry (optional)
- 2 tablespoons vinegar
- 3 tablespoons brown sugar
- 1/2 teaspoon ginger
- 8 ounces pineapple in juice
- 1 1/2 cups minute rice

Brown the chicken in oil. Add the garlic, green pepper, and carrots. Sauté it briefly. Add the bouillon, soy sauce, sherry, vinegar, sugar, ginger, and pineapple with the juices. Bring it to a full boil and stir in the rice. Cover it, remove it from the heat and let it stand for five minutes. Stir it before serving. Makes four servings.

## Chicken and dumplings

Bertha V. Bongiorno

- old chicken
- 1 cup cooled chicken broth
- 1 egg
- 1 teaspoon salt

Add enough flour to make a stiff dough. Roll it out thin, cut it in strips, and drop it in the broth. Cook it until it is tender.



## Southern meatloaf

Louemma Russell Smith

1 1/2 pounds lean ground beef or ground chuck  
1 medium diced onion  
5 slices bread  
1 teaspoon basil  
1 tablespoon parsley  
2 tablespoons grated Parmesan cheese  
1/2 teaspoon garlic powder  
pepper to taste  
2 slightly beaten egg whites  
1 pound tomato sauce  
1 tablespoon prepared mustard

Combine the first nine ingredients and 1/4 cup of the tomato sauce and gently shape it into a loaf. Pour the tomato sauce into a bowl, and using the can as a measure, add the same amount of water. Mix in the prepared mustard. Pour the sauce over the loaf and bake it at 350° for one hour.

Yields six servings with approximately 350 calories per serving.

Editor's note: Meatloaf of minced meat was mentioned in the Roman cookery collection Apicius as early as the fifth century. Meatloaf is a traditional German, Scandinavian and Belgian dish, and it is a cousin to the Dutch meatball. American meatloaf has its origins in scrapple, a mixture of ground pork and cornmeal served by German-Americans in Pennsylvania since Colonial times. Meatloaf in the contemporary American sense did not appear in cookbooks until the late nineteenth century.

During the Great Depression, cooking meatloaf was a way to stretch the food budget for families by using an inexpensive type of meat and leftovers. It was popular to add cereal grains, bread or saltines to stretch the meat.

I grew up eating lots of meatloaf. Grandma McGrew's was the best, and I think she used this recipe.

## Surprise meatloaf

Louemma Russell Smith

- 1/2 cup milk
- 1 small grated onion (2 tablespoons pulp and juice)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 slices bread, 1/2 inch thick, crust left on and crumbed (1 cup)
- 1 pound lean ground beef
- 1 large raw egg
- 3 large hard boiled eggs

Beat the raw egg and the milk together in a medium mixing bowl to blend it. Add the onion, salt, pepper, and crumbed bread. Let it stand for 5-10 minutes, and add the beef, and thoroughly mix it together with your hands. Pack half of the mixture into an ungreased loaf pan about 8x4x2 1/2 inches. Starting in the center, arrange the peeled hard boiled eggs, with the ends fairly close together lengthwise over the center of the meat mixture. The eggs will not come to the ends of the pan. Pack the remaining meat mixture over the eggs.



Bake it in a preheated 350° oven for fifty minutes. Remove it and let stand 5-10 minutes. Pour off the liquid and turn it out, turning it right side up. Cut it crosswise in about 1/4 inch thick slices. Most of the slices will have a whole egg slice, white and yolk, in the center, but some slices will have just the white ends of the eggs and the end slices of the meat loaf will have no egg. Serve with mushroom sauce if you like.

Serves 6.

## **Chicken drumettes (or wings)**

Mary Jane Lenon

1 envelope onion soup mix  
ten ounces apricot preserves  
3-4 pounds chicken drumettes (or wings)  
1 eight ounce bottle Russian dressing (The dark kind, no mayonnaise)

Combine the first three ingredients in a bowl and mix it well by hand. Arrange the chicken in a large baking dish and pour the mixture over the chicken. Cover and refrigerate it for at least eight hours or overnight. Uncover it and bake at 350° for 1-1 1/2 hours.

## **Meat Loaf**

Loudene Lenon Davis

1 1/3 pounds ground beef  
3/4 cup uncooked oats  
2 beaten eggs  
1/4 cup chopped onion  
2 teaspoons salt  
1/4 teaspoon pepper  
1 cup tomato juice

Combine all of the ingredients thoroughly and pack them firmly in a baking dish. Bake it at 350° for one hour. Let it stand for five minutes before slicing.



## Italian chicken wings

Stella Howell Lenon

submitted by Bertha Lenon Bongiorno

Wash the wings and dry and singe them. Cut off the tip of each wing and discard it. Cut through the joint of the wing to make two pieces. Marinate the pieces of chicken in Italian salad dressing. Drain the marinade from the wings and reserve it. Place the wings in foil or broiling pans and sprinkle them with paprika. Place them in a preheated 350° oven. Use the marinade to baste them, and turn the wings every fifteen minutes. Roast them for one hour and serve them as appetizers.



## Hot chicken loaf

Bertha Lenon Bongiorno

1 stewed chicken  
1 stalk of celery  
Carrots

Cook it until it's tender and remove the bones when it is cool. Add one tablespoon of butter in one cup of hot milk. Mix it with the chicken and one cup of soft bread crumbs. Add:

pepper to taste  
1 teaspoon salt  
chopped green pepper  
1/4 cup chopped celery  
4 diced pimentos  
2 beaten eggs

Bake it in an oven at 350° for one hour. Make the gravy from the chicken broth and serve it over the loaf. Bake it in a loaf pan or in a larger pan and serve it in squares.

## Chicken rococo

Eileen E. Bongiorno Karas

- 10 ounce stick of cheddar cheese
- 4 boned and skinned chicken breasts
- 2 beaten eggs
- 3/4 cup dry bread crumbs
- margarine
- 1 chicken bouillon cube
- 1 cup boiling water
- 1/2 cup chopped onion
- 1/2 cup green pepper
- 2 tablespoons flour
- 1/4 teaspoon pepper
- 2 cups cooked white rice
- 1 cup cooked wild rice
- 3 ounces stemmed and drained mushrooms



Heat the oven to 400°. Cut the cheese into eight equal sticks. Cut the chicken breasts in half and flatten each to 1/4 inch thickness. Roll each piece around a stick of cheese and secure it with a toothpick. Dip it in the eggs, then the bread crumbs. Brown it in margarine. Dissolve the bouillon cube in water.

Cook the onion and green pepper in 1/3 cup of margarine until it's tender, and add the flour, seasoning, and bouillon. Cook it until it is thickened. Add the rice and mushrooms. Pour it into an 8x10 inch baking dish. Top it with the chicken and bake it at 400° for 20 minutes. Makes eight servings.

## **Main Dishes**

### **Egg, Cheese, Pasta, Casserole**



## American chop suey

Bertha Lenon Bongiorno

- 3 pounds diced lean pork
- 1 large chopped green pepper
- 1 can chicken soup
- 1 package egg noodles
- 1 can yellow corn
- 1 can pimentos
- 3/8 pound American cheese

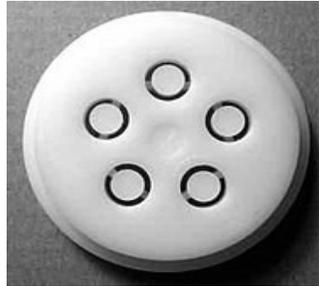
Boil the pork until it's tender and cook the noodles in salt water. Mix the pork, pepper, soup, and noodles together. Put it in a buttered baking dish with the corn and cheese. Sprinkle it with bread crumbs and bake it at 425° for 1/2 hour until it browns.



## Macaroni dinner

Zelma Lenon  
Submitted by Steve McGrew

- 1 pound ground beef
- 1 cup chopped onions
- 1 cup sliced mushrooms
- 2 teaspoons Worcestershire sauce
- salt and pepper
- garlic powder
- 1 cup sour cream



Cook the above together and pour it over 1 1/2 cups of cooked macaroni.

Editor's note: The image is a die used to manufacture elbow macaroni.

## **Green bean casserole**

Terrie Nichols

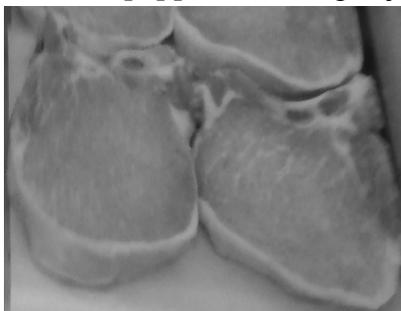
2 pounds drained cut green beans  
3/4 cup milk  
10 3/4 ounces condensed cream of mushroom soup  
1/8 teaspoon ground pepper  
8 ounces French fried onions

Combine the beans, milk, soup, pepper and 1/2 can of French fried onions and pour it into a 1 1/2 quart casserole. Bake it uncovered at 350° for thirty minutes. Top it with the remaining onions and bake it for five minutes longer. Makes six servings.

## **Pork chop-scalloped potato casserole** Loudene Lenon Davis

8 medium-sized potatoes or 2 quarts sliced  
1/4 cup chopped green peppers  
1/4 cup minced onion  
2 teaspoons salt  
1/8 teaspoon pepper  
1 cup milk  
1 can condensed cream of mushroom soup  
8 pork chops, seasoned with salt and pepper then lightly browned

Alternate layers of potatoes, green pepper, and onion in a greased Dutch oven, seasoning each layer with salt and pepper. Mix the mushroom soup and milk and pour it over the potatoes. Top it with the browned pork chops. Cover it and bake it at 325° for 1 1/2 hours or until the potatoes are tender.



## Quick and easy corn and tamale casserole

Rosella Guill Vaughn  
Submitted by Zona Bishop Lenon

2 cans partially drained whole kernel corn  
1 jar crumbled hot tamales

Mix it together and heat it thoroughly. Heat four tablespoons of butter and three slices of bread (broken in small pieces) in a heavy skillet until it's coated. Place the corn and tamale mixture in a 9x9 inch baking dish. Cover it with bread crumbs and bake it at 350° until the bread has browned.

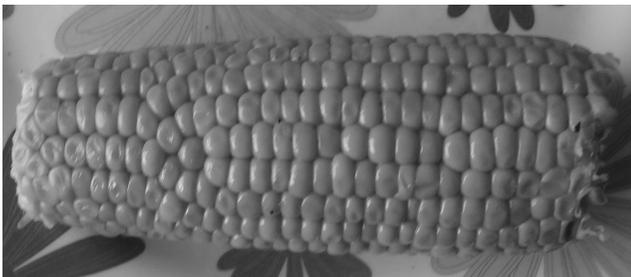
## Hamburger corn casserole

Rosella Guill Vaughn  
submitted by Zona Bishop Lenon

1 can whole kernel corn  
1 1/2 pounds ground beef  
1 large chopped onion  
1 can cream of mushroom soup  
1 can cream of chicken soup  
small amount of pimento for color  
1 small package cooked egg noodles



Brown the onion and add the ground beef in a skillet. Cook it until it is done and salt it to taste. Cook the noodles while the ground beef is cooking. Put the noodles in the bottom of a 9x9 inch casserole. Mix the corn, soups, and ground beef-onion mixture together and put it on top of the



noodles. Cover it with buttered bread crumbs and bake it at 350° until the crumbs are browned.

## Mexican casserole

Martha Morgan House

1 1/2 pounds ground beef  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 can taco sauce  
1 can enchilada sauce  
1 can chopped green chili peppers  
1 package corn tortillas  
grated cheddar cheese



Brown the ground beef and add the cans of soup, sauce and chili peppers. Spread a small amount of sauce in the bottom of a 9x13 inch pan to prevent sticking. Begin the layers with tortillas, then beef-sauce mixture, then cheese. Repeat the layers until all the sauce is used, topping it with grated cheese. Bake at 350° until it's bubbly, 30-45 minutes.

Editor's note: The illustration is the Mexican flag.

## Quick and easy tuna casserole

Irene Smith Calvert

submitted by Lou Emma Lenon Erby

2 cans tuna  
2 cans cream of mushroom soup  
1 bag potato chips

Drain one can of tuna, break it up with a fork and spread it in the bottom of a buttered casserole dish. Crush the potato chips in your hands and make a layer of them on the tuna. Spread one can of mushroom soup on top. Rinse the can with about 1/2 can of water. Pull the sides of the layers back with a fork and pour water around the sides. Repeat for the second layers. Pour the last water along the sides to reach the top of the mushroom soup. Bake it at 400° for fifty five minutes to an hour. This is a favorite of my husband, Jack.

For a smaller casserole, use a smaller baking dish and divide one can of tuna and mushroom soup. Save stale potato chips to use in this dish as they perk up when baked.

## Squash-rice casserole

Martha Morgan House

- 1/4 pound margarine
- 1/2 cup chopped onion
- 1 cup uncooked instant rice
- 1 1/2 teaspoons salt
- 1 can mushroom soup
- 1 1/2 soup cans water
- pepper to taste
- bread or cracker crumbs
- thin sliced or grated cheddar cheese
- 4 cups diced squash (yellow is great)



Melt the margarine in a 9x13 inch pan or two smaller casseroles (freeze one). Spread the rice in the pan, and top it with squash. Sprinkle it with onion, salt, and pepper. Mix the soup and water and pour it carefully over all. Cover it with foil and bake it for one hour. Remove it from the oven and top it with cheese and crumbs. Return it to the oven uncovered until it is brown. Great recipe for our bountiful squash crops!

## Enchilada plate

Vicki Lee Nichols Poston

### Sauce:

- 2 pounds browned hamburger
- 2 cans diced pinto beans
- 1 diced onion
- 1 can chopped green chilies
- 1 quart tomatoes

Season to taste with chili powder and garlic salt.

- 1/2 pound Colby cheese
- 1 diced onion
- 1 head shredded lettuce
- 2 chopped tomatoes
- 1 package corn chips

Spoon the sauce over the corn chips, then top with cheese, onion, lettuce, and tomatoes. Serves six.



## Chop suey

Cindy Ebeling

- 1 can bean sprouts or 1 large can Chinese mixed vegetables
- 2 packages stew beef or 2 pounds round steak, cubed
- 2 cups uncooked rice
- 5 1/4 cups water
- 1 1/2 cups celery
- 1 teaspoon salt
- 1/3 cup flour
- 1 beef bullion cube
- 1/4 teaspoon ginger
- 1 onion
- 1 tablespoon soy sauce
- 1 tablespoon soy molasses
- 1 tablespoon cornstarch
- 1 tablespoon shortening



Brown the steak or stew meat (floured) in shortening. Add the onion, diced and mixed vegetables, and celery while the meat is browning.

After it is browned, let it heat for fifteen minutes. Combine 1/4 cup of water, the cornstarch, ginger, and soy molasses, and add it to the meat sauce. Stir it until it thickens. Put four cups of water, the rice, and the salt in a saucepan and cook it at medium temperature until it's tender. Serve the meat sauce over rice.

Editor's note: There is a legend that a San Franciscan immigrant from China invented it when hungry gold miners came to his restaurant threatening to kill him if they didn't get food. All he had left was garbage, and the miners loved it.

That fable is false.

Anthropologist E. N. Anderson, a scholar of Chinese food, traces the dish to *tsap seui* ("miscellaneous leftovers"), common in Taishan (Toisan), a county in Guangdong province, the home of many early Chinese immigrants to the United States.

## Horseshoes

Steve McGrew

Horseshoes are a Springfield, Illinois dish. Every locally-owned restaurant in town makes them, but of course each has its own variation. It was invented by Chef Joe Schweska of the Leland Hotel. Tim Bergt made it famous by taking the recipe that he and Schweska had created together to the Red Coach, where its popularity exploded.



To make one, place a slice of bread, toast, Texas toast, or really any kind of bread on a plate and pour melted cheese on it. The cheeses vary by chef, but most are based on Welsh rarebit. I'd use 1/2 Velveeta and 1/2 milk, heated in a microwave.

Lay meat on the cheesy bread. Again, almost any meat will do, with most using hamburger, but many places have different selections. Then pour your "secret" cheese sauce on the meat.

The top layer is French fries, again topping that with more cheese.

If you ever visit Springfield and try one in a restaurant, do *not* order a horseshoe! The ones they serve here are humongous, far too much food to eat in one setting. Instead, order a pony shoe, which is the same thing only less huge. You probably won't even finish a pony.

## Bean and potato taco pie

Sharon Lenon Mcintire

2 1/2 ounces taco seasoning mix, divided  
4 cups instant mashed potato flakes  
1/2 cup margarine  
1 cup milk  
2 pounds ground beef  
1 cup chopped onion  
1 can re-fried beans  
taco sauce (optional)  
1 cup barbecue sauce  
1/2 cup water  
2 cups shredded cheddar cheese  
2 cups shredded lettuce  
2 medium chopped tomatoes



Melt the butter in a saucepan. Add the milk and 1/4 cup of taco seasoning mix. Remove it from the heat and stir in the potato flakes. Press the mixture on the bottom and sides of two ungreased ten inch pie plates.

Brown the ground beef and onion in large skillet and drain it. Stir in the beans, barbecue sauce, water, and the remaining taco seasoning mix. Cook and stir until it's bubbly. Divide the mixture between two crusts and bake it at 350° for 30-35 minutes. Top it with cheese, lettuce, and tomato. It can be divided easily and is very spicy.

My three kids love this dish.

Editor's note: These days "taco sauce" is referred to by its Italian and Spanish name, *salsa*, which is "sauce" in both languages.

The image is refried beans. To make them, heat canola oil in a heavy skillet over medium heat. Cook garlic cloves in the hot oil, turning them once, until brown on both sides, 4-5 minutes. Smash the garlic cloves in a skillet with a fork. Stir in pinto beans, cumin, chili powder, and salt into mashed garlic and cook it until the beans are thoroughly heated.

## Spaghetti casserole

Sharon Lenon Mcintire

1/2 pound spaghetti, cooked and drained  
1 pound ground beef  
1/2 cup chopped onion  
1/4 cup chopped green pepper  
2 tablespoons margarine  
1 can cream of mushroom soup  
1 cup shredded sharp cheese  
1 can tomato soup  
1 soup can water  
1 clove minced garlic  
salt and pepper to taste



Cook the beef, onion, and green pepper in margarine until the meat is lightly browned and the vegetables are tender. Drain it and add the soups, water, and garlic, then heat it. Blend it with 1/2 cup of cheese and the cooked spaghetti in a three quart casserole, and top it with the remaining cheese. Bake it at 350° for thirty minutes. Cover it with foil for the first twenty minutes or so, then uncover and finish. It freezes well.

## Potato casserole

Pat Nichols

2 pounds frozen hash brown potatoes, thawed  
1/2 cup green pepper (optional)  
1 chopped onion  
1 can cream of potato soup  
1 can cream of celery soup  
8 ounces sour cream  
1 cup shredded sharp cheese

Layer the ingredients in a large baking dish, starting with the potatoes and ending with the cheese. Bake it at 350° for one hour and fifteen minutes.

## Easy cheese and grits casserole

Bernice Lenon Nichols

- 1 cup grits
- 4 cups boiling water
- 1 teaspoon salt
- 1 1/2 cups shredded cheddar cheese
- 1 stick or 1/2 cup margarine
- 2 well beaten eggs
- 1 teaspoon garlic powder



Have the cheese ready and set it aside. Stir the grits into boiling water that has been salted. Stir constantly for 2-5 minutes. Remove it from the heat and stir in the cheese and margarine. Add the beaten egg to the milk and stir it into the grits and cheese, adding the garlic powder last. Cook it all at low heat until the cheese is melted. Grease a two quart casserole dish and bake this in a pre-heated oven at 350° for an hour. Makes 8-10 servings.

Editor's note: The illustration is a bowl of grits.

## Oven Stroganoff

Vicki Bongiorno Konsavage

- 3 pounds boneless chuck
- 1 cup cream of celery soup
- 1 cup cream of mushroom soup
- 1 cup cream of chicken soup
- 1/2 package onion soup mix
- 1/2 cup wine or water
- 4 ounces drained mushrooms



Cut the meat into one inch cubes. Add the drained mushrooms, canned soups, soup mix, and wine. Put it all together in a large casserole and bake it uncovered for three hours in a 350° oven. Serves 8-10.

Editor's note: The image is the *Stroganoff Madonna* by Duccio.

## New country pie

Vicki Bongiorno Konsavage

### Crust:

- 1/2 cup tomato sauce
- 1/2 cup bread crumbs
- 1/4 cup chopped onion
- 1 1/2 teaspoons salt
- 1/8 teaspoon oregano
- 1 pound ground beef
- 1/4 cup chopped green pepper
- 1/8 teaspoon pepper



Combine all of the above ingredients in a bowl and mix them well with a fork, then pat the meat mixture gently into the bottom and sides of a greased nine inch pie plate.

### Filling:

- 1 1/3 cups minute rice
- 8 ounces tomato sauce
- 1/2 teaspoon salt
- 1 cup water
- 1 cup grated cheddar cheese

Combine the minute rice, tomato sauce, salt, water and 1/2 cup of cheese. Spoon the rice mixture into the meat shell and cover it with aluminum foil. Bake it at 350° for twenty five minutes. Uncover it and top it with the remaining cheese. Bake it uncovered for 10-15 minutes. Makes 5-6 servings.

Editor's note: Ancient Greeks are believed to have originated pie pastry. In the plays of Aristophanes (fifth century BC), there are mentions of sweetmeats including small pastries filled with fruit. Nothing is known of the actual pastry used, but the Greeks certainly recognized the trade of pastry-cook as distinct from that of baker; When fat is added to a flour-water paste it becomes a pastry.

## Hot chicken casserole

Vicki Bongiorno Konsavage

2 cups diced chicken (2 3/4 whole chickens)  
1 can undiluted cream of mushroom soup  
1/2 cup grated sharp cheddar cheese  
1/2 cup chopped green pepper  
6 slices white bread  
1/2 cup grated onion  
1/4 cup pimento  
1/2 cup mayonnaise  
1/2 cup chopped celery  
1 1/2 cups milk



Butter a casserole dish and crumble the bread into bits on the bottom of the dish. Add the mixture of chicken salad (chicken, onion, pimento, mayonnaise, green pepper, and celery) and it spread over the bread crumbs. Place four slices of bread with the crusts removed on top. Beat the milk and eggs and pour it over all. Cover it with foil and refrigerate it overnight. Remove it from the refrigerator one hour ahead. Pour the mushroom soup over the bread and spread it evenly. In the last ten minutes of baking, sprinkle on the cheese. Bake it in a 325° oven for an hour.

## Aunt Nancy's squash casserole

Terri Russell Rosene

Cut up squash in chunks and boil it until it is tender, and drain it. Add one can of tomato soup, cheddar cheese, and cut up onion bits. Bake it at 350° until the cheese melts, about 30-35 minutes.



Editor's note: The illustration is of a female squash flower.

## Tuna casserole

Vicki Bongiorno Konsavage

- 1 drained can tuna, or use chicken
- 1 can cream of mushroom soup
- 1/2 cup water
- 1/2 cup cashew nut meats or slivered almonds
- 1 cup chopped celery
- 1/4 cup finely chopped onion
- 1 can chow mein noodles

Mix all of the ingredients except half the can of noodles. Put the remainder of the noodles on top of the casserole. Put the mixture in a 350° oven and bake it for thirty minutes.

## Eggplant creole

Shirley Reeves



Peel and dice one medium size eggplant. Cook it for ten minutes in salted boiling water. Drain it and place it in a greased 8x8 inch baking dish. Melt three tablespoons of butter or margarine, add three tablespoons of flour and stir it until it is well blended. Slice and chop three large tomatoes or two cups of chopped canned tomatoes. Seed and chop one small green pepper and chop one small onion. Add the vegetables to the butter mixture with one teaspoon of salt, one tablespoon of brown sugar, 1/2 bay leaf and two whole cloves (optional). Cook these for five minutes and pour it over the eggplant. Cover it with breadcrumbs. Dot it lightly with butter or grated cheese.

Bake it for thirty minutes at 350°.

## Oven stew

Norma Lenon

1 large can tomatoes with juice  
1/2 pound mushrooms, if desired  
2 pounds stew meat  
quartered carrots  
quartered potatoes  
2 small chopped onions  
salt and pepper to taste  
soy sauce

Place all of the ingredients in a casserole and cover it tightly with foil. Bake it for about 2 1/2 hours at 350°.



## Spaghetti casserole

Norma Lenon

1 pound ground beef  
1/2 cup chopped onions  
1/4 cup chopped green pepper  
1 can cream of mushroom soup  
1 can tomato soup  
1 soup can water  
1 clove minced garlic  
salt and pepper to taste  
1 cup shredded sharp cheese  
1/2 pound cooked and drained spaghetti



Cook the beef, onion, and green pepper until the meat is browned. Add the soup, water, and garlic and heat it. Blend it with 1/2 cup of cheese and cooked spaghetti in a three quart casserole. Bake it in a 350° oven for thirty minutes. Cover it while cooking.

## Summer squash casserole

Eileen E. Bongiorno Karas

8 ounces herb-seasoned stuffing mix  
2 pounds (6 cups) sliced yellow squash  
1/2 cup melted butter or margarine  
1 can cream of chicken soup  
1/4 cup chopped onion

In a saucepan, cook the sliced squash and chopped onion in boiling salted water for five minutes, then drain it. Combine the sour cream and cream of chicken soup. Stir in the shredded carrot and fold in the drained squash and onion. Combine the stuffing mix and margarine. Spread half of the mixture in the bottom of a 12x7 1/2x2 inch baking dish. Spoon the vegetable mixture on top. Sprinkle the remaining stuffing over the vegetables. Bake it at 350° for 25-30 minutes or until heated throughout.

## Zucchini casserole

Norma Lenon

Cook sliced squash in a small amount of water with salt added. When it is tender, drain it and add:

1 can mushroom soup  
1/2 cup cracker crumbs  
1 tablespoon butter

Mix the ingredients and place them in a buttered baking dish and cover it with one can of French fried onions and sprinkle a small amount of grated cheese on top. Place it in the oven until the cheese melts.

Editor's note: The illustration is of an ancient Greek casserole.



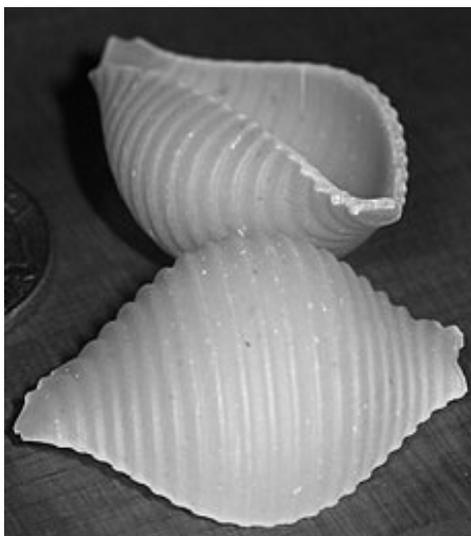
## Italian stuffed shells

Vicki Collins Barnes

1 box jumbo pasta shells  
1 1/2 pounds ground beef  
1 medium chopped onion  
1-2 cloves crushed garlic or 1 tablespoon garlic powder  
1 cup cottage cheese  
1 large package shredded mozzarella cheese  
3 slices moist bread  
1/2 cup milk  
salt and pepper  
Parmesan cheese (optional)  
2 eggs

### Sauce:

1 tablespoon oil  
1 medium onion  
1 pound chopped tomatoes  
15 ounces tomato sauce  
1/2 can water  
1 teaspoon garlic powder  
Italian herbs to taste  
salt and pepper



I cook 20-25 shells as directed on the box, and drain it and let it stand in cool water. Make the filling as follows: brown the beef with onion and drain it. Mix it well with the other ingredients.

Make the sauce as follows: Brown the onion and garlic cloves in oil. Add the tomatoes, sauce, and water. If you are using garlic powder, add it with the other seasonings. Add the seasonings and simmer thirty minutes to an hour.

Put some sauce in the bottom of a 9x13 inch baking pan. Fill the shells with the meat filling and place them in a pan. Ladle the sauce over the shells and bake it at 350° for 20-30 minutes.

Serve it with salad and garlic bread. Delicious!

## **Risotto (Italian rice)**

Carolyn Russell Barnes

- 1 tablespoon butter
- 1 tablespoon oil
- 2 cups raw rice
- 1 cup grated Parmesan cheese
- 8 ounces mushroom pieces
- 1 small chopped onion
- 1 box saffron
- chicken or beef broth (about 1 quart)



Melt the butter and oil and add the onion and cook it until it's golden brown. Add the rice and sauté 2-3 minutes, stirring constantly. Have the boiling broth ready and add it to the rice a little at a time as needed, while still stirring. Do not let the rice cook too thick. Add the saffron and mushrooms. When it's almost done, add the cheese. Serve it hot. Allow about 25-30 minutes cooking time. Serves 4-6.

## **Family rice**

Gayle Barnes Walker

- 1 cup long grain rice
- 2 tablespoons oil
- 2 cups water
- 1 1/2 tablespoons soy sauce
- 1/2 package onion soup mix
- 1 small drained can mushrooms
- 1 stalk celery, sliced thin
- 1 small chopped green pepper

Mix the above ingredients in a 1 1/2 quart casserole. Cover it tightly and bake it at 350° for one hour.

Editor's note: Rice is the seed of the grass species *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). More is produced than anything except corn and sugar cane.

## Taco casserole

Rosella Guill Vaughn

2 pounds ground beef  
1 chopped onion  
1/2 chopped green pepper  
salt and pepper to taste  
garlic salt to taste  
1 bottle taco sauce  
1 package taco seasoning  
sour cream (optional)  
1 can red beans  
16 ounces sliced cheddar cheese  
1 large box nacho corn chips

Brown the ground beef with onions and green pepper. Add the salt, pepper, and garlic salt and drain it. Add an undrained can of red beans, and the taco seasoning. Let it simmer.

Break the chips into the bottom of a large baking dish (thick layer). Then put half of the meat mixture, a layer of cheese slices, and some taco sauce. Repeat; meat, cheese and sauce. Top it with chips to cover the cheese and bake it for 15-20 minutes at 325°. Serve it with taco sauce and sour cream.

A favorite of Kathryn “Becki” Kent Erby.

## Mexican casserole

Tina Lenon

1 package tortilla chips  
1 package Velveeta cheese  
2/3 cup minute rice  
2 cans chili with meat



Put the crushed chips, cooked rice, melted cheese, and chili in a dish. Bake it in the oven until it is good and brown, then top it with shredded lettuce and chopped tomatoes.

## Chicken and rice casserole

Lori Ebersohl Mayhugh

- 1 cup uncooked rice
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 cut up chicken



Put the ingredients in a large casserole dish and add the soups. Mix them directly in the dish until it's blended. Add a dash of salt and pepper. Place the chicken pieces on top and dot them with a stick of butter.

Bake for 2 1/2 hours at 250° covered in a 9x14 inch pan.

## Glorified potato casserole

Lou Emma Smith

- 2 pounds frozen hash brown potatoes, thawed
- 1 cup chopped onion
- 1 container sour cream
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 stick margarine
- 2 cups shredded cheddar cheese



Mix the ingredients together and add salt and pepper to taste. Bake it uncovered in a baking dish in a 350° oven for forty five minutes. This makes a large amount, so it can be divided into two baking pans, and one can be frozen to be used at a later time.

Editor's note: The potato is a starchy, tuberous crop from the perennial nightshade *Solanum tuberosum*. "Potato" may be applied to both the plant and the edible tuber. Potatoes have become a staple food in many parts of the world and an integral part of much of the world's food supply. Potatoes are the world's fourth-largest food crop, following corn, wheat, and rice.

## Spanish rice

Mary Nichols

In the top of a double boiler, placed directly on the burner, sauté the following in about 1/4 cup bacon grease:

- 1 cup raw rice
- 1 onion, cut in pieces
- 4 pods diced garlic
- 1 green pepper, cut in pieces
- a little black pepper



When the rice sautés to a medium brown color add the tomatoes (cut into pieces) to equal two cups. Place them on top of the boiling water, cover it and let it simmer until the rice is cooked. If necessary, add more liquid.

## Tuna casserole

Lisa Lenon

- 1 can cream of mushroom soup
- 1 can tuna, drained and flaked
- 1/2 cup milk
- 1 1/4 cups crushed potato chips



Preheat the oven to 375°. Empty the soup into the casserole, add the milk, and mix it thoroughly. Add the tuna and one cup of potato chips. Sprinkle the remaining potato chips on top and bake it for twenty five minutes.

Editor's note: A tuna is a saltwater fish that belongs to the tribe *Thunnini*, a sub-grouping of the mackerel family (*Scombridae*). *Thunnini* comprises fifteen species across five genera, the sizes of which vary greatly, ranging from the bullet tuna (the maximum length: 1.6 feet) up to the Atlantic bluefin tuna (maximum length: 15 feet). The bluefin averages 6.6 feet. When canned and packaged for sale, the product is sometimes called tuna fish.

## Broccoli and cheese casserole

Lisa Lenon

- 1 can cream of mushroom soup
- 1 box frozen broccoli cuts
- 1 stick butter or margarine
- 1 medium onion
- 1 cup minute rice
- 1 jar Cheez Whiz



Prepare the broccoli as directed on the box. Melt the butter in a skillet and add the onion. Prepare the rice as directed on the box. Mix all the ingredients together and bake them for twenty five minutes covered, then uncovered for five minutes in a 350° oven.

Editor's note: Cheez Whiz contains no cheese. It's made of whey, milk, canola oil, maltodextrin, milk protein concentrate, sodium phosphate, and it contains less than 2% of modified food starch, salt, lactic acid, whey protein concentrate, mustard flour, Worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices (contains celery), tamarind, natural flavor), sodium alginate, sorbic acid as a preservative, artificial color, cheese culture (not cheese), and enzymes.

Note that they spell cheese "Cheez". When you see a main ingredient misspelled, it's almost certain to not have that actual food, but a fake instead.

Few "processed cheese foods" have any real cheese in them at all! This is why processed cheese food tastes so little like real cheese: It isn't really cheese.

I would substitute 1/2 milk and 1/2 Velveeta for Cheez Whiz. Melt it in a microwave and stir. It has a far better taste!

Also, if you have broccoli in your garden, use it! Cook it as you would normally cook broccoli from your garden. A microwave cooks it quickly.

