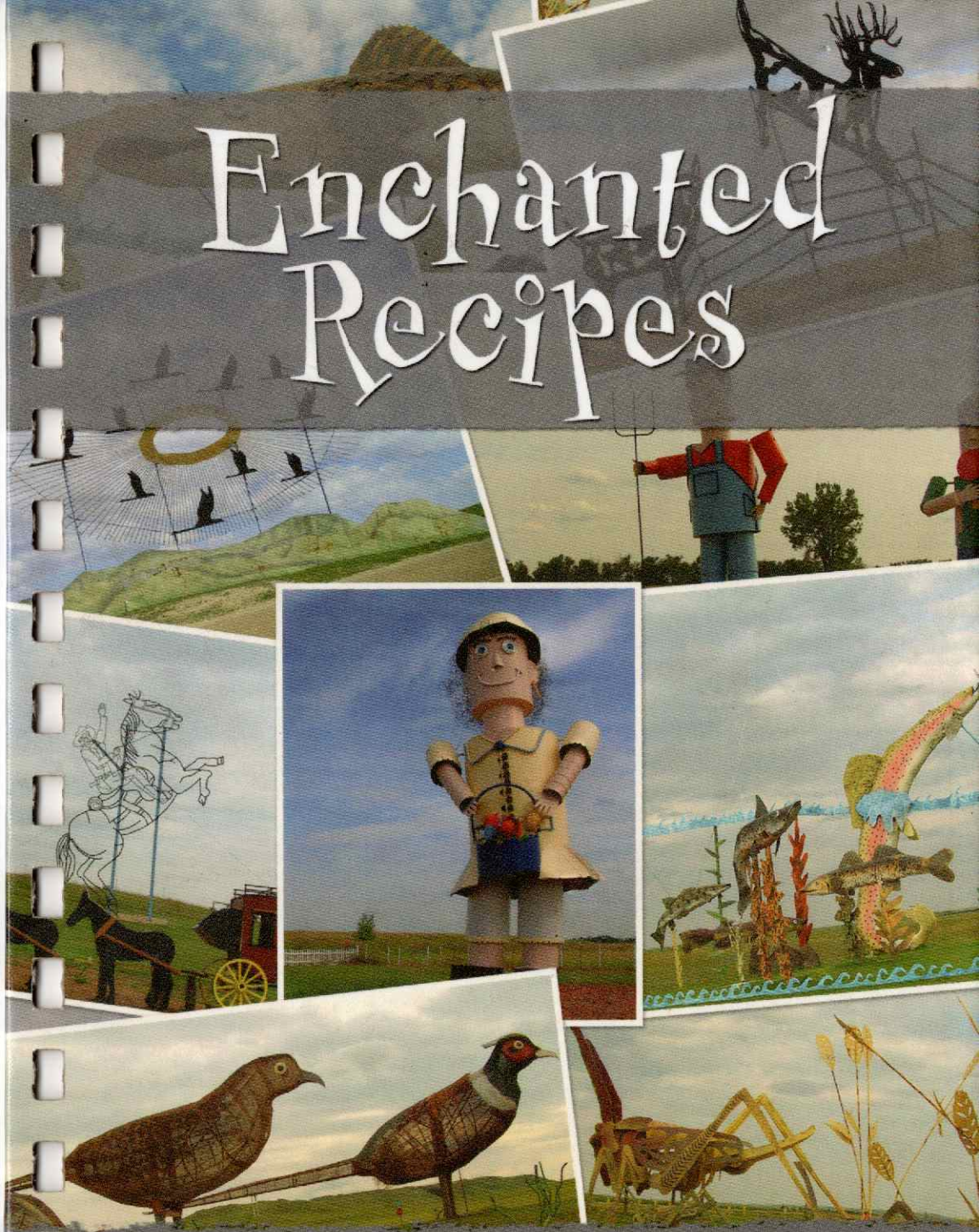


Enchanted Recipes



Cooking Along The Enchanted Highway

Common Substitutions



If you don't have:	Use:
1 c. cake flour	1 c. minus 2 T. all-purpose flour
1 T. cornstarch (for thickening).....	2 T. all-purpose flour
1 tsp. baking powder.....	1/2 tsp. cream of tartar plus 1/4 tsp. baking soda
1 pkg. active dry yeast.....	1 cake compressed yeast
1 c. sugar.....	1 c. brown sugar OR 2 c. sifted powdered sugar
1/4 c. fine dry bread crumbs.....	3/4 c. soft bread crumbs OR 1/4 c. cracker crumbs
1 c. honey.....	1 1/4 c. sugar plus 1/4 cup water, heated to dissolve
1 c. corn syrup.....	1 c. sugar plus 1/4 c. water, heated to dissolve
1 sq. (1 oz.) unsweetened chocolate.....	3 T. unsweetened cocoa powder plus 1 T. butter
1 c. whipping cream, whipped.....	2 c. whipped dessert topping
1 c. buttermilk.....	1 T. lemon juice or vinegar plus enough whole milk to make 1 c. (let stand 5 minutes before using)
1 c. whole milk.....	1/2 c. evaporated milk plus 1/2 c. water
1 c. light cream.....	1 T. melted butter plus enough milk to make 1 c.
1 c. tomato sauce.....	1/3 c. tomato paste plus 1/2 c. water
1 c. tomato juice.....	1/2 c. tomato sauce plus 1/2 c. water
1 sm. onion, chopped (1/3 c.).....	1 tsp. onion powder OR 1 T. dried minced onion
1 tsp. dry mustard (in cooked mixtures).....	1 T. prepared mustard
1 tsp. dried herbs.....	1 T. fresh herbs



Roasting Chart

Meats	Weight	Time	Temp.
Poultry			
Chicken (<i>whole</i>)	3 - 4 lbs.	1 1/4 - 1 1/2 hrs.	350°
	5 - 7 lbs.	2 - 2 1/4 hrs.	350°
Duck (<i>domestic</i>)	4 - 5 lbs.	1 1/4 - 1 3/4 hrs.	375°
Turkey (<i>unstuffed</i>)	12 - 18 lbs.	3 - 4 1/4 hrs.	325°
	19 - 24 lbs.	4 1/4 - 5 hrs.	325°
Pork			
Ham, fully cooked	7 - 8 lbs.	18 - 25 min./lb.	325°
(<i>bone in</i>)	14 - 16 lbs.	15 - 18 min./lb.	325°
Pork loin roast	2 - 5 lbs.	20 - 25 min./lb.	350°
Pork ribs	2 - 4 lbs.	1 1/2 - 2 hrs.	350°
Beef			
Beef, rib roast	4 - 8 lbs.	27 - 38 min./lb.	325°
(<i>bone in</i>)			
Eye round roast	2 - 3 lbs.	20 - 22 min./lb.	325°
Tenderloin (<i>whole</i>)	4 - 6 lbs.	45 - 60 min.	425°
Lamb			
Lamb (<i>leg, bone in</i>)	5 - 9 lbs.	20 - 30 min./lb.	325°

Time is based on meat at room temperature before roasting.
Test doneness at shortest time.



Perfect Pasta

Pasta	Cook Time
Angel Hair	1 - 2 min.
Cannelloni	7 - 9 min.
Fettuccine	6 - 8 min.
Lasagna	10 - 12 min.
Linguine	6 - 8 min.
Macaroni	8 - 10 min.
Manicotti	7 - 9 min.
Pappardelle	6 - 8 min.
Ravioli	7 - 9 min.
Rigatoni	10 - 12 min.
Rotelle	8 - 10 min.
Rotini	8 - 10 min.
Spaghetti	10 - 12 min.
Tortellini	10 - 12 min.
Vermicelli	4 - 6 min.
Ziti	10 - 12 min.

Time may vary 1 - 2 minutes.
Test doneness at shortest time.

ENCHANTED RECIPES Cooking Along the ENCHANTED Highway

A Collection by
Gladstone Park Board
P.O. Box 218
Gladstone, ND 58630

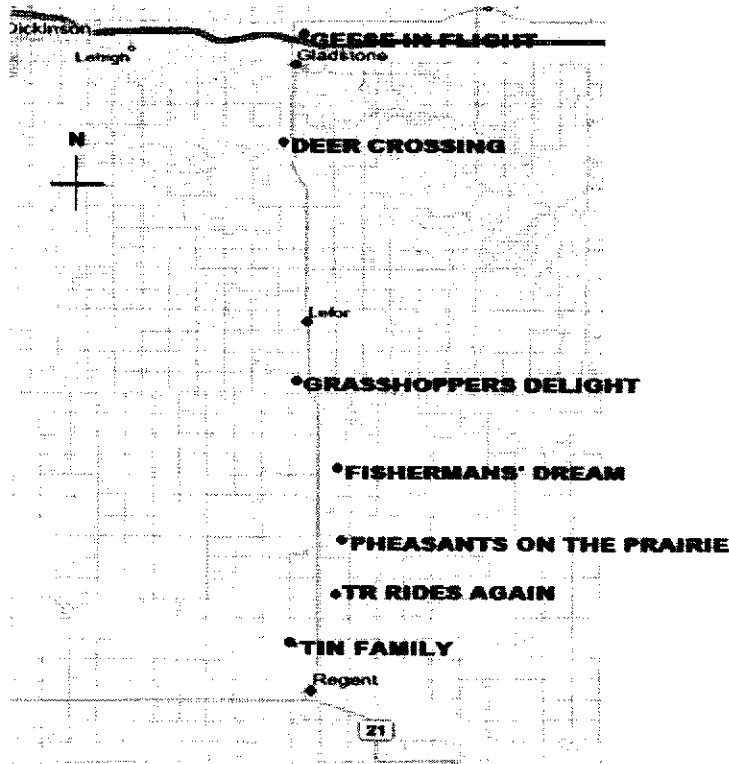
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Printed in the U.S.A. by



P.O. Box 2110 • Kearney, NE 68848
800-445-6621 • www.morriscookbooks.com



Dedication

This cookbook is dedicated to the many people who contributed recipes representing our best local cuisine. This cookbook wouldn't have been possible without you.

Making this cookbook has been a "Labor of Love". It's been great collecting recipes and memories from our neighbors, past and present. This cookbook was created as a special way to keep memories of our friends and family who live along the Enchanted Highway. What better way to remember than by sharing a recipe filled with local tradition, handed down through the generations.

We hope you enjoy preparing your meals from the many great recipes.

Appreciation

We owe a special thanks to all that contributed to the cookbook and who have supported the Gladstone Park Board over the years. We hope that this cookbook stirs up fond memories and experiences from our "enchanted" communities. We also hope that the cookbook recipes help you make some fond memories for your own family and friends.

Thank you to Gary Greff and the Enchanted Highway Board for their inspiration and artistic additions to our community. The Enchanted Highway has surprised many travelers with its imagination and whimsical spirit. It has helped awaken our sleepy towns. We appreciate you allowing us to be part of your "enchantment".

To those purchasing our cookbook, we are grateful for your generosity. Without your support we would not have the funding to keep our park functioning.

Thank you to the cookbook committee for taking the time to organize this project.

Thanks again to everyone for the many years of support you have given us.



ENCHANTED HISTORY

The Enchanted Highway is located directly off Interstate 94 (Exit 72) approximately 10 miles east of Dickinson, North Dakota. The highway containing seven sculptures extends for 32 miles south, passing through Gladstone, Lefor and ending in Regent.

Gladstone, North Dakota is the first town along the Enchanted Highway. Gladstone is located approximately 1.5 miles off Interstate 94. Gladstone was founded in the late 1800's and was once a bustling farming community containing a church, a bank, multiple grain elevators, several shops, a lumber yard, a school and a train depot. Though many of these establishments no longer exist, the stories and memories of this busy little town still do.

Lefor is the second town along the Enchanted Highway, located 12 miles south of Interstate 94. Lefor is also a farming community and was formed around 1900 by German-Hungarian immigrants. The town once included a Catholic Church and school, a hotel, grocery store, bowling alley and a cheese processing factory. Lefor once was home to over 100 people. Today the population has dwindled down to less than twenty. Regardless, the town still holds a regular mass and has a functioning K of C Club.

Thirty-two miles from Interstate 94, Regent is the final stop on the Enchanted Highway. Regent's history mimics that of Gladstone and Lefor. Today Regent is still home to over 200 people and a variety of thriving businesses. This flourishing town contains the Enchanted Highway Gift Shop, a museum, 2 bed and breakfasts, various hunting services, a bank, shops and several food establishments. Regent is also home to Gary Greff, the founder of the Enchanted Highway. While visiting Regent, it is easy to see the influence this artist has had on this town.

Gary Greff, a retired school teacher and principal, finished his first sculpture in 1991. The Tin Family was just the start of this enchanted drive. Teddy Rides Again was erected in 1993. Pheasants on the Prairie came next in 1996. Grasshoppers in the Field went up in 1999, followed by Geese in Flight in 2001. Deer Crossing was finished in 2002. The last sculpture, Fisherman's Dream, was completed in 2006. But don't worry; there will be more to come...



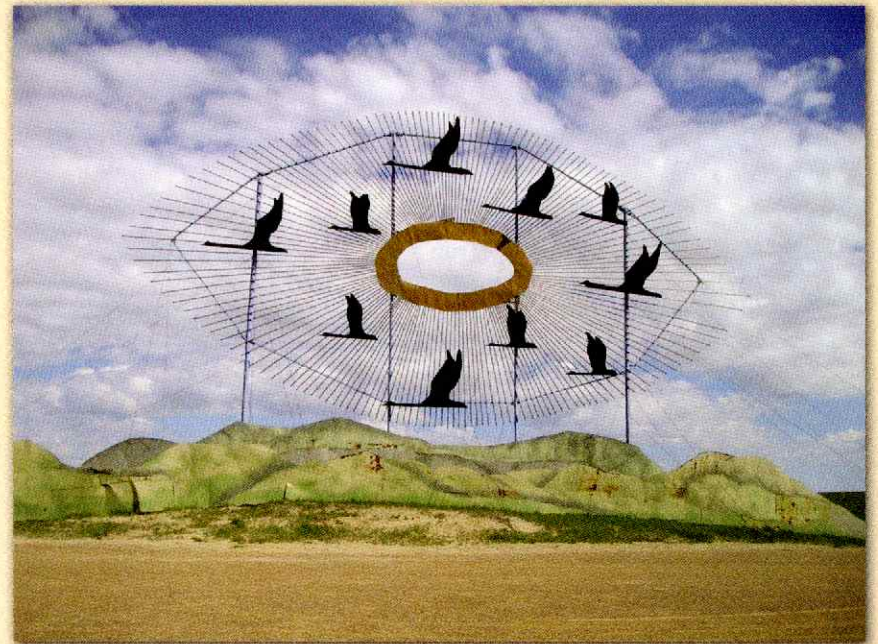
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Appetizers & Beverages

APPETIZERS & BEVERAGES



Helpful Hints

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



APPETIZERS & BEVERAGES

APRICOT SLUSH

1 c. apricot brandy
6 oz. orange juice
6 oz. pink lemonade

4 c. boiling water
 $\frac{1}{2}$ c. sugar

Mix all together and freeze. Place 1 scoop slush in a cup and add 7-Up, club soda or ginger ale. Enjoy!

Gwen Lantz

BRANDY SLUSH

(GREAT FOR SUMMER TIME!)

4 c. water
 $\frac{1}{2}$ c. sugar
1 (6-oz.) can frozen orange juice

1 (6-oz.) can frozen lemonade
 $\frac{1}{2}$ pt. apricot brandy

Boil sugar and water. Add rest of ingredients. Put in ice cream pail and freeze for at least 24 hours. Fill cocktail glass $\frac{3}{4}$ of the slush and add 7Up or Sprite or Sierra Mist to fill the glass. Sit back on the porch and enjoy!

Darcy Fossum

BROWN SUGAR BITES

1 (16-oz.) pkg. bacon
1 1-lb. pkg. 2 inch smoked sausages

$\frac{1}{4}$ packed c. brown sugar

Cut bacon into thirds, wrap each sausage with a third of a slice of bacon and secure with a toothpick. Place in a baking dish in a single layer. Sprinkle with brown sugar. Bake for 35-45 minutes at 375°. Serve warm. Makes about 48.

Judy Hecker



CHIP DIP

- | | |
|--------------------|-----------------------------|
| 8 oz. cream cheese | 2 tsp. Worcestershire sauce |
| ¼ c. ketchup | ¼ c. milk |
| 3 T. salad oil | |

Mix cream cheese until smooth. Add ketchup, oil and Worcestershire sauce, mix. Gradually add milk. Mix well. Also goes good for dipping carrots and celery.

Sandy Kadrmias

COFFEE MIX

- | | |
|--------------------|---------------------|
| 1 c. sugar | ¼ c. instant coffee |
| 1 c. dairy creamer | ½ c. cocoa |
| 1 c. dry milk | ¼ tsp. salt |

Mix and store in air tight container. Blend ½ cup coffee mix with ¾ cup milk and ice.