The illustration is fresh broccoli wrapped in cling wrap for sale in a grocery store.

## Zucchini quiche

Julie Karas Abraham

- 4 cups thin sliced unpeeled zucchini
- 1 tablespoon butter
- 1 cup coarse chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon oregano
- 2 beaten eggs
- 2 teaspoons Dijon mustard
- 1 eight ounce can crescent rolls
- 1/2 cup parsley or 2 tablespoons parsley flakes
- 2 cups shredded muenster or mozzarella cheese



Melt the butter in a ten inch skillet. Add the zucchini and onion and cook it until it's tender, about ten minutes. Stir in the parsley, salt and pepper, garlic powder, basil, and oregano.

In a large bowl, blend the eggs and cheese, and stir it into the vegetable mix and set it aside. Separate the dough into eight triangles. Place them in an ungreased ten inch pie pan or a 12x8 inch baking dish; Separate the dough into two rectangles and press the dough over the bottom of the dish and up the sides for one inch to form the crust.

Spread the crust with mustard and pour the vegetable mix evenly into the crust. Bake at 375° for 18-20 minutes or until a knife inserted in the center comes out clean. Cover it with foil for the last ten minutes if it is too brown. Let it stand for ten minutes before serving.

Editor's note: Dijon mustard is named from the French city where it originated. It is the capital of the Côte-d'Or département and of the Bourgogne-Franche-Comté region. Dijon was granted exclusive rights in France in the seventeenth century.

## Potato egg casserole

Kent J. Alstat

4 potatoes  
2 chicken bouillon cubes  
1 cup finely sliced onions  
1 1/2 to 2 cups milk  
dash of hot sauce  
1/4 pound bacon, diced  
6 sliced hard boiled eggs  
1/3 cup flour  
1/2 teaspoon salt



Cut the potatoes in half and place them in a large saucepan with the chicken bouillon cubes and one inch of cold water. Bring it to a boil. Cover and reduce the heat and let it simmer for 20-25 minutes or until it's just tender. Drain it, reserving the liquid. Remove the potato skins and slice the potatoes 1/4 inch thick. Arrange the potatoes in an 8x12 inch shallow baking dish.

In a medium saucepan, sauté the bacon until it is crisp. Drain it on paper towels and reserve it. Discard all but 1/3 cup of the bacon fat. Sauté the onions in the bacon fat until they are soft. Remove it from the skillet and arrange them over the potatoes. Cover it with egg slices.

Blend the flour into the remaining fat in the skillet. Stir it over medium heat for two minutes. Add enough milk to the reserved potato liquid to make 2 1/2 cups. Add the milk mixture to the saucepan and cook it, stirring constantly until the sauce thickens and boils. Remove it from the heat and add salt and hot sauce. Sprinkle it with the reserved bacon. Bake it in a 350° oven for twenty minutes or until it is heated through. Makes 4-6 servings.

## Easy vegetable pie

Lou Emma Lenon Erby

1/2 cup chopped onion  
1/2 cup chopped green pepper  
1 cup (about four ounces) shredded cheddar cheese  
2 cups chopped fresh broccoli or sliced fresh cauliflowerets\*  
3/4 cup flour  
1 1/4 teaspoons baking powder  
1/4 teaspoon salt  
1 3/4 tablespoons of oil or melted butter  
3 eggs  
1 teaspoon salt  
1/4 teaspoon pepper

Heat the oven to 400°. Lightly grease a 10 1/2 inch diameter pie plate. Heat 1/2 teaspoon of salt in one cup of water to boiling and add the broccoli. Cover it and heat it to boiling. Cook it until it is almost tender, about five minutes, and drain it thoroughly. Mix the broccoli, onion, green pepper, and cheese in a pie plate. Beat the remaining ingredients until they are smooth, fifteen seconds in a blender on high speed or one minute with a hand beater. Pour it into the pie plate and bake it until it is golden brown and a knife inserted halfway between the center and the edge comes out clean, 35-40 minutes. Let it stand for five minutes before cutting it. Refrigerate any remaining pie. Makes 6 servings.

One ten ounce package of frozen chopped broccoli or cauliflower, thawed and drained, can be substituted for the fresh broccoli or cauliflower. Do not cook this ahead but use it as-is.

\*Editor's note: I had to look up caulifloweret, as I'd never heard or seen it before. I learned that it's a bite sized chunk of cauliflower.

I don't understand giving a choice between cauliflower and broccoli, because they don't taste the same. I guess you can look at this as two recipes.

## Beef carrot casserole

Mildred Steindel Woodward  
submitted by Lou Emma Lenon Erby

1 pound ground chuck  
1 tablespoon margarine  
1/4 cup minced onion  
8 ounces tomato sauce  
1 clove minced garlic  
1 teaspoon salt  
1/4 teaspoon pepper  
1 cup sour cream  
1 cup creamed cottage cheese  
1/4 cup chopped fresh parsley  
1 cup cooked and sliced carrots  
1 cup shredded cheddar cheese  
8 ounces medium noodles, cooked and drained



Brown the beef in melted butter. When the meat begins to turn color, add the onion and garlic. Sauté it until the meat is well browned. Stir in the tomato sauce, salt, and pepper. Simmer it uncovered for five minutes, then set it aside. Cook then drain the noodles. Add the sour cream, cottage cheese, parsley, and carrots. Alternate the layers of the meat mixture in a greased three quart casserole dish, beginning and ending with noodles. Top it with cheddar cheese. Bake it uncovered at 350° for 30 minutes or until it is well heated. If it is frozen, heat it covered at 400° for one hour or until it's bubbly. Makes 6-8 servings.



I divide it in half and make two casseroles and freeze one. If you do this, pour it over the carrot juice (the liquid the carrots were cooked in). I also cheat a little and add more carrots, cottage cheese and sour cream. This can be prepared ahead of time and baked later in the day.

**Mrs. Waltrip's dumplings**

Lu Ann Gatewood (1954-1981)

Submitted by Louemma Smith

1 cup milk  
1 egg  
1 heaping teaspoon baking powder  
1/2 teaspoon salt

Mix above ingredients together and then start adding flour. Add the flour until it is fairly stiff, stiff enough to spoon and drop into the boiling chicken broth.

**Rolled dumplings**

Jeff L. Mann

1 1/4 teaspoon baking powder  
2 cups sifted flour  
3/4 teaspoon salt  
1 tablespoon butter  
2/3 cup milk

Sift the flour with the baking powder and salt. Put in the butter and add the milk to make a soft dough. Turn it onto a floured board and roll it 1/2 inch thick with a well-floured rolling pin. Cut it into small squares and drop them into the hot chicken broth. Cook it for 15-20 minutes.

My Grandma Smith uses these dumplings for "Bean Dumplings". When there is leftover ham and beans she makes sure sure there is plenty of soup with them and drops these dumplings into the boiling soup and lets them boil slowly for 15-20 minutes. They sure are good!

## Vegetables



## Onioned potatoes

Lou Emma Smith

- 6 medium potatoes
- 1 envelope onion soup mix
- 1/4 cup soft margarine

Scrub the potatoes but do not peel them. Cut each one into 2-3 lengthwise slices. Blend the margarine and soup mix. Spread it on the slices, then re-assemble the potatoes. Wrap each potato in a square of heavy-duty aluminum foil with the ends overlapping. Bake it until it is done, 45-60 minutes. This recipe was designed for outdoor cooking and is as easy as baking in the oven.

## Stuffed green peppers

Lisa Lenon

- 6 large green peppers
- 1 pound hamburger
- 1 tablespoon chopped onion
- 1 teaspoon salt
- 1 cup cooked rice
- 15 ounces tomato sauce



Cut a thin slice from the stem, remove the seeds, and wash the peppers. Cook and stir the hamburger and onion in a skillet until the hamburger is brown, then drain it. Stir in the salt, rice, and tomato sauce. Stuff each pepper with the hamburger mixture. Cover it and cook it in a 350° oven for forty five minutes. Uncover it and cook for fifteen minutes longer.

## Mexican baked beans

Pat Nichols

2 chopped green peppers, do not overcook  
1 pound pinto beans, cooked with ham  
2 sliced or chopped onions  
1/4 cup chili powder  
1 can tomatoes  
1 teaspoon cumin

Add to the beans and let it simmer. I usually do this in a crock pot.

## Pokeweed greens

Zelma Leila Lenon

Submitted by Steve McGrew

Polk weed  
Cooking oil  
Water  
Vinegar (optional)



You can't buy polk in a store but it's probably growing wild in your yard. Use only the leaves of the polk plant, the smaller the leaves, the better. Boil them for half an hour or longer and drain the water. Note that this is *absolutely* necessary to prevent a stomach ache or worse; the plants have a toxin that boiling neutralizes.

Pour about 1/4 to 1/2 inch of oil in a skillet and add the polk. Cook it for fifteen minutes to half an hour. Remove the leaves from the oil and drain them.

Sprinkled with vinegar they taste very similar to spinach. The scientific name is *Phytolacca Americana*. **Do not eat this if you are pregnant or breast feeding!**

## Vegetarian dinner in a dish

Julie Karas Abraham

1 cup natural brown rice  
20 ounces frozen chopped spinach  
2 tablespoons butter or margarine  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
1 clove minced garlic  
2 lightly beaten eggs  
1 cup unflavored yogurt  
1/2 teaspoon nutmeg  
1 cup chopped cashews

Cook the rice according to the package instructions and set it aside. Cook the spinach according to the package instructions\*. Drain it well and set it aside.

Melt the butter or margarine in a small skillet. Add the onion, green pepper and garlic. Cook it until it's soft, about five minutes, and add it to the cooked rice. In a medium bowl, combine the eggs, nutmeg, and reserved spinach and stir it until it is well combined.

In a 1 1/2 quart casserole or utility dish spread half of the rice mixture. Cover it with half of the spinach mixture. Top it with half of the cheese, and reserve the remaining cheese. Repeat the rice and spinach layers only. Cover it tightly and bake it at 350° for twenty five minutes. Uncover it, sprinkle it with the reserved cheese and cashews. Bake it uncovered for 5–10 minutes longer until it is lightly brown on top. Makes six servings.

\*Editor's note: If it's fresh spinach from your garden, just sauté it. It shouldn't need oil, especially if you use one of the new non-stick skillets.

It is an annual plant (rarely biennial) growing as tall as 1 foot. Spinach may survive over winter in temperate regions. The leaves are alternate, simple, ovate to triangular, and very variable in size from about 1–12 inches long.

## New England boiled dinner

Ann Lenon

5-7 pounds smoked ham or shoulder  
5 pared and quartered potatoes  
4 carrots, peeled and cut into 3 inch pieces  
1 head cabbage, quartered

In a large pot, add enough water to cover the ham. Bring it to a boil for five minutes. Discard the water to get rid of the salt and add fresh water to cover the ham. Cook it until it is fork-tender, about thirty minutes per pound. When it has cooked, remove the ham and reserve the stock. Add the vegetables to the stock and cook them until they are tender.

## Vegetables

Sharon Konsavage Daugard

1 package broccoli  
1 package cauliflower  
1 can whole kernel corn  
4 ounces mushrooms

Thaw and cook it. Add:

1 can cream of celery soup  
1 can creamed corn  
2 cups shredded Swiss cheese



Mix it and bake at 350° for fifteen minutes. Optional: you can use bread crumbs for topping.

Editor's note: Here's another of those recipes that are silent about portion sizes; what size package of broccoli and cauliflower? I've seen all different sizes.

My guess is the can of corn is a #303, so if you have corn, broccoli, and cauliflower in your garden, 2 1/2 cups of each is probably close; this recipe may take a little experimenting to get right.

## Zucchini frittata

Marlene Morgan

3 cups thinly sliced zucchini  
1/2 cup chopped green onions  
4 eggs  
1/2 cup oil  
1/2 cup grated cheese  
1/2 teaspoon salt and pepper  
3/4 cup flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
2 1/2 tablespoons oil or melted butter  
2 teaspoons chopped parsley and garlic



Mix the flour, baking powder, salt, and butter and set it aside.

Beat the eggs, then add them to all the ingredients, mixing it well. Pour it into an 11 3/4x7 1/2 x1 3/4 inch two quart Pyrex dish. Bake it at 350° for thirty minutes. Let it cool and cut it into squares to serve.

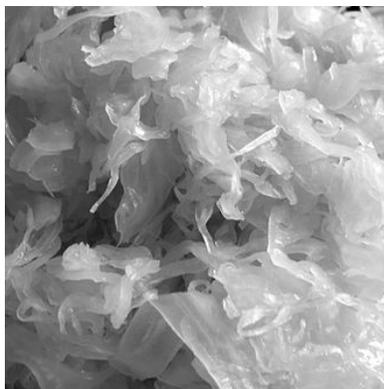
Editor's note: Frittata is an egg-based Italian dish similar to an omelette or crustless quiche or scrambled eggs, enriched with additional ingredients such as meats, cheeses, vegetables or pasta. The word frittata is Italian and roughly translates to "fried". The Italian word *frittata* derives from *friggere* that roughly means "fried". This was originally a general term for cooking eggs in a skillet, anywhere on the spectrum from fried egg, through conventional omelette, to an Italian version of the Spanish *tortilla de patatas*, made with fried potato. Outside Italy, "frittata" was seen as equivalent to "omelette" until at least the middle 1950s.

In the last fifty years, frittata has become a term for a distinct variation that Delia Smith describes as "Italy's version of an open-face omelette". There is always at least one optional ingredient. The mixture is cooked over a very low heat, more slowly than an omelette, for at least five minutes.

## Polish style sauerkraut

1 can sauerkraut  
1 small head chopped cabbage  
1 onion  
1 chopped and peeled apple  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons sugar  
1 cup water  
3 slices bacon  
2 tablespoons flour

Vicki Bongiorno Konsavage



Wash the kraut and drain it. Bake it covered for an hour at 325°. Combine the bacon and flour and bake it for fifteen more minutes at the end.

## Southern corn pudding

4 rounded teaspoons sugar  
4 tablespoons melted butter  
2 cups whole kernel corn  
8 tablespoons flour  
1 teaspoon salt  
4 well beaten eggs  
2 pints milk

Bonnie Russell  
(Mrs. Howard Lee)



Stir the flour, salt, sugar, and butter into the corn. Add the well-beaten eggs to the milk and stir it into the corn. Place it in a 1 1/2 quart shallow pan and bake it for 40-45 minutes at 325°. Stir it from the bottom three times during baking.

Editor's note: In the United Kingdom and some of the Commonwealth countries, the word "pudding" can be used to describe both sweet and savory dishes. The word "pudding" is believed to come from the French *boudin*.

## **Hearty green beans**

Carolyn Russell Barnes

In a large saucepan fry 4-6 slices of thick bacon (do not cook it crisp) and add one medium white sliced onion. Cook it until it is soft. Add broken and washed green beans, with just enough water to keep from cooking dry. Salt it to taste. When the beans are done to your taste, stir in two tablespoons of barbecue sauce, smoked flavor preferred.

This is the way my dad, Ed Russell, taught me to cook green beans that all my kids loved.

## **Baked green beans**

Rosella Guill Vaughn

Submitted by Zona Bishop Lenon

3 cans green beans

1 can cream of mushroom soup

1 cup diced soft cheese, preferably Velveeta

Cook the green beans with ham until most of the liquid has cooked out. Add the soup and cheese and mix it well. Place it in a 9x13 inch baking dish and cover it with one can of fried onion rings. Bake it uncovered in a 350° oven until the onion rings are browned.

Editor's note: If you have fresh green beans from your garden or the farmers' market, assuming #303 cans you need about seven or eight cups of green beans. Check your soup can against the can size chart earlier in the book and figure it from there.

In the past, bean pods often contained a "string", a hard fibrous strand running the length of the pod. This was removed before cooking, or made edible by cutting the pod into short segments. Modern, commercially grown green bean varieties lack strings; the ones with strings are now called "string beans".

Green beans are eaten around the world, and are marketed canned, frozen, and fresh.

## Western zucchini

Melanie E. Karas Bell

1/4 cup bacon drippings  
1/2 pound sliced zucchini, 1/4 inch slices  
10 ounces fresh or frozen Italian green beans  
1 sliced small onion  
1 small clove crushed garlic  
1/4 cup water  
1 tablespoon soy sauce  
2 tablespoons toasted slivered almonds

Heat the bacon drippings in a skillet. Add the zucchini, beans, onion, and garlic, and toss it. Add the water, cover it, and cook it until it is tender, about ten minutes. Add soy sauce and top it with almonds.

## Sweet potatoes

Shirley Reeves

Boil, peel, and cut the sweet potatoes and place them in a casserole. Mix in a small saucepan:

1/2 cup granulated white sugar  
1 tablespoon cornstarch  
dash of salt  
1 cup water



Cook it until it is clear and thick, about fifteen minutes, while stirring it. Remove it from the heat and stir in 1/4 cup of butter and pour it over the sweet potatoes. Bake it for thirty minutes at 350°. It can be prepared in advance.

Editor's note: The sweet potato is only distantly related to the potato (*Solanum tuberosum*) and does not belong to the nightshade family, Solanaceae, but both families belong to the same taxonomic order, the Solanales. The scientific name is *Ipomoea batatas*.

## Broccoli deluxe

Eileen Bonlgiorno Karas

1 ten ounce can cream of chicken soup  
3/4 cup herb seasoning stuffing mix  
20 ounces fresh or frozen broccoli  
2 tablespoons butter or margarine  
1 tablespoon flour  
1/2 cup sour cream  
1/4 cup grated carrot  
1 tablespoon green onion  
1/4 teaspoon salt  
1/8 teaspoon pepper



Cook the broccoli. If you are using frozen broccoli, use the package directions. Drain and blend together the soup and flour. Add the sour cream, carrots, salt, and pepper. Stir in the broccoli and turn it into a two quart casserole. Combine the stuffing mix and butter or margarine and sprinkle it around the edge of the baking dish. Bake at 350° for 30-35 minutes or until hot. Makes eight servings.

Editor's note: You can cook fresh or frozen broccoli in a microwave oven. Twenty ounces should take five or six minutes, or more depending on your microwave's power and amount of broccoli. Just watch it as it cooks.

## Stuffed jalapeño peppers

Mary Jacobson Nichols

Under cold running water remove the stem, split the side of the pepper and remove the seeds. Stuff with grated longhorn cheese.

Editor's note: Huh? All of the stuffed jalapeños I've eaten have been cooked. I wonder if there's an error...

They are sometimes called "armadillo eggs" from at least 1972 in Texas.

## Spinach Soufflé

Marie Lenon Kelly

3/4 pound (3 cups) washed raw spinach  
1/4 cup butter or margarine  
1/3 cup flour  
1 cup milk  
3/4 teaspoon salt  
dash of pepper  
small onion, quartered  
2-3 dashes nutmeg  
4 separated eggs



Put the spinach, butter, flour, milk, salt, pepper, onion, nutmeg, and egg yolks into a blender. Blend it on high until the spinach is chopped fine and the other ingredients are completely mixed. Beat the egg whites stiff.

Pour the spinach mixture into a greased six cup casserole or Soufflé dish. Fold in the beaten egg whites and bake at 325° for 50-60 minutes. Serve it immediately.

Editor's note: Raw spinach is 91% water, 4% carbohydrates, 3% protein, and contains negligible fat. Spinach has a high nutritional value, especially when fresh, frozen, steamed, or quickly boiled. It is a rich source of vitamin A, vitamin C, vitamin K, magnesium, manganese, and folate. Spinach is a good source of the B vitamins riboflavin and vitamin B6, vitamin E, calcium, potassium, and dietary fiber.

Spinach contains iron absorption-inhibiting substances, including high levels of oxalate, which can bind to the iron to form ferrous oxalate and render much of the iron in spinach unusable by the body. In addition to preventing absorption and use, high levels of oxalates remove iron from the body.

A long-lasting persistent myth is that spinach contains significantly more iron than other green vegetables. The source behind the myth was a study from the 1930s which misplaced a decimal point and made it appear as if spinach contained ten times as much iron as it really did.

## Sneaky vegetables

Marie Lenon Kelly

1 medium sized eggplant, peeled and cut in strips

1 large onion, peeled and sliced

2 small tender sliced zucchini

1 large green tomato

1 large red tomato

1 cup mushrooms

1 cup celery (1/2 inch pieces)

1 cup bread crumbs

6 strips of bacon cut in small pieces (1x1 1/2 inches)

6 slices of American cheese or 6 ounces sharp cheddar, cut in slivers



Use two oval greased casseroles. Layer the vegetables, divided into the two dishes. Cut the cheese in strips or small pieces and place them over the vegetables. Cover it with bread crumbs and place bacon pieces over it all. Use no added salt. Cover it with foil or a glass cover and bake it at 350° for 40-45 minutes, or until done to your taste.

Editor's note: In everyday usage, vegetables are certain parts of plants that are consumed by humans as food as part of a savory meal. Originally, the traditional term (still commonly used in biology) included the flowers, fruit, stems, leaves, roots, tubers, bark, seeds, and all other plant matter, although modern-day culinary usage of the term "vegetable" may exclude food derived from plants such as fruits, nuts, and cereal grains, but include seeds such as pulses; the term "vegetable" is somewhat arbitrary, and can be largely defined through culinary and cultural tradition.

Originally, vegetables were collected from the wild by hunter-gatherers and entered cultivation in several parts of the world, probably during the period 10,000 BC to 7,000 BC, when a new agricultural way of life developed. At first, plants which grew locally would have been cultivated, but as time went on, trade brought exotic crops from elsewhere.

## **Au gratin potato bake**

Linda Nichols Kasper

2 pounds frozen hash brown potatoes, shredded and thawed  
2 cans cream of potato soup  
chopped onion to taste  
2/3 cup milk to dilute soup  
1 large carton sour cream  
2 cups shredded cheddar cheese  
Parmesan cheese  
paprika on top (optional)



Mix all of the ingredients well and place them in a 9x13 inch baking dish. Bake it in a 350° oven until it's bubbly and brown. Sprinkle Parmesan and paprika on top during the last few minutes of baking, if desired.

## **Baked eggplant**

Elizabeth Russell Vrana

Peel one large eggplant and cube and coat it well with flour. Brown it in oil and drain it on a paper towel and put it in a small baking dish. Pour one small can of tomato sauce over the browned eggplant. Grate the cheddar cheese and sprinkle it over the top. Place it in a medium hot oven and heat it until the cheese melts.

## Bread, Rolls, Pies, and Pastry

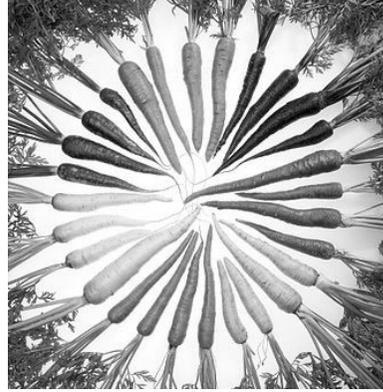


## Carrot bread

Louemma Russell Smith

Get out your blender—it is such a handy appliance.

1 1/2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1 1/2 teaspoons cinnamon  
1/2 teaspoon salt  
1 cup pecans  
2 eggs  
1 teaspoon vanilla  
3/4 cup sugar  
1 cup salad oil



Heat the oven to 350°. Grease a 9x5x3 inch loaf pan. Sift the flour, baking soda, cinnamon and salt into a large mixing bowl and set it aside. Chop the nuts in the blender and add them to the dry ingredients. Put the eggs, sugar, oil, and vanilla into the blender container. Cover and process it on “mix” until it’s smooth. Stop the blender and add the carrot pieces, cover it and process for four cycles on “liquefy”. Pour it into the dry ingredients and mix it only until the dry ingredients are moistened. Pour it into the prepared pan and bake it for one hour until the cake tester comes out clean. Cool it for five minutes in the pan, and let it cool completely before frosting it with the Lemon Glaze.

For the Lemon Glaze:

1 cup powdered confectioners sugar  
1/2 teaspoon lemon juice  
1 tablespoon milk

Put all of the ingredients into a container. Use a mini-container if you have one. Process at “blend” until the sugar is liquefied. Pour it over the bread, spreading with a spatula so the glaze drizzles down the side.

## Hot cross buns

Jayne Barnes Raso

Thaw one pound of frozen white bread dough on a greased cookie sheet. Cover it with a moist cloth and let it rise until it's double in bulk. Cut the dough into twelve equal pieces and flatten each piece into a three inch round on a floured surface. Sprinkle each round with 1/2 teaspoon of sugar and one tablespoon of raisins and a dash of cinnamon. Pinch the dough together to enclose the raisins and seal it. Place the balls, smooth side up, on a greased cookie sheet and brush it with the beaten egg. Let it rise, uncovered, until doubled, about thirty minutes. Bake it in a preheated 375° oven for 15-20 minutes or until richly browned. Cool it on the rack, then frost it while it's still warm with the powdered sugar and milk icing in the traditional cross design.

Editor's note: check the index for dough recipes.

## Blueberry coffee cake

Vicki Bongiorno Konsavage

2 cups flour  
1 cup sugar  
3 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup shortening  
2 beaten eggs  
1 cup milk  
1 1/2 cups blueberries  
1 1/3 cups flaked coconut



Mix and sift the flour, sugar, baking powder, and salt. Cut in the shortening. Combine the eggs and milk and stir it into the dry ingredients. Fold in the blueberries. Divide the batter between two greased eight or nine inch pans and sprinkle coconut evenly over the tops. Bake it at 375° for twenty five minutes.

## Easy yeast rolls

Lou Emma Russell Smith

- 1 box white cake mix
- 1 package dry yeast
- 1 1/4 cups warm water
- 1/2 teaspoon salt
- 2 1/2-3 cups flour



Mix the cake mix and dry yeast thoroughly, then combine the warm water and salt. Stir in the dry mix. Gradually work in the flour (you may need a bit more or less) to make a soft dough that can be handled well. Mix it well in the bowl with your hand. Cover it and set in a warm place for one hour, then punch it down and shape it into any size rolls you wish to make. Brush them with oil or melted margarine and place them on a greased sheet to rise once more, about two hours. Then bake them at 400° until they are golden brown. To reheat them, wrap them in foil and place them in the oven at 350° until hot. These stay fresh and soft for several days.

## Strawberry-cranberry pie

Zelma Lenon

Submitted by Steve McGrew

- 1 package cranberries
- 1 peeled orange, seeds removed
- 1 unpeeled orange, seeds removed
- 3 stalks celery
- 2 peeled apples



Grind it all in a food chopper and add two cups of sugar. In another bowl mix two packages of strawberry gelatin and 1 1/2 cups of boiling water. Stir it until the gelatin dissolves and mix the bowls together.

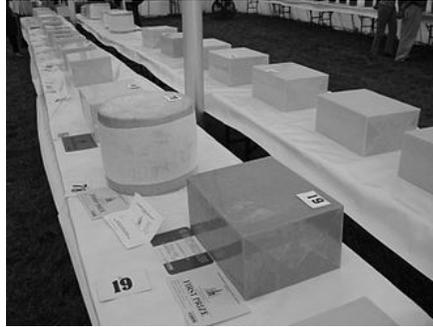
Chill it until it sets.

Editor's note: The image is a flowering cranberry bush.

## Dilly cheese bread

Jayne Barnes Raso

7 1/2 tablespoons oil or melted butter  
4 1/2 teaspoons baking powder  
1 1/2 cups sharp cheddar cheese  
3 cups flour  
7 1/2 teaspoons salt  
1 beaten egg  
2 tablespoons sugar  
1/4 cup milk  
1 tablespoon oil  
1/2 teaspoon dill  
1/2 teaspoon dry mustard



Preheat the oven to 350°. Generously grease a 9x5 inch loaf pan or six cup bundt pan. Combine the flour, baking powder, salt, cheese, and sugar in a large bowl. Combine the remaining ingredients in a second bowl and mix it well. Stir it into the dry ingredients, blending thoroughly, beating until the lumps are removed. Turn it into the pan and bake it until it's golden, 45-50 minutes.

Editor's note: Hundreds of types of cheese from various countries are produced. Their styles, textures and flavors depend on the origin of the milk (including the animal's diet), whether they have been pasteurized, the butterfat content, the bacteria and mold, the processing, and aging. Herbs, spices, or wood smoke may be used as flavoring agents. The yellow to red color of many cheeses, such as Red Leicester, is produced by adding annatto. Other ingredients may be added to some cheeses, such as black pepper, garlic, chives, or cranberries.

For a few cheeses, the milk is curdled by adding acids such as vinegar or lemon juice. Most cheeses are acidified to a lesser degree by bacteria, which turn milk sugars into lactic acid, then the addition of rennet completes the curdling. Vegetarian alternatives to rennet are available; most are produced by fermentation of the fungus *Mucor miehei*.

## **Nancy's cool bread**

Nancy Russell Ebersohl

Place nine cups of unsifted flour in a large enough sealable plastic container. In the center, make a well with a spoon.

Scald 1 1/2 cups of milk and cool it with 1 1/2 cups of water. Add 2/3 cup of sugar, two teaspoons of salt, four beaten eggs and two packages of yeast. Pour the liquid into the well—do not stir it.

Seal and whisper the air and wait until the seal pops off; do not break the seal.

Melt 1/2 pound of margarine, pour it into a bowl, and mix it. Add more flour if it's needed. Knead it to the proper dough consistency. Seal it and whisper the air. Wait until the seal pops.

Knead it and roll it out. It makes three loaves of bread. Let it rise in the pan for twenty minutes, then bake it at 375° until it's brown.

## **Cheese cake pie**

Sherry Smith Alstat

3 eggs

2/3 cup granulated sugar

1 teaspoon almond extract

8 ounces cream cheese

1 cup dairy sour cream

1 tablespoon granulated sugar

1 teaspoon vanilla

Mix the cream cheese, eggs, 2/3 cup of sugar, and the almond extract together. Pour it into a lightly greased nine inch glass pie plate. Bake it in a 350° oven for twenty five minutes.

Remove it from the oven and let it cool for fifteen minutes. Blend the sour cream, one tablespoon of sugar, and the vanilla, and spread it over the pie. Return it to the 350° oven for ten minutes. Makes 6-8 servings.

## Aunt Beat's refrigerator rolls

Vicki Bongiorno Konsavage

Dissolve:

2 cakes yeast  
1 tablespoon sugar  
1/4 cup warm water

Combine:

2 cups boiling water  
1/4 cup shortening  
1/2 cup sugar  
1 tablespoon salt



Let it cool. Add two beaten eggs and the yeast mixture. Stir in four cups of flour and beat it well. Stir in four more cups of flour and knead it lightly. Place the dough in a greased bowl. Grease it on top and store it in the refrigerator until needed, then make it into rolls. Let it rise 2 1/2-3 hours, then bake it for twenty minutes at 375°.

## Cranberry pie

Zelma Lenon

Submitted by Steve McGrew

Cream together one stick of room temperature margarine and one cup of sugar. Add one cup of self-rising flour and two eggs, making a batter.

Put half of the batter in a Pyrex pan. Cover it with one can of whole cranberry sauce and 1/2-2/3 cup of crushed pineapple. Cover it with the remaining batter, then sprinkle on 1/2 cup of broken pecans.

Bake it at 300° for about an hour.



## Refrigerator rolls

Bonnie Lou Smith Wyatt

This is an excellent recipe for rolls. The dough will keep in a refrigerator for a week or ten days.

2 cups boiling water  
1/2 cup water  
1 tablespoon salt  
2 cakes yeast  
2 tablespoons shortening  
1/4 cup lukewarm water  
1 teaspoon sugar  
2 eggs  
8 cups plain flour

Mix the boiling water, 1/2 cup of sugar, salt and shortening. Let it cool to lukewarm. Soften the yeast in 1/4 cup lukewarm water and add one teaspoon of sugar and stir it into the first mixture. Add the beaten eggs and stir in half of the flour until it's well mixed, then add the remainder of the flour. Mix it, but do not knead it. Cover it and let it set in the refrigerator for at least two hours. Shape it into balls, put it in a greased pan and let it rise in a warm room until it's double in bulk (about 3 hours). Bake it in a 400° oven.

Editor's note: The first cooling systems for food involved using ice. Artificial refrigeration began in the mid 1750s, and developed in the early 1800s. In 1834, the first working vapor-compression refrigeration system was built. The first commercial ice-making machine was invented in 1854. In 1913, refrigerators for home use were invented. In 1923 Frigidaire introduced the first self-contained unit. The introduction of Freon in the 1920s expanded the refrigerator market during the 1930s. Home freezers as separate compartments (larger than necessary just for ice cubes) were introduced in 1940. Frozen foods, previously a luxury item, became commonplace.

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## From scratch “Lenon” ginger bread Raymond C. Nichols

3 cups flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 tablespoon ginger



Sift all of the above ingredients together. Cream together:

1/2 cup lard or margarine  
1 cup sugar (brown can be used but add an extra cup)

Add two eggs and beat it well. Add:

1 cup sorghum molasses  
1 1/2 cups boiling water

Add half of the flour mixture and one cup of water. Beat it on low speed for one minute. Add the remaining hot water and beat the mixture on low speed for one minute. Grease a pan with solid shortening (lard or shortening) and bake it in an 8x15 inch pan for 25-30 minutes in a pre-heated 350° oven.

Editor’s note: Gingerbread is claimed to have been brought to Europe in 992 A.D. by the Armenian monk Gregory of Nicopolis (also called Gregory Makar and Grégoire de Nicopolis). He left Nicopolis, in modern-day western Greece, to live in Bondaroy (north-central France), near the town of Pithiviers. He stayed there for seven years and taught gingerbread baking to French Christians. He died in 999.

In the thirteenth century, gingerbread was brought to Sweden by German immigrants. In fifteenth century Germany, a gingerbread guild controlled production. Early references from the Vadstena Abbey show that the Swedish nuns baked gingerbread to ease indigestion in 1444.

## Nut roll

Eileen E. Bongiorno Karas

1 package hot roll mix  
2 tablespoons warm water  
3 tablespoons sugar  
1/4 cup margarine or butter  
1/3 cup sour cream

### Filling:

1 egg  
2 cups ground walnuts  
2/3 cup honey  
1/4 cup sour cream



Grease a 13x9 inch pan. In a small bowl, dissolve the yeast from the hot roll mix in water. In a large bowl, mix the cream, sugar, and margarine. Add 1/3 cup of sour cream and two beaten eggs, mixing them well. Stir in the yeast and flour from the mix and blend them well. Cover it loosely with plastic and let it rise in a warm place for forty five minutes.

In a medium bowl, beat one egg and reserve one tablespoon for brushing on the cake. Add the remaining filling ingredients. On a well-floured surface, knead the dough until it is no longer sticky, about 1-2 minutes. Divide it into three parts and roll out one part to a 12x10 inch rectangle. Spread it with 2/3 cup of filling spreading to within half an inch of the edge. Starting with the longer side, roll up and pinch the edges to seal it. Repeat with the remaining dough and filling. Place the seam side down in a pan. Cover it and let rise in a warm place for thirty minutes.



Heat your oven to 350°. Brush the coffee cake with the egg mixture and bake it for 35-40 minutes. Makes three cakes.

## Buttermilk rolls

Mary Jacobson Nichols

1 cake yeast  
1 cup warm water  
1 cup buttermilk  
1/2 teaspoon baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
1/2 cup sugar  
1/2 cup shortening  
enough flour to make stiff dough



Dissolve the yeast in a cup of warm water. Dissolve the baking soda in a cup of buttermilk. Sift together two cups of flour, baking powder, salt, and sugar. Cut in the shortening, then add the liquid and enough flour to knead a stiff dough. Let it rise two hours. Knead the dough down and cut it into twenty four rolls. Turn it over in shortening and set it to rise for baking, two or more hours. Bake it for ten minutes in a 400° oven.

Editor's note: Buttermilk refers to a number of dairy drinks. Originally, buttermilk was the liquid left behind after churning butter out of cultured cream. This type of buttermilk is known as traditional buttermilk.

The term buttermilk also refers to a range of fermented milk drinks, common in warm climates (for instance, the Balkans, the Middle East, Turkey, Afghanistan, Pakistan, Nepal, India, Sri Lanka, Nicaragua and the Southern United States) where unrefrigerated fresh milk sours quickly, as well as in colder climates, such as Scandinavia, Ireland, the Netherlands, Germany, Poland, Slovakia, Slovenia, Croatia, and the Czech Republic. This fermented dairy product known as cultured buttermilk is produced from cow's milk and has a characteristically sour taste caused by lactic acid bacteria. This variant is made using one of two species of bacteria—either *Lactococcus lactis* or *Lactobacillus bulgaricus*.

## Butter crust bread

Cleda Weaver Vaughn  
submitted by Zona Bishop Lenon

2 packages yeast  
2 cups 115° warm milk  
1/2 cup sugar  
1 tablespoon salt  
2 eggs  
1/4 cup salad oil  
6-6 1/2 cups flour  
2 tablespoons butter or margarine



Dissolve the yeast in the warm milk. Stir in the sugar, salt, eggs, oil, and three cups of flour to make the dough easy to handle. Turn the dough onto a floured board and knead it, adding extra flour as you knead; 8-10 minutes.

Place it in a greased bowl and turn it so the greased side is up. Cover it and let it rise until it's double, about one hour. Punch the dough down and knead it until it is smooth and satiny. Let it rise again until it is doubled in size, then divide the dough in half. Roll each half into an 18x9 inch rectangle. Roll this rectangle, starting with the short end. With the side of your hand press each end to seal it. Fold the ends under the loaf.

Place one tablespoon of butter or margarine in each bread pan and heat it in a preheated oven until it's melted. Turn each loaf in butter until it is coated. Let it rise until it's doubled, about one hour. Heat the oven to 375°. Place the loaves on the lower oven rack so the tops are in the center of the oven far enough apart that the pans do not touch. Bake 30-35 minutes or until they're golden brown. Remove them from the pans, brush the loaves with butter and cool them on a wire rack. Makes two nice loaves.

Editor's note: Bread is one of the oldest prepared foods. Evidence from 30,000 years ago in Europe revealed starch residue on rocks used for pounding plants. It is possible that during this time, there was a primitive form of flatbread.

## Oatmeal bread

Jeanette Morgan Crown

4 cups boiling water  
2 cups rolled oats  
7 1/2-8 cups all-purpose flour, preferably unbleached  
2 packages active dry yeast  
2 tablespoons salt (you can use less!)  
4 tablespoons salad oil  
1/2 cup molasses (also very good with honey!)

Pour the boiling water over the oatmeal in a large bowl and leave it to cool, then stir in two cups of flour and the yeast. Place it in a warm, draft-free spot and allow it to rise, uncovered, until it has doubled in bulk. Punch it down and work in the salt, salad oil, molasses and enough of the remaining flour to make a stiff dough. Turn it out on a floured board and knead it, adding extra flour if necessary, to make a smooth, pliable, firm dough; about ten minutes, but you cannot knead it too much. Divide the dough into three equal pieces and form them into loaves to fit three buttered 9x5x3 inch loaf tins.



Allow them to rise again, uncovered, until doubled in bulk. Bake them in a preheated 350° oven for 40-60 minutes or until the bread sounds hollow when removed from the tins and rapped on top and bottom. Cool them on racks before slicing. Makes three loaves.

## Quick ginger bread for a small family

Gladys Russell Morgan

1/4 cup shortening  
1/4 cup sugar  
1 egg  
1/4 cup molasses  
1 cup sifted flour  
1/2 cup hot water  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger  
1/4 teaspoon cloves  
1/4 teaspoon salt  
3/4 teaspoon baking soda



Slowly melt the shortening in a saucepan. Cool it and add the sugar, molasses, and egg. Beat it well and sift together the flour, baking soda, cinnamon, ginger, cloves, and salt. Add them alternately with hot water to the first mixture. Line a 9 1/4x5 1/4x2 1/2 inch greased loaf pan with greased wax paper and pour in the batter. Bake it in a 350° oven for forty five minutes and cool it for five minutes. It's delicious served warm with ice cream.

Editor's note: Gingerbread refers to a broad category of baked goods, typically flavored with ginger, cloves, nutmeg or cinnamon and sweetened with honey, sugar or molasses. Gingerbread foods vary, ranging from a soft, moist loaf cake to something close to a ginger biscuit.

Originally, the term gingerbread (from Latin *zingiber* via Old French *gingebras*) referred to preserved ginger. It then referred to a confection made with honey and spices. Gingerbread is often used to translate the French term *pain d'épices* (literally "spice bread") or the German term *Lebkuchen*.

The first documented trade of gingerbread biscuits dates to the seventeenth century, where they were sold in monasteries, pharmacies, and town square farmers' markets.

## Cranberry nut bread

Loudene Lenon Davis

1-2 cups fresh coarsely chopped cranberries  
2 cups all-purpose flour  
1 cup sugar  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
1/4 cup shortening  
3/4 cup orange juice  
1 tablespoon grated orange rind  
1 well beaten egg  
1/2 cup chopped nuts



Sift the flour, sugar, baking soda, and salt together. Cut in the shortening until the mixture resembles coarse crumbs. Combine the orange juice and grated rind with the well beaten egg.

Pour all of it at once into the dry ingredients, mixing just enough to dampen them. Carefully fold in the chopped nuts and cranberries. Spoon it into a greased 9x5x3 inch pan. Spread the corners and sides slightly higher than center. Bake it at 350° for about an hour until the crust is golden brown and a wood pick inserted comes out clean. Remove it from the pan and cool it. Store it overnight for easy slicing. Makes one loaf.

Editor's note: Nut breads can be found in the United States and in Central European cuisines. In the United States, "nut roll" is a more or less generic name for pastries of this type, no matter where they originate. Nut breads are known also by many specific regional names.

Regional variations on nut rolls are part of weddings, for Easter and Christmas, as well as other celebrations and holidays.

Traditional nut rolls in Central and Eastern Europe, like *makowiec* and *bejgli*, are a special type of rolled log shape. These are generally made with walnut and/or poppy seed.

## Banana bread

Loudene Lenon Davis

- 3 mashed bananas, or at least 2 jars of baby food
- 10 tablespoons sour milk mixed with 1 teaspoon soda\*
- 1/2 cup shortening
- 2 cups sugar
- 2 beaten eggs
- 1/4 teaspoon salt
- 3 cups sifted flour
- 1/2 cup nuts



\*Nine tablespoons of milk and one tablespoon of vinegar may be substituted for sour milk.

Cream the shortening and sugar, add the eggs, then add the bananas. Mix in the salt, flour, and sour milk. Add the nuts. Pour it into two greased pans and bake it for one hour at 350°. Makes two loaves.

## Hot potato rolls

Judy Morgan Penrod

- 2/3 cup shortening
- 2/3 cup sugar
- 1 cup mashed potatoes
- 1/4 cup lukewarm water
- 2 beaten eggs
- 1 1/3 cup hot potato water
- 1 package yeast



Put the shortening, sugar, and salt in the hot potato water. Dissolve the yeast in 1/4 cup of water. Add the eggs, mashed potatoes, yeast mixture, and flour to the first mixture which has been cooled to room temperature. Knead the dough.

It may be kept in the refrigerator for a few days. Shape it into your favorite dinner rolls, or it can be used for coffee cakes.

## Angel biscuits

Shirley Reeves

1 package dry yeast  
1 cup warm water  
1/2 cup sugar  
1/2 cup oil  
2 cups buttermilk

Mix it well, using a wooden spoon. Add:

1/4 teaspoon baking soda  
4 teaspoons baking powder  
1 teaspoon salt  
6 cups flour



Mix the dough until it is stiff. Do not knead it. It doesn't need to let set to rise, but biscuits are better if they rise. The dough keeps in the refrigerator for up to two weeks. Bake 10-15 minutes at 400°.

## Hurry up yeast rolls 87

Carolyn Russell Barnes

1 package active dry yeast  
2 1/2 cups biscuit mix  
3/4 cup warm (not hot) water

Dissolve the yeast in the warm water and stir it in the biscuit mix, beating vigorously. Turn the dough onto a pastry cloth or a board dusted with additional biscuit mix. Knead twenty times, or until it is smooth. Roll it out, and cut and shape it into rolls of your choice. Place them on a lightly greased baking sheet and cover them. Set them in a warm, draft-free place and let them rise for one hour. Brush them with butter then bake them at 400° for 10-15 minutes or until they are golden brown. Makes about sixteen rolls.

## Fancy corn bread

Bernice Lenon Nichols

2 cups self-rising cornmeal  
1 cup shredded cheddar cheese  
1/2 cup sugar  
1/2 cup oil  
2 eggs  
1/2 cup chopped green pepper  
1 1/2 cup buttermilk  
1 cup cream style corn



Stir the ingredients well and bake it in a preheated 375° oven for twenty five minutes.

## Protein-plus bread

Carolyn Russell Barnes

2 egg yolks  
4 egg whites  
6 tablespoons cottage cheese  
1 tablespoon flour  
1 teaspoon baking powder  
1/2 package artificial sweetener



Mix all of the ingredients except the egg whites together and let it stand for ten minutes.

Meanwhile, beat the egg whites until they are stiff. Fold them into the mixture, pour it into a non-stick loaf pan, and bake it for forty five minutes at 325° and twenty five more minutes at 200°.

## Refrigerator rolls

Carolyn Russell Barnes

This is an excellent recipe for rolls. The dough will keep in a refrigerator a week to ten days.

2 cups boiling water  
1/2 cup cold water  
1/4 cup lukewarm water  
1 tablespoon salt  
2 cakes yeast  
2 tablespoons shortening  
1 teaspoon sugar  
2 eggs  
8 cups plain flour

Mix the boiling water, 1/2 cup of sugar, salt, and shortening. Let it cool to lukewarm. Soften the yeast in 1/4 cup of lukewarm water and add one teaspoon of sugar, and stir it into the first mixture. Add the beaten eggs. Stir in half of the flour until it's well mixed, then add the remainder of the flour. Mix, but do not knead, the dough. Cover it and let it set in the refrigerator for



at least two hours. Shape it into balls, put it in a greased pan and let rise in a warm room until it is double in bulk, about three hours. Bake it in a 400° oven.

## **Favorite Sis' biscuits**

Shirley Reeves

2 cups self-rising flour  
pinch of salt  
pinch of baking soda  
1 cup buttermilk

Mix it until the dough holds together. Melt a little bacon grease in a pan and dip the dough in the grease on both sides, and place it in a baking pan. Bake it for 15-20 minutes at 425°. You can use sweet milk, but if so do not add the baking soda.

## **Double quick batter rolls**

Louise Wittbart Runge  
submitted by Lou Emma Lenon Erby

2 tablespoons soft shortening  
1 cup warm water  
2 tablespoons sugar  
2 1/4 cups water  
1 package active dry yeast  
1 teaspoon salt  
1 egg



In a mixing bowl, sprinkle the yeast into the water. Stir in the sugar, and half the flour and salt. Beat it until it is smooth. Add the egg and shortening then beat in the rest of the flour until it's smooth, and scrape the sides of the bowl. Cover it and let it rise until it's double, about 30 minutes. Oil twelve large muffin cups and stir down the batter. Spoon it into the cups, filling them about half full. Let them rise until the batter reaches the top, about 20-30 minutes. Bake them for 15-20 minutes at 400°.

## Pumpkin Bread

- 1 cup sugar
- 1 1/3 cups flour
- 1 1/2 teaspoons salt
- 2 teaspoons baking soda
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 4 beaten eggs
- 2/3 cup water
- 2 cups pumpkin (or 1 pound can)

Beat the eggs and mix it with the oil and water. Sift the dry ingredients and add them to the mixture. Stir in the pumpkin. Nuts are optional; I add 3/4 cup of finely chopped nuts. Pour it into four greased one pound coffee cans. Fill each can only half full. Bake them for one hour in a 350° oven. Leave them in the cans until they are cool.

Beulah Hawthorne Nehring  
submitted by Lou Emma Lenon Erby



## Fudge pecan pie

- 1/2 cup butter
- 3 tablespoons cocoa
- 3/4 cup hot water
- 2 cups sugar
- 1/2 cup flour
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 1 small can evaporated milk
- 1 cup chopped pecans

Melt the butter in a medium sized saucepan. Add the cocoa and stir until it is dissolved. Add the hot water and stir it again. With a wire whisk, stir in the sugar, flour, salt, vanilla, and evaporated milk. Stir it until the batter is smooth. Mix in the pecans and pour it into a deep-dish pie shell. Bake it on a preheated cookie sheet at 350° for fifty minutes or until the custard sets.

Susie Rowatt Etherton  
submitted by Lou Emma Lenon Erby



## Lemon nut bread

Lou Emma Lenon Erby

2 beaten eggs  
1/2 cup melted\*  
1 cup sugar  
1/2 cup milk  
grated rind of 1 lemon  
1 1/2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup chopped nuts



Beat the ingredients well. Pour it into a buttered bread pan and bake it at 350° for fifty minutes. Take the juice from the lemon and add 1/3 cup of sugar. Pour the mixture over the hot bread as it is taken from the oven.

\*Editor's note: This is straight from the old cookbook. Melted what? Butter, perhaps?

## Herb bread

Shirley Eveland Woodward  
submitted by Lou Emma Lenon Erby

1 tablespoon butter  
1 cup cottage cheese heated to lukewarm  
1 package dry yeast softened in 1/2 cup of warm water  
1 tablespoon instant dry onion  
2 teaspoons dill seed  
1 teaspoon salt  
1/2 teaspoon baking soda  
2 tablespoons sugar

Pour the above ingredients into a mixing bowl. Add one egg, the yeast mix, and 2 1/4-2 1/2 cups of sifted flour. Stir it well and cover it, and let it rise for one hour. Stir it down and pour it into a greased bread pan. Cover it and let it rise again for about another hour. Bake it in a 325° oven for 30-40 minutes, then brush it with butter.

## Goey coffee cake

Kent J. Alstat

1/2 cup orange juice concentrate  
2 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 cup sugar  
1/4 teaspoon nutmeg  
1 teaspoon cinnamon  
1 egg  
1/2 cup oil  
1 cup milk

Combine all of the ingredients in a large bowl and beat it for two minutes with an electric mixer on medium speed. Spread the batter into a greased 9x13 inch pan.

In a small bowl, mix together:

1 cup brown sugar  
1 cup chopped pecans  
1/2 cup softened margarine

Sprinkle it over the batter and bake it at 350° for 20-25 minutes. While the coffee cake is baking, mix together the



following glaze to pour over the hot cake:

3/4 cup powdered sugar  
1 teaspoon vanilla  
1 tablespoon Milk

## Beaumont corn bread

Liz Piper

Submitted by Louemma Smith

- 1 cup all-purpose flour
- 3/4 cup yellow cornmeal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 6 tablespoons picante sauce
- 1/2 teaspoon salt
- 1 cup buttermilk
- 2 lightly beaten eggs
- 1/4 cup butter or margarine, melted and cooled



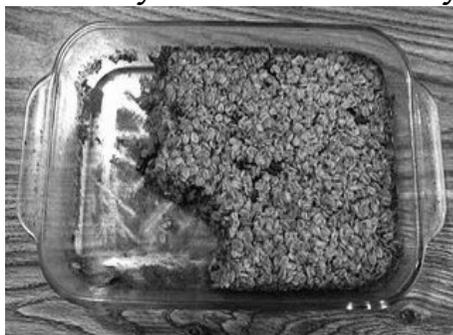
Combine the flour, cornmeal, baking powder, baking soda, and salt in large bowl. Add the buttermilk, eggs, picante sauce, and butter. Stir it just until the ingredients are blended. Pour it into a well-greased eight inch square baking pan. Bake it at 425° for 25-30 minutes or until it is golden brown. Makes 6-8 servings.

## Oatmeal pie

Myrtle Cash Harper

submitted by Lou Emma Lenon Erby

- 1/4 cup butter
- 1/2 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 3 eggs
- 1/4 teaspoon salt
- 1 cup quick cooking oats
- 1 unbaked pie shell
- 1/4 cup dark corn syrup



Cream the butter and sugar together. Add the cinnamon, cloves, and salt, then stir in the syrup. Add the eggs, one at a time, stirring after each addition until they're blended. Stir in the rolled oats and place it all in an unbaked pastry shell. Bake it at 350° for an hour, or until a knife blade comes out clean. When baking, the oatmeal forms a chewy, nutty crust on top.

## Corn rye bread

Bonnie Smith Wyatt

6 tablespoons yellow cornmeal  
1/2 cup cold water  
2 teaspoons salt  
1 tablespoon margarine  
1 envelope dry yeast  
2 1/2 cups rye flour  
1 1/2 cups all-purpose flour  
1 cup cold mashed potatoes  
1 tablespoon caraway seeds  
1 cup boiling water  
glaze (recipe follows)



Lightly grease and set aside a large bowl. Combine six tablespoons of cornmeal and the cold water in a two quart saucepan over medium-high heat. Add the boiling water and cook it for two minutes, stirring constantly. Stir in the salt and margarine and allow the mixture to cool to lukewarm. Combine the yeast, rye, all-purpose flour, potatoes, and one tablespoon of caraway seeds in a mixing bowl, and mix it well. Add the cornmeal mixture and blend it thoroughly. Turn it onto a lightly floured board and knead it until it is stiff, but still slightly mucky. Place it in the greased bowl, turning it to coat the entire surface. Cover it with plastic wrap and a hot, damp towel. Let it rise in a warm place until it has doubled in volume.

Grease a baking sheet and sprinkle it lightly with extra cornmeal. Punch the dough down, shape it into a loaf or two rounds and place it on a baking sheet. Cover it with plastic wrap and let it rise again until it has doubled in volume. Preheat the oven to 375° and bake it for forty minutes. Remove the bread from the oven, brush it lightly with the glaze and sprinkle it with extra caraway seeds. Return the bread to the oven for about five minutes or until the top is glazed and the loaf sounds hollow when tapped. Cool it on the rack. Makes

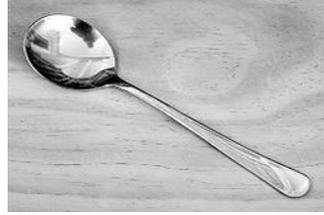
one loaf or two rounds.

For the glaze, combine 1/4 cup water and 1/2 teaspoon cornstarch. Bring it to a boil in a small saucepan on high heat and let it boil for one minute.

### **Spoon rolls**

Susie Rowatt Etherton  
submitted by Lou Emma Lenon Erby

2 cups warm water  
1 package dry yeast  
1/4 cup sugar  
3/4 cup oil  
1 beaten egg



Dissolve the yeast in warm water. Add the dry ingredients as listed. Use the mixture immediately or keep it covered in the refrigerator until it is needed. Bake in greased muffin tins at 425° for 8-12 minutes or until it is golden brown. Use tablespoons to drop the dough into the tins.

### **Grape-Nut bread**

Lou Emma Lenon Erby

1/2 cup Grape-Nuts  
1 cup sour milk or buttermilk (I like buttermilk best)

Soak the Grape-Nuts in milk. Add one scant cup of sugar and let it stand ten minutes or longer. Add one beaten egg. Also add:

2 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

Pour it into a buttered bread pan and bake it in a 350° oven for about an hour.

## San Francisco sourdough bread

Lou Emma Smith

1 cup flour  
1 cup water  
1 tablespoon sugar  
1 cake yeast  
1 1/2 cups warm Water  
6 cups flour  
2 teaspoons sugar  
1/2 teaspoon salt



this is a sourdough starter, start it 2-3 days in advance.

Combine:

1 cup flour  
1 cup water  
1 tablespoon sugar  
yeast



Let it stand in a small bowl in a warm place for 2-3 days, until it has fermented.

For the bread, combine the starter with 1 1/2 cups of warm water, four cups of flour, 1/2 teaspoon salt, and the remaining two teaspoons of sugar. Stir it vigorously for three minutes. Place it in a greased bowl, and cover it and let it rise until the dough has doubled in size. In another bowl, mix the baking soda and one cup of flour. Stir the risen dough. Place the dough on a floured surface and work in the remaining flour until the dough is smooth. Divide the dough In half and shape it into two oblong loaves. Place them on a lightly greased cookie sheet and let them rise until the loaves have doubled in size. Brush them with water and score the tops diagonally with a sharp knife. Bake them at 400° for 40-45 minutes.

## Spicy carrot bread

Steven R. Mann

2 cups whole wheat flour  
3/4 cup sugar  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon ground cloves  
1 cup carrot purée  
1/4 cup molasses  
1/2 cup oil  
1 egg



In a large bowl, sift together the flour, baking powder, salt, and spices. Mix the carrot purée, molasses, oil, and egg in a medium sized bowl and add it to the dry ingredients, stirring only to blend; do not beat it. Place it in a greased 10x5 inch loaf pan and bake it for 60-70 minutes or until a skewer inserted comes out clean.

Editor's note: Carrot bread is a bread or quick bread that uses carrots as the primary ingredient. Various recipes may be prepared with grated, shredded carrots, or carrot juice. Baking times can vary depending on the amount of juice in the carrots used, and it may be a moist bread. Carrot bread may have an orange color derived from carrot juice or carrots used. Additional ingredients used in its preparation may include zucchini, buttermilk, eggs, milk, brown sugar, cinnamon, nutmeg, walnuts, ginger, and raisins. Carrot bread can be prepared as a sourdough and multigrain bread. It may eaten plain, served with butter, or topped with an icing or glaze. Carrot bread can be served as a means to increase vegetable intake in diets.

There is a similar recipe in this book, carrot cake. Many food historians believe carrot cake originated from Medieval carrot puddings eaten by Europeans.

## Banana bread

Tracee Alstat McMurray

1 cup softened shortening  
2 cups sugar  
1 teaspoon vanilla  
2 teaspoons lemon juice  
4 eggs  
4 mashed bananas  
1 coarsely chopped banana  
1/2 cup nuts (optional)  
1 teaspoon salt  
3 1/2 cups flour  
2 teaspoons baking soda  
2 teaspoons baking powder  
1 cup sour cream

Cream the butter and sugar. Add the vanilla, lemon juice, and eggs, and beat it well. Stir in the mashed bananas. Sift together the salt, flour, baking soda, and baking powder.

Add the sour cream, nuts, and the coarsely chopped banana. Pour it into two greased 9x5 inch loaf pans. Bake it at 350° for 1 1/2 hours or until the surface springs back when touched. Cool it in the pans. Makes two loaves.

Editor's note: Botanically, bananas are berries! There are many kinds of bananas, not all of which are edible, although they're not poisonous, they just taste bad.

The fruit is variable in size, color, and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a rind, which may be green, yellow, red, purple, or brown when ripe. The fruits grow in clusters hanging from the top of the plant. Almost all modern edible parthenocarpic (seedless) bananas come from two wild species—*Musa acuminata* and *Musa balbisiana*.



## Hush puppies

Steve Mann

1 cup cornmeal  
1/2 cup flour  
1 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 beaten egg  
1 medium onion, chopped fine  
3/4-1 cup buttermilk  
dash of each: garlic powder, onion powder, Worcestershire sauce



Combine the cornmeal, flour, baking powder, baking soda, and salt. Add the egg, buttermilk, onion, garlic and onion powders, and Worcestershire sauce. Mix it well. Drop it in deep hot oil by the spoonful and cook them until they're brown on all sides.

## Fluffy 7-Up biscuits

Louemma Russell Smith

2 cups all-purpose flour  
4 teaspoons baking powder  
1 teaspoon salt  
1/2 cup shortening  
1/2 cup 7-Up



Sift the flour, salt, and baking powder into a bowl. Cut in the shortening until the mixture resembles coarse meal. Add the 7-Up all at once. Stir it briskly with a fork, only until the ingredients are evenly moistened.

Turn it onto a lightly floured surface and knead it 8-10 times. Roll it to 3/4 inch thick and allow it to rest a few minutes. Cut it and arrange it on a baking sheet. Bake it 10-12 minutes at 450°. Makes twelve two inch biscuits.

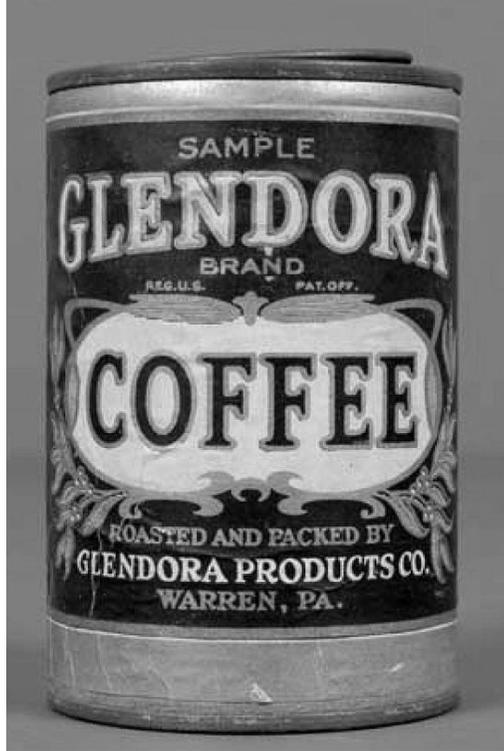
## Coffee can bread

Louemma Russell Smith

4 cups flour  
1/2 cup water  
1 teaspoon salt  
1 package dry yeast  
1/2 cup vegetable oil  
2 eggs  
1/2 cup milk  
1/4 cup sugar

Measure 1 1/2 cups of flour into a mixing bowl. Blend the yeast into the flour. Put the water into a saucepan with the milk, oil, sugar, and salt, and heat it until it is warm. Add it to the flour mixture and beat it until it's smooth. Stir in the eggs and the remaining flour. Divide it into two well-buttered one pound coffee cans. Cover them with the original plastic lids and let them rise for thirty five minutes. Remove the lids and bake them for thirty five minutes at 375°. Let them stand in the cans until the bread shrinks from the sides, and remove and slice it. Note: the plastic lids must fit tightly.

Editor's note: See *Grandma and the Family Recipes* at the beginning of the book. Note that when this recipe was first written, coffee cans were made of metal. I'm not sure you could make this recipe today; it would certainly be difficult.



## Honey yeast rolls

Sherry Smith Alstat

2 packages active dry yeast  
1 cup lukewarm water  
3 1/2-4 cups flour  
melted margarine  
1 teaspoon salt  
1 beaten egg  
2 tablespoons honey



Dissolve the yeast in water. Combine two cups of flour and one teaspoon of salt. Add the dissolved yeast, 1/4 cup of margarine, the egg, and the honey; beat it until it's smooth. Stir in enough remaining flour to form a stiff dough. Place the dough in a greased bowl and brush it with margarine. Cover it and let it rise in a warm place about twenty minutes or until it has doubled in volume. Punch it down. With oiled fingers, shape it into one inch balls. Place three balls in each greased medium-sized muffin cup. Cover it and let it rise until it is double in volume, about twenty minutes. Brush it with margarine and bake it at 400° for 12-15 minutes, until lightly browned. Brush it with additional honey as soon as the rolls are removed from the oven, if desired. Makes about two dozen rolls.

Editor's note: The illustration is of Langstroth beehives. Named for their inventor, Reverend Lorenzo Langstroth, Langstroth hives are not the only hives of this style, but the most common in North America. Langstroth patented his design in 1852, originally for comb honey production, and it has become the standard style hive for many of the world's beekeepers. This class of hives includes other styles, which differ mainly in the size and number of frames used. These include Smith, British National, Segeberger Beute (German), D.E. hive, Frankenbeute (German), Normalmass (German), Langstroth hive, Modified Commercial, and Modified Dadant, plus regional variations.

### Lickety-quick lemonade bread

Sherry Smith Alstat

1/3 cup+1 tablespoon frozen lemonade concentrate, thawed

1/2 cup shortening

1 cup sugar

2 eggs

1 1/2 cups flour

2 teaspoons baking powder

1/2 cup milk



Preheat the oven to 350°. Combine all of the ingredients except 1/3 cup of lemonade in a large mixing bowl. Blend it well, then beat it for three minutes at medium speed of the mixer. Pour the batter into a greased 9x5 inch loaf pan and bake it for 50-60 minutes or until done when tested. Loosen it from the edges of the pan. Pour the reserved 1/3 cup of lemonade over the bread. Cool and remove it from the pan.

### Apple date nut muffins

Laura Gravot

2/3 cup butter or margarine

1 1/4 cups sugar

4 eggs

1 1/2 cups applesauce

1/2 cup milk

4 cups flour

2 teaspoons baking powder

1 teaspoon salt

1 cup chopped nuts

1 cup chopped dates

1 teaspoon baking soda



Cream the butter and sugar together. Beat in the eggs, one at a time. Stir in the applesauce and milk. Sift the flour, baking powder, baking soda, and salt together. Add it to the applesauce mixture and mix it well. Stir in the dates and nuts. Pour it into greased muffin tins, filling them 2/3 full. Bake them in a 350° oven for 20-25 minutes, until the centers of the muffins test done. Makes twenty four muffins.

## Three “C” bread

Sherry Smith Alstat

1 tablespoon grated orange rind  
1 teaspoon baking powder  
1/2 cup chopped cranberries  
3 beaten eggs  
1/2 cup oil  
1/2 cup milk  
2 1/2 cups flour  
1 1/4 cups sugar  
1 teaspoon baking soda  
1 teaspoon cinnamon  
2 cups grated carrots  
1 1/3 cups coconut  
1/2 cup chopped nuts  
1/2 cup raisins



In a large bowl, combine the eggs, oil, and milk. Stir in the dry ingredients just until blended. Stir in the carrots, coconut, cranberries, nuts, orange rind, and raisins. Grease and flour four sixteen ounce vegetable cans. Fill them 2/3 full of batter. Bake it at 350° for 45-50 minutes. Remove it from the cans and let it cool. Wrap it in foil and store the extras in the refrigerator or wrap them in foil, or put in plastic zipper bags and put them in the freezer for later use. If desired, heat the foil-wrapped bread in a slow oven until warm. These mini-loaves make great gifts for friends and relatives.

Editor’s note: I was curious about the name of this bread, for which Wikipedia has no entry. Google found several recipes for breads with this name, and one said it was for “carrots, cherries, and coconut.” This recipe has cranberries rather than cherries.

## Pecan pie

Mabel Diebold

Prepare the pie crust, beat three eggs well, then add:

- 1/4 cup melted butter or margarine
- 1/2 cup sugar
- 1 cup dark syrup
- 1 cup pecans



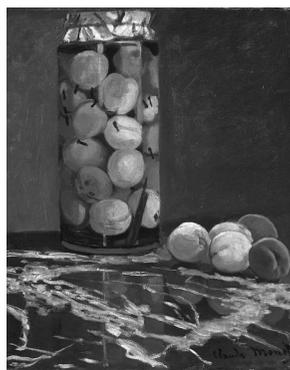
Beat the eggs well. Add the other ingredients and pour them into the pie crust. Bake it for 1 hour at 375°.

Editor's note: Check the index for pie crust recipes.

## Luscious peach pie

Denise Vrana Hollingsworth

- 1 nine inch baked pie shell
- 6 large fresh peeled peaches
- 3/4 cup sugar
- 1 1/2 teaspoons lemon juice
- 1 tablespoon unflavored gelatin
- 3 tablespoons cold water



Purée half of the peeled peaches in the blender. Stir in the sugar and lemon juice and set it aside. Combine the gelatin with cold water in a small bowl. Place the bowl over boiling water and stir it until the gelatin is dissolved; this can also be done in a microwave oven. Add the dissolved gelatin to the puréed peach mixture and mix it well. Refrigerate it until the mixture is slightly thicker than unbeaten egg white. Alternate layers of the chilled mixture and the remaining sliced peaches. Chill it for two hours or until it is well set. Serve it plain or with whipped topping.

Editor's note: The illustration is Claude Monet's *Das Pfirsichglas* (A jar of peaches).

## Fresh strawberry pie

Mabel Diebold

5 ounces strawberry gelatin  
2 teaspoons flour  
1/2 cup sugar



Bring two cups of water to a boil. Add it to the above ingredients, mix it well, and cook it for five minutes. Chill it until it is thick enough to pour half into a baked pie crust and add two cups of strawberries, each strawberry cut in half. Add the remaining gelatin on top and chill it. Serve it with whipped cream.

## Hawaiian pie

Linda Nichols

Make one graham cracker crust as directed on the box, or use a ready made crust.