Kristen Stecher

CRANBERRY RELISH

- | | |
|----------------------|---------------------|
| 2 c. raw cranberries | 2 c. sugar |
| 2 apples | 1 pkg. cherry Jello |
| 1 orange & peeling | 1 c. boiling water |

Grind together cranberries, apples, oranges & peeling. Add sugar, stir well. Mix Jello with boiling water. Cool. Add to cranberry mixture. Put in a container with a cover and refrigerate.

Myrna Weber

The first tea bags, dating back as early as 1903, were made from hand-sewn muslin bags. First appearing commercially around 1904, they were marketed as an alternative to brewing loose tea in a teapot.



FIESTA DIP

- | | |
|--------------------------|-----------------------|
| 1 can black beans, diced | ½ red pepper, diced |
| 1 can corn, diced | ½ green pepper, diced |
| 2 Roma tomatoes, diced | |

Put veggies in a large bowl.

Sauce

- | | |
|------------------------------|---------------------|
| ¼ c. canola or vegetable oil | ¼ tsp. salt |
| 2 T. sugar | ½ tsp. garlic salt |
| 2 T. white vinegar | ¼ tsp. black pepper |

Combine ingredients for sauce mixture. Pour mixture over veggies. Cover and refrigerate for at least 2 hours. Serve with chips. Options: add chopped onions, cilantro, jalapeño peppers.

Sheree Manolovitz

HAM AND CHEESE BALL

- | | |
|----------------------|-----------------------------|
| 8 oz. cheddar cheese | 1 tsp. Worcestershire sauce |
| 8 oz. cream cheese | 1 tsp. soy sauce |
| 1 c. ham, diced | nuts, chopped |

Mix all together except nuts, roll into a ball. Roll in nuts to cover.

Nancy Boersma

HAM BALL

- | | |
|-----------------------------|--------------------------------|
| 8 oz. cream cheese | ¼ tsp. mustard |
| ¼ c. Miracle Whip | ¼ tsp. Worcestershire sauce |
| 2 T. chopped parsley flakes | 2 c. chopped smoked cooked ham |
| 2 tsp. grated onion | (13 slices Oscar Mayer) |

Mix all together except ham until well mixed. Stir ham into mixture with spatula. Chill. Serve with toasted crackers.

Myrna Weber



NO CHEESE CHIP DIP

(ITS A HIT WITH EVERYONE!)

- | | |
|--|----------------------------------|
| 1 lb. Jimmie Dean Sausage (hot or reg) | 1 small can chopped black olives |
| 1 lb. hamburger (cheapest 70/30) | 1 small can diced chilles |
| 8 oz. sour cream | 1 can baby corn |
| 8 oz. Philadelphia cream cheese | 1 small onion, diced |
| 2 cans Rotela tomatoes (hot or reg) | |

Cook hamburger and sausage in frying pan. Drain grease and put meat into slow cooker. Chop any ingredients that needs it. Mix everything else into cooker. Cook on high until it starts to boil then turn to simmer. Stir every 15-30 minutes, until ready to eat. Served best with Tostada Scoops, or your favorite chip. Refrigerate any leftovers. The second day heated up in the microwave gives even better flavor especially if you make it hot.

Jay Terrill

RHUBARB WINE

- | | |
|---------------|---------------------|
| 1 qt. rhubarb | 1 qt. boiling water |
| 1 lb. sugar | |

Melt sugar with water and pour over rhubarb. Allow to cool until lukewarm. Add ½ yeast cake to every quart of rhubarb. Stir and let stand 24 hours. Strain through dish towel. Let stand in crock or plastic pail for 1 month, stirring everyday. Drain off carefully not to get cloudy settlings. Bottle with loose caps.

Judy Hecker

SHERBET SLUSH

- | | |
|-----------------------|-----------------------|
| 2 pkgs. lime Kool-Aid | 1 can pineapple juice |
| 2 c. sugar | 1 qt. lime sherbet |
| 4 c. water | |

Mix and freeze, stir occasionally. Scoop into glasses, serve with 7-Up or Squirt.

Linda Wanner



SHRIMP CHEESE SPREAD

- | | |
|--------------------------------------|----------------------|
| 1 (8-oz.) pkg. cream cheese softened | 1 tsp. lemon juice |
| 1 (4-oz.) can tiny shrimp | 1 ½ tsp. dry mustard |
| | 1 tsp. grated onion |

Mix all ingredients together, serve with crackers. Can make into a cheese ball and roll in chopped nuts also.

Marilyn Goff

STRAWBERRY SHAKES

- | | |
|--|--------------------------------------|
| ½ c. milk | 1 T. strawberry preserves (optional) |
| 1 ½ c. vanilla ice cream (sherbet works too) | |
| ½ c. frozen unsweetened strawberries | |

In a blender combine all and blend until smooth. Serve in chilled glasses with a berry on top!

Karen Terrill

STRAWBERRY SWISH

- | | |
|------------------------------------|-------------------------------------|
| 5 c. water | 1 (12-oz.) can frozen orange juice |
| 2 ½ c. sugar | 3 boxes frozen strawberries, thawed |
| 1 (6-oz.) can frozen pink lemonade | |

Heat water and sugar until dissolved. Beat strawberries with spoon and then mix all ingredients and pour into 5 qt. plastic bucket and freeze. To serve: Put 2 scoops of frozen strawberries and fill glass with 7-Up or Mountain Dew and stir.

Francine Hecker

SUPER BOWL CHICKEN DIP

- | | |
|---|-------------------------------|
| 8 oz. cream cheese | 2 T. butter |
| 2 c. cooked chicken | ½ c. blue cheese dressing |
| ½ c. buffalo wing sauce (or BBQ with red hot sauce) | ½ c. mozzarella cheese |
| | 1 bag Tostados tortilla chips |

Cover bottom of 8 X 8 baking dish with chicken mixed with the sauce and melted butter. Cover with blue cheese and top with mozzarella cheese. Bake in oven at 350° for 20 minutes and serve on top of chips.

Rhonda Eppler



TEX MEX DIP

2 cans bean dip
1 container guacamole
1 c. sour cream
½ c. mayo
1 pkg. taco seasoning

tomatoes
black olives
green onions
cheddar cheese
tortilla chips

Spread bean dip on large platter. Spread guacamole over the top of the bean dip. Combine sour cream, mayo and taco seasoning. Spread this over guacamole. Layer top with tomatoes, olives, onions and cheddar cheese. Serve with tortilla chips.

Rhonda Eppler

TORTILLA ROLL-UPS

8 oz. sour cream
8 oz. cream cheese
1 c. shredded cheddar cheese
1 can chopped olives

2 tsp. season salt
1 tsp. onion salt
½ tsp. garlic salt
1 pkg. soft shells

Mix together, spread on soft shells, roll up. Wrap rolls in plastic wrap and place in refrigerator for a couple hours before slicing. Use your imagination with this recipe. Crab meat, sliced corned beef, turkey slices, beef slices, chopped green onions, lettuce, slices of cheese, etc. Serve with salsa.

Linda Wanner

WATERMELON SALSA

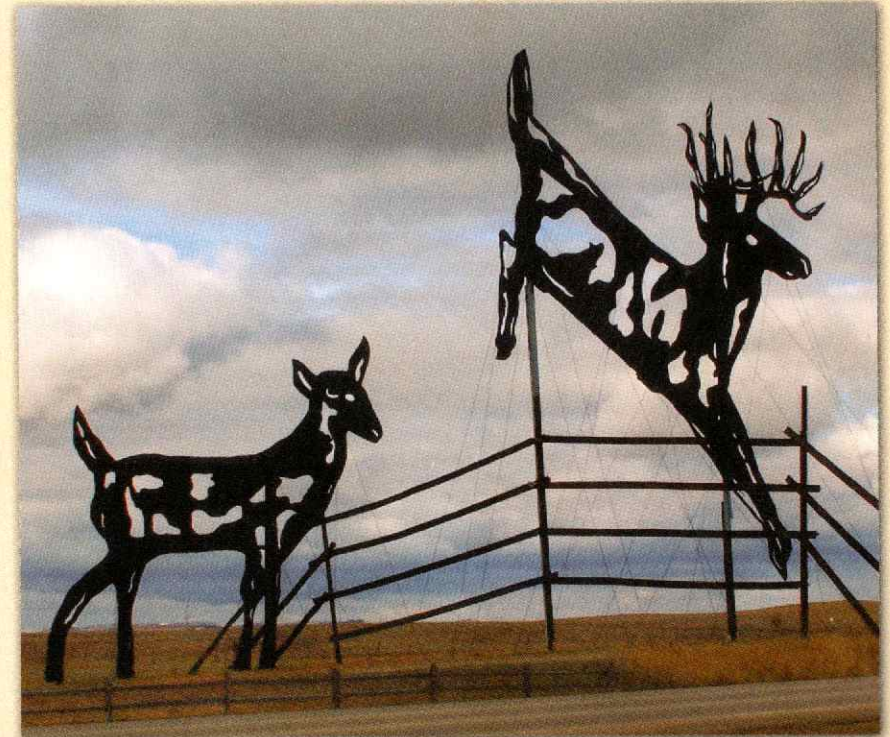
2 c. diced seedless watermelon
¾ c. finely chopped sweet onion
¾ c. canned black beans, rinse and drain
2 jalapeño peppers, seeded and chopped

¼ c. minced fresh cilantro
2 tsp. brown sugar
1 clove garlic, minced
½ tsp. salt

In a small bowl, combine all ingredients. Cover and refrigerate for at least 1 hour. Drain if needed. Serve with salted chips or crackers. A hit at Barbeques!

Karen Terrill

Soups & Salads



Helpful Hints

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



SOUPS & SALADS

BORSCHT

1 ½ c. potatoes, thinly sliced	3 c. cabbage, coarsely chopped
1 c. beets, thinly sliced	black pepper
4 c. water or vegetable stock	¼ tsp. fresh dill weed
2 T. butter	1 T. cider vinegar
1 ½ c. onions, chopped	1 T. honey
1 tsp. caraway seed	1 c. tomato purée
2 tsp. salt	(8-oz.) heavy cream
1 lg. carrots, chopped	

Place sliced potatoes and beets in a medium saucepan over high heat; cover with stock, and boil until vegetables are tender. Remove potatoes and beets with a slotted spoon, and reserve stock. Melt butter in a large skillet over medium heat. Stir in onions, caraway seeds, and salt; cook until onions become soft and translucent. Then stir in carrots and cabbage. Mix in reserved stock; cook, covered, until all vegetables are tender, about 10 minutes. Add potatoes and beets to the skillet. Season with black pepper and dill weed. Stir in cider vinegar, honey, and tomato purée. Cover, reduce heat to medium low, and simmer at least 30 minutes. Reduce heat and allow soup to cool. Add cream. Increase heat before serving, but make sure not to boil otherwise cream will curdle.

Nicole Berger

BROCCOLI SALAD

Dressing

½ c. sugar	2 T. vinegar
1 c. mayo	

Mix dressing and set aside.

Salad

½ c. red onions, diced	fresh broccoli, chopped
¾ c. raisins	1 lb. bacon, cooked & diced
½ c. sunflower seeds	

Mix the salad ingredients together, then pour dressing over the top. Mix well.

Nancy Boersma



CHICKEN WILD RICE SOUP

- | | |
|-----------------------------------|------------------------------|
| ½ lb. fresh mushrooms | ¼ tsp. thyme |
| 1 c. celery | 1 can cream of mushroom soup |
| 1 c. shredded carrots | ¼ c. flour |
| ½ c. onion | 2 c. cooked chicken, cubed |
| ¼ c. butter or olive oil | 3 c. cooked wild rice |
| 2 qts. chicken broth (or bullion) | ½-1 c. milk |
| 1 tsp. chicken bouillon | ¾ c. cream |
| ¼ tsp. garlic powder | |

In a large sauce pan, sauté mushrooms, celery, carrots and onions in 1 T. butter. Add chicken broth, bouillon, garlic powder, thyme and cream of mushroom soup. Bring to a boil. Reduce heat. Cover and simmer 30 minutes. In soup kettle, melt ¼ c. butter and stir in flour until smooth. Gradually whisk in broth mix. Add chicken, rice milk and cream.

Rhonda Eppler

COLE SLAW

- | | |
|-----------------------|----------------------------------|
| 2 c. Miracle Whip | pinch black pepper |
| 2 c. sugar | 1 head cabbage, shredded |
| ½ c. tarragon vinegar | carrots, shredded |
| ½ c. oil | onions, shredded (to preference) |
| 2 tsp. salt | |

Mix all ingredients until well blended then pour over cabbage, carrots and onion. Dressing can be kept in fridge for a few weeks. Also good with macaroni salad.

Wanda Roth

COTTAGE CHEESE SALAD

- | | |
|---|------------------------------------|
| 1 (11-oz.) can mandarin oranges, drained | 1 (3-oz.) pkg. orange jello |
| 1 (15-oz.) can pineapple tidbits, drained | 1 (12-oz.) pkg. dry cottage cheese |
| | 1 (8-oz.) pkg. Cool Whip |

Drain oranges and pineapple. Sprinkle dry jello mix over cottage cheese. Add Cool Whip and mix. Refrigerate.

Linda Wanner



CRANBERRY JELLO SALAD

- | | |
|-----------------------------|----------------------|
| 1 (3-oz.) pkg. cherry jello | 1 c. celery, chopped |
| 1 c. boiling water | ¼ c. nuts, chopped |
| 1 can cranberry sauce | ¼ c. sour cream |

Dissolve jello in boiling water. Add the cranberry sauce and refrigerate until slightly thickened. Add the remaining ingredients and refrigerate until firm.

Joan Sickler

CREAM CHEESE JELLO MOLD

- | | |
|-----------------------------|-----------------------|
| 2 (8-oz.) pkg. cream cheese | 2 T. lemon juice |
| 1 c. sugar | 2 tsp. vanilla |
| 2 env. Knox gelatine | 2 c. Cool whip |
| ⅔ c. boiling water | kiwi fruit (optional) |
| 2 c. milk | |

Soften cream cheese. Add sugar and beat until fluffy. In a separate bowl, mix gelatine and water. Cool and set aside. Next, add milk, lemon juice, and vanilla to cream cheese mixture, beating at low speed. Add the gelatine and then fold in the Cool whip. Pour into a mold. When set, remove from mold and garnish with kiwi if desired.

Joan Sickler

CREAM OF CAULIFLOWER SOUP

- | | |
|-----------------------------|---------------------------------------|
| 2 stalks celery with leaves | dash cayenne pepper |
| 1 c. cauliflower florets | ⅔ c. chicken broth |
| 1 clove garlic | ⅓ c. heavy cream |
| ½ c. water | coarsely ground black pepper to taste |
| salt to taste | |

Cut the celery stalks crosswise into 3 parts. In a medium pot, combine the celery, cauliflower, garlic and water. Simmer for 15 minutes. Transfer the contents of the pot to a blender container and add salt and cayenne pepper. Cover and blend at high speed. Uncover while running and slowly add the broth and heavy cream. Be creative each time you make it, add other vegetables to it to change the flavor. I like it warm but you can serve it chilled. Season with black pepper to taste.

Karen Terrill



CREAM OF POTATO SOUP

6 med. potatoes, cubed	1 lg. onion
3 med. carrots, sliced	12 c. milk
3-4 ribs celery, sliced	½ c. butter
½ lb. bacon, diced	salt and pepper to taste

Precook potatoes, carrots and celery until tender; set aside (cook in little water as possible). Stir-fry bacon and onions until bacon is cooked and onions are tender. Drain. In large heavy kettle combine milk, butter, bacon, and onions and vegetables. Season with salt and pepper and any other seasonings that you like. Cook slowly so milk won't curdle. Instead of bacon, you can make this with ham or clams. They are all real good to use.

Joan Sickler

CREAM OF TOMATO SOUP

½ c. onion, diced	3 T. chicken bullion or cubes
1-2 c. water	1 c. noodles
2 qts. tomatoes, diced	1 pt. cream

Sauté onion in butter or olive oil, set aside. Bring water, tomatoes, bullion to a boil. Add sautéed onion and noodles. Shut off and add cream.

Rhonda Eppler

CREAMY CUCUMBERS

3 med. cucumbers	garlic salt to taste
1 lg. onion	½ tsp. sugar
¾ c. cream or milk added to Miracle Whip	paprika to taste
1 T. vinegar	pepper to taste

Clean, peel, slice cucumbers. Lay out in pan or layer in bowl with sliced onion and sprinkle with salt. Let sit until juicy and then drain. In a bowl mix other ingredients (I taste and add what it needs first) pour over the cucumbers and onions. Chill.

Karen Terrill



CREAMY POTATO SALAD

8 med. potatoes, boiled	1 ½ c. mayo (not Miracle Whip)
4 eggs, hard boiled	½ c. whipping cream
1 slice onion, chopped	¼ tsp. pepper
1 stalk celery, chopped	1 T. parsley flakes
1 (2-oz.) jar pimientos	2 T. sugar

Cube cooked potatoes and eggs. Add onion, celery and pimientos. In small bowl, mix remaining ingredients. Pour over potatoes until desired amount of sauce is added.