3 bananas  
1 can sweetened condensed milk  
1/2 cup lemon juice  
English walnuts or other nuts  
1 can drained and crushed pineapple  
whipped cream  
coconut  
maraschino cherries



Slice the bananas into the crust. Mix the milk and lemon juice together and pour it over the bananas. Sprinkle the pineapple on top of the milk. Spread whipped cream over the pineapple. Sprinkle coconut over the top and cut each of the cherries in half and put on the top, then add the English walnuts or any other chopped nuts.

Editor's note: The illustration is *Man with a Yoke Carrying Taro* by Joseph Strong. It is in the Honolulu Museum of Art.

## Cherry o' cream cheese pie

Loudene Lenon Davis

1 nine inch crumb crust or baked pastry shell  
8 ounces cream cheese  
15 ounces sweetened condensed milk  
1/3 cup lemon juice  
1 teaspoon vanilla extract  
6 ounces prepared cherry pie filling or cherry glaze

Let the cream cheese soften to room temperature, then whip it until it's fluffy. Gradually add the condensed milk while continuing to beat the cheese until it's well blended. Add the lemon juice and vanilla extract and blend it well. Pour it into the prepared crust and let it chill for 2-3 hours before garnishing the top of the pie with cherry pie filling or the following glaze:

1 cup drained pitted sour cherries  
2 tablespoons sugar  
2 teaspoon cornstarch  
1/2 cup cherry juice

Blend the sugar and cornstarch together, then add the cherry juice. Cook it until it's thickened and clear, stirring constantly. Stir in a few drops of red food coloring if desired, and add cherries. Cool it and garnish the top of the pie.

Editor's note: A cherry is the fruit of many plants of the genus *Prunus*, and is a fleshy drupe, or "stone fruit".

The cherry fruits of commerce usually are obtained from cultivars of a limited number of species such as the sweet cherry (*Prunus avium*) and the sour cherry (*Prunus cerasus*). The name "cherry" also refers to the cherry tree, and is sometimes applied to almonds and visually similar flowering trees in the genus *Prunus*. *Prunus avium* is often referred to specifically by the name "wild cherry" in the British Isles, although any species outside cultivation is "wild cherry".

## Tasty lemon pie

Gladys Russell Morgan

Heat one cup of milk and one cup of water together in the top of a double boiler; hot, but not boiling. Mix together:

1 cup sugar  
1/3 cup cornstarch  
1/2 teaspoon salt

Add it slowly to the hot liquid, stirring all the time and continuing to cook. Slowly add three egg yolks and continue to stir. Add the juice of two lemons and one teaspoon of grated lemon rind. Continue to cook for one minute, then remove it from the stove and stir in one tablespoon of butter or margarine. When it is cool, pour it into the previously baked pie shell. Top it with meringue and brown it in a fairly hot oven.

## Poor man's pie

Zona Bishop Lenon

1 cup sugar  
2 cups water  
3/4 cup flour  
1 unbaked pie crust

Mix the sugar, flour, and water together and pour it into the crust. Dot it with three tablespoons of butter and sprinkle it with nutmeg. Bake it at 350° or when the blade of a knife inserted in the middle of the pie comes out clean.

This recipe was given to Peggy Vaughn Russel from Ethyl Bishop Vaughn.

Editor's note: The illustration is of poor children during the great depression.



### **No crust apple pie**

Loudene Lenon Davis

- 6 large apples
- 2/3 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2-4 tablespoons water
- 1/4 cup butter or margarine



Slice the apples into a rather deep pie plate with no bottom crust. Sprinkle them with the sugar, nutmeg, and cinnamon. Dot it with butter. Crumb Top:

- 1 cup flour
- 1/2 cup butter or margarine
- 1/2 cup brown sugar

Mix the sugar and butter and add the flour. Mix it well and sprinkle it over the top of the apples. Bake it in a 350° oven for about an hour. Serve it plain or with whipped cream.

### **Vinegar pie (mock lemon pie)**

Zona Bishop Lenon

- 2/3 cup sugar
- 2/3 cup hot water
- 1 egg yolk
- 2 tablespoons vinegar
- 1 tablespoon lemon extract
- 1 tablespoon cornstarch
- 1 tablespoon butter (size of a hickory nut)



Cook it in a heavy saucepan as you would any pie filling, and pour it in a cooled, baked, pie shell. Top it with meringue.

## French coconut pie

Terrie Nichols

- 1 stick melted margarine
- 1 1/2 cups sugar
- 3 slightly beaten eggs
- 1 cup coconut
- 1 tablespoon white vinegar
- 1 teaspoon vanilla



Combine the ingredients and pour them into an unbaked pastry shell. Bake it at 350° for about an hour. The top should be brown and the filling relatively firm. Top it with whipped cream.

## Rhubarb custard pie

Shirley Reeves

- 1 1/2 cups sugar
- 1/4 cup all-purpose flour
- 3 slightly beaten eggs
- 1/4 teaspoon nutmeg
- 4 cups rhubarb cut in one inch pieces and soaked in water for ten minutes



Combine the sugar, flour, and nutmeg, and beat it into the eggs. Stir in the slightly drained rhubarb. Line a nine inch pie plate with pastry and fill it with the rhubarb mixture. Dot it with butter or margarine and top it with a lattice-top crust and bake it in a 400° oven for 50-60 minutes. Cool it and cut it. Great with ice cream.

## Sugar pie

Bernice Lenon Nichols

4 eggs  
1 cup cream  
3 cups sugar  
1 teaspoon vanilla  
1 cup butter



Beat the eggs until they are light. Add the sugar and cream it thoroughly. Add the butter and cream it again. Add the cup of cream and beat it again. Cook it in a double boiler, stirring constantly. Add the vanilla and stir it well. Pour it into a baked pie shell and cover it with meringue. Brown it in a moderately hot oven until it's golden brown. This is a very old-time rich pie.

## Egg custard pie

Kay Lenon

4 slightly beaten eggs  
1/2 cup sugar  
dash of salt  
1/2 teaspoon vanilla  
3 cups scalded milk  
nutmeg



Beat the sugar and eggs together and add a dash of salt. Add the vanilla and slowly add the scalded milk. Pour it into an unbaked pie shell and sprinkle it with nutmeg. Bake it in a very hot oven at 450° for ten minutes only. Reduce the temperature to 325° and bake it for 30-40 minutes more, or until a knife inserted in the center comes out clean.

## Poor man's pie

Bernice Lenon Nichols

Place the following in the center of a chilled, unbaked pie crust:

1 cup sugar  
1/2 cup flour  
1/4 teaspoon nutmeg  
1 cup water (some use milk instead of water)  
1 teaspoon vanilla

Stir it with your fingers until it is all mixed well. Dot it with butter and bake it 25-30 minutes in a 350° oven until it's done when tested.

This was handed down to me by my husband's mother, Sarah Nichols.

## Best milk pie

Bernice Lenon Nichols  
(Lula Lenon)

1 cup sugar  
1 1/2 cups milk  
1/2 cup flour  
pinch of salt  
1/4 teaspoon nutmeg  
1 teaspoon vanilla



Mix all of the ingredients well and pour them into an unbaked pie shell. Dot it with butter and bake it in a 450° oven for ten minutes, then bake for twenty more minutes at 350°. This is nice if strips of dough 1 1/2 inches wide are placed across the top before baking.

I have seen Mama make a half dozen of these pies at a time.

Editor's note: The illustration is Jean-François Millet's *Woman Baking Bread* (1854).

## Rice pie

Ann Lenon

7 large eggs  
1 cup cooked, drained, and cooled rice  
1 cup sugar  
1/2 cup crushed and drained pineapple  
1 teaspoon lemon extract  
1 cup milk  
4-5 graham crackers

Grease the bottom and sides of an 8x8 inch pan with soft butter. Crush 4-5 graham crackers with a rolling pin and dust the pan with them. Mix all the other ingredients together and pour them into the prepared pan and sprinkle some cinnamon and nutmeg on top. Bake it at 350° for one hour. Insert a knife in the center and if the knife is dry, it's done.

## Schilling's rhubarb pie

Elizabeth "Bette" Mann Setzkorn  
submitted by Lou Emma Lenon Erby

3 cups rhubarb  
1 cup white sugar, divided  
1 unbaked 8 or 9 inch pie crust  
pinch of salt  
some cinnamon

Put the raw rhubarb in the pie shell and add 1/2 cup sugar and the salt. Beat the eggs with 1/2 cup sugar until they are yellow and fluffy. Pour it over the rhubarb and sugar in the shell. Sprinkle it lightly with cinnamon and bake it at 350° for forty five minutes or until it's firm. It makes a delicious custard.



## Butter pie

Zona Bishop Lenon

3/4 cup sugar  
1 scant cup flour  
2 cups milk

Mix it together and pour it into an unbaked pie crust. Dot it with three tablespoons of butter and sprinkle it with cinnamon. Bake it at 400° for ten minutes, then reduce the heat to 350° and finish baking.



## Apricot fried pies

Kathryn “Beckie” Kent Erby

Drain one large can of apricots. Roll your your favorite pie dough to a six inch round. Place diced fruit (mashed and sprinkled with a little sugar) on the dough and fold it over.



Crimp the edges of the dough with a fork, and prick holes in one side of the pie with a fork.

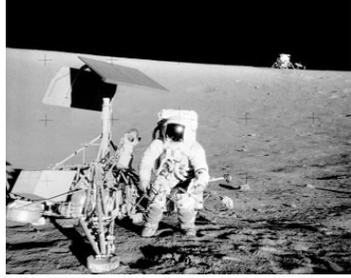
Put cooking oil about a quarter inch deep in a skillet on medium heat. Fry it on both sides until it's golden brown. Drain it on a paper towel. You may use peaches, apples, or your favorite pie filling in place of apricots. Apricot pies are my daughter Beckie's favorite.

Editor's note: The image is of apricots drying in the sun.

## Moon pie

Myrtle Cash Harper  
submitted by Lou Emma Lenon Erby

Use a regular pie crust and roll it into a large round circle, twice as large as usual. Put it in the middle of a pie plate.



1 tablespoon tapioca  
1 cup sugar  
1/2 cup coconut  
1 teaspoon apple pie spice or cinnamon

Mix the above ingredients and spread them in the bottom of the pie crust. Peel and slice about six medium apples and mound them high in the crust. Dot them with about one cut up stick of butter, and sprinkle it with sugar.



Fold the crust up over the apples; the crust forms an open circle on top. Flute the edges and bake it for fifteen minutes at 425°, then turn the oven down to 350°. Cook it until the apples are tender, about forty five minutes longer.

Myrtle's youngest son, Chuck, says this is the best

pie he has ever eaten.

Editor's note: Moon pie was never eaten on the moon. The first image is of the late Pete Conrad on the moon during the Apollo 12 mission. The second photo is an Earthrise as seen from the moon.

## Pie crusts

Lou Emma Lenon Erby

This recipe makes five single crusts. Freeze the extras.

- 4 cups flour
- 1 tablespoon sugar
- 2 1/2 teaspoons salt
- 1 3/4 cups shortening
- 1 tablespoon vinegar
- 1 egg
- 1/2 cup cold water



Mix the first three ingredients well. Cut in the shortening and mix it well until the ingredients are crumbly. Mix together the egg, water, and vinegar and add it to the dry ingredients, and mix it well. Separate it into five balls. Refrigerate it for twenty minutes before using it.

## Green tomato pie

Lou Emma Lenon Erby

- 3 cups sliced green tomatoes
- 3 tablespoons flour
- 1 1/3 cups sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 4 teaspoons grated lemon rind
- 3/4 teaspoon cinnamon
- 3 tablespoons butter or margarine
- 2 pie crusts



Combine the tomatoes with the sugar, flour, salt, lemon juice, and rind. Place it in the bottom crust. Sprinkle it with cinnamon and dot it with butter, and cover it with the top crust. Bake it at 450° for ten minutes, then reduce the heat to 350° and bake for 30 more minutes.

# Chess pie

Bonnie Smith Wyatt

- 1/4 teaspoon nutmeg (optional)
- 1/2 cup melted butter or margarine
- 3 whole eggs
- 2 cups sugar
- 2 tablespoons cornmeal
- 1/4 cup milk
- 1 teaspoon vanilla
- 1 tablespoon vinegar
- 1 unbaked pie shell



Beat the eggs and add the remaining ingredients, and mix them well. Turn it into the unbaked pie shell and bake it for forty five minutes at 350°.

Editor’s note: According to James Beard’s *American Cookery* (1972), chess pie was brought from England originally and was found in New England as well as Virginia.

The origin of the name “chess pie” is unknown, but many theories and folklore have been proposed. The term may have come from the term “pie chest,” in which chess pies could be stored because of their high sugar content. Another guess is that it came from a pronunciation of “cheese pie”,



because the recipes of lemon chess pie and English lemon curd (cheese) are similar. Alternatively, it could have come from a pronunciation of “It’s jes’ pie”. Another proposal is that the pie was eaten in a room set to play chess in. The last guess seems to be the most unlikely to me.

## Pumpkin meringue pie

Tracee Alstat McMurray

1 cup cooked and mashed pumpkin  
3/4 cup sugar  
1/2 teaspoon salt  
1 1/2 cups milk  
1 cup coconut  
1 teaspoon vanilla  
1/3 cup flour  
1/2 teaspoon baking powder  
3 beaten egg yolks  
1 baked pie shell



Blend the sugar, flour, salt, and baking powder together, then stir in the milk gradually. Add the egg yolks and pumpkin and mix it well. Cook it about twenty minutes or until it's creamy, stirring frequently. Remove it from the heat and stir in the coconut and vanilla. Pour it into a pie shell.

To make the meringue, beat three egg whites until soft peaks form. Add a dash of salt and 1/3 cup of sugar gradually, and one teaspoon vanilla. Beat it until stiff peaks form. Spread it over the pie, sprinkle it with coconut, and bake it at 350° until it's browned.

## Pie crust

Shirley Reeves

5 cups flour  
2 cups shortening  
1 teaspoon salt  
1 egg plus 2 tablespoons vinegar plus cold water to equal 1 cup

Mix it together and refrigerate it for fifteen minutes before rolling it out. It will keep one month in the refrigerator, or it can be frozen.

## Miracle pie

Nikki Jo Wyatt

3 egg whites  
1 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon vanilla  
3/4 cup nuts  
1 cup cracker crumbs



Preheat the oven to 350° and grease an eight inch pie plate. Break the eggs and separate the whites from the yolks. Beat the whites until they are stiff. Add the sugar, baking powder, and vanilla to the egg whites. Fold in the nuts and add the cracker crumbs. Pour it into an eight inch pie pan and bake it for thirty minutes.

Editor's note: The illustration is Reuben's portrait of Daniel in the lion's den, as told in Daniel 6:23.

## Coconut macaroon pie

Shirley Reeves

Beat together:

4 separated eggs  
1 3/4 cups sugar  
1/3 cup milk  
1 3/4 cups coconut  
1 teaspoon vanilla  
2 teaspoons lemon juice  
4 tablespoons melted margarine

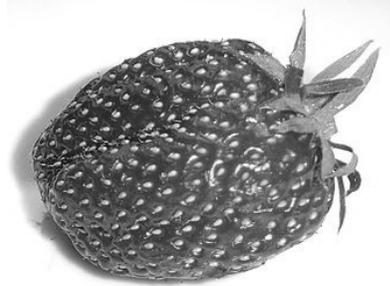


Beat the egg whites, fold them into the above mixture and put it in the pie crust. Bake it at 400° for ten minutes, then reduce the heat to 350°. Bake it until it's golden brown.

## Strawberry glacé pie

Maxine Smith Mann

- 1 nine inch baked pie shell
- 6 cups fresh strawberries
- 1 cup sugar
- 3 tablespoons cornstarch
- 1/2 cup water
- 3 ounces softened cream cheese

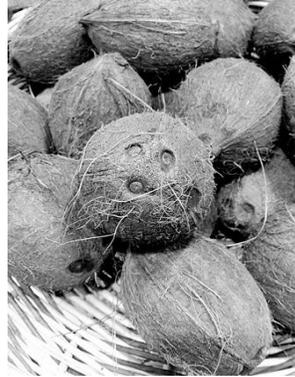


Wash enough berries to measure one cup. Stir together the sugar and cornstarch. Gradually stir in the water and crushed strawberries. Cook it over medium heat, stirring constantly until the mixture is thick and boils. Boil it and stir for one minute, then let it cool. Beat the cream cheese until it is smooth, and spread it on the bottom of the baked pie shell. Fill the shell with the remaining berries and pour the cooked berry mixture over top. Chill it at least three hours or until set.

## Impossible coconut pie

Louemma Russell Smith

- 4 eggs
- 1 3/4 cups sugar
- 2 cups milk
- 1/2 stick melted margarine
- 1 teaspoon vanilla
- 1 cup shredded coconut, about 7 ounces
- 1/2 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder



Beat the eggs until they are light. Add all the other ingredients except the coconut and vanilla and mix it well. Gently fold in the coconut and vanilla.

Grease and flour two nine inch pie pans and pour half of the mixture into each. Bake them at 350° for 30 minutes. This pie makes its own crust, believe it or not!

## **Cream cheese pie**

Shirley Reeves

8 ounces cream cheese  
1/2 cup sugar

Mix it well and fold in:

9 ounces whipped cream  
20 ounces drained and crushed pineapple

Put it in a nine or ten inch pie shell and refrigerate it.

## **No-fail flaky pie dough**

Vic Lenon

This makes two nine inch double crusts and one shell, or five nine inch single crusts. Be sure to let the dough rest at least thirty minutes in the refrigerator before rolling it. It can be kept up to three days in the refrigerator or you can divide it into five balls and freeze it in plastic bags.

1 cup all-purpose flour  
1 3/4 cups vegetable oil  
1 tablespoon sugar  
2 teaspoons salt  
1 teaspoon vinegar  
1 egg  
1/2 cup water



Mix the flour, shortening, sugar, and salt together with a fork. In a separate bowl, beat the other ingredients together, then combine the two mixes and stir it with a fork until all the ingredients are moistened. Mold it into separate balls by hand. Chill it before rolling it.

This is a great recipe for beginners. It can take a good deal of handling and still comes up flaky.

## Biscuit dough for shortcake

Bertha V. Bongiorno

2 cups flour  
4 teaspoons baking powder  
2 tablespoons sugar  
3/4 cup milk  
1/2 teaspoon salt  
1/2 cup shortening



Mix the dry ingredients and work in the shortening. Add the milk and toss it on a board and pat or roll it. Cut it with a biscuit cutter and bake it in the oven 12-15 minutes at 450°. Split the biscuits and fill them with sweetened fruit.

## Coconut macaroon pie

Myrtle Cash Harper  
submitted by Lou Emma Lenon Erby

1 1/2 cups sugar  
2 eggs  
1/2 teaspoon salt  
1/2 cup margarine or butter  
1/4 cup flour  
1/2 cup milk  
1 1/2 cups shredded coconut  
1 nine inch unbaked pie shell

Beat the sugar, eggs, and salt until the mixture is lemon colored. Add the butter and flour and blend it well. Add the milk, and fold in one cup of coconut.

Pour it in the pie shell. Top it with the remaining coconut and bake it at 325° for about an hour.



## Zucchini bran muffins

Gayle Barnes Walker

1 cup flour  
1/3 cup packed brown sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1 beaten egg  
3/4 cup milk  
3 tablespoons oil  
1 cup bran  
1/2 cup grated zucchini, squeezed dry  
1/3 cup chopped nuts  
1/2 teaspoon cinnamon



Heat the oven to 400° and grease the muffin cups. Combine the flour, sugar, baking powder, salt and soda. Blend the egg, milk, and oil. Stir in the bran cereal and let set for five minutes. Add the last three ingredients and mix it to combine them. Stir it into the flour just until it's blended. Fill the muffin cups 2/3 full and bake them for 20-25 minutes.

Editor's note: Zucchini is a summer squash which can reach nearly a yard in length, but is usually harvested immature at six to ten inches. In Britain and Ireland a fully grown zucchini is referred to as a marrow. In South Africa it is known as a baby marrow.

Along with certain other squashes and pumpkins, it belongs to the species *Cucurbita pepo*. Zucchini can be dark or light green. A related hybrid, the golden zucchini, is a deep yellow or orange color.

In a culinary context, zucchini is treated as a vegetable; it is usually cooked and presented as a savory dish or accompaniment. Botanically, zucchinis are fruits, a type of botanical berry called a "pepo", being the swollen ovary of the zucchini flower. The female flower is a golden blossom on the end of each emergent zucchini.

## Dutch apple fritters

Lou Emma Smith

6 apples; peeled, cored, and cut into 1/2 inch rings

1/2 cup sugar

1/2 cup brandy

1/2 teaspoon cinnamon

2 separated eggs

2/3 cup milk

1 tablespoon melted butter

1 cup flour

1/4 teaspoon salt

1 tablespoon sugar



Place the apple rings in a large bowl with 1/2 cup sugar, brandy, and cinnamon. Let it marinate in the refrigerator for an hour.

For the batter, Beat together two egg yolks, milk, and melted butter. Add the flour and one tablespoon of sugar and stir it. Let it stand for 1-2 hours at room temperature.



Heat an inch of oil to 375° in a skillet. While the oil is heating, beat two egg whites until they are stiff, then fold them into the batter. Drain the apples and dip the rings, one at a time, into the batter. Fry the coated apple rings in oil until golden brown, turning to brown both sides. Sprinkle with con-

fectioners sugar.

Editor's note: A very delicious way to fritter away your time!

## Pecan tarts

Elizabeth Russell Vrana

### Crust:

2 cups flour  
6 ounces cream cheese  
2 sticks margarine  
a dash of salt

Cream these ingredients together, then line a small miniature muffin tin with crust, twelve to a tin. For the filling:

2 eggs  
2 tablespoons margarine  
1 teaspoon vanilla  
1/2 cup brown sugar  
1/2 cup white sugar  
1 1/2 cups chopped pecans



Fill the muffin cups halfway and bake it for about twenty minutes at 350°.

This recipe makes forty eight tarts or four tins of twelve each, and can be made ahead of time and frozen. It also makes an ideal crust for pecan pie.

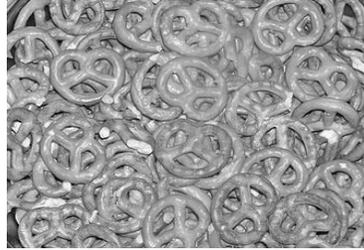
Editor's note: the illustration is of the aforementioned pecan pie. It is considered a specialty of Southern U.S. Cuisine; pecans are native to the southern United States. Archaeological evidence found in Texas indicates that Native Americans used pecans more than 8,000 years ago. The word "pecan" is a derivative of an Algonquin word, *pakani*, referring to several nuts.

Sugar pies such as treacle tart were attested in Medieval Europe, and adapted in North America to the ingredients available. Pecan pie may be a variant of chess pie, which is made with a similar butter-sugar-egg custard.

## Soft Pretzels

Laura Gravot  
and Kent Alstat

- 1 package dry yeast
- 1 1/3 cups warm water
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 3 1/2-4 cups flour
- 1 egg
- 2 tablespoons water
- 2 tablespoons coarse salt or sesame seeds



Grease two large baking sheets. Sprinkle the yeast over the warm water in a large bowl and stir it with a rubber spatula until the yeast is dissolved. Stir in the sugar and salt until they are dissolved. Gradually stir in 3 1/2 cups of flour with a wooden spoon until a stiff dough forms. Turn the dough out onto a well floured surface and knead it until it's smooth, about 5-7 minutes, adding another 1/2 cup flour if necessary. Divide the dough into twelve equal portions. Cover it with a towel and let the dough rest about ten minutes for easier shaping. Roll each piece of dough into a fifteen inch long rope. Shape the rope into a pretzel shape and place it on a baking sheet. Beat the egg and water together in a small bowl and brush it on the pretzels. Sprinkle them with coarse salt or sesame seeds. Bake in a 425° oven for 15-25 minutes or until they're golden brown. They're very good warm or cold.

## **Cookies, Cakes, and Icings**



## Fruit kuchen coffee cake

Lou Emma Lenon Erby

- 1 tablespoon melted butter
- 3 tablespoons milk
- 1 slightly beaten egg
- 1/2 cup sugar
- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 2 cups drained fresh or canned sliced fruit



Mix the butter, milk, and egg. Add the sifted dry ingredients and mix it until it is blended. Spread the dough in a buttered 8x8 pan. Arrange the fruit on top and press it into the dough. Sprinkle sugar and cinnamon on top and bake it at 375° for twenty five minutes.

This is one of my favorites and very easy to double. I used some of Mama's home canned peaches that had been in the cellar for three or four years. I added a clove for flavoring.

Editor's note: *Kuchen* is German for "cake".

## Million dollar pie

Shirley Reeves

- 1 can sweetened condensed milk
- 20 ounces drained and crushed pineapple
- 1 cup coconut
- 1/2 cup chopped pecans

Mix and fold the ingredients into a nine ounce carton of whipped cream. Put it in a baked crust or graham cracker crust and refrigerate it.

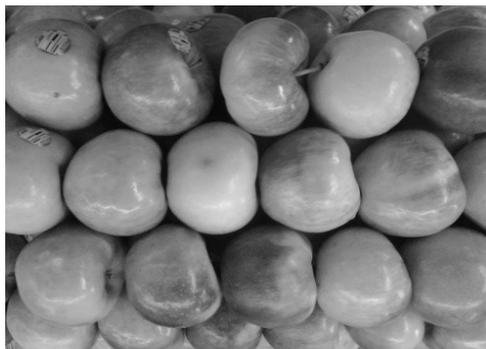


## Apple coffee cake

Vicki Bongiorno Konsavage

Mix together like pie crust:

1 1/4 cups flour  
1 teaspoon sugar  
1/2 teaspoon salt  
1/4 pound margarine  
1 teaspoon baking powder



Add:

2 teaspoons milk  
1 egg yolk

Put it in an ungreased 9x12 inch pan. Cover it with eight medium baking apples, quartered and laid on rows. Top it with a mixture of:

1 1/2 tablespoons flour  
1 teaspoon cinnamon  
3/4 cups sugar  
2 tablespoons margarine

Bake it at 315° for 45-50 minutes.

Editor's note: Coffee cake is thought to have originated in Germany, although that is not a proven fact. Its origins are murky, and the term "coffee cake" didn't become common until 1879.

British coffee cake is a sponge flavored with coffee (there is such a recipe in this cookbook), as the British drink far more tea than coffee. They are generally round and consist of two layers separated by coffee flavored butter icing, which also covers the top of the cake.

What we Americans call "coffee cake" the British call "tea cake".

## French coffee cake

Bertha Victoria Lenon Bongiorno

1/2 pound butter or margarine  
4 cups flour  
1/4 cup sugar  
1 cup warm milk  
3 egg yolks  
1 cake yeast  
1/4 cup warm water

### Filling:

2 tablespoons cinnamon  
1 cup sugar  
1 cup chopped nuts



Sift the flour, sugar, and a pinch of salt together. Cut in the shortening to the size of small peas. Add the milk and beaten egg yolks and yeast, dissolved in warm water. Stir it gently and let it stand overnight in the refrigerator.

Divide the dough in two or three parts. Roll it to 1/4 inch thickness. Beat the egg whites until it's stiff and spread it on each piece of dough. Sprinkle them with filling and roll them like a jelly roll. Place them on greased pans and let them rise. Bake them at 350° for 45-50 minutes.

Editor's note: During the Iron Age, what is now France was inhabited by the Gauls, a Celtic people. Rome annexed the area in 51 BC, and held the region until 486 AD, when the Germanic Franks conquered the region and formed the Kingdom of France.

In the late eighteenth century, the French Revolution overthrew the absolute monarchy, established one of modern history's earliest republics, and saw the drafting of the Declaration of the Rights of Man and of the Citizen, which expresses the nation's ideals to this day.

The French are, of course, noted for their cooking.

## Loser's coffee cake

Rosella Guill Vaughn  
submitted by Zona Bishop Lenon

### Batter:

1/4 pound butter or margarine  
1 cup sugar  
1 pint sour cream  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 eggs  
dash of salt  
1 teaspoon vanilla



### Filling:

1/2 cup sugar  
1 teaspoon cinnamon  
1/2 cup chocolate chips  
3/4 cup chopped nuts



Mix the filling ingredients together. Sift the dry ingredients together and set it aside. Cream the butter, sugar, sour cream and eggs. Add the dry ingredients and mix it well. Add the vanilla and mix it. Grease and flour an angel food or bundt cake pan and place a layer of batter on the bottom, then a layer of filling, a layer of batter, layer of filling, ending with a layer of filling on top. Bake it at 350° for 45-55 minutes and let it cool on the rack before removing it from the pan. No frosting is needed.

Editor's note: the city pictured is Las Vegas, where losers congregate.

## Maple butter twist coffee cake

Linda McVicker Russell

1 package yeast  
1 1/4 cups water  
1/4 cup butter  
3 tablespoons sugar  
1 1/2 tablespoons salt  
1/2 cup scalded milk  
2 eggs  
3 1/4-3 1/2 cups flour



Soften the yeast in warm water. Combine the butter, sugar, salt, and milk in a large bowl. Stir in the eggs and yeast. Beat it for two minutes. Gradually add flour to form a soft dough. Cover it and let it rise for one hour.

For the filling:

1/2 cup butter or margarine  
1/2 cup brown sugar  
1/2 cup granulated sugar  
1/4 cup maple syrup  
2 tablespoons flour  
1/2 teaspoon cinnamon  
1/2 teaspoon maple flavoring  
1/2 cup nuts



Cream all of the ingredients except the nuts; stir in the nuts last. Divide the dough in half. Roll out one portion to a 14x8 inch rectangle and spread it with half of the filling. Roll it up, starting with the fourteen inch side and cut it in half lengthwise. Twist the strips together. Shape it in a ring in a well-greased eight or nine inch round pan. Repeat with the remaining dough. Cover it and let it rise.

Bake it at 350° for 25-30 minutes. Frost it while it's warm.

## Easy coffee cake

Bonnie Smith Wyatt

### Cake batter:

1/2 cup or 1 stick margarine  
1 cup granulated sugar  
2 eggs  
2 teaspoons vanilla  
1 cup sour cream  
1 cup flour  
1 teaspoon baking powder  
1 teaspoon baking soda



### Topping:

1/3 cup brown sugar  
1/3 cup chopped nuts  
1 teaspoon cinnamon  
6 ounces semi-sweet chocolate chips  
powdered sugar

Preheat the oven to 350°. To make the batter, cream together the butter and sugar until it is well blended, then add the eggs to the mixture. Add the vanilla and sour cream. If you are mixing it by hand, sift the flour, baking powder, and baking soda together. Add it to the batter and mix it thoroughly.

To make the topping, mix the brown sugar, nuts, cinnamon, and chocolate chips in a small bowl. Generously grease a pan.

Put half of the batter of the topping over this layer. Cover with the remaining half of the batter and sprinkle it on the remaining half of the topping.

Bake it for fifty minutes or until it's done. Remove it from the pan and dust it with powdered sugar, if desired. The cake may be frozen for later use.

## New York style cheesecake

Jeanette Morgan Crown

1 cup graham cracker crumbs  
1 tablespoon melted butter or margarine (for crust)  
1 tablespoon sugar (for crust)  
1 3/4 cups sugar (for cake)  
1/2 teaspoon ground cinnamon  
8 ounces cream cheese  
3 tablespoons flour  
5 eggs  
2 egg yolks  
1/4 cup milk



Combine the graham cracker crumbs, one tablespoon of sugar and cinnamon in a small bowl and blend in the melted butter or margarine. Press it firmly over the bottom of a lightly greased nine inch spring-form pan. Chill it briefly before filling it.

Let the cream cheese soften in a large bowl, then blend in the sugar and flour. Beat it with an electric mixer until it's light and fluffy. Add the eggs and egg yolks one at a time, beating well after each. Stir in the milk and pour the mixture into the crumb crust.

Bake it at 475° for ten minutes, then lower the temperature to 200° and bake an hour longer. Let the cake remain in the oven until cool, about an hour. Remove it from the oven and let it cool completely on a wire rack. Loosen around the edge with a knife. Release the spring and remove the side of the pan.

Chill and serve it plain (like the New Yorkers eat it!) or with your favorite topping. Makes sixteen servings.

Editor's note: The image is New York style cheesecake with strawberries, served at the Carnegie Deli in New York.

## Cheesecake

Andrew Konsavage

2 large packages cream cheese  
3 eggs  
3/4 cup sugar  
1/2 cup milk  
1/2 teaspoon vanilla

Soften the cream cheese in a bowl with an electric mixer. Add the milk, vanilla, and sugar and beat it well.

For the crust:

1/2 stick butter or margarine  
2 tablespoons sugar  
1 package graham crackers, rolled flat

Mix the ingredients well and press it in a spring form pan. Pour the cheese mixture in the crust and bake it at 350° for fifty minutes. When it is done, remove it from the oven and mix 1 1/2 cups of sour cream with two tablespoons of sugar and one tablespoon of vanilla. Bake it for five minutes longer.

Editor's note: Smooth, fresh, unripened cheese, sweetened with honey must be almost as old as cheese-making itself, and "the land of milk and honey" is a deep-rooted idiom. An ancient form of cheesecake may have been a popular dish in ancient Greece even prior to the Romans' adoption of it with the conquest of Greece. The earliest attested mention of a cheesecake is by the Greek physician Aegimus (fifth century BC), who wrote a book on the art of making cheesecakes, *plakountopoiikon suggramma*. The earliest extant cheesecake recipes are found in Cato the Elder's *De Agri Cultura*, which includes recipes for two cakes for religious uses: *libum*, *placenta* and *savillum*.

It did not start looking like the normal cheesecake that we see today until around the eighteenth century. Europeans began removing yeast and adding beaten eggs instead.

## Montana Mom's dynamite cheesecake Linda Ebersohl Stacks

For the crust:

crumbs from 16 graham crackers  
1/2 stick butter  
1 tablespoon honey  
1 tablespoon flour



Mix it well and press it firmly into the bottom of the pan.

For the filling:

16 ounces cream cheese  
1/3 cup sugar  
4 eggs  
1 teaspoon vanilla  
1 grated lemon, juice and all

Blend it until it is smooth and creamy. Pour it on top of the crust and bake it at 375° for twenty five minutes, then let it cool.