Jolene Mulske

CREAMY POTATO SOUP

3 T. butter	2 chicken bouillon cubes
1 c. chopped onion	¼ tsp. salt
1 rib celery, thinly sliced	¼ tsp. pepper
1 lg. carrot, thinly sliced	2 T. chopped fresh dill
4 c. dried peeled potatoes	1 c. milk
2 c. water	1 c. cream

In heavy saucepan melt butter. Add onions, celery, carrots and sauté for about 5 minutes. Add potatoes, water, bouillon cubes, salt, pepper and dill. Bring to a boil. Reduce heat to low, cover and simmer for 10 minutes or until potatoes are tender. Stir in milk and cream. Cook until hot.

Joan Sickler

CUCUMBER SALAD

1 pkg. lime jello	2 lg. cucumbers, peeled and thin sliced
2 c. hot water	1 c. Cool Whip
pinch salt	½ c. Miracle Whip
4 tsp. sugar	¼-½ c. onion, finely chopped
2 c. cottage cheese	

Mix jello, water, salt and sugar together. Add cottage cheese, cucumbers, and onion to the jello mix. In a separate bowl, mix Miracle Whip and Cool Whip together. Then add to the jello mix. Pour into a dish and refrigerate until firm.

Wanda Roth



DANISH POTATO SOUP

1 ham bone water	2 c. chopped cabbage 2 carrots, diced
2 potatoes, peeled and dried	3 T. flour
6 green onions, sliced	1 c. cream
3 celery stalks, chopped	ground nutmeg
¼ c. minced fresh parsley	

In heavy kettle bring ham bone and 2 quarts water to a boil. Reduce heat and simmer 1 hour or until meat pulls away from bone. Remove ham bone. When cool, trim any meat and dice. Return meat, potatoes, onions, celery, parsley, cabbage and carrots. Stir flour and ¼ cup cold water. Slowly pour into kettle of soup, stirring constantly. Reduce heat; stir in cream. Sprinkle a dash of nutmeg.

Joan Sickler

EGG SALAD

6 hard boiled eggs, chopped	2 T. onions or chives, chopped
4 T. mayonnaise	2 T. pickle relish
2 tsp. mustard	

Mix all together and put on sandwich.

Marilyn Goff

FROG EYED SALAD

½ 1-lb. pkg. acini di pepe, uncooked	1 (15-oz.) can pineapple, drained, reserve juice
1 egg	1 (16-oz.) can fruit cocktail, drained
½ c. sugar	1 c. miniature marshmallows
1 tsp. flour	1 c. whipping cream, whipped
¼ tsp. salt	

Cook pasta as package directs; drain. In a heavy saucepan; beat egg with wire whisk until foamy. Stir in sugar, flour, salt, and reserved juice. Over low heat, cook and stir until thickened and bubbly. In a large bowl, combine pasta with egg mixture. Chill thoroughly, about 1 hour. Stir in pineapple, fruit cocktail, and marshmallows. Fold in whipping cream. Cover, Chill. Stir before serving. Refrigerate leftovers. Makes 6-8 servings.

Francine Hecker



GARDEN MACARONI SALAD

1 c. elbow macaroni, uncooked	½ c. radishes, sliced
1 c. fresh broccoli florets	4 oz. Swiss cheese, cubed
1 sm. onion	1 c. mayonnaise
1 med. carrot, thinly sliced	2 T. prepared mustard
½ c. cucumber, peeled and chopped	1 T. sugar
½ c. frozen peas, thawed	2 tsp. fresh dill, snipped or 1½ tsp dried dill weed

Cook macaroni according to package directions, drain and rinse in cold water. Combine macaroni, broccoli, onion, carrot, cucumber, peas, radishes and cheese. In another bowl combine the mayo, mustard, sugar and dill. Pour this over macaroni mixture and toss to coat. Cover and refrigerate at least 2 hours before serving.

Myrna Weber

GERMAN POTATO SALAD

7 med. potatoes, boiled	1 T. salt
1 med. onion, chopped	¼ tsp. pepper
3 T. vinegar	½ c. warm water
4 T. salad oil	dill
1 tsp. sugar	

Slice cooled boiled potatoes. Add the rest of the ingredients and mix well.

Marie Brost

HAMBURGER SOUP

1 1-lb. pkg. hamburger	2 c. raw carrots, shredded
3 T. cooking oil	1 can mixed vegetables
1 c. water	1 tsp. sugar
1 can cream of celery soup	1 whole bay leaf
½ c. onions, chopped	½ tsp. sweet basil, crushed
½ c. green pepper, chopped	salt and pepper
½ c. celery, chopped	

Brown beef in oil and put in large kettle with water and cream of celery soup. Mix well. Stir in the rest of ingredients. Simmer all for about 25 minutes or until carrots are tender.

Rose Marie Tormaschy



HOMEMADE POTATO SOUP

3 T. butter	¼ tsp. celery salt
2 T. grated carrots	3 c. hot milk
1 T. scraped onion	1 c. mashed potato flakes
1 tsp. salt	dash pepper, parsley, and paprika

Sauté carrots and onion in butter, then add the rest of the ingredients.

Marilyn Goff

HOMESTEAD SALAD

Salad

1 lg. package mixed vegetables, cooked, drained & cooled	1 small can kidney beans, rinsed
4 stalks celery, chopped	1 small jar pimento, chopped
1 sm. onion, chopped	salt to taste

In a large bowl, add raw celery, onion, beans, pimento and salt to cooled vegetables.

Dressing

¾ c. sugar	1 T. prepared mustard
1 T. flour	½ c. vinegar

Blend the dressing ingredients together and cook until clear. Add to vegetables. Refrigerate a few days before serving. Very good with shell macaroni in it also.

Margaret Wieglenda

ORANGE TAPIOCA SALAD

(This is a favorite of our grandchildren)

3 c. water	1 can mandarin oranges, drained
1 (4-oz.) pkg. orange Jello	18 oz. can crushed pineapple, drained
1 (4-oz.) pkg. vanilla INSTANT pudding	8 oz. Cool Whip, thawed
1 (4-oz.) pkg. tapioca pudding	

In sauce pan, bring water to a boil. Whisk in jello and both pudding mixes. Return to a boil, stirring constantly and boil for 1 minute. Remove from heat and cool completely. When cool, fold in oranges, pineapple and Cool Whip. Pour in a serving bowl and cool at least 3 hours or over night.

Myrna Weber



PINK RICE JELLO

3 oz. package raspberry jello	½ tsp. salt
1 c. hot water	¼ c. sugar
1 c. crushed pineapple (drain, save juice)	1 c. heavy cream
	1 ½ c. cooked rice (½ uncooked)

Dissolve jello in hot water. Add pineapple syrup and salt to jello. Chill until partially set. Whip cream, adding sugar. Whip jello separate. Fold pineapple into jello. Add whipped cream and rice. Chill.

Carolyn Dewall

POTATO SOUP

4 potatoes	¼ tsp. pepper
¾ c. onion, chopped fine	¼ tsp. rubbed sage
½ c. butter	¼ tsp. dried thyme
½ c. flour	4 ½ c. chicken broth
½ tsp. dried basil	6 c. milk
½ tsp. seasoned salt	¾-1 c. parmesan cheese
¼ tsp. celery salt	10 slices bacon, cut & fried in small pieces
¼ tsp. garlic powder	
¼ tsp. onion salt	

Peel potatoes and cut into small cubes. Boil while working on the rest of the soup. In a large kettle over medium heat, sauté onion in butter until tender. Stir in flour and seasonings. Gradually add broth, stirring constantly (I use a wire whisk to get the lumps out-it works great). Bring to a boil; cook and stir for about 2 minutes. Add the cooked, drained potatoes and return to a boil. Replace cover and simmer for 10 minutes. Add milk and parmesan cheese. Heat until hot but don't boil. Add the bacon. Sometimes I just use 1 pound of potatoes and while the potatoes are boiling I cut in some small dumplings made of 1 cup flour, 1 beaten egg, a little salt and enough water for a stiff dough. Great served with fresh baked bread.

Linda Wanner



PRETZEL JELLO SALAD

2 c. crushed pretzels	8 oz. Cool Whip, thawed
¾ c. melted butter	2 (3-oz.) pkg. strawberry jello
1 T. sugar	2 c. boiling water
8 oz. pkg. cream cheese	2 (10-oz.) pkg. frozen strawberries, partially thawed
1 c. sugar	

Heat oven to 400°. In medium bowl, combine pretzels, butter and 1 T. sugar. Press on bottom of 9 X 13 X 2 pan. Bake 8 minutes. Cool. In small bowl, beat cream cheese until fluffy. Gradually add 1 c. sugar. Beat until smooth. Fold in Cool Whip topping. Spread on cooled crust. In medium bowl, dissolve jello in boiling water. Stir in strawberries. Refrigerate until slightly thickened. Pour over cream cheese mixture in pan. Refrigerate.

Linda Wanner

RAMEN NOODLE SALAD

3 (3-oz.) pkg. chicken flavored Ramen noodles	½ red onion, diced
1 c. celery, diced	½ green bell pepper, diced
1 (8-oz.) can water chestnuts, drained & sliced	4 oz. frozen green peas
	1 c. mayonnaise

Set aside flavor packet from Ramen noodles. Break noodles and cook as directed on package. Drain and rinse noodles under cold water. In a large bowl, combine noodles, celery, water chestnuts (optional), red onion, bell pepper and peas. Prepare the dressing by whisking together the mayonnaise and Ramen noodle seasoning mix. Pour over noodle mixture and toss until well coated. Refrigerate until chilled and serve.

Linda Wanner

Greece devotes 60% of its cultivated land to olive growing. It is the world's top producer of black olives and boasts more varieties of olives than any other country. Greece is third in world olive production, producing 350,000 tons of olive oil annually.



SAUERKRAUT SOUP

⅓ c. butter	¼ tsp. white pepper
¼ c. diced onion	¼ tsp. curry powder
1 clove garlic, minced	2 c. sauerkraut
46 oz. chicken stock	1 c. light cream
½ c. flour	

Sauté onion and garlic in stock pot. Reserve 1 cup of the chicken stock. Add rest to onion mixture. Simmer for about 15 minutes. Mix the reserved cup of stock with flour and thicken the soup. Add spices. Bring to a boil and simmer 5 minutes. Add sauerkraut and simmer for about 30 minutes. Add cream and serve.

Marianne Hoffmann

SHRIMP SALAD

7 oz. pkg. Creamette shells	¼ c. onion, diced
10 oz. pkg. frozen peas, cooked and drained	2 oz. jar chopped pimento
10 oz. pkg. frozen shrimp, thawed	½ c. mayonnaise
½ c. radishes, sliced	1 T. horseradish sauce
½ c. green pepper, diced	1 tsp. seasoned salt

Prepare shells according to package directions. Drain. Combine with next six ingredients. Mix together mayonnaise, horseradish and seasoned salt. Toss dressing with salad mixture. Cover and chill. Makes 6 servings.

Linda Wanner

SPLIT PEA SOUP

1 T. vegetable oil	2 T. soy sauce
1 med. onion	2 c. uncooked split peas
1 tsp. garlic powder	2 qt. water
1 tsp. cumin	1 med. potato, peeled and cubed
½ tsp. salt	3 stalks celery, chopped

Sauté onion and spices in oil for 1 minute. Add soy sauce, peas and water; bring to boil. Simmer for 1 hour. Add potato and celery cook for an additional ½ hour.

Marilyn Goff



STUFFED PEPPER SOUP

- | | |
|-------------------------|--------------------------------|
| 2 lbs. ground beef | ¼ c. brown sugar |
| 1 tsp. salt | 2 c. green pepper, chopped |
| 1 tsp. pepper | 2 (10¾-oz.) cans chicken broth |
| ½ med. onion, diced | 28 oz. can diced tomatoes |
| 2 beef bouillon cubes | 1 ½ c. minute rice |
| 32 oz. can tomato juice | |

Brown hamburger with salt, pepper and onion. Add all of the remaining ingredients except for the rice. Simmer 30-40 minutes. Remove from heat and stir in rice. Cover for about 10 minutes and serve. If you feel that this is too thick, add a little water.

Linda Wanner

SUMMER PASTA SALAD

- | | |
|-------------------------|--|
| 1 (16-oz.) pkg. pasta | 1 c. green peppers, chopped |
| 1 c. tomatoes, chopped | 1 (12-oz.) bottle Italian salad dressing |
| 1 c. cucumbers, chopped | |

Cook pasta according to package directions. Drain and rinse with cold water. Stir chopped vegetables into pasta. Chill at least 3-4 hours to let flavors combine. Note: Substitute your choice of vegetables. Cooked cubed chicken may also be added.

Margaret Wieglenda

TACO SOUP

- | | |
|--|---|
| 2 1-lb. pkg. lean ground beef | 1 (1.4-oz.) pkg. taco seasoning |
| 1 sm. onion, chopped | 1 ½ c. water |
| 3 (4-oz.) cans chopped green chilies | 1 (1-oz.) pkg. ranch dressing mix |
| 1 tsp. salt | 1 (14-oz.) can hominy, drained |
| 1 tsp. pepper | 3 (14-oz.) cans stewed tomatoes |
| 1 (16-oz.) can pinto beans, rinsed & drained | 1 (16-oz.) can kidney beans, rinsed & drained |
| 1 (16-oz.) can lima beans, rinsed & drained | shredded cheddar cheese, optional |
| | tortilla chips, optional |

In a large Dutch oven or kettle, brown beef and onion. Drain any fat. Add the next 11 ingredients; bring to a boil. Reduce heat and simmer 30 minutes. Top with cheese and serve with chips if desired. Yield: 10 servings.

Linda Wanner



TORTILLA SOUP

- | | |
|--|--|
| ½ c. cooked chicken | 4-6 c. water |
| ½ c. cooked onion | 1 T. chicken soup base |
| 1 pkg. taco seasoning (or more) | 1 (15-oz.) can chopped tomatoes with juice |
| 4 oz. chopped green chilies, include juice | 1 stalk celery |
| 26 oz. cream of chicken soup | 1 can fiesta cheese soup |

Sauté chicken, onion and celery. Add other ingredients except cheese soup. Simmer ½ hour. Add cheese soup and simmer until blended. Serve with tortilla chips, grated cheese and sour cream.

Linda Wanner

Beets have been cultivated since pre-historic times in the Mediterranean area and were originally grown only for their leaves. During the Roman empire, people began to eat the roots, as well.



Recipe Favorites

Vegetables & Side Dishes



VEGETABLES & SIDE DISHES

Helpful Hints

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



VEGETABLES & SIDE DISHES

BAKED BEANS

4 slices crumbled bacon	2 T. barbeque sauce
½ onion, browned	4 hot dogs, cut up
⅓-½ c. brown sugar	1 lg. can pork & beans
½ c. ketchup	

Mix all ingredients then bake at 350° for 45 minutes. Serve hot or cold.

Marilyn Goff

BAKED CABBAGE

sliced bacon, divided	1 T. flour
1 med. head cabbage, shredded	1 c. sweet cream
1 T. sugar	salt & pepper to taste

Lay a couple slices bacon in greased baking dish. Shred cabbage and put over bacon. Mix sugar, flour and cream. Add salt and pepper; pour over cabbage. Cover cabbage with bacon slices and bake in covered dish at 350° for 1 hour. Remove cover when cabbage is nearly done to crisp the bacon.

Sheree Manolovitz

BAKED SWEET RICE

7 c. milk	1 c. uncooked white rice
¼ c. butter	10-12 prunes or peaches (canned -drain)
1 tsp. salt	
1 c. sugar	

Scald the milk with the butter, salt and sugar. Add the uncooked rice. When mixture is hot and mixed together, pour into a greased 1- quart casserole dish and bake at 325° for 2 hours, or as long as needed to absorb all of the liquid and the rice to become tender. Please note, the rice may be precooked in the milk mixture to speed up the baking time. If the prunes aren't real fresh, it works best to use the uncooked rice and full amount of baking time.

Joan Sickler



BARBECUE SAUERKRAUT

- | | |
|---------------------------|----------------------------|
| 5 strips bacon | 1 (16-oz.) can tomatoes |
| 1 lg. onion | 1 (6-oz.) can tomato paste |
| 1 (16-oz.) can sauerkraut | 1 c. brown sugar |

Sauté bacon and onion. Mix in remaining ingredients and bake at 300° for 1 to 1½ hours. Serves 6 to 8.

Joan Sickler

BAR-B-Q CUPS

- | | |
|-----------------|-----------------------|
| 1 lb. hamburger | 1 c. barbeque sauce |
| 1 pkg. biscuits | 6 oz. shredded cheese |

Brown hamburger. Mix with sauce. Flatten biscuits and place 1 in each muffin tin, then fill with meat mix and top with cheese. Bake at 350° for 10-15 minutes or until they are light brown.

Marilyn Goff

FRIED PUMPKIN OR SQUASH BLOOMS

- | | |
|-------------------------------|---------------------------------|
| 24 pumpkin or squash blossoms | ½ tsp. salt |
| ½ c. milk | ¼ tsp. black pepper |
| 2 eggs | ⅓ c. cornmeal or cracker crumbs |

Cut your pumpkin blossoms off where the pumpkin starts on; take the center out and wash well. Make a batter of the milk, eggs, salt and pepper, and dip the blossoms in this batter; then in the cracker crumbs or cornmeal and fry until light brown. Serve hot as a vegetable fritter.

Beverly Smith

HOT WHITE BEANS

- | | |
|------------------------|-------------------------|
| 2 c. dried white beans | 2 tsp. salt |
| ½ tsp. black pepper | 2 T. vinegar (optional) |
| 1 med. onion, diced | 1 c. thick cream |

Boil beans in plain water until almost soft. (Remember: 1 cup dry beans, makes 2 cups after boiled.) Drain and add remaining ingredients. You may have to use more salt and vinegar depending on your taste. Simmer for ½ hour.

Joan Sickler



PARTY BEANS

- | | |
|-------------------------------------|---|
| 2 lbs. ground beef | 1 17 oz can lima beans, drained |
| 2 c. onion, chopped | 1 15½ oz can wax beans, drained |
| 1 c. celery, chopped | 1 (16-oz.) can chili beans, do not drain |
| 1 can tomato soup (undiluted) | 1 (16-oz.) can pork & beans, do not drain |
| 1 (6-oz.) can tomato paste | ½ c. brown sugar |
| ½ c. ketchup | 2 T. prepared mustard |
| 1 (16-oz.) can green beans, drained | |

Brown beef, drain fat, add onion and celery. Cook until tender, stir in soup, paste and ketchup. Cook 20 minutes. Put in large kettle or roaster. Add the rest of ingredients and stir well. Bake uncovered at 350° for 1 hour. This makes a big batch, good for pot luck.

Carla Scott

PINEAPPLE RICE

- | | |
|----------------------|--------------------------------|
| 1 ½ c. cream | 1 tsp. vanilla |
| 2 eggs | 1 c. sugar |
| ½ c. raisins | 1 c. precooked rice |
| ½ tsp. baking powder | 1 small can pineapple w/ juice |

Mix all ingredients together. Pour into casserole dish. Sprinkle cinnamon on top and bake at 350° for 1 hour.

Rhonda Eppler

RICH & CREAMY POTATO BAKE

- | | |
|--|------------------------------|
| 3 c. half-n-half | ½ c. butter |
| 1 ½ tsp. salt | ½ c. parmesan cheese, grated |
| 1 (32-oz.) pkg. shredded hash browns, thawed | |

Combine cream, butter and salt in a saucepan, cook until butter is melted. Place potatoes in a 9 X 13 pan, pour cream mix over them, sprinkle cheese on top. Bake at 350° for 45-55 minutes.

Kathy Miller



SCALLOPED POTATOES

1 can cream of mushroom soup	1 c. sharp cheddar cheese, shredded
½ c. milk	1 T. butter
black pepper	dash paprika
4 c. potatoes, thinly sliced	
1 sm. onion	

Stir soup, milk and pepper until smooth. In buttered 1 ½ qt. casserole dish, alternate layers of potatoes, onion, sauce and cheese. Dot with butter, sprinkle with paprika. Cover and bake at 350° for 1 hour. Uncover and bake 15 more minutes.

Marie Brost

STEWED CABBAGE

1 head cabbage, cut up	optional: green pepper, diced
1 onion, diced	3 T. Equal or sugar
3 T. vinegar	3 T. water
2-3 tomatoes, cut up or frozen	

I use 2 packs of Equal and 1 T. of sugar (or 3 T. sugar) and about 3 T. of water. Stew on medium heat until liquid is all gone.

Joan Sickler

TURKEY STUFFING

2 loaves dry bread	½ tsp. sage
1 pkg. gizzards	¼ tsp. salt and pepper
1 c. sausage	¼ c. corn oil
1 pkg. bacon	1 lg. onion, diced or ground up

If you like stuffing not as meaty, just use a couple gizzards and a few slices of bacon. Boil meat, reserve the juice, then grind up or finely chop meat. Add seasonings, including onion and mix well. Soak dry bread in reserved juice (may need to add warm water to it) and squeeze out excess water. In large bowl, mix bread with meat and spices. Add corn oil, a little at a time, until you find a well moistened mix. Stuff in turkey or chicken before baking or wrap in tin foil and bake at 325° for 2 hours.

Karen Terrill



ZUCCHINI BOATS

3-4 med. zucchini	½ c. green pepper
1 ½ lbs. hamburger	2 c. cheddar cheese
1 onion	4 T. ketchup
1 c. fresh mushrooms	dash salt and pepper
½ c. sweet red pepper	

Cut zucchini lengthwise, scoop out pulp leaving a ½ inch shell. Chop up the pulp. Cook the hamburger, zucchini, onion, mushrooms, and peppers over medium heat. Drain and add 1 c. cheese, ketchup, salt and pepper. Spoon this into zucchini shells. Place in a greased 9 X 13 pan and sprinkle with remaining cheese. Bake at 350° for 30 minutes.

Rhonda Eppler

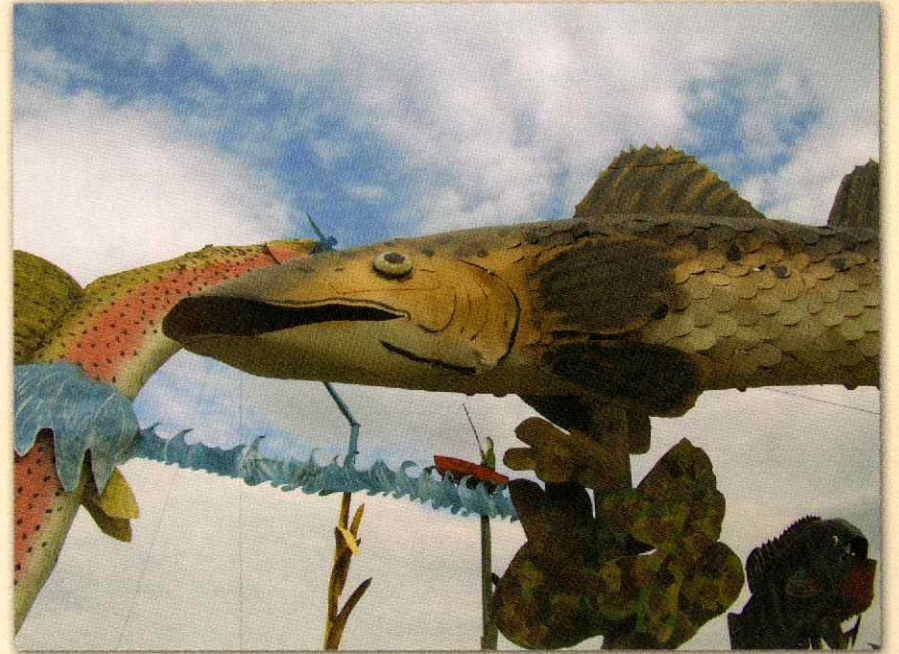
White asparagus is cultivated by denying the plants light and increasing the amount of ultraviolet light the plants are exposed to while they are being grown. Less bitter than the green variety, it is very popular in the Netherlands and Germany.



Recipe Favorites

Main Dishes

MAIN DISHES



Helpful Hints

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



MAIN DISHES

3 BEAN CASSEROLE

- | | |
|-----------------------------|---------------------|
| 1 ½ lbs. hamburger | 1 c. ketchup |
| 1 c. onion, chopped | 1 c. brown sugar |
| ½ lb. bacon | 1 tsp. garlic salt |
| 1 (24-oz.) can pork & beans | 1 tsp. liquid smoke |
| 1 (15-oz.) can kidney beans | 1 tsp. dry mustard |
| 1 (15-oz.) can butter beans | |

Brown hamburger and onion. Fry bacon until crisp. Mix all, place in crock pot at least 6 hours.

Myrna Weber

BEEF STROGANOFF

- | | |
|-------------------------------------|-----------------------------|
| 1 c. real butter | 3 c. beef bouillon |
| 1 ½ c. finely chopped onion | 1 ½ tsp. salt |
| 1 ½ lbs. fresh mushrooms, sliced | 6 T. tomato paste |
| 3 ½ lbs. sirloin cut in thin strips | 2 tsp. Worcestershire sauce |
| 6 T. flour | 2 c. sour cream |

Melt ½ cup butter in large Dutch oven. Add onions and sauté until golden: remove and set aside. Melt ½ more of the butter. Add mushrooms and sauté until browned; remove and set aside. Melt remaining butter, roll beef in flour and brown. Add bouillon, salt and onions. Cover and simmer gently until beef is tender, 45 minutes (the longer the better). Add tomato paste, Worcestershire sauce, sour cream and mushrooms. Serve over rice or egg noodles. Makes 10-12 servings. This has become a Christmas Eve tradition at the Thomas Lantz family's home. Supper, dishes, open gifts and off to church!

Gwen Lantz

A porterhouse steak is cut from the short loin that contains the top loin and tenderloin muscles. The steak was named after porter houses, or coach stops, where travelers in the early 1800s stopped to dine on steak.



BEEF STROGANOFF (SLOW COOKER)

- | | |
|---|------------------------------------|
| 2 lbs. beef stew meat | ¼ tsp. black pepper |
| 1 lg. onion chopped | 1 (16-oz.) pkg. egg noodles |
| 1 10½ oz can condensed golden mushroom soup | 1 (8-oz.) pkg. cream cheese, cubed |
| 1 10½ oz can condensed cream of onion soup | 1 (8-oz.) sour cream |
| 2 4½ Oz cans sliced mushrooms, drained | chopped fresh parsley |

In a 3 to 6 quart slow cooker, mix beef, onion, soups, mushrooms and pepper. Cover and cook on low heat setting 8 to 10 hours. About 15 minutes before serving, cook and drain noodles as directed on package. Meanwhile, stir cream cheese into beef mixture until melted. Stir in sour cream. Serve beef mixture over noodles. Sprinkle with parsley.

Sheree Manolovitz

BROCCOLI HOTDISH

- | | |
|--|-------------------------------|
| 1 c. minute rice | ½ c. butter |
| 2 c. chicken or turkey, cooked | 1 can cream of mushroom soup |
| ¾ c. celery | 1 can cream of celery soup |
| ¾ c. onion | 1 bag shredded cheddar cheese |
| 1 bag frozen broccoli or 1 lg. bunch fresh | |

Mix everything together except cheese. Put in greased pan. Put cheese on top. Cover and bake at 350° for 1 hour.

Nancy Boersma

BURRITOS

- | | |
|---|-------------------|
| 1 lb. hamburger, browned | 1 T. chili powder |
| ½ c. onion | 1 tsp. cumin |
| 1 can refried beans | tortilla shells |
| ½ c. salsa | |
| 2 cubes beef bullion dissolved in ¼ cup water | |

Mix all together. Spread over warmed tortilla shells. Add favorite toppings.

Gwen Lantz



CHICKEN CHEESE BAKE

- | | |
|---|----------------------------------|
| 1 can corn, drained | 8 boneless chicken breast slices |
| 12 slices precooked bacon | |
| 3 c. favorite shredded cheese (4 cheese mix good) | |

In greased 9 x 13 pan put corn in bottom, layer breasts evenly, layer bacon on top and spread cheese on top. Cover with foil and bake at 350° for 45 minutes until chicken is done.

Karen Terrill

CHOW MIEN

- | | |
|--|------------------------|
| leftover turkey, beef, chicken or pork | 2 cubes bouillon |
| 2 T. butter | 2 T. corn starch |
| chow mien vegetables | 3 T. soy sauce |
| 2 c. boiling water | cooked rice |
| | ½ c. chow mien noodles |

Cut meat up in small pieces. Put meat in pan with butter and heat for a few minutes. Add vegetables to boiling water and bouillon. Cook 5 minutes. Mix corn starch and soy together and stir into meat mixture. Allow mixture to thicken and heat up. Pour over rice and top with chow mien noodles.

Tillie Stein

CINCINNATI CHILI

- | | |
|--------------------------|--------------------------------|
| 1 lb. lean ground beef | ¼ tsp. ground cinnamon |
| 1 sm. onion, chopped | 1 (28-oz) can crushed tomatoes |
| 1 T. unsweetened cocoa | 1 (6-oz.) can tomato paste |
| 2 tsp. chili powder | ½ c. water |
| ½ tsp. ground red pepper | 1 T. sugar |
| ¼ tsp. ground allspice | ½ tsp. salt |

In a large saucepan or soup pot, brown the beef with the onion over medium heat. Drain off excess liquid, then return the saucepan to the stove and add remaining ingredients; mix well. Bring to a boil, then reduce the heat to low and simmer for 30 minutes, stirring occasionally. TIPS: This chili has the mole flavoring that is popular in Mexican cooking. Can serve it over thin spaghetti and sprinkle with shredded Cheddar cheese.

Marianne Hoffmann



CRAB ALFREDO

1 clove garlic	½ c. parmesan cheese
½ c. margarine	½ tsp. pepper
1 lb. crab meat	12 oz. fettuccine noodles
¾ c. cream	1 T. chopped parsley

Sauté garlic in butter. Blend in crab meat, cream, parmesan cheese and pepper and cook until heated. Pour over cooked noodles. Garnish top with chopped parsley.

John, Lori (Moore) and Ryan Weber

CRISPY ORANGE CHICKEN BOWL

2 lbs. boneless, skinless chicken	½ c. cornstarch
1 egg	1 T. cornstarch
1 ½ tsp. salt	¼ c. flour
¼ tsp. pepper	oil (for frying)
1 T. vegetable oil	

Cut chicken into 2 inch pieces and place in a large bowl. Stir in egg, salt, pepper and 1 T. oil. Mix well and set aside. Stir cornstarch and flour together in another large bowl and mix well. Add chicken mixture to the flour mixture, stirring to coat each piece well. Pour enough oil to be at least ½ inch deep in a wok or heavy skillet and set over high heat. When it reaches 375° F (hot!) carefully add chicken pieces in small batches and fry 3 to 4 minutes or until golden and crisp. Do not overcook or chicken will be tough. Remove chicken from oil with slotted spoon and drain on paper towels. Set chicken aside while you make the glaze.

Glaze

1 tsp. garlic, minced	1 dash cayenne pepper
1 ½ tsp. orange rind, grated	¼ c. white sugar
1 c. orange juice	dash salt & pepper
½ c. hoisin sauce(recipe in sauce section)	

Cool the oil in the skillet slightly, then remove all but 2 tablespoons of oil and set over medium heat. Sauté garlic in oil for 1 minute (if the oil is too hot the garlic will turn bitter). Add remaining ingredients and bring to boil. Allow to boil for 3 minutes, stirring constantly. Reduce heat and simmer until sauce thickens to your liking. Stir frequently. Pour glaze over chicken. Serve chicken over a bed of cooked white rice. Garnish with slivered almonds and crispy noodles. Toss the chicken and orange glaze with an array of cooked stir-fry vegetables like broccoli, snow peas and red peppers.

John, Lori (Moore) and Ryan Weber



CUCUMBER SANDWICHES

2 c. cucumbers, diced	2 tsp. parsley
8 oz. cream cheese, softened	¾ tsp. salt
¾ c. salad dressing	onion to taste, chopped

Mix together all ingredients except for the cucumbers. When it is well mixed stir in the cucumbers. Serve on baguettes or small sour dough bread slices.

Marianne Hoffmann

CURRIED SEAFOOD BAKE

1 c. elbow macaroni, cook and drain	1 ¾ c. milk
¼ c. green onion with tops, chopped	1 c. dairy sour cream
½ tsp. curry powder	1 T. melted butter
3 T. butter	1 (5-oz.) can lobster (or 7 ½ oz crabmeat, drained, flaked, and cartilage removed)
3 T. flour	½ c. coarsely crushed rich round crackers
½ tsp. salt	

Cook onion and curry in 3 T butter, until onion is tender. Stir in flour, salt and milk. Cook and stir until thickened and bubbly. Remove from heat. Stir in sour cream. Stir in Macaroni and seafood. Turn into a 2 quart casserole dish. Mix crumbs and melted butter. Sprinkle around edge. Bake uncovered at 350° for 30 minutes. Serves 4-6.

Karen Terrill

DEEP FRIED CHICKEN

3 lb. chicken breast	flour
¼ c. tender quick egg milk	season to taste (garlic salt, pepper, etc.)

Cut up breast into bite size pieces. Soak these in tender quick for 24 hours. To flour add seasonings you like. Rinse meat thoroughly in cold water- dip in egg and milk mixture then into flour mix. Fry until done in a deep fryer or frying pan with canola oil. Bake for about 30 minutes when you take out of fryer. Very good, makes enough for 4-6 people.

Gwen Jung-Lefor



DQ BARBEQUES

- | | |
|---------------------|--------------------|
| 6 lbs. hamburger | 1/8 c. brown sugar |
| 32 oz. ketchup | 1 T. salt |
| 1/2 c. mustard | 1 T. pepper |
| 1/4 c. minced onion | |

Cook hamburger, don't brown. Mix all ingredients together and cook 1 hour on low heat without stirring. Stir and cook another hour.