For the topping:

1 pint sour cream  
1/2 cup sugar  
1 teaspoon vanilla



Blend it well and pour it on top of the cooled filling and bake it at 375° for 5-8 minutes. The cheesecake must set in the refrigerator for at least twelve hours before it will be firm enough to slice.

## Lots o' apple cake

Lori Ebersohl Mayhugh

- 5 cups peeled and sliced apples
- 1 cup flour
- 1 cup wheat flour
- 1 1/4 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup oil
- 1/4 cup honey
- 1 teaspoon vanilla
- 2 eggs
- 1/2 cup chopped nuts



Heat the oven to 350°. Grease and flour the bottom only of a 9x13 inch pan.



In a large bowl, combine all the ingredients except the nuts. Beat it for three minutes at medium speed, then stir in the nuts by hand. Pour it into the prepared pan and bake it for 30-40 minutes until it is done when tested with a toothpick that comes out clean when inserted in the center of the cake.

For the glaze:

- 3/4 cup powdered sugar
- 1 teaspoon vanilla
- 1 teaspoon milk

Mix it well and spread it over the warm cake.

## Crostata—Italian cake

Eileen E. Bongiorno Karas

42 ounces cherry or pineapple pie filling  
1/2 pound shortening or 2 sticks margarine  
3 1/2 cups flour  
1 cup sugar  
3 well beaten eggs  
1/3 cup milk  
1 teaspoon vanilla  
4 teaspoons baking powder



Mix the flour, sugar, and baking powder in a large bowl. Cut in the shortening as if for pie crust. Mix the eggs, milk, and vanilla and add it to flour mixture. Stir it until it is moistened. Press 2/3 of the batter into a greased 15x10x1 inch jelly roll pan. Spread it with the pie filling.

Roll out the remaining dough on a floured board and cut it into 1/2 inch strips. Place them in lattice fashion over the filling, pressing the edges lightly. Bake it at 350° for forty five minutes. Cut it into squares when it has cooled.

Editor's note: *Crostata* is Italian for "Pie". This dish is also known as *coppi* in Naples and *sfogliate* in Lombardy. The earliest known use of *crostata* in its modern sense can be traced to the cookbooks *Libro de Arte Coquinaria* (Art of Cooking) by Martino da Como, published circa 1465, and *Cuoco napoletano* (Neapolitan recipes), published in the late fifteenth century containing a recipe titled *Crostata de Caso, Pane, etcetera*.

A *crostata* is a "rustic free-form version of an open fruit tart" that may also be baked in a pie plate.

The name derives from the Latin word *crustāta*, the feminine past participle of *crustāre* (to encrust), and ultimately from the noun *crusta* (crust). The French term *croustade* derives from it, from which the English term "custard" derives. "Crostata" appeared in the earliest dictionaries, included in the 1612 dictionary *Vocabolario degli accademici della Crusca*.

## Hummingbird cake

Carolyn Russell Barnes

3 cups all-purpose flour  
2 cups sugar  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1 cup chopped pecans  
3 beaten eggs  
1 cup vegetable oil  
1 1/2 teaspoons vanilla extract  
8 ounces crushed and undrained pineapple  
2 cups chopped bananas



Combine the dry ingredients in a large mixing bowl. Add the eggs and oil, stirring it until the dry ingredients are moistened. Do not beat it. Stir in the vanilla, pineapple, pecans, and bananas.

Spoon the batter into three greased and floured nine inch cake pans. After baking, cool it in the pans for ten minutes and remove them from the pans and let them cool completely. Spread frosting between the layers and on top and on the sides of the cake, then sprinkle 1/2 cup of chopped pecans on top.

Cream cheese frosting:

8 ounces softened cream cheese  
1/2 cup softened butter or margarine  
16 ounces sifted powdered sugar  
1 teaspoon vanilla extract



Combine the cream cheese and butter, beating it until it is smooth. Add the powdered sugar and vanilla, and beat it until it is light and fluffy. Spread it on the completely cooled cake.

Bake the cake in three layers at 350° for 25-30 minutes.

## Coconut pound cake

Pat Hinchcliff Nichols

1 1/2 cups shortening  
2 1/4 cups sugar  
5 eggs  
3 cups flour  
1 cup evaporated milk  
1 teaspoon baking powder  
1/4 teaspoon salt  
2 teaspoons coconut flavoring  
7 ounces flaked coconut



Cream the shortening and sugar and add the eggs one at a time, beating it after each addition. Beat it at the highest speed of the mixer for ten minutes. Add the flour, baking powder, salt, coconut flavoring, and milk. Beat it well for one minute, then fold in the flaked coconut. Pour it into a well-greased and floured large tube pan. Place it in a cold oven and set the oven at 325°, and bake it for one hour and ten minutes. It freezes well.

Editor's note: the illustration is the flower of a coconut tree. *Cocos nucifera* is a member of the family Arecaceae (palm family) and the only species of the genus *Cocos*. The term "coconut" can refer to the whole coconut palm or the seed, or the fruit, which, botanically, is a drupe, not a nut. The spelling cocoanut is an archaic form of the word. The term is derived from the sixteenth century Portuguese and Spanish word coco meaning "head" or "skull", from the three indentations on the coconut shell that resemble facial features.

Coconuts are known for their versatility ranging from food to cosmetics. They form a regular part of the diets of many people in the tropics and subtropics. Coconuts are distinct from other fruits for their endosperm containing a large quantity of water (also called "milk"), and when immature, may be harvested for the potable coconut water. When mature, they can be used as seed nuts.

## Golden feather cake

Marie Lenon Kelley

- 1 3/4 cups cake flour
- 1 1/2 teaspoons double action baking powder
- 1/2 teaspoon salt
- 1/2 cup butter or shortening
- 1 cup sugar
- 1 teaspoon vanilla
- 2 beaten eggs
- 1/2 cup milk

Grease and lightly flour two eight inch layer cake pans. Sift the flour, measure and resift it three times with the baking powder and salt. Cream the butter until it's soft and plastic, and gradually blend in the sugar, creaming it until it's smooth



and fluffy. Add the vanilla and eggs and beat them vigorously. Add the flour mixture and milk alternately in four portions, beginning and ending with flour and beating it until it is smooth after each addition.

Turn the batter into the pans and bake it at 350° for 25-30 minutes, or until the cake barely begins to pull away from the sides of the pan. Don't over-bake it. Cool it on racks for five minutes, then turn it out on racks to finish cooling. Spread it with strawberry preserves or other favorite on one layer. Assemble it and spread it with your own special icing.

Editor's note: The illustration is of a golden eagle in flight.

## Mexican wedding cake

Julie Karas Abraham

2 eggs  
2 teaspoons vanilla  
2 cups flour  
1 cup chopped nuts  
2 teaspoons baking soda  
2 cups sugar  
20 ounces unsweetened undrained crushed pineapple



Pour it into a greased 13x9 inch baking dish. Bake it for 40-45 minutes at 350°.

For the frosting:

8 ounces softened cream cheese  
1 stick softened margarine  
1 teaspoon vanilla  
1 cup sugar



Beat it very well with a mixer for 10-12 minutes, leaving no sign of sugar granules. Frost the cooled cake and store it in the refrigerator.

Editor's note: the top illustration is the Mexican coat of arms. The second is a painting by Edmund Leighton, who lived from 1853 to 1922.

In a Mexican wedding there is a tradition called *Trece Arras*, or "thirteen gold coins". In this tradition, the groom gives the bride thirteen gold coins in an ornate box to show that he trusts her with his money. The thirteen coins are symbols representing Jesus and his disciples, and the bride traditionally takes them and promises that she will care for them prudently.

The box is first blessed by the priest (Mexico is predominantly Catholic), then the groom hands it to his best man, who holds it until the end of the ceremony, when the groom gives it to his bride.

## **Date nut cake**

Vicki Bongiorno Konsavage

1 pound dates  
1/2 pound glazed pineapple, cut finely  
1/2 pound glazed cherries

Put two teaspoons of baking soda into two cups of boiling water and pour it over the cut up fruit. Mix:

2 tablespoons margarine  
2 cups granulated sugar  
1 teaspoon vanilla  
1/4 teaspoon salt  
2 well beaten eggs  
2 cups flour  
1-1 1/2 cups finely cut nuts

Bake it at 325-335° for 45-60 minutes.

## **Sand tarts**

Louemma Russell Smith

Cream together 1/2 cup of butter or margarine and three heaping teaspoons of sugar. When it is light and fluffy add:

1 1/2 cups sifted cake flour  
1/2 teaspoon vanilla  
1 cup peanuts or walnuts ground in a food chopper

Refrigerate it for 1/2 hour until the dough can be rolled into small balls. Press them flat with a fork and put a nut in the center of each cookie, and sprinkle them with sugar. Bake 12-15 minutes in a 350° oven. Makes about 3 dozen.

This recipe was given to me by my mother, Clara Lenon Russell, and was written by her on the back of some letterhead from the "Toastmasters club", Chickasaw, Arkansas dated May 29, 1956. I am assuming she got the recipe from my sister-in-law, Rosalie Russell. It sure makes some delicious cookies!

## Grand illusion cake

Beatrice Lenon Swanson  
submitted by Vicki Bongiorno Konsavage

- 1 cup oil
- 2 cups sugar
- 1 tablespoon vanilla
- 1 teaspoon almond extract
- 4 eggs
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 2 cups raw beets, ground or grated
- 1 cup flaked coconut
- 8 1/2 ounces crushed undrained pineapple



Grease and flour a 13x9 inch pan. Cream the oil, sugar, vanilla, and almond extract. Add the eggs one at a time. Beat the mixture after each one. Sift the flour, baking powder, cinnamon, and salt, and add it to the creamed mixture 1/3 at a time, beating well after each addition. Fold in the grated beets, pineapple (including juice), and coconut. Bake it for 45-50 minutes in a 350° oven.

For the frosting:

- 1 2/3 cups powdered sugar
- 1/2 stick margarine
- 1/4 cup nuts
- 4 ounces cream cheese
- 1 teaspoon vanilla

Cream it thoroughly and spread it on the cooled cake.

Editor's note: I don't know where the name of this cake comes from, but I suspect it's from *La Grande Illusion* (also known as *Grand Illusion*), a 1937 French war film directed by Jean Renoir, who co-wrote the screenplay with Charles Spaak. The story concerns class relationships among prisoners of war during World War One who are plotting an escape.

## Italian cream cake

Jeanette Morgan Crown

- 1/2 cup shortening
- 1/2 cup butter
- 1 2/3 cups sugar
- 6 separated eggs
- 1 cup buttermilk
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups flour
- 3/4 teaspoon vanilla extract
- 2 cups shredded coconut
- 1 cup chopped pecans
- 1/4 teaspoon cream of tartar
- 1/2 cup quartered maraschino cherries (about fifteen cherries)



Cream the shortening, butter, and sugar until it's light and fluffy. Add the egg yolks one at a time, and beat the mixture well after each addition. Add the buttermilk alternatively with the dry ingredients, ending with flour. Stir in the vanilla, coconut, pecans, and cherries. Beat the egg whites with cream of tartar until it's stiff. Fold it into the cake mixture. Bake it in three greased nine inch layer pans at 350° for 30-40 minutes or until it is done. Let it cool for ten minutes and remove it from the pan.

For the frosting:

- 1/2 cup butter, room temperature
- 8 ounces softened cream cheese
- 4 cups powdered sugar
- 3/4 teaspoon vanilla extract
- 1 cup chopped pecans



Cream the butter and cheese. Gradually add sugar and vanilla. Beat it until it is smooth and creamy. Add the pecans or sprinkle on top of the frosted cake. Serves 14-16.

## Poor man cake

Clara Lenon Russell  
submitted by Gladys Russell Morgan

1 cup sugar  
1/2 cup shortening  
2 cups flour  
1 teaspoon cloves  
1 teaspoon ginger  
1 teaspoon nutmeg  
pinch of salt  
1 teaspoon baking soda  
1 cup hot water  
1 cup raisins  
1 cup chopped nuts



Bring the raisins to a boil in 1 1/2-2 cups of water. Cream the sugar and shortening. Sift the dry ingredients together and add it to the sugar and shortening.

Dissolve the baking soda in one cup of water from the raisins and add it to the batter. Add the raisins and nuts, stir it all together, and bake it in a heavy iron skillet or loaf pan at 350° until it tests done with a toothpick. It's good with or without frosting.

Editor's note: Poverty is the scarcity or the lack of a certain variable amount of material possessions or money. Poverty is a multifaceted concept, which may include social, economic, and political elements. Absolute poverty, extreme poverty, or destitution refers to the complete lack of the means necessary to meet basic personal needs such as food, clothing, and shelter.

The threshold at which absolute poverty is defined is considered to be about the same, independent of the person's permanent location or era. Relative poverty occurs when a person who lives in a given country does not enjoy a certain minimum level of "living standards" as compared to the rest of the population of that country. Therefore, poverty's definition varies from one country to another.

## Hot milk sponge cake

Gladys Russell Morgan

2 cups unsifted cake flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
4 unbeaten eggs  
2 tablespoons butter  
2 cups sugar  
2 teaspoons vanilla  
1 cup milk



Sift the flour, baking powder, and salt together. Beat the eggs in a large deep bowl until they are very thick and light, about five minutes. Gradually beat in the sugar and add the vanilla. Add the flour to the egg mixture a small amount at a time, blending by hand or at the low speed of an electric mixer. Bring the milk and butter just to a boil. Very quickly stir it into the flour mixture, blending it well. The batter will be thin.

Pour it into a 13x9x2 inch pan which has been greased and floured on the bottom only. Bake it in a 350° oven for 30-35 minutes. Let it cool and top it with broiled coconut topping, or serve it with fruit.

The cake may be baked in layer pans or in square pans for 25-30 minutes. A good spur-of-the-moment cake.

## Dump cake

Bertha V. Bongiorno

Grease a 13x9 inch baking pan. Spread one can of cherry pie filling evenly over the bottom of the pan. Next, spread one can of crushed undrained pineapple over the cherry filling. Sprinkle one yellow cake mix over the crushed pineapple. Thinly slice 1 1/2-2 sticks of butter or margarine over the cake mix, then place 1/2 cup of chopped nuts on top of that. Bake it for one hour at 350°.

## Lightening cake

Zona Bishop Lenon

Sift together:

- 1 cup flour
- 1 cup sugar
- 1 teaspoon baking powder



Break two eggs into  $\frac{1}{3}$  cup of melted butter and fill the cups with sweet milk. Add your favorite flavoring and mix it well. Bake it in a  $350^\circ$  oven until it tests done with a toothpick. This recipe never fails.

## Linda's fresh apple cake

Linda Nichols

- 2  $\frac{1}{2}$  cups self-rising flour
- 1 teaspoon cinnamon
- 2 eggs
- 1 cup oil
- 1 teaspoon vanilla
- 1  $\frac{3}{4}$  cups sugar
- 3 chopped apples
- $\frac{1}{2}$  cup chopped nuts



Beat the eggs, oil, and sugar and then add the flour, cinnamon, vanilla, nuts, and apples. Bake it at  $350^\circ$  until done when tested.

Editor's note: The forbidden fruit in the Garden of Eden in the Book of Genesis is not identified, but popular Christian tradition has held that it was an apple that Eve coaxed Adam with. The origin of the popular identification with a fruit unknown in the Middle East in biblical times is found in confusion between the Latin words *mālum* (an apple) and *mālum* (an evil), each of which is normally written *malum*. The Latin for "good and evil" is *bonum et malum*.

## Chocolate cake

Kay Lenon

1 cup hot water  
1/2 cup cocoa

Cook the above until it's thick, and cream together:

2 eggs  
1 teaspoon vanilla  
2 cups sugar  
1 cup oil

Sift together:

2 cups flour  
1 1/2 teaspoons baking soda  
1 teaspoon salt



Add the cocoa mixture to the creamed mixture, then add one cup of buttermilk alternately with the dry ingredients. Bake it at 350° for 30-40 minutes in a greased and floured 9x13 inch pan. When it's cool, ice it with your favorite icing.

Editor's note: The word "cake" is of Viking origin, from the Old Norse word "kaka".

The ancient Greeks used beer as a leavening, frying fritters in olive oil, and cheesecakes using goat's milk. In ancient Rome, basic bread dough was sometimes enriched with butter, eggs, and honey, which produced a sweet and cake-like baked good. Latin poet Ovid refers his and his brother's birthday party and cake in his first book of exile, *Tristia*.

Early cakes in England were also essentially bread: the most obvious differences between a "cake" and "bread" were the round, flat shape of the cakes, and the cooking method, which turned cakes over once while cooking, while bread was left upright throughout the baking process.

## Special carrot cake

Wanda Nichols

- 1 1/4 cups oil
- 2 cups sugar
- 3 cups flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 4 beaten eggs
- 1 cup raisins
- 3/4 cup chopped nuts
- 1 teaspoon vanilla
- 3 cups grated carrots (about 9 large carrots)



Cream the oil and sugar, and mix all of the dry ingredients. Combine the creamed oil and sugar, beaten eggs, and vanilla. Fold in the nuts and carrots and bake it in a large ungreased tube pan in a 350° oven for 1 1/2 hours.

## Kookie brittle cookies

Sherry Smith Alstat

- 1 cup softened margarine
- 1 teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla
- 2 cups flour
- 6 ounces chocolate chips
- 1 cup chopped pecans



Preheat the oven to 375°. Grease a 15 1/2x10 1/2x1 inch jelly roll pan. Cream the margarine in a large bowl with the mixer at medium speed. Add the salt and vanilla, then beat in the sugar until it's fluffy. Add the flour and mix until it is well combined. Stir in the chocolate chips and pecans. Pat the dough with your hands into the pan and bake it for twenty five minutes or until it's lightly brown at the edges, then let it cool completely. Break it with your hands into the desired size pieces.

## Old time red devil's food cake

Judith Ann Nichols

In half a cup of hot water, add 1/2 cup of cocoa and two level teaspoons of baking soda. Set it aside until the cake is mixed.

1 3/4 cups sugar  
3/4 cup sour milk  
1 teaspoon vanilla  
2 cups flour  
2 separated eggs, beaten  
3/4 cup butter or other shortening



Cream the sugar and shortening, then add the beaten egg yolks, sour milk, flour, and cocoa mix. Fold in the beaten egg whites and vanilla last. I add a tablespoons of red food coloring to my cake.

For the icing:

2 cups sugar  
1 cup milk  
2 tablespoons cocoa  
3 tablespoons white corn syrup



Boil these for 2-3 minutes until it is bubbly and forms a firm, soft ball in cold water.

Editor's note: Unfortunately, the original Lenon cookbook didn't specify a baking temperature, or how long you need to bake it. Martha Stewart's similar recipe calls for a 350° oven for 35-45 minutes.

The illustration is Ary Scheffer's 1854 *Temptation of Christ*.

## Preacher's cake

Margie Lee Nichols

2 eggs  
1 cup sugar  
1 cup flour  
2 teaspoons baking soda  
2 teaspoons vanilla  
2 1/2 cups crushed, undrained pineapple  
1/2 teaspoon salt  
1/2 cup chopped nuts

Mix the above ingredients, and lightly grease a 9x13 inch pan. Bake it at 350° for thirty five minutes. For the icing, mix together:

8 ounces cream cheese  
1/2 stick butter  
1/4 teaspoon salt  
1 3/4 cup powdered sugar  
1/2 cup chopped nuts

Mix it well and let the cake cool before icing it.

Editor's note: "And the people went about, and gathered it, and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it: and the taste of it was as the taste of fresh oil."—Numbers 11:8

The illustration is the preacher from the movie *The Pale Rider*.



## Icing for a chocolate cake

Sherri Russell

Bake a chocolate cake, following the directions on the box. When it has cooled, punch holes with a fork, all over, on each layer. For the icing:

- 1 teaspoon vanilla
- 1 cup cream
- 1/2 stick butter
- 2 cups sugar
- 1/2 cup chocolate syrup



Stir it until it begins to boil and cook the chocolate down until it is thin. Pour it on the bottom layer of the cake, then on the top layer. Cook the rest until it is at the soft ball stage. Don't let it get too hard. Cool it, then stir it and spread it on the cake.

## Oatmeal and apple butter bars

Bonnie Smith Wyatt

- 1 1/4 cups all-purpose flour
- 1 cup packed brown sugar
- 3/4 cup margarine or butter, cut in pieces
- 1 1/4 cups quick-cooking rolled oats
- 3/4 cup apple butter

Mix the flour and sugar in a large bowl. Cut in the butter until the mixture resembles coarse crumbs. Stir in the oats until it's well blended. Press half of the oats mixture, about 2 1/2 cups, firmly into a greased eight inch square pan to form a compact layer. Spread the apple butter to within 1/2 inch of the edges. Sprinkle the remaining oats mixture over the apple butter and press carefully but firmly. Bake it in a preheated 350° oven for about ten minutes or until lightly browned. Cool it in the pan on the rack. Cut it into 1x4 inch bars or two inch squares. Makes sixteen bars, approximately 212 calories per bar.

## Cream cheese cupcakes

Jayne Barnes Raso

### Number 1:

24 ounces softened cream cheese  
1 cup sugar  
5 eggs

### Number 2:

24 ounces sour cream  
1/4 cup sugar  
1/2 teaspoon vanilla

### Number 3:

strawberry preserves

Beat the cream cheese in a large bowl until it is soft and creamy. Gradually add one cup of sugar, beating it until it's light and fluffy. Add the eggs, beating them well.

Stir in 1 1/2 teaspoons of vanilla. Spoon the batter into paper-lined muffin tins, filling them 2/3 of the way full. Bake them at 300° for thirty minutes.



Combine the sour cream and 1/4 cup of sugar with 1/2 teaspoon of vanilla. Spoon 1/4 teaspoon of the sour cream mixture on each cupcake and top them with a small amount of preserves in the center of the sour cream mixture.

Return them to the oven and bake them for five more minutes. Makes eighteen cupcakes.

Editor's note: The cupcakes pictured are most certainly not cream cheese cupcakes, but they'll have to do.

## Betsy's crazy cake

Betsy J. Walker

1 1/3 cups unsifted flour  
1 cup sugar  
3 tablespoons cocoa  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt



Lightly grease a 9x9x2 inch pan. Sift the dry ingredients into the pan.

Make three evenly spaced holes in the dry ingredients. In one, pour six tablespoons of oil, in the second, one tablespoon of vinegar, and in the third, one tablespoon of vanilla. Pour one cup of cold water over it all. Stir it thoroughly with a fork until it is completely blended. Check the corners!

Bake it for 35-45 minutes or until a toothpick inserted in the center comes out clean.

For the topping, Place it on a rack and immediately put 4-5 chocolate candy bars on top. Allow to soften for one minute, then spread it all over the top. Let it cool, then cut it in squares.

Editor's note: The illustration is an engraving of the eighth print of William Hogarth's *A Rake's Progress*, depicting inmates at Bedlam Asylum.

Bethlem Royal Hospital is also known as St. Mary Bethlehem, Bethlehem Hospital, and Bedlam. It is a psychiatric hospital in London and is Europe's first and oldest institution to specialize in mental illnesses. Its famous history has inspired several horror books, films, and TV series, most notably *Bedlam*, a 1946 film with Boris Karloff. It has moved three times from its original location.

The word "bedlam", meaning uproar and confusion, is derived from the hospital's prior nickname. Historically it was representative of the worst excesses of asylums.

## Pineapple cake

Cindy Ebeling

2 beaten eggs  
2 cups flour  
2 cups sugar  
1/2 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon vanilla  
1 can crushed pineapple with juice  
1/2 cup pecans



Mix together all the above ingredients and pour it into an 8x13 inch baking pan. Bake it at 350° for 35-40 minutes. Let it cool and spread on the topping. For the topping:

8 ounces softened cream cheese  
1/4 stick softened margarine  
2 cups powdered sugar  
1/2 cup pecans  
1 teaspoon vanilla

Editor's note: I assume you just mix all that together.

Cakes are often classified according to the occasion for which they are intended. For example, wedding cakes, birthday cakes, cakes for first communion, Christmas cakes, Halloween cakes, and Passover plava (a type of sponge cake sometimes made with matzo meal) are all identified primarily according to the celebration they are intended to accompany. The cutting of a wedding cake constitutes a social ceremony in some cultures. The Ancient Roman marriage ritual of *confarreatio* originated in the sharing of a cake.

Particular types of cake may be associated with particular festivals, such as stollen or chocolate log (at Christmas), babka and simnel cake (at Easter), or mooncake. There has been a long tradition of decorating an iced cake at Christmas time.

## Apple spice cake

Bonnie Smith Wyatt

- 5 peeled, cored, and chopped apples
- 6 teaspoons brandy, applejack, Bourbon, or rum
- 2 cups sugar
- 1/2 cup vegetable oil
- 2 eggs
- 2 cups unsifted flour
- 2 teaspoons cinnamon
- 2 teaspoons baking soda
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1/4 teaspoon cloves
- 1 cup raisins
- 1 cup chopped walnuts



Place the chopped apples in a bowl and pour the liquor over them. Mix together and beat the sugar, vegetable oil, and eggs. Sift together the flour, cinnamon, soda, nutmeg, salt, and cloves. Combine the apples, sugar mixture, and flour mixture, and stir it until it is mixed. Add the walnuts and raisins, and mix it until it's combined.

Pour the batter into a greased 13x9x2 inch baking pan. Bake it at 350° for an hour, or until the cake tests done with the cake tester inserted into the center.



Serve it warm or at room temperature. Cut it into large squares and serve it with whipped cream, sour cream, vanilla ice cream, or hard sauce. Serves 8-12.

## Poor man's fruit cake

Bonnie Smith Wyatt

Boil  $\frac{1}{2}$  cup of water and 2 cups of raisins together and set it aside to cool. Cream one cup of shortening and two cups of sugar together, then add two well-beaten eggs.

Add raisins, vanilla, and one cup of chopped nuts. Sift together:

4 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 teaspoons salt  
1  $\frac{1}{2}$  teaspoons cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon allspice



Blend all of the ingredients together and pour the batter into a greased and floured tube pan. The batter will be very thick. Bake it at  $350^{\circ}$  for 25-30 minutes. Top it with whipped cream.

Variations: Add candied fruit to make the cake go farther, and/or substitute various fruit juices for water.

To make cookies or cupcakes, bake at  $400^{\circ}$  for 12-15 minutes. Any kind of flour can be used, no mixture is necessary. There is no need to refrigerate it, it stays moist on the shelf and lasts indefinitely.

Editor's note: The most common measure of poverty in the U.S. is the "poverty threshold" set by the U.S. government. This measure recognizes poverty as a lack of those goods and services commonly taken for granted by members of mainstream society. The official threshold is adjusted for inflation using the consumer price index.

Most Americans will spend at least one year below the poverty line at some point between ages 25 and 75. Poverty rates are persistently higher in rural and inner city parts of the country as compared to suburban areas.

## Strawberry cake

Shirley Reeves

- 1 package white cake mix
- 1 cup undrained strawberries
- 1 cup milk
- 1/2 cup salad oil
- 1 package dry strawberry gelatin
- 4 eggs
- 1 cup coconut
- 1 cup chopped nuts



Mix all of the above ingredients and bake it for 30-35 minutes in a 350° oven. It makes three layers or a 9x13 inch cake. For the icing:

- 1 stick margarine
- 2 cups powdered sugar
- 1/2 cup drained strawberries
- 1/2 cup coconut
- 1/2 cup nuts

Spread it on the cake while the cake is slightly warm.

## Pumpkin pie cake

Shirley Reeves

- 4 eggs
- 1 1/2 cups sugar
- 1 large can evaporated milk
- 1 teaspoon cinnamon
- 2 cups pumpkin



Mix the ingredients in the order listed. Pour it in a 9x13 inch baking pan that has been greased and floured. Sprinkle one package of dry yellow cake mix on top. Dribble with one cup of melted butter and sprinkle on one cup of chopped nuts. Bake it at 350° for an hour, or until a knife comes out clean. Serve it with whipped cream.

## Pineapple brown sugar cake

Shirley Reeves

1 cup flour  
1 1/2 cups sugar  
1 teaspoon baking soda  
1 teaspoon baking powder  
3 eggs  
1/2 teaspoon salt  
20 ounces crushed pineapple, not drained



Mix the ingredients with a fork and put it in a greased 9x13 inch baking pan. Top it with 1/2 cup of brown sugar and 1/2 cup of chopped pecans. Bake it at 300° for 25-30 minutes. While the cake bakes, bring to a hard boil:

1/2 cup white sugar  
1/2 cup milk  
1 stick margarine  
1 teaspoon vanilla

Punch holes in the warm cake and pour the topping over it. The longer you have the cake, the better it is.

Editor's note: The pineapple (*Ananas comosus*) is a tropical plant with an edible multiple fruit consisting of coalesced berries, also called pineapples, and the most economically significant plant in the Bromeliaceae family.

Pineapples may be cultivated from a crown cutting of the fruit, possibly flowering in five to ten months and fruiting in the following six months. Pineapples do not ripen significantly after harvest. In 2016, Costa Rica, Brazil, and the Philippines accounted for nearly one-third of the world's production of pineapples.

Pineapples can be consumed fresh, cooked, juiced, or preserved. They are found in a wide array of cuisines. In addition to consumption, the pineapple leaves are used to produce the textile fiber *piña* in the Philippines.

## Raisin pudding cake

Norma Lenon

Mix and pour into a nine inch square baking pan:

1 cup flour  
1 cup sugar  
1 egg  
1/2 cup milk  
2 teaspoons baking powder  
1 cup cooked raisins (bring to a boil in 2 cups water then drain, saving the water)

Mix this together and pour it on top:

1 cup brown sugar  
1/2 teaspoon vanilla  
2 cups hot water from raisins  
1/2 stick butter

Bake it at 350° until it's brown, about thirty minutes. When it's done, the cake will be on top with the raisins and pudding on the bottom. Serve it warm or cold, plain or with ice cream.

Editor's note: Raisins are produced in many regions of the world and may be eaten raw or used in cooking, baking, and brewing. In the United Kingdom, Ireland, New Zealand, and Australia, the word "raisin" is reserved for the dark-colored dried large grape, with "sultana" being a golden-colored dried grape, and "currant" being a dried small Black Corinth seedless grape.

The word "raisin" dates back to Middle English and is a loaned word from Old French; in modern French, "raisin" means "grape", while a dried grape is a *raisin sec*, or "dry grape". The Old French word, in turn, developed from the Latin word *racemus*, "a bunch of grapes".

Raisin varieties depend on the type of grape used.

## Fresh apple cake

Norma Lenon

- 1 1/4 cups polyunsaturated oil
- 2 cups sugar
- egg substitute, equivalent to 2 eggs
- 2 teaspoons vanilla
- 3 cups flour
- 1 1/2 teaspoons cinnamon
- 2 teaspoons baking soda
- 3 1/2 cups fresh chopped and peeled apples
- 1 cup chopped pecans
- 1 cup raisins or 1/2 cup raisins and 1/2 cup chopped dates



Cream together the oil, sugar, eggs, and vanilla. Sift the flour, cinnamon, and baking soda together. Fold the flour mixture into the sugar mixture alternately with apples; starting with flour and ending with flour. Add nuts, raisins and dates if you wish. Bake it in a greased and floured 9x13 inch pan at 350° for 45-50 minutes.

## Banana oatmeal cookies

Ann Reed

submitted by Lou Emma Lenon Erby

- 1 1/2 cups flour
- 1/2 teaspoon baking Soda
- 1 cup sugar
- 3/4 cup shortening
- 1 egg
- 2 cups quick oats
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 cup mashed bananas
- 1/2 cup nuts
- 3/4 teaspoon salt (if margarine is used, omit the salt)



Sift the dry ingredients into a bowl. Cut in the shortening and add the egg and bananas. Stir in the oats and nuts. Drop it by a teaspoon onto a cookie sheet and bake it at 350° for approximately ten minutes.

## Eggless, milkless, butterless cake

Sherry Smith Alstat

2 cups brown sugar  
2 cups hot water  
1 pound raisins  
2/3 cup shortening  
2 teaspoons cinnamon  
1 teaspoon ground cloves  
1/2 teaspoon nutmeg  
1/4 teaspoon salt  
1 teaspoon baking soda  
4 cups flour  
2 teaspoons baking powder  
1/2 cup chopped nuts



Combine the water, sugar, raisins, shortening, and spices. Boil it for three minutes, then add the baking soda, baking powder, flour, and nuts. Beat it until it is smooth. Turn it into a greased and floured tube pan and bake it at 350° until a cake tester comes out clean, about forty five minutes, or maybe a bit longer.

This recipe was among my Grandma Russell's recipes and was given to me by my mother, Louemma Smith.

Editor's note: Looking at the ingredients, it's hard to imagine that they will produce cake, and doesn't seem to fit any of the many varieties. There are butter cakes, which this obviously isn't. It certainly isn't a sponge cake. There's no chocolate, so it isn't a chocolate cake. It doesn't sound like coffee cake, although you could drink coffee with it if you wanted.

There are flourless cakes, but this is eggless, milkless, and butterless, but not flourless. It isn't a cheesecake; despite their name, cheesecakes aren't really cakes at all, and this cake probably isn't technically any more a cake than cheesecake is. Butter or oil layer cakes include most of the traditional cakes used as birthday cakes, etcetera, and this has none.

## Spud 'n spice cake

Sherry Smith Alstat

Combine in a large bowl and cream thoroughly:

- 1 1/3 cups sugar
- 1 cup cold mashed potatoes
- 3/4 cup shortening
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon nutmeg



Add 3 unbeaten eggs, mix it well, and add:

- 1 teaspoon baking soda
- 1 cup buttermilk

Add it alternately with two cups of flour to the creamed mixture, beginning and ending with flour. Add the chopped nuts if desired. Bake in a 350° oven for 50-60 minutes.

For the caramel frosting, melt 1/4 cup of butter in a pan and stir in 3/4 cup of brown sugar. Continue cooking it over low heat for two minutes. Add three tablespoons of milk and bring it to a full boil. Let it cool and add two cups of sifted powdered sugar. Beat this until it will spread well.