Rhonda Eppler

EASY CHEESY CHICKEN CASSEROLE

- | | |
|-----------------------------------|----------------------------|
| 1 (6-oz.) pkg. Stove Top Stuffing | 1/2 lb. Velveeta cheese |
| 2 c. cooked chicken, chopped | 1/2 c. celery, chopped |
| 1 can cream of chicken soup | 1/2 c. red pepper, chopped |

Prepare stuffing as directed. Stir in remaining ingredients and mix well. Place in a 2 qt. casserole baking dish. Bake at 325° for 40 minutes.

Marilyn Goff

EASY CHICKEN & CHEESE ENCHILADAS

- | | |
|--|--------------------------------------|
| 1 10 1/2 oz can Campbell's condensed cream of chicken soup | 2 c. chopped cooked chicken |
| 1/2 c. sour cream | 1/2 c. shredded Monterey Jack cheese |
| 1 c. Pace picante sauce | 6 flour tortillas (6") warmed |
| 2 tsp. chili powder | 1 sm. tomato, chopped |
| | 1 green onion, sliced |

Stir soup, sour cream, picante sauce and chili powder in a medium bowl. Stir 1 cup picante sauce mixture, chicken and cheese in a large bowl. Divide the chicken mixture among the tortillas. Roll up the tortillas and place them seam side up in an 11 x 8 inch shallow baking dish. Pour the remaining picante sauce mixture over the filled tortillas. Cover the baking dish. Bake at 350° for 40 minutes or until the enchiladas are hot and bubbling. Top with the tomato and onion. Prep: 10 minutes Bake: 40 minutes Makes 6 servings.

Margaret Wiegler



EASY SCALLOPED POTATOES AND HAM

- | | |
|-----------------------------|--------------------------------|
| 4 potatoes, peeled & sliced | leftover ham, cubed |
| 1 c. chopped onions | dash salt and pepper |
| 1 T. flour | 1 sm. container whipping cream |
| 1 T. butter | cheese |

Butter casserole dish. Layer ingredients. Pour a small container of cream over all. Bake about an hour at 350°. Put your choice of cheese on the top. Put back in oven until melted.

Shelly Kadmas

EGG BAKE CASSEROLE

- | | |
|------------------------------------|-------------------------------|
| croutons or bread crumbs | 6 - 8 eggs |
| 1 (16-oz.) pkg. Jimmy Dean sausage | 1 can milk |
| 1 onion | 4 c. milk |
| mushrooms | dash salt and pepper |
| grated cheese | 2 cans cream of mushroom soup |

Line 9 x 13 pan with croutons or bread crumbs. Fry sausage with onions and mushrooms then layer onto pan. Cover with grated cheese. Beat eggs, milk, salt and pepper. Pour over sausage and cheese layer. Set overnight covered in fridge. Top with 2 cans cream of mushroom soup diluted with one can of milk. Bake 350° for 40 minutes covered, then 25 minutes uncovered.

Michelle Fossum

FARM STYLE RABBIT

- | | |
|--------------------|----------------------|
| 4 hinds of rabbit | 2 c. light cream |
| 4 T. butter | strips bacon |
| 8 potatoes, sliced | dash salt and pepper |
| 1 sm. onion, diced | |

Brown legs in butter about 30 minutes. Place in buttered baking dish and cover with potatoes and onions. Season with salt and pepper. Lay bacon strips across top and pour cream over all. Bake at 350° for 2 hours, check and add more cream if it gets to dry. Use remaining rabbit for stew or other dishes.

Beverly Smith



FESTIVE PHEASANT

2 pheasants, cubed	4-6 T. soy sauce
1 c. water	¼ c. bell pepper, chopped
reserved pineapple juice	2 T. onion, chopped
3 T. cornstarch	1 (16-oz.) can chunk pineapple, drained, juice reserved
¼ c. vinegar	
¼ c. brown sugar	

Brown pheasant in oil, cover with one cup water and simmer one hour. Drain pineapple and set aside, save juice. Mix juice, cornstarch, vinegar, brown sugar and soy. Add to meat and cook over medium heat until thickened. Then add bell pepper, onion and pineapple and heat thoroughly. Serve over a bed of cooked rice.

Denise Huisman

FILLED DUMPLINGS

2 eggs	5 c. flour
2 c. milk	seasoned hamburger
1 T. salt	

Mix thoroughly. Knead on a floured board, then roll out thin; cut into squares, about 3x3 inches. Place 1 heaping teaspoon seasoned hamburger in each square. Seal edges to triangle shape. Boil water and add salt to taste. Place dumplings into boiling water and boil until hamburger is done, about 10 minutes. Drain water; stir in a little butter. Leftovers are delicious when fried.

Joan Sickler

FILLED PEPPERS

4-5 green peppers, halved	⅔ c. precooked rice
1½ lb. hamburger	3 T. brown sugar
⅔ c. onion	¼ c. ketchup
1 qt. tomatoes	1 c. corn
2 T. Worcestershire sauce	1 c. cheddar cheese
2 T. Italian seasoning	

Halve peppers, immerse in boiling water for 3 minutes. Remove peppers and sprinkle with salt inside. Brown meat with onions. Add rest of ingredients and simmer for 15 minutes. Stir in 1 cup cheddar cheese. Put peppers on bottom of casserole dish, filling pepper halves with meat filling and more cheese to taste. Bake at 350° for 25 minutes. Serve with sour cream.

Rhonda Eppler



FISH BATTER

3 eggs	1 tsp. Worcestershire
½ c. milk	3 drops Tabasco sauce
½ c. beer	Fryin' Magic

Coat fish with batter and then with Fryin' Magic. Deep Fry.

Wanda Roth

GROUND VENISON BURGERS

⅓ c. Mayonnaise	2 T. Jalapeño, Finely Chopped
1 tsp. Lime Juice	½ tsp. Salt
1 tsp. Dijon Mustard	½ tsp. Pepper
½ tsp. Grated Lime Peel	2 lb. Ground Venison
⅓ c. Green Onions, Chopped	8 Hamburger Buns
3 T. Plain Yogurt	8 slices Pepper Jack Cheese

In a small bowl, combine mayo, lime juice, mustard and lime peel; cover and refrigerate until serving time. In a bowl, combine onions, yogurt, jalapeño, salt and pepper. Crumble meat over mixture and mix well. Shape into 8 patties. Pan-fry, grill or broil until meat is no longer pink. Serve on buns; top with cheese and mayo mixture.

Nicole & Trang Doan

HAM STROGANOFF

2 T. butter	1 (10-oz.) can cream of mushroom soup
¼ c. chopped onion	½ c. sour cream
⅓ c. sliced green pepper	1 tsp. Worcestershire sauce
1 (4-oz.) can sliced mushrooms	2 c. chopped ham
½ c. milk	

Melt butter in heavy skillet, add onion and green pepper. Brown lightly, add mushroom, stir in milk, soup, sour cream, Worcestershire and ham. Cook over low heat for 10 minutes. Serve over noodles or toast.

Beverly Smith



HOMEMADE PANCAKES

- | | |
|--------------------|----------------------|
| 2 c. flour | 1 tsp. baking powder |
| 2 c. buttermilk | 1 tsp. baking soda |
| 2 eggs | ¼ tsp. salt |
| 2 T. vegetable oil | |

Mix well.

Kathy Miller

HOTDISH

- | | |
|-------------------------|---|
| 1 lb. hamburger | 1 can diced tomatoes w/ green chilies |
| 2 lg. carrots | ¾ can tomato sauce |
| 2 stalks celery | 2 slices American cheese |
| 2 slices onion | Dakota Steak & Chop Rub or chili powder |
| ¾ c. cabbage | |
| ½ c. wild or white rice | |

Brown hamburger. Drain. Chop vegetables and add to hamburger along with remaining ingredients, except cheese. Season with Dakota Steak & Chop Rub or chili powder. Simmer on stovetop until vegetables and rice are done. Top with cheese slices.

Jolene Mulske

HUNTING LODGE COWBOY CHILI

(NOT FOR THE WEAK OF STOMACH)

- | | |
|------------------------------------|------------------------|
| 2 lbs. ground beef, browned | cheese |
| 1 round steak, cubed and browned | 1 can chili beans |
| 1 Jimmy Dean sausage (hot n spicy) | 2 cans kidney beans |
| 1 lg. can mushrooms | 1 lg. can tomatoes |
| ½ stalk chopped celery | 1 pkg. chili seasoning |
| 2 lg. onions, diced | 1 sm. can tomato paste |
| | butter |
| | sour cream |

Brown the ground beef, round steak and sausage. Sauté the mushrooms, celery and onions in REAL butter and then add this to the meat mixture in a large kettle. Add the chili beans, kidney beans, tomatoes, tomato paste and chili seasoning and heat thoroughly. If you want to add some class to this manly meal serve in a bread bowl with cheese and sour cream. Regardless, add the cheese and sour cream on top...

Dedicated to Verlin Fossum



KEVIN'S BEST BURGERS

- | | |
|--------------------------------|-------------------|
| 2 slices of Texas garlic toast | 1 hamburger patty |
|--------------------------------|-------------------|

Fry a hamburger patty and put between the garlic toast.

Shelly Kadrmaz

LASAGNA

- | | |
|---|----------------------------------|
| 4 oz. lasagna noodles, cook by directions | 1 tsp. sugar |
| 1 T. vegetable oil | 1 tsp. salt |
| ¾ c. chopped onion | ¼ tsp. pepper, divided |
| 1 tsp. minced garlic | ⅔ c. skim ricotta cheese |
| 8 oz. cooked beef | 2 oz. mozzarella shredded cheese |
| 3 c. canned plum tomatoes, crushed | 1 T. parmesan cheese |
| 2 tsp. basil leaves | 2 T. parsley |
| | 1 tsp. parmesan cheese |

In 2 quart pan heat oil; add onions and garlic and sauté. Add beef, tomatoes, basil, sugar, salt and ¼ tsp. pepper - bring to boil and simmer 20 minutes. In a separate bowl, combine ricotta and mozzarella with parsley and remaining pepper; set aside. In 8 x 8 pan, spread thin layer of meat sauce, top with noodles, cheese, sauce; ending with sauce. Sprinkle top with parmesan cheese. Bake at 375° for 40 minutes. Allow to sit 15 minutes before serving.

Karen Terrill

LAZY MAN'S FEAST

- | | |
|-------------------------|---------------------|
| 1 lb. hamburger | 2 cans kidney beans |
| 4 med. potatoes, sliced | 2 cans tomato soup |
| 1 lg. onion, diced | 1 c. milk |
| 4 c. cabbage, shredded | season to taste |

Brown beef in a skillet. Butter 9 x 13 pan. Preheat oven to 350°. Cover bottom with sliced potatoes, layer of hamburger, layer of onion, layer of cabbage and a layer of kidney beans. In a bowl, mix tomato soup, milk and seasonings. Pour soup mix over the top of layers. Cover with foil and bake 1½-2 hours until potatoes are done.

Beverly Smith



MACARONI PIZZA

- | | |
|--|--|
| 7 oz. elbow macaroni (2 c. uncooked) | ¼ tsp. pepper |
| 1 lb. hamburger | ¼ tsp. garlic powder |
| 1 med. onion, chopped | splash taco sauce - to taste |
| 1 (8-oz.) can tomato sauce (or 2 cans condensed tom. soup) | ½ c. milk |
| 1 tsp. salt | 1 egg |
| ½ tsp. Italian seasoning | ¼-½ lb. Mozzarella or cheddar cheese, grated or sliced |
| ½ tsp. oregano | 1 pkg. pepperoni slices |

Cook macaroni. Drain. Brown hamburger and onion. Drain off excess fat. Add tomato sauce, salt, Italian seasoning, oregano, pepper, garlic powder and taco sauce. Simmer 5 to 10 minutes. Beat milk, egg and ½ teaspoon salt together. Blend milk and egg mixture into macaroni. Spread all on a greased 10 X 15" cookie sheet (with sides). Top with tomato sauce mixture. Top with cheese and pepperoni. Bake at 350° for 20 minutes. Let stand 10 minutes before cutting into squares.

Myrna Weber

MEATLOAF

- | | |
|--------------------|--------------------------|
| 1 ½ lbs. hamburger | salt and pepper to taste |
| 2 eggs | ¼ c. brown sugar |
| onion | ¾ c. ketchup |
| crackers | ½ c. water |

Mix meat, eggs, onion, crackers, salt and pepper and put in pan. Mix brown sugar, ketchup and water pour over the top. Bake at 350° for 1 hour.

Rhonda Eppler

Saffron is a spice derived from the flower of the saffron crocus, native to Southwest Asia. A pound is comprised of 70,000 to 200,000 dried stigma, making it the world's most expensive spice at an average price of \$1,000 per pound.



MEXICAN TURKEY ROLL-UPS

- | | |
|---|------------------------------------|
| 1 ½ c. cubed turkey | 1 sm. chopped onion |
| 1 ½ c. sour cream (12 oz) | ½ c. salsa |
| 3 tsp. taco seasoning (divided) | 10 flour tortillas (7 inch) |
| 1 can cream of chicken soup (divided) | shredded lettuce, chopped tomatoes |
| 1 ½ c. shredded cheddar cheese (6 oz divided) | additional salsa (optional) |

In a bowl combine turkey, ½ cup sour cream, 1 ½ tsp taco seasoning, ½ of soup, 1 cup cheese, onion, and salsa. Mix together then place ⅓ cup filling on each tortilla, roll up and place seam down in greased 9 x 13 pan. Combine remaining sour cream, taco seasoning and soup then pour over tortillas. Cover and bake at 350 degrees for 30 minutes or until heated through. Sprinkle with remaining cheese. Serve with lettuce and tomatoes, top with additional salsa if desired. Note: if you don't have turkey cook some chicken breasts and substitute. Really good.

*Renee Bonn
Marilyn Goff*

NOODLE KRAUT HOTDISH

- | | |
|--------------------------------|---|
| 1 (14-oz.) can sauerkraut | ½ c. onion, chopped |
| 1 (8-oz.) pkg. noodles, cooked | 1 ½ lbs. sausage |
| 2 cans cream of mushroom soup | 2 c. shredded mozzarella cheese |
| 1 ½ c. milk | 1 small can french fried onion rings (optional) |
| 1 tsp. mustard | |

Put sauerkraut in 9 x 13 inch pan. Arrange noodles over the sauerkraut. Mix soup, milk, mustard, and onion. Spoon over the noodles. Cut sausage in pieces, removing casing. Arrange sausage over soup mixture. Put cheese over sausage, top with onion rings. Cover tightly with foil. Bake 1 hour at 350 °.

Marie Brost

U.S. per capita fish consumption in 2005 was 16.2 pounds per person. Fish consumption in China is more than 3 times what it is in the USA. In China, the average person eats over 45 pounds of seafood each year.



PHEASANT CASSEROLE

1 (6-oz.) pkg. Dry Bread Stuffing Mix	1 lb. Cooked Pheasant, cubed
4 T. Butter, Melted	1 (16-oz.) pkg. Frozen Mixed Vegetables
1 ½ c. Hot Water	¼ tsp. dried Thyme
1 10½ oz can Chicken Gravy	

Preheat oven to 350°. In a large bowl, combine the seasoning packet from the stuffing mix with the butter and water. Stir in the stuffing crumbs until all the liquid is absorbed. In a separate 2 quart casserole dish, combine the gravy, pheasant, vegetables and thyme. Mix well and then spoon the stuffing mix over the top. Bake for 45 minutes.

Nicole & Trang Doan

QUICK AND EASY LUNCH

water	2-3 potatoes
1 lb. Hillshire Farm sausage	1 sm. head of cabbage

In a 10" skillet put in ¾ inch of water. Cut the sausage into two inch pieces and place along the edge of skillet. Clean and quarter potatoes and put in skillet. Clean and cut cabbage and place in skillet. Cover and turn on the heat. In about 20 minutes it is all ready. You can vary and season to your taste.

Barbara Lantz

ROAST IN CROCK POT

1 can beef broth	5 oz. water
1 pkg. au jus mix	1 beef roast
½ pkg. zesty Italian dressing (dry mix)	

Put roast in crock pot. Mix all ingredients together and pour over roast. Cook until done.

Wanda Roth



SANDY'S BARBECUE MEATBALLS

1 ½ lb. hamburger	3 T. vinegar
¾ c. oatmeal	2 T. sugar
1 c. milk	1 c. ketchup
3 T. chopped onion	½ c. water
1 tsp. salt	6 T. chopped onion
½ tsp. pepper	1 T. Worcestershire sauce
2 T. barbecue sauce	1 T. barbecue sauce

Barbecue Meatballs Sauce:

Mix hamburger, oatmeal, milk, onion, salt, pepper and barbecue sauce together. Shape into meatballs and brown. Mix the sauce ingredients together and pour over meatballs. Bake in casserole dish at 350° for 30-45 minutes.