Editor's note: Potatoes were introduced to Europe in the second half of the sixteenth century by the Spanish. Wild potato species can be found throughout the Americas from the United States to southern Chile. The potato was originally believed to have been domesticated independently in multiple locations, but later genetic testing of the wide variety of cultivars and wild species proved a single origin for potatoes in the area of present-day southern Peru and extreme northwestern Bolivia (from a species in the *Solanum brevicaulis* complex), where they were domesticated approximately 7,000–10,000 years ago. There are now over a thousand different types of potatoes.

## Strawberry shortcut cake

Kent J. Alstat

3 ounces strawberry gelatin  
miniature marshmallows  
1 package white or yellow cake mix  
3 cups fresh, sweetened strawberries or 2 ten ounce packages frozen strawberries, thawed

Mix the strawberries and dry gelatin together and set it aside. Grease the bottom of a 9x13 inch pan and cover the bottom of the pot with a single layer of miniature marshmallows. Make the cake mix according to the package directions and pour the batter over the marshmallows, and top it with the strawberry gelatin mixture. Bake it at 350° for 45-50 minutes. Let it cool and then refrigerate it. Serve it with ice cream or whipped cream.

Note: While baking, the strawberries will sink to the bottom and the marshmallows will rise to the top.

## Peanut butter cookies

Clara Lenon Russell

1/2 cup brown sugar  
1/4 cup granulated sugar  
1/2 cup butter  
1 egg  
1 1/3 cups flour  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon nutmeg  
1/2 cup crunchy peanut butter



Cream the sugars and butter together well. Beat in the egg and peanut butter. Add the remaining ingredients, mixing them well. Shape the shapeless dough into one inch balls and arrange them on an ungreased cookie sheet. Flatten them with a fork and bake for 10-12 minutes in a 350° oven.

## Lemon orange cake

Sherry Smith Alstat

6 ounces frozen orange juice concentrate  
1 package lemon cake mix  
1/2 cup sugar  
1 cup brown sugar  
1 1/2 cups coconut



Follow the package directions for mixing the cake mix. Bake it in a 9x13 inch pan at the temperature given on the box. Meanwhile, while the cake is baking, mix the orange juice, sugar, and brown sugar together. Heat it over medium heat, stirring constantly. Bring it to a boil and remove it from the heat. Add the coconut and nuts and stir to mix it.

Spread it on the cake when the cake is done but not fully browned. Put the cake back in the oven and bake it until the topping is bubbly and lightly browned.

## Granny's sugar cookies

Louemma Russell Smith

Cream 1/2 cup of butter and one cup of sugar together, then blend in one medium whole egg or two small egg yolks. Sift together and add to the mixture:

1/2 teaspoon salt  
2 teaspoons baking powder  
2 cups sifted flour

Blend 1/2 teaspoon of vanilla into the mixture, then roll it out. Cut them with cookie cutters and bake them on a lightly greased cookie sheet in a preheated 400° oven for 8-10 minutes. For extra sparkle and color, glaze your cookies, using this simple recipe:

Blend together 3/4 cup of sifted powdered sugar and 3-4 teaspoons of water. Follow the directions on the food coloring to attain the desired color. While the cookies are warm, brush them with the glaze.

## Tunnel of fudge cake

Sherry Smith Alstat

- 1 1/2 cups soft margarine
- 6 eggs
- 1 1/2 cups sugar
- 2 cups flour
- 1 box fudge frosting mix
- 2 cups chopped walnuts



Cream the margarine in a large mixer bowl at the high speed of the mixer. Add the eggs, one at a time, beating them well after each addition. Gradually add the sugar and continue creaming it at high speed until it is light and fluffy. Stir in the flour, frosting mix, and walnuts by hand. Pour the batter into a greased ten inch tube pan and bake it at 350° for 60-65 minutes. Cool it for two hours and remove it from the pan. Cool it completely before serving it. There's no need for frosting, it's inside the cake!

## Molasses Christmas cookies

Lou Emma Lenon Erby

- 3 tablespoons melted shortening
- 5 tablespoons sugar
- 1/2 cup molasses
- 1 tablespoon milk
- 2 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg



Sift the dry ingredients together, and mix the sugar and shortening well. Add the molasses and milk, then add the dry ingredients to the sugar and shortening mixture. Chill it and roll out the dough 1/4 inch thick on a lightly floured board. Cut the cookies with Christmas cookie cutters and bake them in a 275° oven until lightly browned.

## **New 7-Up cake with topping**

Sherry Smith Alstat

- 1 package lemon cake mix
- 4 eggs
- 3/4 cup oil
- 10 ounces 7-Up
- 1 small package pineapple instant pudding

Mix all of the ingredients together in a large bowl. Beat it with a mixer for 3-4 minutes. Bake it in a greased and floured 9x13 inch pan, or in three layer pans, in a 350° oven until done when tested with a toothpick. For the topping:

- 1 1/2 cups sugar
- 2 tablespoons flour
- 2 beaten eggs
- 1 stick softened margarine
- 20 ounces crushed pineapple, with juice
- 7 ounces coconut



Mix the sugar and flour together in a heavy saucepan. Add the beaten eggs and mix them well. Add the soft margarine and the crushed pineapple with the juice. Cook it over low heat, stirring constantly until it's thick. Remove it from the heat and stir in the coconut. Cool it for twenty minutes and spread it on the top of the cake, and between the layers and on top of a three layer cake.

## **Dixie cake frosting**

Sherry Smith Alstat

Bake one box of yellow cake mix according to the directions on the box. Mix two packages instant butterscotch pudding and 3 1/2 cups milk. Blend in 1/2 cup of peanut butter. Cool the cake and cover it with the above mixture after it is set. Spread one large carton of whipped topping on it and refrigerate it. Serves 12-18.

## Old fashioned molasses cake

Bernice Lenon Nichols

1 cup sorghum  
1 cup buttermilk  
1 cup sugar  
1 cup lard  
2 eggs

Cream the lard and sugar, and add the eggs and beat it well. Add the milk and sorghum, stir it, and set it aside.

Sift about eight cups of flour into a large milk crock and make a deep hole in the center. In the last cups of flour add the following:

1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon ginger



Mix it well and add it to the sugar mixture, and pour it in the center and mix it until a soft dough forms. When it's easy to handle, place it in a large bowl and chill it.

Have a floured board ready. Use about a teacup of dough and roll it to 1/3 inch thick and cut it out with a small plate. Place it in pie tins or on a cookie sheet. Bake it in a 350° oven for ten minutes. Stack them, starting with cooked, sweetened, dried apples to go between each layer. When it's finished the top will be plain. Place a dinner plate and a small weight on top until it is cool. It can be kept in an air-tight can.

It's better when a week old. When rolling the dough, use the flour on the board and sprinkle it on top. These cakes are big cookies, hard to handle.

It is better to cook the evaporated apples the day before. It takes about two packages from the store. They are not as good as our oven-dried apples but I use them. Apple butter or applesauce doesn't work.

This is Mama's recipe. She was Loummea (Lula) Sanders Lenon and I got this recipe from her in 1915.

## Speedeluxe white cake

Louemma Russell Smith

Preparation: Have the shortening at room temperature. Grease the pans, line the bottoms with waxed paper, and grease them again. Use two deep nine inch layer pans or a 13x9x2 inch pan. Preheat the oven to 350°. Sift the flour once before measuring it.

For the meringue, beat the egg whites with a rotary beater or at high speed of an electric mixer until it's foamy. Add 1/2 cup of sugar gradually, beating only until the mixture will hold up in soft peaks. Measure into a sifter:

2 1/2 cups sifted cake flour

2 1/2 teaspoons baking powder

1 teaspoon salt

1 1/4 cups sugar

Measure 2/3 cup vegetable shortening into a bowl. Measure into the cup one cup of milk and one teaspoon of vanilla.\*

Beat five egg whites to meringue and beat 1/2 cup sugar into the egg whites.

Now the Mix-Easy Part: Mix or stir the shortening just to soften it. Sift in the dry ingredients and add 3/4 of the liquid. Mix it until all the flour is dampened then beat for one minute. Add the remaining liquid, blend and beat for two minutes longer, then add the meringue mixture and beat it for one minute. Count only the actual beating time or count the beating strokes. Allow at least 100 full strokes per minute. Scrape the bowl and spoon or beater often.

Baking: Turn the batter into pans. Bake it at 350° for about fifteen minutes for a 13x2 inch cake. Spread it with easy chocolate frosting. Bake the layers about thirty five minutes at 350°.

\*Editor's note: I think there's a typo in this sentence, as it seems to make no sense, but it's as the original Lenon cookbook directed. Should "cup" be "bowl", I wonder?

## Sorghum cake

Louemma Russell Smith

1 1/2 cups all-purpose flour  
1/4 teaspoon baking soda  
1 teaspoon baking powder  
1/4 cup sugar  
1/4 teaspoon salt  
1 teaspoon ginger  
1 teaspoon cinnamon  
1 teaspoon clove  
1/4 cup milk  
1 beaten egg  
1/4 cup sorghum  
1/4 cup melted shortening



Sift the dry ingredients together and set them aside. Combine the milk, egg, sorghum and melted shortening, then mix them well with the dry ingredients. Pour it into a greased and floured eight inch square cake pan. Bake it at 350° for 35-40 minutes or until the cake tests done. It's very good with a little whipped cream. This was a favorite of my Grandma Russell.

Editor's note: The illustration is a sorghum plant. Sorghum bicolor, commonly called "sorghum" and also known as great millet, durra, jowari, or milo. It is a grass species cultivated for its grain, which is used for food for humans, animal feed, and ethanol production. Sorghum originated in northern Africa, and is now cultivated widely in tropical and subtropical regions. Sorghum is the world's fifth-most important cereal crop after rice, wheat, corn, and barley. Sorghum bicolor is typically an annual, but some cultivars are perennial. It grows in clumps that may reach over 4 yards high. The grain is small, ranging from 1/50 to 1/25 inch in diameter. Sweet sorghums are sorghum cultivars that are primarily grown for foliage, syrup production, and ethanol; they are taller than those grown for grain.

## Prune apricot cake

Louemma Russell Smith

1 cup oil  
2 cups sugar  
3 eggs



Beat them together with a mixer until they are creamy.

1 small jar baby food strained prunes  
1 small jar baby food strained apricots  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 teaspoon baking soda  
1/8 teaspoon salt

Mix all of the above with the first three ingredients and add two cups of flour and one cup of chopped nuts, and mix it well. Bake it in a 350° oven for fifty minutes if using bread pans, or an hour and ten minutes if using a bundt pan. Make sure to grease the pans well. Serve whipped cream on top or just plain.

Editor's note: Usually, an apricot tree is from the species *P. armeniaca*, but the species *P. brigantina*, *P. mandshurica*, *P. mume*, and *P. sibirica* are closely related, have similar fruit, and are also called apricots.

The scientific name *armeniaca* was first used by Gaspard Bauhin in his *Pinax Theatri Botanici* (1623), referring to the species as *Mala Armeniaca*, meaning "Armenian apple". Linnaeus took up Bauhin's epithet in the first edition of his *Species Plantarum* in 1753, *Prunus Armeniaca*. Apricot derives from *praecocia* (*praecoquus*) as "cooked or ripened beforehand," in this case meaning early ripening, and from Greek *praikókion* as "apricot". The English name first appeared in the sixteenth century as abreck from the Middle French *aubercot* or later *abricot*, from Catalan *a(l)bercoc*.

There are both sweet and tart varieties.

## Prune pumpkin cake

Louemma Russell Smith

1 cup cut up pitted prunes  
2 cups flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1 cup shortening  
2 cups sugar  
1 cup pumpkin  
2 eggs  
1 teaspoon nutmeg  
2 teaspoons cinnamon  
1/3 cup water



Cut up the prunes and cover them with boiling water to plump them and set it aside. Sift the flour, soda, salt, and spices together and set it aside. Cream the shortening and sugar together. Add the eggs and beat it well. Combine the pumpkin and water. Add the flour mixture to the creamed ingredients, blending them well with each addition. Drain the cut up prunes, saving the water (see the end of the recipe), and stir them into the batter. Pour it into a well greased 13x9x2 inch pan and bake it at 350° for 45-50 minutes or until done. Makes twelve large servings.

The water from the drained prunes can be used, adding more to make 1/3 cup water.

Icing for the pumpkin prune cake:

1 cup sugar  
1/2 cup buttermilk  
1/2 teaspoon baking soda  
1 teaspoon white syrup  
1 stick melted margarine  
1/2 teaspoon vanilla

Combine the ingredients in a saucepan and boil it for two minutes. Pour it over the prune cake while it is still hot.

## Fresh apple cake

Lou Emma Smith

4 cups diced apple  
1 3/4 cups sugar  
2 eggs  
2 teaspoons baking soda  
1 1/2 teaspoons cinnamon  
1/2 cup oil  
1/2 cup raisins  
1/2 cup nuts  
2 1/2 cups flour  
2 teaspoons vanilla  
1/4 teaspoon salt



Place the apples, sugar, and cinnamon in a mixing bowl and let it stand until the syrup comes up. Beat the eggs and add the baking soda to the flour, then add all the other ingredients. Bake it in a greased and floured 9x13 inch pan at 350° for 40-45 minutes. For the topping:

1/2 cup sugar  
2 tablespoons flour  
2 tablespoons butter  
1/2 cup milk  
3 ounces cream cheese  
1 egg

Combine the sugar, flour, butter, milk, and egg. Cook it over low heat until it is thick. Add the cream cheese and stir until it's smooth. Let it cool and add one package of whipped topping mix which has been prepared as directed on the package. Spread it on the cool cake. It makes a good moist cake.

Instead of mixing the topping, a small carton of whipped cream can be used.

This recipe was given to me by Nancy Griffin several years ago and I found it to be delicious!

## Rhubarb cake

Louemma Russell Smith

1/2 cup shortening  
1 1/2 cups brown sugar  
1 egg  
1 teaspoon baking soda  
1/4 teaspoon salt  
1 cup sour milk  
1/4 cup sugar  
1 teaspoon cinnamon



1 1/2 cups finely chopped fresh rhubarb (can be frozen but you must thaw it first).

Cream the shortening and brown sugar, then beat in the egg. Sift together the flour, baking soda, and salt and add it to the creamed mixture alternately with buttermilk. Fold in the rhubarb and pour it into a greased 13x9x2 inch pan. Mix the sugar and cinnamon together and sprinkle it over the batter. Bake at 350° for thirty minutes or until nicely browned.

This came from the *Prairie Farmer*, June 1971 issue and was given to me by Sylvia Morrison. She said this was a very good recipe and I found that to be true.

Editor's note: In culinary use, fresh raw rhubarb leaf stalks (petioles) are crisp with a strong, tart taste. Although rhubarb is not a true fruit, in the kitchen it is usually prepared as if it were. Most commonly, the stalks are cooked with sugar and used in pies, crumbles and other desserts. A number of varieties have been domesticated for human consumption, most of which are recognized as *Rheum x hybridum* by the British Royal Horticultural Society.

Rhubarb contains anthraquinones including rhein, and emodin and their glycosides (e.g. glucorhein), which impart cathartic and laxative properties. It is hence useful as a cathartic in case of constipation.

However, it does contain oxalic acid, which can result in kidney stones.

## Lemon sheet cake

Louemma Russell Smith

- 1 package lemon gelatin
- 1 cup boiling water
- 1 box yellow cake mix
- 3/4 cup salad oil
- 4 eggs
- 1 tablespoon lemon flavoring



Pour the boiling water into the gelatin in a small bowl. Mix it until it is dissolved, then let it cool. Put the cake mix into the large bowl of the electric mixer and add the oil, beating it at a moderate speed. Add the eggs, one at a time, beating well after each. Add the lemon flavoring, then the cooled gelatin, using the low speed of the mixer.

Turn it into a greased and floured 9x14 inch baking pan and bake it at 350° for thirty five minutes, or until done when tested. Remove it from the oven and make holes in the top of the cake by inserting the point of a paring knife all over. Mix one cup of powdered sugar with the juice of 1-2 lemons until the sugar forms a thin glaze, and pour this over the top of the cake. It will form a glaze and seal the holes while seeping through the cake.

Editor's note: During the Great Depression, there was a surplus of molasses and the need to provide easily made food to millions of economically depressed people in the United States. One company patented a cake-bread mix in order to deal with this economic situation, and thereby established the first line of cake in a box. In so doing, cake as it is known today became a mass-produced good rather than a home or bakery made specialty.

Later, during the post-war boom, other American companies (notably General Mills) developed this idea further, marketing cake mix on the principle of convenience, especially to housewives. They became bored with box cakes and sales dropped in the 1950s before marketers saved box cakes.

## Mocha cake

Maxine (Smith) Mann

2 cups sifted flour  
1 3/4 cups sugar  
2 eggs  
1/2 cup cocoa  
1 teaspoon salt  
1/2 cup shortening  
1 cup hot coffee  
1 teaspoon baking soda  
1/2 cup boiling water



Cream the sugar and shortening together until it's fluffy. Sift the dry ingredients together and add it to the sugar and shortening that have had the eggs beaten into them. Alternatively add the hot coffee and the hot water and beat it with a mixer on medium after each addition. Bake it in a 9x13 inch loaf pan for 35-40 minutes, or two nine inch layer pans for 25-30 minutes, in a 350° oven. Test for doneness. Frost it with Mocha Butter Icing. For the Mocha Butter Icing, blend 1/4 cup of butter until softened. Add:

1 teaspoon vanilla extract  
1/4 teaspoon salt  
1 pound powdered sugar  
1/3-1/2 cup cream

Blend it well. Add:

1/4 cup cocoa  
1 teaspoon instant coffee

Blend it until it is smooth and spread it on the cake while it's still warm, if possible.

Editor's note: A coffee cake made of coffee! How about that...

## Pineapple sheet cake

Maxine (Smith) Mann

2 cups crushed pineapple, juice and all  
2 eggs  
2 cups sugar  
1 teaspoon vanilla  
2 cups flour  
2 teaspoons baking soda  
1/2 cup chopped nuts



Beat the eggs and add the sugar, pineapple, and vanilla and mix it well. Sift the flour and baking soda and add it to the above mixture, then add the nuts. Mix it well after each addition. Bake it in a greased and floured cookie sheet at 350° for 25-30 minutes. Add the icing as soon as the cake comes out of the oven. For the icing:

1 stick softened margarine  
8 ounces cream cheese  
1 3/4 cups powdered sugar  
1 teaspoon vanilla  
1/2 cup chopped nuts

Cream the margarine and cheese, and add the remaining ingredients. The icing will be thick but will spread easily on a hot cake.

Editor's note: The word "pineapple" in English was first recorded to describe the reproductive organs of conifer trees, now called "pine cones". When European explorers encountered this tropical fruit in the Americas, they called them "pineapples", first referenced in 1664, for resemblance to pine cones.

The pineapple is a herbaceous perennial, which grows to 3.3-4.9 feet tall, although sometimes it can be taller. In appearance, the plant has a short, stocky stem with tough, waxy leaves.

# Chocolate take cake

Maxine Smith Mann

Put two cups of sugar and two cups of flour in a large bowl, and 1/2 cup of shortening or a stick of margarine, four tablespoons of cocoa, and one cup of water in a saucepan. Bring this to a boil and pour it over the sugar and flour and mix it well. Add:

- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 cup buttermilk
- 2 slightly beaten eggs



Mix it well and bake it in a loaf pan at 350° for 30-35 minutes. About five minutes before the cake is done, begin:

- 4 tablespoons cocoa
- 6 tablespoons milk
- 1 stick margarine
- 1 teaspoon vanilla
- 1 box powdered sugar
- pecans

Bring the cocoa, milk, and margarine to a boil. Remove it from the heat and add the sugar, vanilla, and pecans. Spread it on the cake while the cake is hot.

Editor's note: The illustration is Paul Gavarni's *Woman Chocolate Vendor*.



## Banana pineapple cake

Maxine Smith Mann

- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2 cups sugar
- 1 1/2 cups cooking oil
- 1 1/2 teaspoons vanilla
- 3 eggs
- 2 cups diced bananas
- 8 ounces crushed pineapple with juice



Sift the dry ingredients together. Add the remaining ingredients and stir it to blend. Add the bananas and stir it again. Bake it in a nine inch tube pan or a greased bundt pan for an hour and twenty minutes at 350°. Let it cool in the pan. Add frosting if desired.

## Pound cake

Mabel Diebold

- 1 tablespoon grated lemon rind
- 1 cup butter or margarine
- 1 cup sugar
- 5 separated eggs
- 2 1/2 cups sifted cake flour
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg



Cream the butter and sugar, then add the egg yolks and lemon rind until it's thick and a pale color. Gradually stir in the dry ingredients until it is smooth. Beat the egg whites until they hold soft peaks, then fold it into the batter. Bake it in a greased and floured tube pan or a 9x5x3 inch loaf pan. Bake at 350° for 65-70 minutes until the cake pulls slightly away from the sides of the pan. Turn it out on the rack to cool it.

## Applesauce cake

Mabel Diebold

- 3/4 cup shortening
- 3 cups sugar
- 2 large eggs
- 1 1/2 cups dark raisins
- 3/4 teaspoon salt
- 3 cups flour
- 3 teaspoons baking soda
- 3/4 cup boiling water
- 1 teaspoon vanilla
- 1 1/2 cups chopped black walnuts
- 2 1/2 cups unsweetened applesauce
- 1 teaspoon each cinnamon, cloves, nutmeg



Cream the shortening and sugar and add the eggs. Blend in the applesauce and add the baking soda a in pan with boiling water. In another dry bowl, mix the dry ingredients with the flour, salt, and spices. Add this to the creamed mixture, alternating between the flour mixture, then the water mixture, until it's well blended. Add the vanilla, raisins, and nuts. Put it in a greased and floured tube pan and bake it for 1 1/2 hours at 350°. Remove the cake from the oven and let it cool for a while. Loosen it from the sides with a knife and let it stand upright for two hours, then remove it from the pan. Pecans can be used but the flavor of black walnuts is much better.

Editor's note: Applesauce was once a food prepared for winter, since it keeps well. It is often an accompaniment to a main course. In Sweden and Britain, applesauce is usually eaten as a condiment for roast pork. In Germany it accompanies potato pancakes, in the Netherlands, French fries. In France, where it is referred to as "*compote*", it is mostly viewed as a dessert.

Applesauce can be used in baking as a substitute for fat (such as butter or oil) or eggs.

## Cherry cake

Loudene Lenon Davis

- 1 cup sugar
- 1 cup flour
- 1 tablespoon melted butter
- 1 tablespoon baking soda
- 1 egg
- 1/3 cup chopped nut meats
- 2 cups drained sour cherries, retaining the juice

Mix the ingredients together and bake it for one hour at 300°. Serve it topped with ice cream or whipped cream and cherry sauce, made as follows:

- juice from the cherries
- water as needed for servings

Sweeten it to taste. Add a bit of lemon juice and cinnamon and thicken it with cornstarch.

Editor's note: Cherry cake is a traditional British cake. The cake consists of glacé cherries evenly suspended within a Madeira sponge. Glacé cherries are used because the moisture within fresh cherries causes them to sink to the bottom of any cake, ruining the cake's form. The cherries are usually halved or quartered, then washed and floured to help prevent sinking.

Cakes with cherries inside them are found in many other cuisines, such as the *Zuger Kirschtorte*, which is Swiss for "cherry torte from Zug". It is a layer cake from Switzerland that consists of layers of nut-meringue, sponge cake and butter cream, and is flavored with cherry brandy kirschwasser.

Another one is the Black Forest gâteau in British English or Black Forest cake in American English. It is a chocolate sponge cake with a rich cherry filling based on the German dessert *Schwarzwälder Kirschtorte*, which is German for "Black Forest Kirsch-torte".



## Lazy daisy cake

Loudene Lenon Davis

Beat two eggs and add:

1 cup sugar  
1 cup flour  
1 teaspoon baking powder  
1 teaspoon vanilla  
1/4 teaspoon salt



Mix it well and add all at once:

1/2 cup boiling milk  
1 1/2 tablespoons butter

Bake it in an eight inch pan at 350° for thirty minutes.  
For the broiled icing:

1/4 cup melted butter or margarine  
1/2 cup firmly packed brown sugar

Combine all of the ingredients and spread it over the warm baked cake. Place it under the broiler until the caramel is bubbly and brown, about three minutes. Serve it warm or cold.

Editor's note: Of course there are no daisies in this cake, which obviously gets its name from a silly rhyme.

There are many varieties of daisy. The *bellis perennis* is a common European species of daisy, of the Asteraceae family, often considered the archetypal species of that name.

Many related plants also share the name "daisy", so to distinguish this species from other daisies it is sometimes qualified as common daisy, lawn daisy or English daisy. Historically, it has also been commonly known as bruisewort and occasionally woundwort. It is native to western, central and northern Europe.

## **Caramel-cheese frosting**

Louemma Russell Smith

- 1/2 cup margarine
- 1/2 cup packed brown sugar
- 3 ounces cream cheese
- 1/8 teaspoon salt
- 3 tablespoons milk
- 3 cups powdered sugar



Melt the margarine in a small saucepan and stir in the brown sugar and salt. Bring it to a boil and boil it hard for two minutes, stirring constantly. Remove it from the heat and add the milk, stirring vigorously. Return it to the heat and bring it to a boil again. Set it aside to cool for about fifteen minutes.

In a mixing bowl, beat together the cream cheese and two cups of powdered sugar. Blend in the cooked mixture. Add the remaining water and beat it until it's smooth and cool enough to spread. If the frosting stiffens too quickly while spreading it, beat in a few drops of milk. There will be enough to frost the tops and sides of two eight or nine inch layers.

## **Quick butterscotch frosting**

Loudene Lenon Davis

- 1 cup firmly packed brown sugar
- 3 tablespoons vegetable shortening
- 2 tablespoons butter
- 1/4 teaspoon salt
- 1/4 cup milk
- 1/4 cup confectioner's sugar



Combine the brown sugar, shortening, butter, and salt in a saucepan and bring it to a boil, stirring it constantly. Add the milk and cook it over low heat for three minutes, then let it cool. Add the confectioner's sugar and beat it until it is thick enough to spread.

## Seven layer bars

Melanie E. Karas Bell

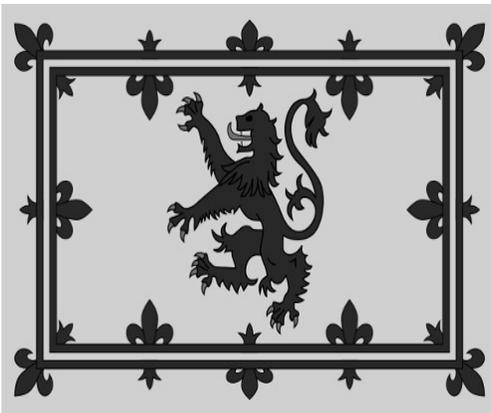
1/4 cup margarine  
1 cup graham cracker crumbs  
1 cup shredded coconut  
6 ounces Semi-sweet chocolate chips  
6 ounces butterscotch chips  
15 ounces sweetened condensed milk  
1 cup chopped nuts

Melt the margarine in a 13x9 inch pan. Sprinkle crumbs over the margarine layer. Top it with coconut, chocolate chips, and butterscotch chips, making each a separate layer. Pour the milk over all of it. Top it with it nuts and bake it at 350° for thirty minutes.

## Scotch cookies

Marie Lenon Kelley

1 tablespoon butter or margarine  
1 cup rolled wheat  
1/2 cup sugar  
1 egg



Put the egg, sugar, and butter in a bowl and beat it well. Add the rolled wheat and mix it well. Drop the dough by spoonfuls on a well-greased baking pan, leaving room for the cookies to spread. Bake it at 350° for 8-10 minutes, until lightly browned. Makes eighteen cookies.

## Raisin carrot cookies

Louemma Russell Smith

1/3 cup vegetable oil  
1/3 cup packed brown sugar  
1/3 cup molasses  
1 slightly beaten egg  
1 cup flour  
1/4 cup non-fat dry milk  
1 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon cinnamon  
1 1/2 cups rolled oats  
1 cup grated carrots  
3/4 cup raisins



Beat the oil, brown sugar, molasses and egg together. Combine the flour, dry milk, salt, baking powder, baking soda, and cinnamon. Add the oil to the mixture. Add the rolled oats, carrots, and raisins and blend it thoroughly. Drop it by heaping teaspoonfuls on a lightly greased cookie sheet. Bake it about ten minutes in a 400° oven, and cool it on a cake rack.

Editor's note: The carrot (*Daucus carota* subspecies *sativus*) is usually orange in color, though purple, black, red, white, and yellow cultivars exist. Carrots are a domesticated form of the wild carrot, *Daucus carota*, native to Europe and southwestern Asia. The plant probably originated in Persia and was originally cultivated for its leaves and seeds. The most commonly eaten part of the plant is the taproot, although the greens are sometimes eaten as well. The domestic carrot has been selectively bred for its greatly enlarged, more palatable, less woody-textured taproot.

The carrot is a biennial plant in the umbellifer family Apiaceae. At first, it grows a rosette of leaves while building up the enlarged taproot. Fast-growing cultivars mature within three months of sowing the seed.

## Molasses cookies

Maxine Smith Mann

3/4 cup shortening  
1 cup sugar  
1 egg  
1/4 cup molasses  
1/4 teaspoon salt  
2 cups flour  
2 scant teaspoons baking soda  
1 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/2 teaspoon ground cloves  
granulated sugar



Cream the shortening and sugar, and add the egg and molasses. Sift the salt, flour, baking soda, cinnamon, ginger and cloves into the shortening mixture. Combine it well and roll the dough into small balls, about 3/4 inch in diameter. Roll the balls in granulated sugar. Place them on a cookie sheet but don't flatten them; they will spread out during baking. Bake at 350° for 9-12 minutes. Makes about four dozen.

Editor's note: It's been decades since I've seen molasses and I'm not sure it's still available. It's also called "black treacle" (British, for human consumption; known as molasses otherwise), and is a viscous product resulting from refining sugarcane or sugar beets into sugar. Molasses varies by amount of sugar, method of extraction, and age of plant. Sugarcane molasses is primarily used for sweetening and flavoring foods in the United States, Canada, and elsewhere, while sugar beet molasses is foul-smelling and unpalatable, so it is mostly used as an animal feed additive in Europe and Russia. Molasses is a defining component of fine commercial brown sugar.

Sweet sorghum syrup may be colloquially called "sorghum molasses" in the southern United States. Similar products include honey, maple syrup, and corn syrup.

## Boston cookies

Jeanette Morgan Crown

Set the oven at 350°. Sift together:

1 cup flour  
1/4 teaspoon baking soda  
few grains salt  
1/2 teaspoon cinnamon

Cream together:

1/4 cup butter  
1/2 cup sugar



Add one well beaten egg and mix it well. Stir in half of the flour. Add:

1/3 cup chopped nut meats  
1/3 cup chopped seeded raisins

Add the rest of the flour. Arrange it by spoonfuls one inch apart on buttered cookie sheets. Bake it until it's delicately brown, about twelve minutes. Makes about thirty six.

Editor's note: The illustration is Boston Harbor. Boston is the capital city and most populous municipality in Massachusetts. The city proper covers 48 square miles with an estimated population of 687,584 in 2017, making it also the most populous city in the New England region of the northeastern United States. Boston is the seat of Suffolk County as well, although the county government was disbanded on July 1, 1999. The city is the economic and cultural anchor of a substantially larger metropolitan area known as Greater Boston, a metropolitan statistical area (MSA) home to a census-estimated 4.8 million people in 2016 and ranking as the tenth-largest such area in the country.

## Brownies—for a crowd

Eileen Bongiorno Karas

1 cup sugar  
1/2 cup margarine  
4 eggs  
1 teaspoon vanilla  
1 pound chocolate syrup  
1 cup plus 1 tablespoon flour  
1/2 teaspoon baking powder  
3/4 cup chopped walnuts



Beat the sugar and margarine together until it's light. Beat in the eggs two at a time and then beat in the vanilla. Stir in the syrup, then the flour, baking powder, and nuts. Pour it into a greased 15x10x1 inch jelly roll pan. Bake it at 350° for 20-25 minutes or until the top springs back when touched lightly. Makes five dozen. Frost it with the following recipe:

1 cup granulated sugar  
6 tablespoons margarine  
6 tablespoons milk  
1/2 cup chocolate pieces  
1 teaspoon vanilla

Place the sugar, margarine, and milk in a Saucepan. Bring it to a boil, stirring continuously. Boil it for thirty seconds, then add the chocolate pieces. Stir it and let it cool slightly. Stir in the vanilla and let it cool completely before spreading it on the cooled brownies.

Editor's note: A legend about the first brownies is that of Bertha Palmer, a prominent Chicago socialite whose husband owned the Palmer House Hotel. In 1893 Palmer asked a pastry chef for a dessert suitable for ladies attending the Chicago World's Colombian Exposition, a cake-like confection smaller than a piece of cake. The result was the Palmer House Brownie with walnuts and an apricot glaze.

## Sorghum cookies

Mabel Diebold

- 3 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3/4 cup lard or margarine
- 3/4 cup sorghum
- 2 eggs



Cream the shortening and sugar together, add the well beaten eggs, then the sorghum. Mix in the dry ingredients and chill it overnight. Roll it out thin and cut it in the desired shapes. Bake it for 8-10 minutes in a 400° oven.

## Mince meat cookies

Mabel Diebold

- 1 cup shortening
- 1 1/2 cups sugar
- 3 eggs
- 1/3 cup mince meat mix
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt

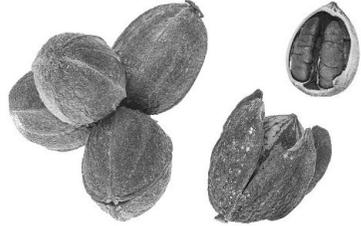


Cream the shortening in a large bowl. Gradually add the sugar, blending it well after each addition. Add the eggs and beat it until it is smooth. Sift the flour, soda, and salt, and add it to the creamed mixture. Stir in the mince meat and drop the batter with a teaspoon onto greased baking sheets about two inches apart. Bake them in a 400° oven about twelve minutes, or until lightly brown. Makes six dozen two inch cookies.