Jolene Mulske

SEAFOOD ENCHILADAS

1 onion, chopped	6 10" flour tortillas
1 T. butter	1 ½ c. half-and-half cream
½ lb. crabmeat	½ c. butter, melted
¼ lb. shrimp - peeled, deveined and chopped	1 ½ tsp. dried parsley
8 oz. Colby shredded cheese	½ tsp. garlic salt/powder

Preheat oven to 350°. In large skillet, sauté onions in 1 T butter until transparent. Remove from heat and stir in crabmeat and shrimp. Mix and add ½ cheese and mix again. Place a large spoonful of mix onto tortilla and roll up. Place in 9 X 13 inch baking dish. In a saucepan over medium to low heat, combine cream, butter, parsley and garlic salt/powder. Stir until the mix is warm and blended. Pour sauce over the enchiladas, and sprinkle with the rest of the cheese. Cover lightly with foil and bake for 30 minutes.

Karen Terrill

High quality garlic bulbs are clean, white (or other colors typical of the variety), and well-cured (dried neck and outer skins). The cloves should be firm to the touch.



SHREDDED BEEF SANDWICHES

2 lbs. rump roast	½ tsp. ground mustard
¾ c. coke	¼ tsp. cayenne pepper
¼ c. Worcestershire sauce	2 T. canola oil
1 T. white vinegar	2 med. onions, chopped
1 tsp. beef bouillon granules	½ c. ketchup
½ tsp. chili powder	8 Kaiser rolls

Combine cola, Worcestershire sauce, garlic, vinegar, bouillon granules and seasonings. Set aside. Cut roast beef in half. Brown all sides. Place onion in slow cooker with roast. Pour ½ of cola mixture over. Cover and refrigerate rest of cola mixture. Cook beef and onion in slow cooker 8 to 10 hours. Remove meat. Strain liquid from onion and discard liquid. When meat is cool enough to handle, shred with 2 forks. Return meat and cooked onion to slow cooker. In sauce pan, combine ketchup and rest of cola mixture. Heat through and pour over meat mixture and heat all through. Serve on buns.

Myrna Weber

ST. JACQUES CHICKEN

1 c. white wine	3 T. flour
1 lb. boneless course diced chicken	1 c. heavy cream
¼ c. butter	½ c. sherry
1 sm. diced onion	½ tsp. salt
1 diced bell pepper	2 tsp. curry powder
1-2 diced celery stalk(s)	1 c. chopped tomatoes (peeled & seeded) or sundried

Heat the wine in a small pan, add the chicken & simmer gently for 20 minutes. Drain and reserve the chicken and broth. In a second pan, heat the butter and sauté the onion, bell pepper and celery until tender. Add the flour, cook 2 minutes over low heat. Stir in cream, sherry and seasoning. Simmer until thick. Add the tomatoes and chicken. Simmer for 5 minutes. If sauce is too thick, thin it slightly with broth. Serve over rice.

Terry (Mulske) Smith



STUFFED BURGER BUNDLES

1 c. herb seasoned stuffing mix	1 T. ketchup
½ c. evaporated milk	1 10½ oz can cream of mushroom soup
1 lb. ground beef	
2 tsp. Worcestershire sauce	

Prepare stuffing according to package directions. Combine milk and meat; divide into five patties. Pat each into a 6 inch circle. Put ¼ cup stuffing in center of each patty and draw meat over stuffing. Place in 1½ quart casserole. Combine remaining ingredients in saucepan and heat. Pour over bundles and bake uncovered at 350° for 45 minutes.

Marianne Hoffmann

SUMMER SAUSAGE LUNCH MEAT

(Dad's FAVORITE)

2 lbs. combination of hamburger, sausage or venison	1 c. water
¼ tsp. pepper	pinch tender meat cure
1 T. liquid smoke	ground up onions and salt to taste
½ tsp. garlic salt	

Mix well. Make into rolls. Wrap in foil and let set in fridge for 24 hours. Punch holes in bottom of foil, set on baking sheet and bake at 350° for 1 hour. Note: You can use any amounts of different meats together. We found combining 3 gives the best flavor.

Karen Terrill

SWEDISH PANCAKES

1 tsp. salt	2 T. sugar
4 eggs	2 c. flour
2 c. milk	

Beat eggs. Add all other ingredients, mix well. Should be a thin batter. Preheat frying pan sprayed with Pam. When warm, pour thin layer of batter in large circle. When bubbles appear and cake looks dry, flip it and lightly brown other side. Butter and put brown sugar over and roll up. Great for any meal!

Dedicated To Pete Siggard



TATER TOT HOT DISH

1 pkg. tatar tots	dash pepper
1 can corn	½ c. cheese
1 can mushroom soup	2 lbs. hamburger, fried
1 can evaporated milk	

Mix all except the cheese and hamburger. Add hamburger. Put in baking pan and sprinkle with cheese. Bake at 350° for 45 minutes. Note: May add cheese to beginning mix.

Kathy Miller

TIJUANA TORT

1 ½ lbs. hamburger	1 pkg. taco seasoning mix
1 med. onion, chopped	1 pkg. corn tortillas (12 ct)
1 (8-oz.) c. can diced green chilies	1 lb. cheddar cheese (half pepper jack)
1 can diced or stewed tomatoes	
1 (8-oz.) can tomato sauce	

Brown hamburger and onion in large pan; drain. Add chilies, tomatoes, tomato sauce and taco seasoning. Simmer for 10 - 15 minutes stirring occasionally. In 9 x 13 pan, layer corn tortillas, meat mixture and cheese. (I also top with chopped green onions) Cover & bake at 350° for 30 minutes. Uncover to brown a little. Side dish - Spanish rice or refried beans.

Terry (Mulske) Smith

TOMATO HASH

4-5 lg. tomatoes, cut up	¼-½ c. sugar (until sweet)
1 green pepper, chopped	1 clove
2 T. butter	1 bay leaf
salt and pepper to taste	soda crackers

Throw all of the preceding in a kettle and cook for about ½ hour. Then crush soda crackers into the hash to absorb most of the liquid.

Joan Sickler



TURKEY MEAT LOAF

4 eggs	1 c. soft bread crumbs
¾ c. celery, finely chopped	⅓ c. green onion, slice
⅓ c. water	4 tsp. parsley
1 tsp. salt	½ tsp. thyme
1 tsp. sage	½ tsp. pepper
1 lb. ground turkey	

Mix all ingredients well. Place in greased baking dish and bake at 350° for 1 hour.

Marilyn Goff

VENISON STEW

2 T. Vegetable Oil	1 tsp. Salt
2 lb. Venison Stew Meat	3 c. Water
3 Onions, Chopped	7 small Potatoes, peeled & quartered
2 clove Garlic, Minced	1 lb. Carrots, chopped
1 T. Worcestershire Sauce	¼ c. Flour
2 Bay Leaf	¼ c. Water
½ tsp. Dried Thyme	

In a large soup pot, deeply brown meat in the vegetable oil. Stir in onions, garlic, Worcestershire sauce, bay leaf, thyme, salt and 3 cups water. Bring to a simmer. Add potatoes and carrots. Simmer covered for 2 hours or until the meat is tender. Combine flour and water. Stir into stew to thicken. Remove bay leaves before serving.

Nicole & Trang Doan

ZIPLOC OMELET

2 eggs	1 qt. Ziploc freezer bag
cheese, ham, onion, mushrooms, peppers, etc	

Write your name with permanent marker on a quart size Ziploc freezer bag. Crack the 2 eggs (no more than 2) into bag and shake to combine them. Put in ingredients that you desire in your omelet and zip bag shut, making sure to get the air out of the bag. Place the bag into a pot of rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. Open the bag and the omelet will roll out! Note: Too much cheese will make the omelet very moist. You can wait until the omelet is done to add the cheese.

*Marianne Hoffmann
Joan Sickler*



ZUCCHINI CASSEROLE

- | | |
|---|---|
| 3 med. zucchini, peeled & thinly sliced | salt and pepper |
| 1 c. chopped carrots | 1 (6-oz.) Stove Top Stuffing - chicken flavor |
| onion | 1 can cream of chicken soup |
| 2 lbs. hamburger | 1 c. sour cream |

Cook zucchini, carrots and onion in 2 cups salted water for about 10 minutes, drain. Brown hamburger with salt and pepper. Prepare stuffing mix according to directions. Spread half of the hamburger in the bottom of a 3 quart casserole dish. Top with half of the stuffing mix. Combine zucchini mixture with soup and sour cream, pour over stuffing. Add rest of meat then top with remaining stuffing. Bake for 45 minutes at 350°.

Rhonda Eppler

ZUCCHINI LASAGNA

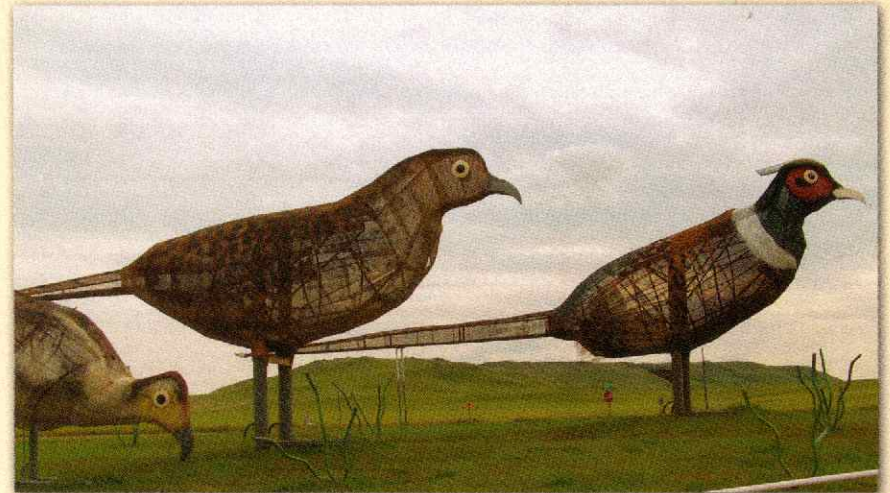
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|---|--|
| 1 lb. hamburger | 4 med. zucchini, cut lengthwise into ¼ inch strips |
| 1 med. onion | 2 T. flour |
| 1 (15-oz.) can tomato sauce or fresh tomatoes | 1 c. small curd cottage cheese |
| ½ tsp. Italian seasoning | 1 egg |
| ½ tsp. salt | 2 c. mozzarella cheese |
| pepper | ½ c. parmesan cheese |

Brown hamburger with onion. Stir in tomato sauce/tomatoes, Italian seasoning, salt and pepper. Simmer 10 minutes. In a greased baking dish, layer half of the zucchini, sprinkle with flour. In a bowl, combine cottage cheese and egg. Spread over zucchini and layer with half of the meat mixture. Sprinkle with parmesan cheese and mozzarella. Do a second layer with zucchini, meat and cheeses ending with mozzarella cheese. Bake for 40 minutes at 350°.

Rhonda Eppler

Sardines are a group of several types of small oily fish related to herrings. Sardines were named after the island of Sardinia, where they were once in abundance.

Breads & Rolls



Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



BREADS & ROLLS

BANANA BREAD

- | | |
|-------------|-----------------------|
| 1 c. sugar | 3 T. sour milk |
| 2 eggs | 3 bananas, mashed |
| 2 c. flour | 1 tsp. baking soda |
| 1 c. butter | 1 c. walnuts, chopped |

Mix well and bake at 350° for 1 hour.

Kathy Miller

BANANA BREAD

- | | |
|--------------------|--------------------------|
| 1 c. sugar | pinch salt |
| 1 c. sour cream | 3 ripe bananas |
| 2 eggs, beaten | 2 c. flour |
| 1 tsp. baking soda | nuts to taste (optional) |

Use 9 X 13 floured baking dish. Mix all and bake at 350° for 25-30 minutes.

*Lena Dressler
Nichole Clark*

BRAN HOT ROLLS

- | | |
|--------------------|-------------------------|
| ½ c. sugar | 2 eggs, slightly beaten |
| 1 ½ c. all-bran | 2 pkgs. yeast |
| ⅔ c. shortening | ¼ c. water |
| 2 tsp. salt | 1 c. warm water |
| 1 c. boiling water | 5 c. flour |

Mix sugar, bran, shortening and salt. Pour boiling water over mixture and mix well. Let cool. Then add eggs and yeast dissolved in the ¼ c. water. Next, add warm water and flour (more if needed, dough should not be stiff). Put mixture in fridge for 2 hours. Form into rolls and let rise 2 hours before baking (double their size). Bake 15-20 minutes at 375°. Makes 3 dozen rolls. Dough can be kept in fridge for a few days before rising to bake. These are great to do ahead for a supper party - just form and let rise!

Marilyn Goff



BREAD DOUGH WRAPPED IN BEET LEAVES

2 loaves frozen bread (let it rise)	salt
beet leaves, washed	butter
green onion tops, chopped	1 qt. cream
fresh dill, washed	

Grease a large roaster. Start shaping little balls with dough and wrapping each into a beet leaf, just like pigs in blankets. In between layers, sprinkle salt, dill, and onion tops. Dot with butter. Let dumplings rise until double in size. Preheat oven to 325°. Right before baking, pour cream over dumplings. Bake about 30 minutes.

Joan Sickler

BREAKFAST PIZZA

5 eggs	1 lb. sausage, cooked
¼ c. milk	1 c. hash browns (thawed)
dash salt & pepper	1 c. shredded cheese
1 pkg. crescent rolls (8)	

Beat eggs, milk, salt and pepper together and set aside. Place crescent dough in 12" pizza pan, spoon sausage on, then hash browns, cheese and pour egg mixture over all. Bake at 375° for 25-30 minutes.

Marilyn Goff

BUBBLE BREAD

18 frozen rolls, thaw & cut in half (white or whole wheat)	¼ tsp. garlic salt
36½" cubes of Velveeta cheese	¼ tsp. oregano
½ c. butter, melted	½ c. parmesan cheese
	½ tsp. parsley flakes

Wrap the cheese in each half roll and pinch shut. Mix the rest of ingredients together. Dip the rolls into the mixture. Spray bunt pan with Pam and stack rolls. Let rise. Bake at 350° for about 30 minutes.

Linda Wanner



CARAMEL PULL APART'S

3 cans Pillsbury buttermilk biscuits	1 c. cream
small bowl sugar and cinnamon (more) mixed	½ c. sugar
	½ c. brown sugar
	2 tsp. butter

Preheat oven to 400°. Grease a 9 X 13 pan. Cut the biscuits in halves. Roll each biscuit in the sugar and cinnamon. Place each biscuit beside each other setting UP in the cake pan. Make sure that they are not too close. They need to expand during baking, so that they are not too doughy. There should be about 4 rows. Bring the cream, sugar, brown sugar and butter to a low boil. Boil 1-2 minutes. Pour the mixture over the biscuits. Bake at 400° for 15-20 minutes. Let cool.

Linda Wanner

CARAMEL ROLLS

2 frozen bread loaves	1 small pkg. butterscotch pudding (not instant)
½ c. butter	1 c. brown sugar
2 T. milk	1 tsp. cinnamon
1 small pkg. vanilla pudding (not instant)	

Heat ingredients until combined- do not boil. Let bread thaw so it can be cut into pieces and put into a greased 9 X 13 pan. Pour mix over dough and let set overnight in the fridge. Take rolls out of the fridge ½ hour before baking. Bake at 350° for ½ hour.

Judy Hecker

True wild blueberries grow only in eastern North America. Maine produces 25% of all blueberries in North America, making it the largest producer in the world. They are now also grown in Australia, New Zealand, and South American countries.



COCONUT COFFEE CAKE TWISTS

½ c. warm water	8 c. flour (more or less)
1 ½ c. scalded milk, cooled	Mix:
1 tsp. salt	½ c. butter, melted
¾ c. shortening	1 tsp. cinnamon
2 pkgs. yeast	3 c. brown sugar
½ c. sugar	2 c. coconut
1 egg, slightly beaten	

Mix basic sweet dough ingredients (all but last 4 for mix) together, cover with cloth and let rise in warm place, but not on top of hot stove. Divide dough into 3 parts after it has doubled in size. Roll one part of dough ¼ inch thick and about 9 X 13 inches. Spread about half of the brown sugar mix on top of dough. Roll second part of dough ¼ inch thick by 9 X 13 and put over the mixture, pat down the dough with finger tips. Add rest of brown sugar mixture. Then top off with the last layer of dough. Pat with finger tips. Cut from sides to center about 1 ½ inches wide and give two full twists to each strip. Place on greased cookie sheet about one inch apart. Let rise until double in size. Bake until light brown, about 15-20 minutes. Remove from pan while hot, they are difficult to remove if they cool in pan. Frost.

Linda Wanner

EASTER BREAD

2 qts. milk, warmed up	3 pkg. dry yeast (quick rise)
1 ¼ c. sugar	2 lbs. raisins (to taste)
2 sticks butter, melted	22 c. flour
½ c. salad oil	saffron if desired-soaked in a little
6 egg yolks (beaten- add 1 or 2 whites)	hot water

Knead all well - let raise, punch down - let raise again, punch down - let raise again - this time put into loaves or into cans as desired. Bake at 350° for about 1 hour less if loaves or smaller cans are used maybe 40-45 minutes.

Rose Marie Tormaschy



GERMAN TWISTS

1 c. shortening	1 pkg. yeast
1 c. sour cream	3 ½ c. flour
2 eggs	1 tsp. salt

Mix and let rise in fridge for 2 hours. Roll out and put ½ c. sugar on bread board and ½ c. sugar on dough. Roll. Fold like a book and roll; fold; roll again. Cut 1" X 5", twist and bake at 350° until they are lightly brown.

Linda Wanner

LEMON BREAD

1 pkg. lemon cake mix	1 c. water
1 pkg. lemon pudding	½ c. salad oil
4 eggs	¼ c. poppy seed

Grease two bread pans. Mix all ingredients with a mixer for 2 minutes on medium speed. Pour half of batter into each greased bread pans. Bake at 350° for 30-45 minutes.

Carla Scott

POPPY SEED BREAD

3 eggs	1 ½ tsp. butter flavoring
1 ½ c. oil	1 ½ tsp. vanilla extract
2 ½ c. sugar	Glaze:
3 c. flour	¼ c. orange juice
1 ½ tsp. baking powder	¾ c. sugar
1 ½ tsp. salt	½ tsp. almond flavoring
1 ½ c. milk	½ tsp. butter flavoring
1 ½ tsp. poppy seed	½ tsp. vanilla extract
1 ½ tsp. almond flavoring	

Beat eggs, oil & sugar in bowl until thick and lemon colored. Sift flour, baking powder and salt together. Add flour mixture to egg mixture alternately with the milk, mixing well after each addition. Stir in poppy seed, flavorings and vanilla. Mix well. Pour into 2 lightly greased and floured loaf pans. Bake at 350° for 1 hour. Remove to wire rack. Mix glaze together in small bowl. Cool bread for 15-20 minutes then spoon glaze on top.

Marianne Hoffmann



PUMPKIN BREAD

2 eggs	1 tsp. baking soda
1 ½ c. sugar	½ tsp. salt
½ c. cooking oil	½ tsp. nutmeg
½ c. water	½ tsp. cinnamon
1 c. pumpkin	½ c. nuts
1 ¾ c. flour	

Mix all ingredients. Bake at 350° for 1 hour or until knife comes out clean.

Marilyn Goff

RAISIN BREAD

1 ½ c. sugar	1 tsp. baking soda
2 eggs	1 tsp. baking powder
2 T. butter	1 tsp. vanilla
3 c. flour	½ tsp. nutmeg
2 c. raisins	½ tsp. cloves
1 ½ c. raisin juice	walnuts
1 tsp. salt	

Mix all ingredients. Pour into 4 greased #2 cans (vegetable or fruit cans washed out). Fill ¾ full. These can also be baked in small bread pans. Bake at 350° for 45 minutes.

Dedicated to Margaret Stringer

The Kaiser roll, also called Vienna roll or hard roll, is a crisp crusted roll the size of a hamburger bun. It was supposedly created in Vienna and is thought to have been named to honor Emperor Franz Josef.



RHUBARB BREAD

1 c. Milk	1 tsp. Salt
1 T. Lemon Juice	1 tsp. Baking Soda
1 ½ c. Brown Sugar	1 ½ c. Chopped Rhubarb
¾ c. Oil	Topping:
1 Egg	¼ c. Brown Sugar
1 ½ c. Wheat Flour	½ tsp. Cinnamon
1 c. White Flour	1 T. Butter

Preheat oven to 325°. Combine milk & lemon juice in a small mixing bowl. Let sit for 10 minutes. In a separate bowl mix brown sugar, oil and egg. In a separate bowl mix wheat flour, white flour, salt and baking soda. Alternately add milk mixture and flour mixture to sugar mixture until ingredients are smoothly combined. Stir in rhubarb. Pour into a well greased bread pan. For the topping, mix the remaining ingredients until crumbly. Pour topping onto bread mix. Bake for 40 minutes or until toothpick inserted in middle comes out clean.

Nicole & Trang Doan

SOURDOUGH GARLIC & CHEESE BREAD

1 loaf sourdough bread	6 green onion (all of it chopped)
1 c. mayo	fresh grated parmesan cheese
4 cloves garlic (chopped fine)	

Cut bread loaf lengthwise. Mix mayo, garlic, onion, and cheese together. Spread over bread and broil in oven until golden brown on top.

Terry (Mulske) Smith

TACO SHELLS

1 c. flour	1 whole egg
½ c. cornmeal	1 ½ c. cold water
¼ tsp. salt	

Beat well (best in blender). It will be quite runny. On a hot grill, pour and roll around pan until thin. Fry until dry. Makes 12-15 shells. NOTE: Will stay soft.

Jeanne Moe



ZUCCHINI BREAD

3 eggs	3 c. flour
1 c. oil	1 tsp. salt
2 c. sugar	1 tsp. baking soda
2 c. zucchini, shredded	3 tsp. cinnamon
3 tsp. vanilla	½ tsp. baking powder

Beat eggs, oil, sugar, zucchini and vanilla. Add dry ingredients. Put in a bread pan and bake at 350° for 1 hour.

Nancy Boersma

ZUCCHINI BREAD

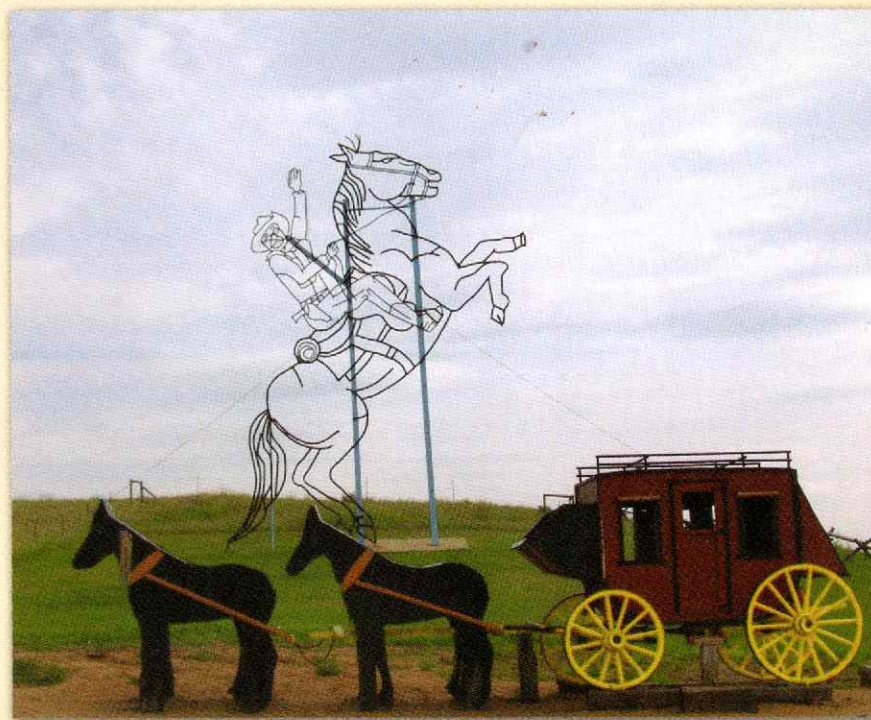
3 c. sugar	2 tsp. soda
1 c. oil	1 tsp. cloves
4 eggs	1 tsp. nutmeg
2 c. grated zucchini	1 tsp. cinnamon
3½ c. flour	1 tsp. allspice
2 tsp. salt	⅔ c. water
½ tsp. baking powder	

Add sugar, oil, eggs and zucchini. Then add flour and spices alternating with water. Makes 3 large loaves. Bake at 350° for 1 hour.

Marlene Reisenauer

"Zwieback" is German for twice baked and refers to a sweetened bread that is sliced and then rebaked or toasted until dry and crisp. The use of the term in English dates back to the 1890s.

Desserts



Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.



DESSERTS

5 MINUTE CHOCOLATE MUG CAKE

4 T. flour	3 T. oil
4 T. sugar	3 T. chocolate chips (optional)
2 T. cocoa	small splash vanilla extract
1 egg	1 lg. coffee mug (MicroSafe)
3 T. milk	

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired. EAT! (this can serve 2 if you want to feel slightly more virtuous). And why is this the most dangerous cake recipe in the world? Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

Margaret Wiegler

ANGEL FOOD STRAWBERRY CAKE

1 angel food cake prepared	1 pt. ice cream
1 small pkg. instant vanilla pudding	1 small pkg. strawberry jello
1 c. milk	1½ c. hot water
	10 oz. frozen strawberries

Pull apart cake and layer in bottom of cake pan. Mix pudding with milk and ice cream. Pour over cake, chill. Dissolve jello in hot water. Pour frozen strawberries in jello. Let it set slightly then pour over pudding and ice cream. Chill and top with cool whip.

Linda Wanner

APPLE CRISP

6 lg. apples (peeled and sliced)	1½ c. oatmeal
1 tsp. cinnamon	1 c. flour
1½ c. brown sugar	1 c. margarine

Use a 9 X 13" pan, lay apples in pan to ¾ full. Mix other ingredients together until crumbly and drop over top of apples. Bake at 350 ° for 40 to 45 minutes.

Myrna Weber



APPLE CRISP

(simple to make)

9 med. apples, peeled and sliced	1 ¼ c. flour
¾ c. water	¾ tsp. salt
¾ tsp. cinnamon	9 T. butter
1 ½ c. sugar	

Place sliced apples into 9 x 13 pan, add water. Mix cinnamon with ¾ cup sugar and sprinkle over apples. Combine remaining sugar with flour and salt and work in butter until crumbly. Spread over apples and pat smooth. Bake at 375 degrees for 40 minutes.

Karen Terrill

APPLE KUCHEN

2 c. flour	1 c. sugar
¾ c. butter flavored Crisco	½ tsp. cinnamon
¼ tsp. salt	4 c. apples, sliced
¾ c. milk	Topping:
1 tsp. baking powder	½ c. sugar
Filling:	½ c. flour
3 eggs, beaten	5 T. butter or margarine

Mix first 5 ingredients like pie crust. Pat evenly into 10 x 15 pan. Mix filling and spread on crust. Mix topping until crumbly and sprinkle over apples. Bake at 350° for 40 minutes.

Irene Kadmas

APPLE RAISIN BREAD PUDDING

2 T. butter	½ c. brown sugar
2 med. apples, peeled & chopped	½ tsp. cinnamon
4 eggs	3 c. bread crumbs
2 c. milk	½ c. raisins

In a sauce pan on medium heat, stir butter and apples for 5 to 7 minutes. Remove from heat. Add eggs, milk, brown sugar and cinnamon. Add bread crumbs and raisins and pour into a 1 ½ quart casserole dish. Bake covered at 350° for 45-55 minutes. Uncover the last 20 minutes to allow crust to form. Serve with powder sugar or whipped cream.

Marie Brost



BABE RUTH BARS

1 c. white sugar	1 c. peanuts
1 c. brown sugar	Frosting:
1 ½ c. white syrup	1 pkg. chocolate chips
1 c. peanut butter	3 T. peanut butter
7 c. cornflakes	2 T. butter

Boil white sugar, brown sugar and white syrup for 1 minute. Add peanut butter to sugar/syrup mix, stir until well blended. In a separate bowl, mix cornflakes and peanuts. Pour sugar/syrup mixture over cereal and mix. Put into a buttered pan. Cover with frosting. Frosting: Melt chocolate chips, peanut butter and butter together and spread over the bars.

John, Lori (Moore) and Ryan Weber

BANANA BARS

2 eggs	½ c. milk
½ c. shortening	½ c. chopped nuts
1 c. sugar	Frosting:
1 ½ c. flour	1 T. butter
½ tsp. baking soda	dash salt
1 ½ ripe banana	½ ripe banana
1 tsp. lemon juice	2 c. powdered sugar
½ tsp. salt	1 tsp. vanilla

Mix eggs, shortening and sugar. Add remaining ingredients and beat for 2 minutes. Bake at 350° in a 9 X 13 greased pan for 25 - 30 minutes until toothpick comes out clean. Cool and frost. Frosting: Mix until smooth and frost the bars.

John, Lori (Moore) and Ryan Weber

BANANA CAKE

1 ½ c. sugar	2 c. flour
1 c. sour cream	1 tsp. vanilla
2 eggs	pinch salt
1 tsp. baking powder	3 bananas mashed
1 tsp. baking soda	

Mix all ingredients, put in 9 x 13 pan (greased). Bake at 350° for 30-35 minutes. Frost with white chocolate instant pudding or cream cheese frosting.

Marlene Reisenauer



BANANA SPLIT DESSERT

1 c. flour	bananas, sliced
½ c. butter	strawberries, sliced
1 ½ c. nuts	pineapple tidbits, drained
8 oz. cream cheese	2 (3-oz.) boxes instant vanilla pudding
8 oz. Cool Whip	milk
1 c. powdered sugar	

Combine flour, butter and nuts. Press into 9 x 13 pan. Bake at 350° for 15 minutes. Cool. Mix cream cheese, Cool Whip and powdered sugar. Beat until smooth. Pour immediately over crust. Add in layers: bananas, strawberries, pineapple tidbits. Prepare pudding with milk. Pour over fruit. Frost with cool whip, nuts and chocolate pieces.

Linda Wanner

BETTER THAN SEX CAKE

1 German chocolate cake mix	8 oz. cool whip (more if you want)
1 can sweetened condensed milk	3 crushed Skor bars
1 small jar butterscotch caramel fudge (Mrs Richardson's)	

Bake cake as directed and cool. Poke 5-6 holes (I do more) in a row with wooden spoon handle. Heat up milk and fudge for 1 ½ minutes in microwave, mix every ½ minute. Pour in holes and over cake. Cover with layer of cool whip and sprinkle with Skor crumbles. Very good.

Karen Terrill

BLACK MIDNIGHT CAKE

½ c. Crisco	1 c. hot water
2 eggs	1 tsp. baking soda
1 ¼ c. sugar	1 tsp. baking powder
1 ½ c. flour	½ tsp. salt
½ c. baking cocoa	

In mixer combine Crisco, eggs, sugar, and flour. Mix cocoa with water, then add to mixer with the rest of ingredients. Bake at 350° for 45 minutes or until toothpick comes out clean.

Dedicated to Margaret Stringer



BROWNIES

2 c. sugar	2 c. flour
4 eggs	5 heaping T. cocoa
2 tsp. vanilla	½ tsp. salt
1 c. butter	

Mix all together. Bake on cookie sheet at 325° for 20-30 minutes.

Marilyn Goff

BUTTER PECAN CREAM CHEESE BARS

Crust:	½ c. brown sugar
2 c. flour	½ tsp. vanilla
½ c. brown sugar	2 T. flour
¾ c. soft butter	2 eggs
1 c. chopped pecans	6 oz. pkg butterscotch chips
Filling:	(1-oz.) square unsweetened chocolate, melted
8 oz. cream cheese, softened	

Mix crust ingredients together. Bake at 350° for 15-20 minutes. Blend filling ingredients together and pour over crust. Bake for 15-20 minutes. Glaze: Melt 1 oz square unsweetened chocolate and drizzle over the top.

Rhonda Eppler

BUTTERSCOTCH SOUR CREAM PIE

3 egg yolks	1 T. flour
1 c. sour cream	1 T. butter, melted
1 c. brown sugar	1 tsp. vanilla
½ tsp. salt	1 pie crust

Line pie plate with pie crust. Beat egg yolks and sour cream. Blend brown sugar, salt and flour. Add this to beaten egg yolk mix. Add melted butter and vanilla. Bake 10 minutes at 425°, reduce heat to 350° and continue baking until firm.

Rhonda Eppler



CARAMEL-APPLE PIE

Pie Crust

1/3 c. butter
1 1/4 c. flour

4 T. milk (divided into 1 T.)

Piecrust: In a bowl, cut butter into flour with a pastry blender till pieces are the size of peas. Sprinkle 1 T milk over part of the mixture; gently toss with a fork. Repeat moistening the dough, using 3 T more milk (1 T at a time), till all the dough is moistened. Shape into a ball. Prepare piecrust on a lightly floured surface. Roll dough from center to edges into a 12 inch circle, wrap pastry around a rolling pin. Unroll into a 9 inch pie plate. Ease pastry into plate. Trim to 1/2 inch beyond edge of plate. Fold under pastry; crimp. Do not prick pastry.

Filling

1 c. sugar
1/4 c. all-purpose flour
1 tsp. ground cinnamon
6 c. Jonathon apples, peeled & coarsely chopped

1/2 c. caramel-apple dip
2 T. milk

In large bowl, mix sugar, 1/4 cup flour and cinnamon. Add the apples and toss to coat. Transfer to pastry lined pie plate. Combine 2 tablespoons of the caramel-apple dip and 2 tablespoons milk; drizzle over apples.