## Pecan pie bars

Shirley Reeves

- 1 1/3 cups flour
- 1/2 cup plus 1 tablespoon packed brown sugar, divided
- 1/2 cup butter or margarine
- 2 eggs
- 1/2 cup light corn syrup
- 3/4 cup finely chopped pecans
- 2 tablespoons melted margarine
- 1 teaspoon vanilla
- 1/8 teaspoon salt



Mix the flour and the two tablespoons of brown sugar well in a small bowl. Work in 1/2 cup of butter with your fingers, until the dough begins to hold together. Press it onto the bottom of a greased nine inch square pan. Bake it in a pre-heated 350° oven for 12-15 minutes or until just firm.

Lightly beat 1/2 cup of brown sugar and the eggs in a medium bowl. Add the corn syrup, pecans, melted butter, salt, and vanilla, and mix it well. Pour it over the crust and bake it for twenty five minutes or just until the edges are lightly browned. Cool it in the pan on a rack and cut it into bars.

Editor's note: The pecan (*Carya illinoensis*) is a species of hickory native to Mexico and the Southern United States. Unusually, there is little agreement in the United States, even regionally, as to the "correct" pronunciation of the word "pecan".

A pecan, like the fruit of all other members of the hickory genus, is not truly a nut, but is technically a drupe, a fruit with a single stone or pit, surrounded by a husk. The husks are produced from the exocarp tissue of the flower, while the part known as the nut develops from the endocarp and contains the seed. The husk itself is aeneous (brassy greenish-gold in color), oval to oblong in shape, 1-2.4 inches long and 0.59-1.18 inches broad. The outer husk is 0.12-0.16 inches) thick.

### White velvet cookies

Shirley Reeves

- 1 cup butter or margarine
- 1 cup sugar
- pinch of salt
- 1 egg yolk
- 3 ounces cream cheese
- 1/2 teaspoon vanilla
- 2 1/2 cups sifted flour



Cream the margarine well and add the sugar, egg yolk, and the cream cheese, which has been softened to room temperature. Beat it until it's fluffy, then add the remaining ingredients and mix them well. Drop it by the teaspoon on a cookie sheet and bake it for 12-14 minutes at 350°.

### Graham bars

Sharon Lenon McIntire

- 3 cups graham cracker crumbs, about 36 squares
- 1 cup granulated sugar
- 1 cup milk
- 1 cup chocolate chips
- 1/2 cup chopped nuts
- 1/4 cup softened butter
- 1 teaspoon vanilla

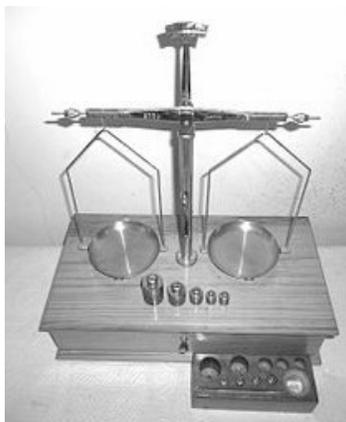


Mix all of the ingredients and spread it in a greased nine inch square pan. Bake it for thirty five minutes in a 350° oven or until the cake pulls from the sides of the pan. Cool it and cut it. Makes eighteen bars.

## Diet cookies

Shirley Reeves

1/2 cup chopped dates  
1/2 cup chopped apples  
1 cup raisins  
1 cup water  
1 cup shortening  
2 beaten eggs  
3 teaspoons liquid sweetener  
1 teaspoon vanilla  
1 teaspoon baking soda  
1 1/4 cups flour  
3/4 cup chopped pecans



Bring the dates, apples, raisins, and water to a boil for three minutes, then let it cool. Add the remaining ingredients to the cooling mixture. When it's cool, Mix it and put it in the refrigerator overnight. Drop it by spoonfuls on a cookie sheet and bake it for 10-12 minutes in a 350° oven.

Editor's note: The first popular diet was "Banting", named after William Banting. In his 1863 pamphlet, *Letter on Corpulence, Addressed to the Public*, he outlined the details of a particular low-carbohydrate, low-calorie diet that had led to his own dramatic weight loss.

## Cheese cake cookies

Terrie Nichols

cream cheese cake mix  
canned cherry pie filling  
vanilla wafers

Mix the cake mix as directed, using 1/4 more milk than the recipe calls for. Cool it in the refrigerator for ten minutes and stir it well to mix it. Turn the cookies bottom-up and put on a dab of cake mix, then a cherry. They do not need baking.

## Peanut butter apple bars

Bernice Lenon Nichols

3/4 cup whole wheat flour  
1/2 teaspoon baking soda  
1/4 cup wheat germ  
3/4 cup chunk style peanut butter  
2 eggs  
1/2 cup sugar  
1 teaspoon vanilla  
1/2 cup applesauce  
1 1/4 cups rolled oats  
3/4 cup margarine, room temperature



Beat the margarine and peanut butter on the medium speed of a mixer. Add the sugar and vanilla and beat it again. Add the eggs, one at a time, until they are well combined. Stir in the applesauce, rolled oats and wheat germ.

Add the flour and soda and beat the mixture slowly on low speed until all is well blended. Bake it in a preheated 350° oven in a greased 12x15x2 inch baking dish for twenty five minutes, or until it's done when tested. When it's done, cut it into bars. This will freeze well.

Editor's note: Peanut butter is made from ground dry roasted peanuts. It often contains additional ingredients that modify the taste or texture, such as salt, sweeteners or emulsifiers.

I was taught in grade school that George Washington Carver invented peanut butter, but it has been around since the Aztecs were on Earth. Carver actually was a botanist who talked cotton farmers into rotating crops.

Marcellus Gilmore Edson (1849–1940) of Montreal, Canada obtained a patent for peanut butter in 1884. Edson's cooled product had "a consistency like that of butter, lard, or ointment" according to his patent application which described a process of milling roasted peanuts until the peanuts reached "a fluid or semi-fluid state".

## Borrachitos (little drunkards)

Lou Emma Lenon Erby

1 cup shortening  
2/3 cup sugar  
1/2 teaspoon salt  
2 egg yolks  
3 cups sifted flour  
1/4 cup Claret or other wine  
1 teaspoon cinnamon  
3 tablespoons sugar



Cream the shortening and sugar. Add the salt and egg yolks and mix them well. Add the flour alternately with the wine. Shape them into small balls, between the palms. Flatten each cookie with the bottom of a glass, dipped in the cinnamon and sugar that have been mixed together. Bake at 375° for about ten minutes and sprinkle with more cinnamon and sugar while they're hot, heavy on the cinnamon if you wish. Makes 7-8 dozen.

Editor's note: In Mexico, borrachitos are a registered trademark before the Mexican Institute of Industrial Property. They are sweet milk wraps made of flour and sprinkled with a lot of sugar and with a creamy filling of a wide range of flavors; the main ones are lemon, pineapple, strawberry, and rompopo. The main distinction of this candy is the liquor.

They were first made by nuns who lived in the convents of Santa Clara and Santa Rosa during colonial times. The great Spanish influence was mixed with the culture of the indigenous peoples, and that is how they emerged. In those times, these sweets were given to the benefactors as a token of gratitude, but over time it was observed that they could profit from the manufacture and sale of these.

From that time, until today, the production of these sweets made from milk is supported by the immense demand of eager consumers of this sweet. It is currently considered one of the most traditional and emblematic Mexican desserts.

## Applesauce brownies

Crystal Dawn Erby

Melt 1/2 cup of shortening and two ounces of unsweetened chocolate over hot water. Blend in:

- 1 cup sugar
- 1/2 cup applesauce
- 2 well beaten eggs
- 1 teaspoon vanilla

Sift together and stir in:

- 1 cup sifted flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon double action baking powder
- 1/4 teaspoon salt



Fold in 1/2 cup of chopped nuts and spread it in a greased and floured 9x9x2 inch square pan. Bake 35-40 minutes in a 350° oven or until the top springs back when lightly touched. While hot, cut it into oblong pieces, 1 1/2x2 1/4 inches. Cool and remove it from the pan with a spatula. Makes twenty four brownies.

Editor's note: I've found that brownies are better served warm, so microwaving one for fifteen to twenty seconds makes the cold brownie better.

The way a microwave oven works is by sending seven hundred to twelve hundred watts of radio frequency energy, the same frequency as water molecules at your food, which excite the water molecules, causing the heat.

Because of this, if you microwave frozen chili, especially greasy chili, the soup will be nearly boiling, while the grease on top is still frozen. For this reason, when you microwave something, especially soups or vegetables, leave it in the oven for a minute or so to let the heat transfer thoroughly through the food.

## Peanut butter chocolate chip cookies

Jeff L. Mann

1 stick unsalted butter, room temperature  
1/2 cup granulated sugar  
1-1 1/2 cups semi-sweet chocolate pieces  
3/4 cup chunk-style peanut butter  
1/2 cup packed light brown sugar  
3 tablespoons orange juice or water  
1 1/2 cups all-purpose flour  
2 eggs  
1 teaspoon vanilla  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt



Preheat the oven to 350° with an oven rack in the center position. Cover a baking sheet with aluminum foil and grease it lightly (You'll need extra sheets of lightly greased foil for other batches).

In a large mixing bowl using a wooden spoon, or in the large bowl of an electric mixer, cream the butter with the peanut butter until the mixture is soft. Beat in the brown sugar, then the granulated sugar, beating after each addition until the mixture is light. Beat in the eggs one at a time, then beat in the orange juice or water and the vanilla. Sift together the flour, baking sugar, baking powder, and salt. Fold the flour mixture into the creamed mixture, then stir in the chocolate pieces.

Divide the dough into four equal portions. Using a seven inch pot lid or round baking pan or a plate, use a fingertip to mark a circle onto the greased surface of each foil-covered baking sheet. If you only have one baking sheet, form the dough for subsequent cookies on sheets of greased foil, then slip each in turn onto the cooled sheet after each baking. Heap each portion in the center of the ring marked on the foil. With your hand or a rubber spatula, pat the dough for each

cookie out into a neat circle inside the marking.

Bake the cookies one at a time. If you want to bake fewer than four maximonsters, measure out 1 cup of dough for each one, shaping them as above, and form smaller cookies out of the rest. Bake each maximonster for about 15-16 minutes, then slide the foil, with the cookies, onto a wire rack to cool completely.

Makes four maximonster cookies about nine inches in diameter. They can be refrigerated or frozen for extended storage.

### Congo squares

Lou Emma Lenon Erby

Sift together and set aside:

2 3/4 cups sifted flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt



Melt 2/3 of a cup of shortening. Stir in 2 1/4 cups of brown sugar and allow it to cool slightly. Beat in three eggs one at a time, beating it well after each addition. Add to the flour mixture one cup of broken nuts and one package of semi-sweet chocolate pieces. Blend it well; the batter will be very stiff. Stir in the nuts and chocolate pieces with a wooden spoon and pour it into a greased, waxed paper-lined 10 1/2x15 1/2x3/4 inch pan. Bake at 350° for 25-30 minutes. When it has cooled, cut it into 2x2 inch squares. Makes forty eight.

This was my Dad's favorite. He said they tasted more like his Grandmother, Mary Jane Matthews Lenon's Molasses cake than any he had ever eaten.

Editor's note: The illustration is the Democratic Republic of the Congo's coat of arms.

## **Oatmeal jumble bars**

Sherry Smith Alstat

3 cups oats  
1 1/2 cups flour  
1 cup firmly packed brown sugar  
10-12 ounce jar of preserves (I use strawberry)  
1 cup melted margarine  
3/4 teaspoon salt (optional)  
1/2 teaspoon baking soda

Heat the oven to 400° and grease a 13x9 inch baking pan. Combine all of the ingredients except the preserves in a large bowl, mixing them well. Reserve one cup of the mixture and press the remaining onto the bottom of the prepared pan. Spread the preserves evenly over the base to within 1/2 inch of the edge of the pan, and sprinkle it evenly with the reserved mixture. Bake it for 25-30 minutes or until golden brown. Cool it completely and cut it into small bars.

## **Easy butterscotch crispies**

Sherry (Smith) Alstat

1/2 cup sugar  
1 teaspoon baking powder  
1 cup margarine  
1 package butterscotch pudding mix (4 serving size)  
1 teaspoon vanilla  
2 cups flour  
1/2 cup chopped nuts

Preheat the oven to 325°. Combine the first five ingredients in a large bowl. Blend them thoroughly at the medium speed of your mixer, then stir in the flour and nuts by hand. Press the dough into a 15 1/2x10 1/2 inch pan and bake it for 15-20 minutes or until the edges are lightly browned. Remove it from the oven and cut it into squares. Cool it for five minutes and remove it from the pan.

## Chewy oatmeal cookies

Carole Penrod Morgan

1 1/3 cups firmly packed brown sugar  
1 cup sifted all-purpose flour  
3/4 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon ground cloves  
2 eggs  
1 teaspoon vanilla  
1 cup raisins  
2 cups uncooked oatmeal  
1/2 cup nuts, if desired  
3/4 cup soft shortening



Sift together the flour, baking soda, salt, and spices into a large mixing bowl. Add the shortening, sugar, eggs, and vanilla and beat it until it's smooth, about two minutes. Stir in the oats, raisins, and nuts. Drop it by heaping teaspoonfuls on greased cookie sheets and bake them in a preheated oven about 350° for 12-15 minutes. Makes about 3 1/2 dozen.

Editor's note: The photo is by a fellow named Paul Martin.

Oatmeal is made of hulled oat grains called "groats" that have either been milled (ground), steel-cut, or rolled. Ground oats are also called "white oats". Steel-cut oats are known as "coarse oatmeal" or "Irish oatmeal" or "pinhead oats". Rolled oats can be either thick or thin, and may be "old-fashioned" or "quick" or "instant". The term "oatmeal" is also used in the U.S., Australia, and parts of Canada as another word for an oat porridge made from either the ground, steel-cut, or rolled oats.

The oat grains are dehusked by impact, then heated and cooled to stabilize the oat groats. The process of heating produces a nutty flavor in the oats.

# Monster cookies

Louemma Russell Smith

- 12 eggs
- 2 pounds brown sugar
- 4 cups white sugar
- 1 tablespoon vanilla
- 1 pound plain M&Ms
- 8 teaspoons baking soda
- 1 pound butter (not margarine)
- 3 pounds peanut butter
- 18 cups old fashioned oatmeal
- 1 pound chocolate chips
- 1 tablespoon white corn syrup



If you are making the full recipe, have a dishpan ready. Cream the butter, sugar, and corn syrup. Add the eggs, stirring until they are mixed, and add the vanilla and stir it. Combine the baking soda with the oatmeal and add it to the above ingredients, and stir it well again. Add the chocolate chips and



M&Ms and stir it again. Roll it into balls the size of a large walnut and flatten them. Bake them about 10-12 minutes on cookie sheets in a 350° oven. When they are cool, lift them from the cookie sheets onto a flat surface. They will store well.

Believe it or not, but this took me one whole Sunday afternoon to make this batch of cookies, but it was a lot of fun.

Editor’s note: I wonder if Jim Henson got the idea for the Cookie Monster from these cookies? Wikipedia says “Chocolate chip cookies are his favorite kind. Despite his voracious appetite for cookies, Cookie Monster shows awareness of healthy eating habits for young children.”

## Pumpkin bars

Wreatha McCree Chamness  
submitted by Lou Emma Lenon Erby

3/4 cup margarine  
2 cups sugar  
16 ounces pumpkin  
4 eggs  
2 cups flour  
2 teaspoons baking powder  
1 teaspoon cinnamon  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
1 cup chopped walnuts



Cream the margarine and sugar. Blend in the pumpkin and eggs, then add the combined dry ingredients and mix it well. Add the nuts and spread them into a greased and floured 15 1/2x10 1/2 inch jelly roll pan. Bake it at 350° until done when tested. Cool it and frost it with the following:

3 ounces cream cheese  
1/3 cup melted margarine  
1 teaspoon vanilla  
1 tablespoon milk  
3 cups sifted confectioners sugar

Combine the softened cream cheese, margarine, and vanilla. Add the sugar and spread it on the Pumpkin Bars.

Editor's note: This and other pumpkin recipes are a very good use for that Jack o' lantern after all the truck-or-treaters have gone home and are running around like crazy from the sugar high.



## Owl Cookies

Nikki Wyatt and Sunni Thresher

2/3 cup softened vegetable shortening  
1 cup packed light brown sugar  
1 large egg  
1 teaspoon vanilla  
1 cup crunchy peanut butter  
1 1/3 cups sifted all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
semi-sweet chocolate pieces  
whole cashews  
1 ounce unsweetened baking chocolate flavoring  
1 cup uncooked old fashioned or quick oats



Beat the shortening and sugar together by hand until creamy. Add the eggs, vanilla, and peanut butter and blend them thoroughly. Sift the flour, baking powder, and salt, and add it to the creamed mixture, blending it well. Stir in the oats and divide the dough in half. Shape half to form a roll eight inches long. Work the chocolate in the other half with your hands.

Roll out the chocolate dough with a rolling pin on waxed paper to form an eight inch square about 1/4 inch thick. Place the roll without the chocolate at the edge of the chocolate dough and roll it up together like a jelly roll. Wrap the log in waxed paper and chill it for at least an hour. If the dough has been refrigerated for several hours, allow it to stand at room temperature for ten minutes to soften slightly before slicing it.

Cut it into 1/4 inch thick slices. To make a round owl face, pinch the dough to form ears. Use two chocolate pieces for eyes and a cashew for a beak. Or, you can make a bear, cat, or other animal faces.

Move the cookies by hand or with a spatula to a greased cookie sheet. Bake at 350° for 12-15 minutes. Makes about two

dozen cookies, and the recipe can be doubled. Store the cookies in an airtight container.

Makes a tasty, substantial cookie that would be perfect for serving at a Halloween party.

## Date bars

John H. Erby, III

### Mix:

1/2 pound dates  
1 cup water  
salt  
1/2 cup sugar  
nuts  
vanilla

### Cook and cool it. Mix:

1 1/2 cups flour  
1 1/4 cups rolled oats  
1 cup brown sugar  
3/4 cup melted margarine  
1/2 teaspoon salt  
1/2 teaspoon baking soda

Grease the pan lightly. Put half of the oatmeal mix in the pan, then the date mix on top. Last, put the rest of the oatmeal mix on top and bake it for forty five minutes in a 350° oven.

Editor's note: The illustration is a photo of a date palm.



## Buttermilk brownies

Kathryn Ann Kent

1/4 cup butter or margarine  
1 cup packed light brown sugar  
1 egg  
3/4 cup sifted flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon vanilla  
1/2 cup chopped nuts



Heat the oven to 350°. Melt the butter at low heat. Remove it from the heat and blend in the sugar, then the egg. Sift together the flour, baking powder, and salt, and stir it into the above. Add the vanilla and nuts. Spread it in a well greased and floured 8x8x2 inch pan and bake it for 20-25 minutes. While it is warm cut it into sixteen squares.

Crunchy with nuts and rich 'n' chewy with brown sugar, these brownies make a wonderful snack after school or in the evening. To make them extra special, bake them in shallow greased muffin puns, filled 1/3 full, then top them with a scoop of ice cream.

Editor's note: Where's the buttermilk? I see no milk at all in this recipe!

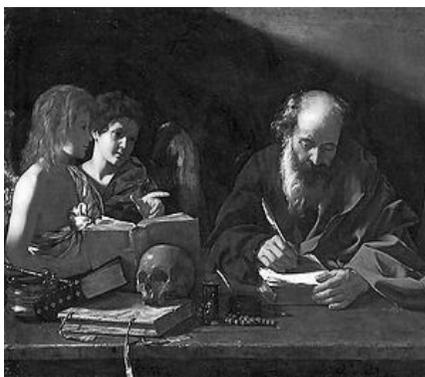
The tartness of buttermilk is due to acid in the milk. The increased acidity is primarily due to lactic acid produced by lactic acid bacteria while fermenting lactose, the primary sugar in milk. As the bacteria produce lactic acid, the pH of the milk decreases and casein, the primary milk protein, precipitates, causing the curdling or clabbering of milk. This process makes buttermilk thicker than plain milk. While both traditional and cultured buttermilk contain lactic acid, traditional buttermilk tends to be less viscous, whereas cultured buttermilk is more viscous.

Buttermilk can be drank straight, and it can also be used in cooking, although not in this "buttermilk" recipe.

## Hermits

Lisa Lenon

1 cup packed brown sugar  
1/4 cup shortening  
1/4 cup butter  
1/4 cup cold coffee  
1 egg  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
3/4 cup all-purpose flour  
1 1/4 cups raisins  
3/4 cup chopped nuts



Heat the oven to 375°. Mix the brown sugar, shortening, butter, coffee, egg, baking soda, salt, cinnamon, and nutmeg. Stir in the remaining ingredients. Drop the dough by rounded teaspoonfuls about two inches apart onto a greased cookie sheet and bake them for ten minutes. Remove them immediately from the cookie sheet to cool.

Editor's note: The illustration is Cavarozzi's portrait of Saint Jerome, who lived as a hermit.

## Old fashioned short bread

Vicky Lenon

1 cup buttermilk  
1 cup lard (not shortening)  
1/2 teaspoon baking soda  
pinch of salt  
flour



Make a well of flour in a large bowl. Dump in the buttermilk, lard, baking soda, and salt. Work it with your fingers until you can manage the dough. Pat it out on a floured cookie sheet and bake it until it's golden brown in a 150° oven.

**Desserts**



## Banana sour cream jubilee

Nikki Jo Wyatt

2 cups sour cream  
3/4 cup sugar  
2 tablespoons lemon juice  
8 ounces crushed pineapple  
salt to taste (optional)  
1/2 cup miniature marshmallows  
1-2 mashed bananas  
1/2 cup chopped nuts  
15-20 chopped maraschino cherries



Combine and mix all of the ingredients in the order given. Spoon it into twelve paper cups and freeze them. Remove them from the cups and place them on lettuce beds. Allow fifteen minutes to thaw them before serving. Garnish with lemon twists, mint leaves, or orange slices.

## Strawberry gelatin salad

Louemma Russell Smith

Dissolve two packages of strawberry flavored gelatin in one cup of boiling water. Use a large mixing bowl. Add two packages of sliced strawberries including the juice; if they are frozen strawberries, thaw them first.

3 mashed bananas  
1 cup chopped pecans  
1 1/2 cup drained and crushed pineapple

Mix all of the ingredients well and pour about half of the mixture into a 9x13 inch dish. Refrigerate it and let this layer set until firm. When firm, spread it with eight ounces of sour cream. Pour the remaining gelatin mixture on top and return it to the refrigerator and let it stand until the top layer is firm. This salad cuts better if it is refrigerated overnight.

## Lemon squares

Louemma Russell Smith

1 cup shredded or flaked coconut  
flour  
granulated sugar  
1/4 teaspoon salt  
4 cups lemon juice  
1/2 cup margarine  
2 eggs  
confectioner's sugar



Combine the coconut, one cup of flour, two tablespoons of granulated sugar, and the salt. Cut in the margarine until the mixture is crumbly. Gather the particles, and with lightly floured fingertips press evenly and firmly over the bottom and 3/4 inch up the sides of a 9x9x2 inch baking pan. Bake it in the oven until golden, about twenty minutes.

Meanwhile, in a small bowl, beat together the eggs, 3/4 cup of granulated sugar, two tablespoons of flour and the lemon juice. Pour it over the crust and continue to bake it until it has set, about twenty minutes. Cool it in the pan on a rack. Cut it in sixteen squares, then sprinkle them with confectioner's sugar.

Editor's note: The lemon, *Citrus limon*, is a species of small evergreen tree in the flowering plant family Rutaceae, native to Asia.

The tree's ellipsoidal yellow fruit is used for culinary and non-culinary purposes throughout the world, primarily for its juice, which has both cooking and cleaning uses. The pulp and rind (zest) are also used in cooking and baking. The juice of the lemon is about 5% to 6% citric acid, with a pH of around 2.2, giving it a sour taste. The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade and lemon meringue pie.

The origin of the lemon is unknown, though lemons are thought to have first grown in northeast India.

## Tahitian salad

Bonnie Smith Wyatt

1 cup flaked coconut  
12 ounces whipped cream  
1 tablespoon mayonnaise  
1/2 cup sour cream  
1/2 cup chopped nuts (optional)  
1 cup miniature marshmallows  
1 cup cut up mandarin orange slices  
2 cups drained and crushed pineapple  
maraschino cherries to garnish



Mix it well and refrigerate it overnight. Makes about eight servings.

## Cranberry salad

Louemma Russell Smith

1 cup drained and crushed pineapple  
1/2 cup miniature marshmallows  
1 large package cream cheese  
12 ounces whipped cream  
6 ounces cherry gelatin  
1 package cranberries  
1 diced orange  
2 cups water  
3 cups sugar  
1/2 cup nuts



Cook the cranberries in two cups of water until the skins pop. Stir in the sugar and gelatin, and let it cool to room temperature. Add the pineapples, nuts, and orange and chill it. Prepare the whipped cream and fold in the cheese and marshmallows. Spread it on top and chill it again. It's better if it is chilled overnight.

Editor's note: the illustration is *The Cranberry Harvest on the Island of Nantucket* by Eastman Johnson, 1880.

## Banana torte

Rosella Guill Vaughn  
submitted by Zona Bishop Lenon

Crust:

1 cup flour  
1 stick margarine  
1 cup chopped nuts



Mix the ingredients well and put it into a 9x13 inch baking dish. Bake ten minutes at 400°. Let it cool completely.

First Layer: Cream eight ounces of cream cheese with one cup of powdered sugar. Add 1/2 cup of whipped cream and spread it over the cooled crust.

Second layer: Slice three or four bananas over the first layer.

Third Layer: Mix one large package instant vanilla or banana pudding mix and 2 1/2 cups of milk, and pour it over the second layer.

Fourth Layer: Top it with the remaining whipped cream and sprinkle it with the shaved sweet chocolate. Refrigerate it until it has set.

## Cherry dessert

Shirley Reeves

Trim the brown edges from an angel food cake and break it up in pieces. Mix:

8 ounces cream cheese  
1/2 teaspoon vanilla  
1/2 cup powdered sugar



Blend in nine ounces of whipped cream. Fold in the cake pieces and place it in a 9x13 inch dish. Top it with one can of cherry pie filling and refrigerate it.

## Hawaiian delight

Shirley Reeves

2 cups unsifted powdered sugar  
1 stick butter or margarine  
2 eggs  
1 box crumbled vanilla wafers  
20 ounces crushed and drained pineapple  
9 ounces whipped cream  
1 cup chopped nuts

Cream the butter, sugar, and eggs. Beat them to cake batter consistency and place half of the vanilla wafer crumbs in a 9x12 inch dish, and pour the batter over the crumbs. Then layer the drained pineapple, whipped cream, and nuts on top. Sprinkle the other half of the crumbs on top and chill it. It can also be frozen.

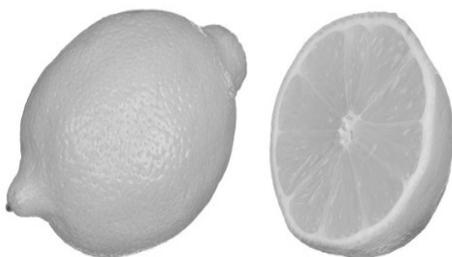
## Lemon or chocolate dessert

Shirley Reeves

Cream one cup of flour and one stick of butter or margarine well.

Add 1/2 cup of chopped pecans. Pat it in a 9x13 inch baking dish and bake it at 350°, then let it cool.

Cream eight ounces of cream cheese and one cup of powdered sugar. Add one cup of whipped cream. Put this mixture over the cooled crust and spread it. Whip two packages of instant lemon or chocolate pudding mix in three cups of cold milk. Continue beating it until the mixture is very thick. Add it to the cheese layer and top it with the remaining part. Refrigerate it for several hours.



## **Pumpkin delight**

Shirley Reeves

1 1/2 cups flour  
1 stick margarine  
1/2 cup brown sugar  
1/2 cup chopped pecans

Mix it by hand and pat it into a 9x13 inch pan and bake it at 375°. Crumble it while it is still warm and reserve one cup of crumbs.

For the filling:

6 ounces vanilla pudding mix  
2 cups pumpkin  
1 teaspoon cinnamon  
12 ounces whipped cream  
1 1/2 cups milk



Beat the pudding and milk until it has thickened. Add the pumpkin and cinnamon, then fold in the whipped cream. Reserve one cup for the top. Pour it over the crumb mixture. Top it with the remaining crumbs and whipped cream, and chili it.

## **Puppy chow for children**

Zelma Lenon

Submitted by Steve McGrew

1 box Rice Chex  
3 cups powdered sugar  
1 cup chocolate chips  
1 cup peanut butter  
1 stick butter

Melt together the chocolate chips, peanut butter, and butter, then add the Rice Chex, mixing it well. Put the powdered sugar in ziplock baggies and add the mix. Shake it to mix it.

## New Orleans bread pudding

Jayne Barnes Raso

Cream two cups of sugar and two sticks of butter. Add:

- 2 1/2 cups milk
- 6 ounces evaporated milk
- 2 tablespoons nutmeg
- 2 tablespoons vanilla
- 1 cup raisins
- 1 loaf white bread, broken into chunks and pieces



Stir it to mix. Pour it into a deep, greased casserole and bake at 360° for two hours, stirring after the first hour. Serve it warm with hard sauce.

## Blender mousse

Jayne Barnes Raso

- 12 ounces semi-sweet chocolate morsels
- 1/2 cup sugar
- 3 eggs
- 1 cup hot milk
- 2-4 tablespoons brandy
- whipped cream (if desired)



Combine the chocolate morsels, sugar, and eggs in a blender. Pour in the hot milk and brandy and blend it at medium speed until the mixture is smooth. Pour it into demitasse cups\* and chill in the refrigerator for an hour. Always keep it refrigerated until you are ready to serve it. Serves eight.

\*Editor's note: demitasse cups are four ounce espresso cups. I'm not sure why these cups are recommended, but I discovered that a lot of coffee cups my mom gave me are, in fact, demitasse cups.

## Lemon dessert

Loudene Lenon Davis

30 marshmallows  
1/4 cup water  
3 slightly beaten egg yolks  
1/4 cup lemon juice  
3 stiffly beaten egg whites  
8 crushed graham crackers



Cook the marshmallows in water in the top of a double boiler until they've melted. Add the egg yolks and lemon juice, stirring constantly. Let it cool slightly, then fold in the egg whites. Place 3/4 of the cracker crumbs on the bottom of a refrigerator tray, and cover them with the lemon mixture and sprinkle the remaining crumbs on top. Chill it in the refrigerator until firm (Set the temperature at the coldest point).

## Bread pudding

Vicki Grace Konsavage

5 slices of bread that has been cut into cubes  
2 1/2 cups crushed pineapple  
1/2 cup butter  
1 cup sugar  
4 eggs

Cream the butter and sugar. Add the eggs and beat it well. Add the pineapple and stir in the bread cubes. Sprinkle it with brown sugar and bake it in a greased casserole for one hour at 350°.



Editor's note: I don't think this is how Mom made it, and Grandma McGrew taught her how to cook.

## Creamy apple dessert

Sharon Konsavage Daugard

1/4 cup butter or margarine  
1 1/2 cups graham cracker crumbs  
14 ounces sweetened condensed milk  
1 cup sour cream  
1/4 cup reconstituted lemon juice  
1 cup apple pie filling  
1/4 cup chopped walnuts  
1/2 teaspoon ground cinnamon



Preheat the oven to 350°. In a 1 1/2 quart 10x6 inch shallow baking dish, melt the butter in the oven. Sprinkle in the crumbs and stir it well. Press it on the bottom of the dish.

In a medium bowl, mix together sweetened condensed milk, sour cream, and lemon juice. Spread it evenly over the crumbs. Spoon the pie filling evenly over the creamy layer and bake it for 25-30 minutes or until it's set. Let it cool slightly.

Mix the nuts and cinnamon together in a small dish and sprinkle it over the pie filling.

Variations: Omit the cinnamon and substitute blueberry, cherry, or peach pie filling for apple filling.



## Cherry dessert

Bertha Lenon Bongiorno

1 3/4 cups coconut  
1/2 cup sugar  
1/2 cup margarine  
1 1/2 cups flour  
1 teaspoon almond extract

Blend the ingredients and press half of the mixture in a pan. Spread a filling of blueberry, cherry, or apple pie filling over the mixture. Press the remaining mixture on the filling. Bake it at 400° for 30 minutes in a 12x8 inch baking dish.

## Banana split cake

Pat Nichols

Cream two cups of powdered sugar, one tablespoon of vanilla and two sticks of butter together. Beat it for fifteen minutes and line a baking dish with two cups of graham cracker crumbs and one stick of melted butter. Spread the batter over the crumbs. Top it with:



sliced bananas  
1 can drained pineapple  
1 cup chocolate syrup  
12 ounces whipped cream  
1 jar maraschino cherries

Refrigerate it for twenty four hours before serving.

## Strawberry rhubarb crisp

Gayle Barnes Walker

2 cups sliced strawberries  
3 cups chopped rhubarb  
3/4 cup sugar  
1/4 cup flour

Lightly grease a 9x9x2 inch pan. Combine the first four ingredients in the pan. Cream 1/4 cup of margarine and 1/4 cup of brown sugar. Cut in 1/4 cup of flour and 1/2 cup of oats.

Sprinkle it over the fruit and bake it for forty minutes at 400°. Serve it warm.

## Apple crisp

Carolyn Russell Barnes

4 cups peeled and diced apples  
1 teaspoon cinnamon  
1/3 cup margarine  
1/4 cup water  
1 cup sugar  
3/4 cup all-purpose flour

Place the apples in a shallow 6x10 inch baking dish and add the water. Work the flour, sugar, and margarine together until it is crumbly, then pour it evenly over the apples. Bake it uncovered for forty minutes in a 350° oven. Serve it warm, plain or with whipped cream. Serves six.



Note: Rhubarb may be used in place of apples. Omit the water and double the amount of sugar.

This recipe was Mother's, One of the few she had in writing.

## Apple crisp

Clara Lenon Russell  
submitted by Nancy Russell Ebersohl

3/4 cup flour  
4 cups peeled and diced apples  
1 teaspoon cinnamon  
1/2 teaspoon salt  
1/3 cup margarine or butter  
1 cup sugar, more if the apples are tart



Place the apples in a shallow 6x10 inch baking dish. Add 1/4 cup of water, and work the flour, sugar, and butter together until it's crumbly, then place it over the apples. Bake it uncovered for forty minutes in a 350° oven. Serve it plain or with whipped cream. Serves six.

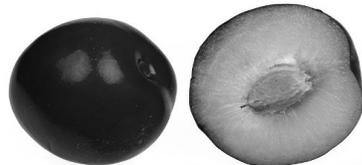
Note: Rhubarb may be used in place of apples, but increase the sugar by one cup and omit the water.

## Plum Cobbler

Maxine Smith Mann

Pit and quarter two pounds of ripe plums. Mix:

3/4 cup light corn syrup  
1 tablespoon cornstarch  
1/2 teaspoon ground cinnamon



Toss it with the plums. Spoon it into an 8x8x2 inch baking dish and bake it in a 400° oven for fifteen minutes. Meanwhile, mix:

1 1/4 cup buttermilk baking mix  
1/2 cup chopped nuts (optional)  
1/3 cup milk  
1/4 cup sugar

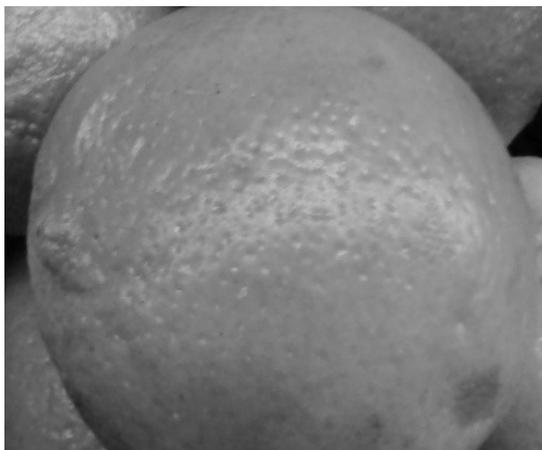
Beat it for twenty strokes and drop it by spoonfuls onto the hot plums. Bake 15-20 minutes longer. Serves 6.

## Impossible lemon rice pudding

Louemma Russell Smith

2 1/2 cups water  
1 cup rice  
1 teaspoon salt  
1 cup sugar  
2 separated eggs  
3 tablespoons flour  
4 1/2 cups golden raisins  
1 teaspoon ground nutmeg  
1 cup milk  
2 tablespoons divided margarine  
1/3 cup freshly squeezed orange juice

Bring the water to a boil in a medium saucepan. Stir in the rice, salt, and one tablespoon of the margarine. Cover it tightly and let it simmer for twenty minutes. Remove it from the heat and let it stand, covered, until all the liquid is absorbed,



about five minutes. Cream the remaining one tablespoon of margarine and the sugar. Add the cooked rice, beaten egg yolks, flour, raisins, nutmeg, milk, and lemon juice. Stiffly fold in the beaten egg whites. Pour it into an ungreased two quart baking dish that is about two inches deep. Place the dish in a pan containing about one inch of hot water. Bake it uncovered in a 350° oven for 40-45 minutes or until a knife inserted near the center comes out clean. Let it stand ten minutes before serving. Makes six servings.

## Curried fruit

Rosalie Lager Russell

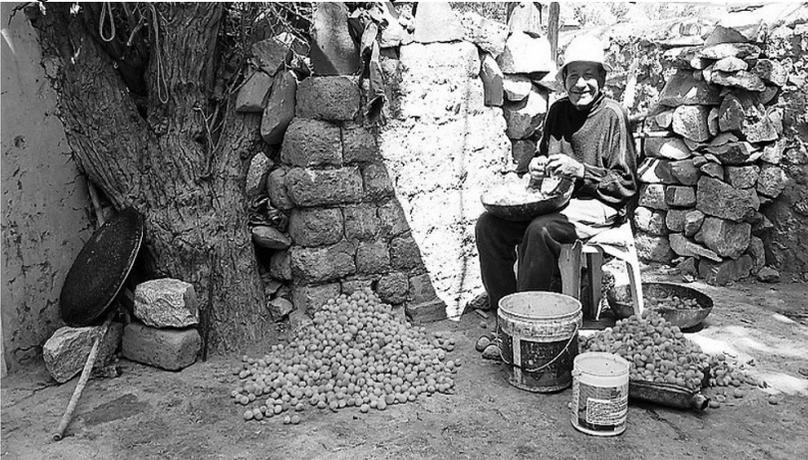
5 3/4 cups pear halves\*  
5 3/4 cups pineapple chunks\*  
5 3/4 cups peach or apricot halves\*  
1/3 cup butter  
3/4 cup brown sugar  
1/4 cup maraschino cherries  
2 teaspoons curry powder

Drain the fruit thoroughly, and place it pit-side down in a large baking dish. Melt the butter in a small pan over low heat. Combine the brown sugar and curry powder and pour it over the fruit. Bake for one hour at 325°.

This compliments baked chicken or ham. Also delicious cold, but easily warmed over. Serves 10-12.

\*Editor's note: The original recipe called for "1 large can", so the amount is a guess based on the table of can sizes earlier in this book. The largest size is a number 10, which is three quarts; it's a giant restaurant can. The next largest is a number 3, 5 3/4 cups. The next smaller is a number 2 1/2, which holds 3 1/2 cups, so you may have to experiment to get it right.

The illustration below is the preparation of apricots in the grounds of Alchi Monastery in Ladakh, India.



## Apple crêpes

Crêpes:

- 1 cup flour
- 1 cup milk
- 2 eggs
- 1 tablespoon oil
- 1/4 teaspoon salt



Linda Ebersohl Stack

Blend it until it is smooth. Oil and heat a six inch skillet. Pour in enough batter to coat the bottom of the pan and slightly up the sides. Pour the excess batter back into the bowl.

When the pancake solidifies, flip it and cook the other side. put them on a plate until all are done.

Spoon the cooked apple filling on the crêpe and roll it up. If the filling and crêpe are cool, heat them in an oven at 350° for five minutes. Spoon on vanilla yogurt and top it with toasted almond slivers.

## Peach heaven

- 2 pounds fresh peaches
- 1 1/2 cups non-dairy whipped topping
- 1 tablespoon vanilla
- 1 1/2 cups brown sugar

Elizabeth Russell Vrana



Peel the peaches and slice them thin. Place them in a dish that can be put in the broiler, and fill the dish half way.

Beat the cream and add the vanilla. Cover the peaches with cream and place it in the freezer for two hours. Take it out of the freezer and place brown sugar over the cream. Put the dish under the broiler on highest rack. When the cream appears through a layer of brown sugar, the dish is done.

## Peach Cobbler

Norma Lenon

Melt one stick of butter in a square baking dish. Mix:

1 cup flour  
1 cup sugar  
1 teaspoon baking powder  
3/4 cup milk  
1 teaspoon vanilla



Mix the ingredients and pour it over the butter mix and top it with four cups of peaches mixed with 1/2 cup of sugar. Bake it at 350° for thirty minutes, maybe longer, until it is brown around the edges.

Editor's note: both of my grandmas made a lot of cobbler, with all kinds of different fruit. I'm guessing you can substitute almost any fruit for the peaches.

## Velma Lager's cobbler

Terri Russell Rosene

Melt one stick of margarine in an 8x8 inch pan. Mix together:

1 cup flour  
1 cup sugar  
pinch of salt  
3/4 cup milk  
2 teaspoons baking powder

Pour the mixture over the melted margarine, then top it with one can of sweetened cherries or other berries. Bake it at 400° until it's done.

## Apple slices

2 cups flour  
1 teaspoon lemon juice  
1/2 teaspoon salt  
2 beaten egg yolks  
1/2 teaspoon baking powder  
1/2 cup milk  
3/4 cup shortening

## Kay Lenon



Line a cookie sheet with half of the dough. Cook and heat:

7-8 sliced apples  
1/4 stick margarine  
1 1/2 teaspoons cinnamon  
1 cup sugar  
1/2 teaspoon nutmeg  
3 tablespoons cornstarch

Pour it into the crust and top it with the other half of the dough. Bake it in a 350° oven until it is brown. For the icing, mix 1 1/2 cups of powdered sugar and three tablespoons of milk. Ice it and cut it into strips.

Editor's note: Apple trees are cultivated worldwide as a fruit tree, and is the most widely grown species in the genus *Malus*. The tree originated in Central Asia, where its wild ancestor, *Malus sieversii*, is still found today. Apples have been grown for thousands of years in Asia and Europe, and were brought to North America by European colonists. Apples have religious and mythological significance in many cultures, including Norse, Greek, and European Christian traditions.

Apple trees are large if grown from seed. Generally apple cultivars are propagated by grafting onto rootstocks, which control the size of the resulting tree. There are more than 7,500 known cultivars of apples.

## Best thing since Tom Selleck

Elizabeth Russell Vrana

Make it the day before and refrigerate it overnight. For the crust:

1 cup flour  
1/2 cup margarine  
1 cup chopped pecans



Press it into a 9x13 inch pan and bake it for 15-20 minutes in a 350° oven. Let it cool.

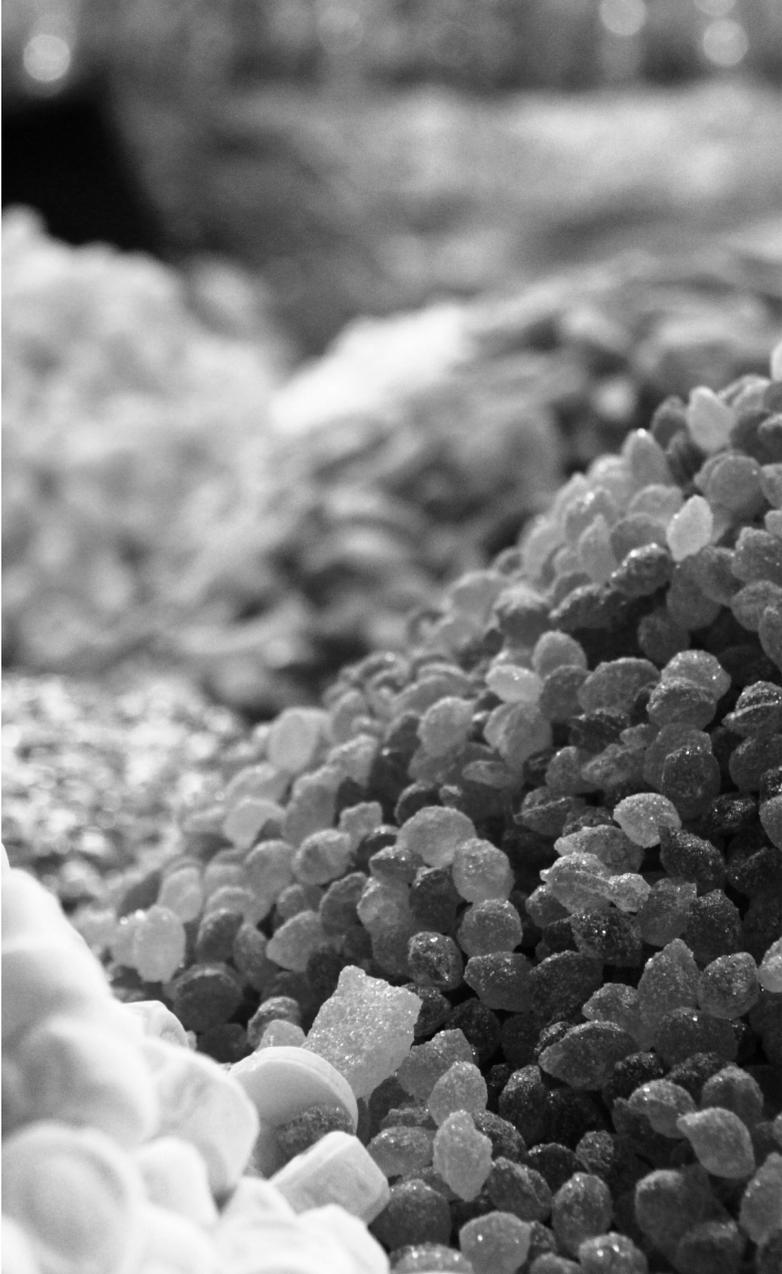
Beat eight ounces of cream cheese and one cup of sugar until it's smooth. Fold it in half of a nine ounce carton of thawed whipped topping and spread it over the crust. Combine the following and beat it until it is smooth:

6 ounces instant chocolate pudding  
6 ounces instant vanilla pudding  
3 cups cold milk

Spread it over the cheese layer and top it with the other half of the whipped topping. Add shaved chocolate candy curls to top it.

Editor's note: For you younger folks, Tom Selleck is an actor who was very popular in the 1970s and 1980s that all the women swooned over.

## **Candy, Jelly, Jam, and Preserves**



## Fantasy fudge

Nikki Jo Wyatt

- 12 ounces Semi-sweet chocolate pieces
- 3 cups sugar
- 3/4 cup margarine
- 2/3 cup evaporated milk
- 7 ounces Marshmallows
- 1 cup chopped nuts
- 1 teaspoon vanilla



Combine the sugar, margarine, and milk in a heavy 2 1/2 quart saucepan and bring it to a full rolling boil, stirring constantly. Continue boiling for five minutes longer over medium heat or until the candy thermometer reaches 234°, stirring constantly to prevent scalding. Remove it from the heat and stir in the chocolate pieces until they are melted. Add the marshmallow crème, nuts, and vanilla. Beat it until it is well blended. Pour it into a greased 13x9 inch pan. Cool it at room temperature and cut it into squares. Makes about three pounds.

Note: *Do not* substitute sweetened condensed milk for the evaporated milk.

## Easy fudge

Carolyn Russell Barnes

- 1 can sweetened condensed milk
- 6 ounces butterscotch chips
- 6 ounces chocolate chips
- 1 cup nuts
- 1 teaspoon vanilla



Cook the milk and chips in a double boiler or heavy saucepan over medium heat until the chips are melted, stirring constantly. Remove it from the heat and add the nuts and vanilla. Pour it into a buttered pan or platter. When it has cooled to room temperature, cut into 1x1 inch pieces.

## Cocoa fudge

Gladys Russell Morgan

2/3 cup cocoa  
3 cups sugar  
1/8 teaspoon salt  
1 1/2 cups milk  
1/4 cup butter  
1 teaspoon vanilla



Combine the sugar and salt in a large, heavy saucepan. Add the milk gradually, mixing it thoroughly. Bring it to a bubbly boil on high heat, stirring it constantly. Reduce the heat to medium and continue to boil until it reaches a temperature of 232° on a candy thermometer or until a small amount forms a soft ball in cold water. Be sure the bulb of the thermometer is not resting on the bottom of the pan.

Remove it from the heat, and add butter and vanilla and allow it to cool to room temperature. Beat it by hand until it has thickened, then pour it on the buttered platter. Cool it and cut it in squares. A cup of broken nut meats may be added after beating is completed, if desired.

## Peanut clusters

Eileen Bongiorno Karas

Put 1/2 cup of sugar, 1/2 cup of evaporated milk, and one tablespoon of corn syrup into a heavy two quart saucepan. Stir it over medium heat until the mixture boils and is bubbly all over the top. Boil and stir it over medium heat two minutes more and take it off of the heat.



Stir in one cup of semi-sweet chocolate chips until they are completely melted. Stir in one cup of salted peanuts. drop it with two teaspoons onto waxed paper until it's firm.

## Easy fudge

Randy Ebeling

2 cups sugar  
2/3 cup evaporated milk  
12 large marshmallows  
6 ounces chocolate chips  
1/2 cup margarine  
dash of salt



Mix the ingredients in a heavy two quart pan. Cook it over medium heat, stirring constantly. Bring it to a rolling boil and cook it for five minutes more, still stirring. Remove it from the heat and add half of the chocolate chips and 1/2 cup of milk, if you want. Spread it in a buttered eight inch square pan. Let it set for about a half hour before cutting.

## B. C. candy balls

Sharon Lenon McIntire

1 1/2 cups peanut butter  
1 cup crisp rice breakfast cereal  
1 box powdered sugar  
1 stick melted margarine

This is a difficult recipe to work with but they're worth all the effort.

Mix all of the ingredients in a large bowl and make balls. Melt an entire package of chocolate candy glaze and drop the balls into his mixture. Keep the chocolate warm over a low flame while dipping the balls. Let it set up on waxed paper—no refrigeration is necessary.

This is one of our favorite Christmas candy recipes that reminds us of candy bars.

Editor's note: I don't know for sure how this recipe got its name, but my guess is that BC is for "breakfast cereal".

## **Marshmallow fudge**

Kay Lenon

4 cups sugar  
2 sticks butter or margarine  
5 ounces evaporated milk  
2 small or 1 large package chocolate chips  
1 jar marshmallow crème  
1 teaspoon vanilla  
1 cup nuts

Bring the sugar, butter, and milk to a boil, and boil it for eight minutes. Stir in the chocolate chips, marshmallow crème, vanilla, and nuts, and pour it into a greased 13x9 inch pan. Cut it into squares when it has cooled.

## **Party pink divinity**

Louemma Russell Smith

3 cups sugar  
3/4 cup light corn syrup  
3/4 cup water  
1/4 teaspoon salt  
2 egg whites  
3 ounces cherry gelatin  
1 cup chopped nuts  
1/2 cup chopped maraschino cherries

Combine the sugar, corn syrup, water, and salt in a heavy saucepan. Cook it over medium heat, stirring constantly until the mixture boils. Cook it to the hard ball stage (250°) without stirring, then remove it from the heat. Beat the egg whites in a large mixer bowl until soft peaks form. Gradually add the gelatin, beating it until stiff peaks form. Slowly pour in the syrup, beating it constantly at high speed. Continue beating until the mixture begins to lose its gloss. Stir in the nuts and cherries and drop it from a teaspoon onto waxed paper or into small paper muffin liners.

## Dainty divinity

Paul Albright

2 cups sugar  
2 egg whites  
3/4 cup syrup  
3/4 cup water  
1 cup nuts  
flavoring to suit taste

Cook the sugar, syrup, and water together and boil it until the mixture threads from a spoon. Add this to the well-beaten egg whites and beat it. Add the nuts and flavoring and beat it until it is stiff. Drop it from a spoon onto waxed paper.

This recipe was passed down from my Grandmother, Nellie Louretta Lenon Albright, who died in 1973 at the age of ninety one.

## Divinity

Chester E. Nichols

Separate three eggs, using only the whites. Mix:

1/2 cup white syrup  
3 cups sugar  
1 cup hot water

Cook it in a large saucepan until it forms a hard ball when tested, 262°. Beat the egg whites until they are dry and add two teaspoons of vanilla. Pour the syrup, sugar, and water mixture in a thin stream over egg whites and beat them until they are stiff. Add the nuts and stir them in. Pour it in a buttered pan and set it in a cool place until it sets, then cut it in squares.



## **Pink and white divinity**

Clara Lenon Russell  
submitted by Nancy Russell Ebersohl

- 1/2 cup sugar
- 1/2 cup white corn syrup
- 1/2 cup water
- 2 egg whites, beaten until stiff
- 1 cup chopped nuts
- 1/4 cup chopped maraschino cherries
- 2 drops red food coloring
- 1 teaspoon vanilla



Cook the sugar, syrup, and water together until it spins a fine thread. Pour half of this mixture over the beaten egg whites, beating it all the time. Cook the remaining syrup a little longer over low heat. Pour this over the first mixture and beat it until it is very thick. Add the vanilla and the chopped nuts and beat it until it is cool enough to drop from a teaspoon on waxed paper in mounds. Use half of the mixture. Add the cherries and food coloring to this and drop it on waxed paper.

## **Caramel corn**

Tina Lenon

Fill a large roasting pan with six quarts of popped popcorn. Using another pan, prepare:

- 2 cups brown sugar
- 1/2 pound butter
- 1/2 cup white corn syrup



Boil it for five minutes and remove it from the heat. Add one teaspoon of vanilla, one teaspoon of salt, and one teaspoon of baking soda. Blend and pour it over the corn and mix it well. Place it in a 250° oven for forty minutes, stirring occasionally to the bottom.

Spread it on a sheet.

## **Grandma Craig's chocolate cherries**

Vicki Collins Bernes

Grand daughter of Gertie Lamphere Craig

- 1 cup coconut
- 1 pound softened margarine
- 1 1/2 pounds powdered sugar
- 1 cup chopped walnuts
- shortening for thinning
- 2 small jars drained and chopped maraschino cherries
- 2 large packages chocolate chips or almond bark

Mix the margarine and sugar well. Add all of the cherries, walnuts, and coconut. Mix it well with a spoon or your hands. Add more sugar if needed to make a soft dough. Chill it for about two hours. Pinch off the dough to form balls of the desired size. Chill them on cookie sheets until they're firm.

Melt the chocolate or bark chips in a double boiler. Thin it down with shortening (2-5 tablespoons, more or less) to a good dipping consistency. I use a fork to pick up a ball, dip it in the chocolate mixture, and place it on waxed paper on a table to harden. When the candy is set, pick it up with a spatula and store it in a cool place.

## **Boston cream candy**

Mabel Diebold

- 2 cups white corn syrup
- 1 cup milk or light cream
- 1/2 cup butter or margarine
- 6 cups sugar



Boil it together until it spins a thread. Remove it from the heat and add two teaspoons of vanilla. Beat it until it is cool and pour it into a 9x9 inch buttered dish. Cut it in squares when it is completely cooled.

Editor's note: The image is an ad from 1917.

## Coffee glazed pecans

Sharon Lenon McIntire

- 1 1/2 cups pecans
- 2 teaspoons instant coffee
- 1/4 cup granulated sugar
- 2 tablespoons water
- 1/4 tablespoon cinnamon

Combine the pecans, sugar, water, and coffee in a large skillet and bring it to a boil over medium heat, stirring constantly. Boil it for approximately three minutes, stirring constantly until the pecans are well glazed. Spread them on waxed paper to cool.

I fix these during the Christmas season.



## Beet Jelly

Gladys Russell Morgan

- 5 tablespoons lemon juice
- 1 package pectin
- 1 small package raspberry, blackberry, or strawberry gelatin
- 4 cups sugar
- 3 cups beet juice

Blend the beet juice, lemon juice, pectin, and gelatin. Bring it to a boil over medium heat. Add the sugar and let it boil for six minutes at a good, rolling boil. Pour it in jelly glasses and seal them.

Editor's note: The photo is from a fellow named "Beet Man".



## Orange balls

Carolyn Russell Barnes

- 1 package finely crushed vanilla wafers
- 1 can flaked coconut
- 3/4 cup powdered sugar
- 1/2 cup undiluted frozen orange juice, thawed

Mix all of the ingredients except the sugar and roll it into balls. When all the mix is rolled, coat them by rolling them in powdered sugar. Store them in a covered container in the refrigerator for up to two weeks, if they don't get eaten.

## Quick Mexican pralines

Sharon Smith Alstat

- 1 small package butterscotch pudding (not instant)
- 1 1/2 cups chopped pecans
- 1 cup sugar
- 1 tablespoon butter
- 1/2 cup evaporated milk
- 1/2 cup brown sugar

Combine the pudding, sugar, butter, evaporated milk, and brown sugar in a saucepan. Stirring constantly, cook it until the candy thermometer reaches 234°. Add the chopped pecans and stir it. Drop it by tablespoons onto waxed paper. Do this quickly so the mixture won't harden. If the mixture loses its shine, add one teaspoon of water.



## **Peanut or pecan clusters**

Shirley Reeves

3 squares almond bark  
3 squares chocolate bark  
6 ounces semi-sweet chocolate chips

Melt it all in a double boiler and let it cool a little. Add two cups of chopped roasted nuts and drop it on waxed paper.

## **Peanut blossoms**

Sharon Lenon McIntire

1/2 cup firmly packed brown sugar  
1/2 cup peanut butter  
1 3/4 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup sugar  
1/2 cup shortening  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla  
48 chocolate chips



Combine all of the ingredients except the chocolate chips in a large bowl. Mix it on low speed until the dough is well mixed. Shape it into balls, using a rounded teaspoonful for each. Roll the balls in granulated sugar and bake them for ten minutes or less. Top each cookie immediately with a chocolate chip. Bake them in a 375° oven on ungreased cookie sheets. The bottoms burn easily, so watch them closely. Makes 48.

This is our favorite peanut butter cookie recipe and it was a Pillsbury winner.

## **Green cherry tomato jam**

Louemma Russell Smith

1 tablespoon white vinegar, not flavored with herbs  
4 cups green cherry tomatoes  
boiling water  
1 thinly sliced lemon  
2 cups sugar  
1/2 teaspoon powdered ginger  
1 1/2 teaspoons ground cinnamon



Wash the tomatoes and trim them of imperfections and stems. Put them in a bowl and pour boiling water over them to cover. Let them stand for five minutes. Drain the tomatoes, then cut them in half. Put half of the tomatoes in a saucepan and cover them with half of the lemon slices. Sprinkle it with half the sugar. Add the remaining tomatoes, lemon slices and sugar. Dribble the vinegar over the mixture. Sprinkle with cinnamon and ginger. Cover and refrigerate it overnight.

The next day, bring the saucepan to a boil (uncovered) and cook it on medium-high heat until the tomatoes are translucent and the liquid has become a syrup. Put it into sterilized jars and seal them.

This jam was a favorite of Leonard. In fact, he brought the recipe to me from some magazine that he had seen.

## **Orange Balls**

Shirley Reeves

1 pound vanilla wafer crumbs  
1 pound powdered sugar  
1 stick melted margarine  
6 ounces thawed frozen orange juice

Mix it together, make it into balls, and roll them in coconut.

## **Peanut butter candy**

Mabel Diebold

2 cups sugar  
1 cup milk  
1 teaspoon vanilla  
1 tablespoon margarine

Cook it until a soft ball forms in cool water. Use as much peanut butter as you like, then beat it until it begins to cool. Pour it into a 9x9 inch buttered dish. Let it cool and cut it into squares.



## **Potato candy**

Mabel Diebold

2 potatoes, each the size of an egg  
1 teaspoon vanilla  
1 pound confectioner's sugar  
peanut butter



Boil the potatoes unpeeled. Peel and mash them with a fork. Add the vanilla and powdered sugar and mix it well. Roll it out on waxed paper with a rolling pin and spread the desired amount of peanut butter over the top and roll it up, jelly roll style. Cut it in round slices about a quarter inch thick and let it set until it has dried to the desired firmness.

### **Rhubarb-cherry-pineapple jam**

Eileen Bongiorno Karas

4-5 cups chopped rhubarb

4 cups sugar

six ounces flavored gelatin (I like cherry)

1 large can crushed pineapple, undrained

Mix all of the ingredients except the gelatin. Cook it for fifteen minutes over medium low heat, stirring occasionally. Remove it from the heat and stir in the gelatin. Pour it into sterilized jars and seal them.

### **To preserve a husband**

Loudene Lenon Davis

Be careful in your selection; do not choose too young, take only such varieties as have been reared in a good moral atmosphere. When decided upon and selected, let that part remain forever settled and give your entire thought to preparation for domestic use. Some insist on keeping them in a pickle, while others are constantly getting them in hot water. Even poor varieties may be made sweet, tender, and good by garnishing them with patience, well sweetened with smiles and kisses; then wrap well in a mantle of charity. Keep warm with a steady fire of domestic devotion. When thus prepared, they will keep for years.

## Beverages and Miscellaneous



## **Spiced tea**

Rebecca Lynn Nichols

46 ounces red fruit punch  
46 ounces pineapple juice  
1 quart cranberry juice cocktail  
12 ounces undiluted frozen orange juice

Instead of ice cubes, which would dilute the punch, freeze the syrup from the canned peaches, pineapples, and pears in plastic tumblers or bowls. Put the above ingredients into a punch bowl, add the frozen syrup and one quart of ginger ale.

As the punch bowl empties, add some more red punch and ginger ale. Frozen mixed flavored drink mix can also be used to keep the punch from diluting.

## **Spiced tea**

Rebecca Lynn Nichols

1 small jar Tang  
1 package lemonade mix  
1 1/2 cups sugar  
1/2 cup brown sugar  
1 teaspoon ground cloves  
1 teaspoon cinnamon  
1/2 cup instant tea

Stir the ingredients until they are thoroughly mixed. Use a large crock or mixing bowl to blend this in. Use two heaping teaspoons per cup and add the boiling water, stirring it well. It can be made with cold water in a glass and add ice cubes and stir it well. If stronger tea is desired, use more mix per cup or glass.

Editor's note: Tang has changed since this recipe was originated. It's now sweetened, so you may want to use less sugar, maybe far less. I suggest leaving out the sugar and sweetening to taste, if needed.

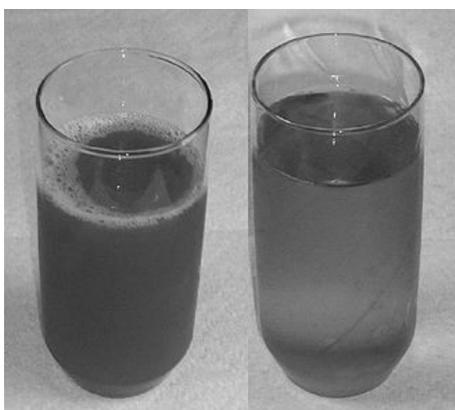
## Hot mulled cider

Judy Morgan Penrod

1/2 cup brown sugar  
1/4 teaspoon salt  
1 gallon cider

Tie in a cheesecloth:

1 teaspoon whole cloves  
1 teaspoon whole allspice  
3 inches stick cinnamon  
dash of nutmeg



Slowly boil it, then let it simmer for twenty minutes.  
Delicious!

## Sparkling punch

Louemma Russell Smith

4 quarts orange ice  
2 quarts white grape juice  
2 quarts sparkling water  
1 quart lemon juice

Pour it over a block of ice in a punch bowl, but do not add all the lemon juice at one time; add it gradually as the orange ice melts. Serves 110-120.

## Sunshine brunch punch

Louemma Russell Smith

2 quarts orange-pineapple juice  
28 ounces chilled ginger ale or lemon-lime carbonated drink  
1 pint lemon or pineapple sherbet

Combine the juice in a punch bowl and top it with scoops of sherbet. Garnish it with mint leaves, if desired. Makes twenty six half cup servings.

## **Ginger ale punch**

Louemma Russell Smith

1 1/2 quarts pineapple juice  
1 1/2 pints orange juice  
2 quarts ginger ale  
mint leaves

Pour the mixture of fruit juice over a large block of ice in a punch bowl and add ginger ale poured from bottles. Decorate it with slices of fruit and mint leaves. Makes about 60-70 drinks.



## **Hummers**

Julius Karas

3/4 cup Kahlua  
1/2 cup light rum  
1/4 cup crème de cacao  
1/2 gallon vanilla ice cream

Blend it until it's smooth. Serve it as an after dinner dessert drink.

## **Orange Julius**

Julius Karas

3 ounces frozen orange juice concentrate  
1/2 cup milk  
1/2 cup water  
1/4 cup powdered sugar  
1/2 teaspoon vanilla  
5-6 ice cubes

Combine all the ingredients in a blender. Cover and blend until it's smooth. Serve it immediately.



## Hot spiced wine

Terri Russell Rosene

1 large bottle red wine  
1 cup white syrup  
1 cup apple juice  
2 whole quartered oranges  
2 whole quartered apples  
4 cinnamon sticks  
1/8 cup cloves in mesh sack  
dash of ground cinnamon



Heat to simmering in a large pot or crock pot. Serve warm.

## Frozen strawberry daiquiri

Dean Bell

6 ounces rum  
6 ounces frozen lemonade  
12 ounces sweetened frozen strawberries

Blend until smooth. Drop a tray of ice cubes in it.

## Open house punch

Dean Bell

5th Southern Comfort  
3 quarts 7-Up  
6 ounces fresh lemon juice  
6 ounces frozen orange juice  
6 ounces frozen lemonade



Chill the ingredients. Mix them in a punch bowl, adding the 7-Up last. Add drops of red food coloring if desired. Add orange and lemon slices.

## Hot punch

Bernice Lenon Nichols

1 bottle cranberry juice  
1/4 cup lemon juice  
1/2 cup sugar  
1/2 cup white syrup  
1 cup orange juice



Tie 1/4 teaspoon of cloves and 1/4 teaspoon of cinnamon in a cloth bag and bring it all to almost boiling. Remove the cinnamon and cloves and add one can or bottle of cherry soda. Serve while very warm.

## Cranberry punch

Sherry Smith Alstat

8 cups low-calorie cranberry juice cocktail  
3 cups unsweetened pineapple juice  
4 cups diet lemon-lime soda

Combine the cranberry and pineapple juices. Chill it and stir in the soda. Add ice cubes.

## Ambrosia apricot punch

Sherry Smith Alstat

1 can sweetened condensed milk  
48 ounces chilled apricot nectar  
32 ounces chilled club soda  
1/4 cup honey  
vanilla ice cream  
mint leaves (optional)

In a medium punch bowl, combine the sweetened condensed milk and honey. Slowly stir in the apricot nectar. Just before serving, add club soda and scoops of ice cream. If desired, garnish with mint leaves. Refrigerate any leftovers. Makes 3 quarts.

## Christmas punch for Santa

Sunni Rae Thrasher

2/3 cup orange-flavored powdered breakfast drink  
1/2 cup sugar  
3 cups water  
2 cups pineapple or cranberry juice  
1/4 teaspoon almond extract  
1 quart ginger ale

Mix the powdered breakfast drink, sugar, water, cranberry or pineapple juice, and almond extract and place it into ice cube trays. Freeze it until it's mushy. Add the ginger ale just before serving. The fruit juice mixture may be frozen ahead of time and thawed to a mushy state. Makes twenty cupfuls.



## Zippy punch

Marie Lenon Kelley

46 ounces red punch  
46 ounces pineapple juice  
1 quart cranberry juice cocktail  
12 ounces undiluted frozen orange juice

Instead of ice cubes which would dilute the punch, freeze syrup from canned peaches, pineapple, and pears in plastic tumblers or bowls. Put the above ingredients into a punch bowl and add the frozen syrup and one quart of ginger ale. Powdered drink mix can also be used to keep the punch from diluting.

## **Homemade liquid soap**

Gayle Barnes Walker

Shred a bar of soap or leftover slivers. Place it in a large bowl or eight cup measure. Add three cups of water and microwave it at high for 5-6 minutes or until it's dissolved, stirring every two minutes. The mixture thickens as it cools. Fill dispensers after it cools.

Use a 3 1/2 ounce bar or the equivalent.