Topping

1 c. flour
1/2 c. brown sugar

1/2 c. butter

In mixing bowl, combine the 1 cup flour and brown sugar. Cut in 1/2 cup butter until mixture resembles coarse crumbs. Sprinkle over filling. Cover edge of pie with foil to prevent over browning. Place on baking sheet. Bake at 350° for 30 minutes, remove foil, bake 25-30 minutes more until golden. Cool 10 minutes. Drizzle remaining caramel dip over top. Cool pie on wire rack. Makes 8-10 servings.

Lillian Bondell



CARAMEL BARS

1 pkg. caramels
7 1/2 T. cream
1 1/2 c. flour
1 1/2 c. oatmeal
1 1/2 c. brown sugar

3/4 tsp. baking soda
3/4 c. margarine
1 1/2 c. chocolate chips
3/4 c. nuts, chopped

Preheat oven to 350°. Melt caramels and cream, set aside. Combine all dry ingredients except nuts and chocolate chips. Melt butter, add dry ingredients. Press 3/4 of mix in a 9 X 13 pan and bake 10 minutes. Remove from oven and sprinkle chocolate chips and nuts on. Drizzle caramel mix on top. Put remaining mix on top and bake 15-20 minutes until golden brown.

Nancy Boersma

CHEESE CAKE

1 1/2 c. graham cracker crumbs
1/4 c. sugar
1/2 c. butter
Filling:
2 (8-oz.) pkgs. cream cheese, softened

2 eggs
3/8 c. sugar
2 T. sugar
2 tsp. vanilla
1 c. sour cream

Mix crumbs with the sugar and melted butter. Press into the bottom and up the sides of an 9 inch slip bottom pan (round cake pan or pie pan will work also). Filling: Cream the cheese until smooth. Blend in the eggs, 3/8 cup sugar and 1 teaspoon vanilla. Pour into crust and bake in moderately hot oven at 375° for 20 minutes. Remove from oven and let stand 15 minutes. Meanwhile, combine the sour cream with remaining sugar and vanilla. Carefully spread this over baked filling. Return cake to a hot oven at 425° and bake 10 minutes more. Chill overnight. Serve small pieces; its a rich dessert.

Margaret Wiegler

Cranberries are recognized for their role in holiday meals all around the world, but this fruit also provides a unique health benefit. Proanthocyanidins inhibits E. coli bacteria from attaching to the urinary tract, helping to prevent urinary tract infections.



CHEESE KUCHEN

1/3 c. butter	1/2 tsp. salt
1 c. flour	1 c. sugar
2 T. flour	2 eggs, beaten
6 T. sugar	1 c. sour cream or sweet cream
1 tsp. baking powder	1/2 c. sweet cream
1 egg, beaten	2 T. flour
2 c. dry cottage cheese	1 tsp. vanilla

Mix first six ingredients together and pat into a 9x11 pan. DO NOT BAKE NOW! If you don't have sour cream you can substitute all sour cream with sweet cream. Mix filling together and bake 45 to 50 minutes at 350°.

Myrna Weber

CHOCOLATE BEET CAKE

1 1/2 c. sugar	1 3/4 c. flour
3 eggs	1 1/2 tsp. soda
1 c. oil	1/4 tsp. salt
1 1/3 c. beets, cooked and mashed	1/4 tsp. vanilla
2 squares melted baking chocolate	chocolate frosting

Combine sugar and eggs. Add oil, beets and chocolate. Sift flour, soda and salt together. Add with vanilla to other ingredients. In a 12 x 8 x 2 greased pan, bake at 350° for 20-25 minutes. Frost with chocolate frosting.

Marlene Reisenauer

Apricots were first discovered growing wild on the mountain slopes of China. Spanish explorers are credited with introducing apricots in California, where they were planted in the gardens of Spanish missions.



CHOCOLATE PIZZA

1 (12-oz.) pkg. semi sweet chocolate chips	2 c. miniature marshmallows
2 pkgs. (6 squares each) white chocolate	1 c. crisp rice cereal
	1 c. peanuts

Melt chips and white chocolate in large saucepan on low heat. Stir in marshmallows, cereal and peanuts. Pour onto greased 12 inch pizza pan. Decorate as desired. Refrigerate until firm. Store at room temperature. Makes 10-12 servings. Decorating ideas: Red and green maraschino cherries, red and green candy coated milk chocolate candies or jelly beans, coconut, melted white chocolate or almond bark. Variation: Substitute 14 oz white almond bark for white chocolate (7 cubes). I also add 1 to 2 more cups rice cereal to give it more body.

Margaret Wiegler

CHOCOLATE ZUCCHINI CREAM CHEESE CAKE

1/2 c. butter	1 tsp. salt
1/2 c. oil	2 1/2 c. flour
1 3/4 c. sugar	1 tsp. baking soda
2 eggs	1/2 tsp. buttermilk
2 c. zucchini, peeled & grated	1 tsp. vanilla
1/4 c. cocoa	

Cream butter, oil, sugar, add eggs, and mix well. Add zucchini and remaining ingredients. Pour half batter into greased and floured 9 x 13 pan.

Filling

1 (8-oz.) pkg. cream cheese	1 T. cornstarch
2 T. margarine	2 T. milk
1/4 c. sugar	

Put all ingredients in bowl and beat with mixer. Spread filling on top and then cover with remaining batter. Bake at 350°. You can frost cake with chocolate frosting. Store in refrigerator.

Wanda Roth



CRISPY BUTTERSCOTCH BARS

1 (6-oz.) pkg. chocolate chips ½ c. peanut butter
1 (6-oz.) pkg. butterscotch chips 5 c. cornflakes

Melt chips and peanut butter until smooth. Pour over cornflakes and coat well. Put in pan to cut into bars or drop by spoonfuls on wax paper.

Dedicated to Margaret Stringer

DIRT CAKE

2 pkg. chocolate instant pudding 8 oz. cream cheese
3½ c. milk 1 1-lb. pkg. Oreos, finely crushed
1 ctn. Cool Whip 2 pkgs. gummy worms
¼ c. butter nuts(rocks for the dirt)
1 c. powdered sugar 3 qt. pail or large flower pot

In a large bowl, combine pudding mix and milk. Fold in Cool Whip. In a separate bowl, mix butter, powdered sugar and cream cheese until smooth. Add this to the pudding mixture. Place Oreo crumbs on the bottom of the pail/pot, add ¼ of pudding mixture and half of the gummy worms and nuts. Repeat layers, ending with crumbs. Top with nuts. Refrigerate to set.

Jeanne Moe

DOUBLE CHOCOLATE CRUMBLE BARS

½ c. margarine ¼ tsp. baking powder
¾ c. sugar ½ c. nuts
2 eggs 2 c. miniature marshmallows
1 tsp. vanilla (6-oz.) pkg. chocolate chips
¾ c. flour 1 c. peanut butter
2 T. cocoa 1½ c. rice krispies

Cream margarine and sugar. Add eggs and vanilla. Mix well. Add flour, cocoa, baking powder and nuts. Spread in greased 9 x 13 pan and bake at 350° for 15 minutes. Remove from oven and sprinkle marshmallows over top. Return to oven for 3 minutes. In saucepan melt chocolate chips and peanut butter, then add rice krispies and spread over top of baked mixture. Store in a cool place.

Wanda Roth



DOUBLE LAYER PUMPKIN PIE

1½ pkg. graham crackers 1 c. cold milk
¼ c. butter 1 can pumpkin
4 oz. cream cheese 2 pkgs. vanilla instant pudding
1 T. milk 1 tsp. cinnamon
1 T. sugar ½ tsp. ginger
1½ c. cool whip ¼ tsp. cloves

Mix crackers and butter and put in a pie plate. Mix cream cheese, 1 T. milk and sugar until smooth. Stir in cool whip. Spread on bottom. Mix 1 c. cold milk, pumpkin, pudding and spices. Spread over cream cheese layer. Spread rest of cool whip on top.

Rhonda Eppler

FROZEN PUMPKIN DESSERT

¼ c. sugar ¼ tsp. ground ginger
¼ c. butter, melted 1 qt. vanilla ice cream, softened
1½ c. graham cracker crumbs 1 tsp. ground cinnamon
1 (16-oz.) can pumpkin, unspiced ½ tsp. salt
½ c. brown sugar ½ tsp. ground cloves

Mix sugar, butter and graham cracker crumbs. Press into bottom of 9 inch square pan. Mix other ingredients and pour mix over crust. Cover and freeze at least 20 minutes before serving. Can serve with whip cream.

Marilyn Goff

GIPFULS

1 pkg. yeast 3 eggs, beaten
½ c. warm water 1 c. lard
1 tsp. sugar 1 tsp. anise flavoring
1 tsp. salt 5 c. flour
1 c. cream prunes

Mix together the yeast, water and sugar. Let stand for 20 minutes or until dissolved. Mix in the remaining ingredients. Let set in a cold place overnight. In the morning, roll out on sugar, cut into squares, and fill with 1 cooked prune. Seal by pinching the corners together. Bake in a very low oven until done (lightly browned).

Joan Sickler



GRANDMA SCHMALTZ'S CHOCOLATE CAKE

2 c. sugar	3 tsp. cocoa
½ c. shortening	2 c. flour
2 eggs	1 tsp. soda
½ c. buttermilk or sour cream	1 c. boiling water

Cream sugar and shortening. Add eggs, cream well. Add cream. Make paste with cocoa and little boiling water. Add paste to mixture. Add flour and soda. Lastly add boiling water. Bake at 350° for 30-40 minutes.

Linda Wanner

HALF HOUR ANGEL FOOD CAKE

1 ½ c. egg whites	2 c. sugar
2 tsp. cream of tarter	1 ½ c. flour
1 tsp. salt	1 tsp. vanilla

Beat egg whites until frothy. Add cream of tarter, beat in salt and 1 cup sugar. Fold in flour sifted with 1 cup sugar and vanilla. Bake at 400° for 30 minutes.

Beverly Smith

HEAVENLY DESSERT

1 c. butter	2 c. sugar
2 c. flour	1 ctn. tall whipping cream
1 ½ tsp. soda	2 lg. boxes instant chocolate pudding
1 ½ c. walnuts, finely crushed	
2 boxes cream cheese	

Mix butter, flour, soda and nuts well, spread on bottom of pan. Mix together cream cheese and sugar. Whip up cream. Fold two mixtures together. Layer over flour mixture. Mix up pudding, follow directions on box. Layer over cream mixture. Cover with more crushed walnuts. Chill.

Gwen Lantz



KUCHEN

2 c. cream (can be sour)	4 eggs
½ box vanilla pudding (not instant)	1 c. sugar
	¾ c. fruit (your choice)

Roll out your sweet roll dough as for pie. Put in a greased round cake pan. Then put in fruit. Next mix the cream, pudding, eggs and sugar. Mix all together and pour over the fruit. Sprinkle sugar and cinnamon over top. Bake immediately at 350° for about 30 minutes. Then brush crust with butter. This makes 4. Fruits for fillings: Peaches, apple, raisin, rhubarb, poppy seed or cottage cheese can be used.

Joan Sickler

KUCHEN BARS

(REAL EASY)

2 pkgs. crescent rolls	Filling: canned peaches, diced or favorite pie filling
2 (8-oz.) cream cheese, softened	½ c. sugar
1 c. sugar	½ c. cinnamon
1 tsp. vanilla	
1 egg yolk	

Spread one package of crescent rolls in the bottom of a 9 x 13 baking dish. In a bowl, mix cream cheese, sugar, vanilla and egg yolk. Spread over crescent roll crust. Mix sugar and cinnamon and set aside. Add fruit filling and spread evenly over cream cheese mixture. Cover with second package crescent roll and sprinkle sugar mix on top (I take some of this and put on top of filling before I put final crust on). Bake at 350° for 30-35 minutes.

Renee Bonn

MILE HIGH PIE

¼ c. brown sugar	½ c. sugar
½ c. walnuts	1 T. lemon juice
½ c. margarine	2 egg whites
1 c. flour	4-5 c. frozen or fresh strawberries
Filling:	

Mix brown sugar, walnuts, margarine and flour like pie crust and put in a 9 x 13 pan. Bake at 350° for 15 min. Let cool. Crumble crust and put ½ back in pan. Put filling into blender or mixer, beat at high speed until frothy. Fold in 8 oz cool whip. Top with other ½ crust. Keep in freezer.

Rhonda Eppler



NELL'S RUM CAKE

(Mulske CHRISTMAS TRADITION)

1 Duncan Hines yellow cake mix	½ c. water
1 pkg. vanilla instant pudding	½ c. dark rum
4 eggs	½ c. oil

Beat together cake mix, pudding, eggs, water, rum and oil. Butter bottom of a bunt cake pan. Put nuts on bottom of pan (I use pecans). Bake at 325° for 1 hour.

Glaze

½ c. butter	1 c. sugar
¼ c. water	½ c. rum

Boil butter, water and sugar for 5 minutes. Stir in ½ cup rum. Pour slowly over cake.

Terry (Mulske) Smith

N.M. BARS

1 yellow cake mix	8 oz. cream cheese
1 stick butter	2 eggs
1 egg	3¼ c. powder sugar
2 tsp. vanilla	

Spray 9 x 13 cake pan. Mix well the cake mix, butter, egg and vanilla. Press into the bottom of the pan (not up the sides). Mix cream cheese, eggs and powder sugar and pour over crust. Bake at 350° for 40 minutes. If glass pan bake at 325°.

Carolyn Dewall

NORWEGIAN APPLE PIE

1 egg (or 2 whites or egg substitute = to 1 egg)	1 tsp. baking powder
¾ c. sugar	½ c. flour
1 tsp. vanilla extract	½ c. chopped walnuts
	1 c. diced apples

Beat egg, sugar, vanilla extract and baking powder together until smooth and fluffy. Beat in the flour until smooth and well blended. Stir in walnuts and apples. Turn into a lightly greased 8 inch pie plate and bake at 350° for 30 minutes. Pie will puff up as it cooks, then collapses as it cools. Serve warm, topped with ice cream or whipped cream.

Margaret Wieglenda



OLD FASHIONED SOUR CREAM/RAISIN PIE

1 (16-oz.) ctn. dairy sour cream	3 egg whites
1 ½ c. sugar	½ tsp. cream of tartar
3 T. all purpose flour	¾ c. sugar
3 egg yolks	1 baked 9 inch pie shell
1 c. raisins	

Stir together the sour cream, 1 ½ cups sugar, flour, yolks and raisins. Cook, stirring constantly, over medium heat until thickened and bubbly. Keep warm. For meringue, place the egg whites and tartar in a large mixing bowl. Beat with an electric mixer on medium speed until soft and peaks form (tips curl). Gradually add ¾ cup sugar, 1 T at a time, beating on high speed about 4 minutes more or until mixture forms stiff glossy peaks (tips stand straight). Pour warm filling into baked pie shell. Spread meringue over filling. Bake at 350° for 15 minutes. Remove and cool on a wire rack for 1 hour. Chill 3-6 hours before serving; cover for longer storage. Makes 8 servings.

Lillian Bondell

ORANGE PIE

16 oz. Cool Whip	½ c. Tang
16 oz. sour cream	1 can drained, chopped mandarin oranges
1 can sweetened condensed milk	

Beat first 4 ingredients together in large mixing bowl. Fold in orange pieces. Pour into 2 baked pie shells. Chill. Serve with a dab of Cool Whip.

Myrna Weber

PINEAPPLE NUT BARS

2 eggs	1 can crushed pineapple with juice
1 ½ c. sugar	½ c. nuts
2 c. flour	cream cheese frosting
2 tsp. baking soda	nuts
2 tsp. vanilla	

Mix all together and pour in non-greased brownie pan. Bake at 350° for 20 minutes or until toothpick comes out clean. Frost with cream cheese frosting and sprinkle nuts over the top.

Tillie Stein



POOR MAN'S CAKE

- | | |
|-----------------|--------------------|
| 1 c. shortening | 1 c. walnuts |
| 2 c. water | 1 c. raisins |
| 2 c. sugar | 1 pkg. mixed fruit |
| 1 tsp. cloves | 1 apple, diced |
| 2 tsp. cinnamon | |

Mix all of the first ingredients together and boil for 5 minutes, let cool.

After Cooled

- | | |
|----------------------|----------------|
| 4 c. flour | 1 tsp. salt |
| 2 tsp. soda | 2 eggs, beaten |
| 1 tsp. baking powder | |

After it has cooled, add rest of ingredients, mix well. Bake in 9 x 13 pan at 350° until done (test with toothpick).

Beverly Smith

PUMPKIN BARS

- | | |
|-----------------------|----------------------|
| 4 eggs | 4 T. flour |
| 1 c. Mazola oil | 2 tsp. soda |
| 2 c. sugar | ½ tsp. salt |
| 1 tsp. vanilla | 2 tsp. baking powder |
| 2 c. pumpkin or 1 can | 2 tsp. cinnamon |
| 2 c. flour | |

Beat eggs, oil, sugar and vanilla. Add the rest of ingredients and beat well. Put into a jelly roll pan. Bake at 350° for 21-31 minutes or until a tooth pick inserted comes out clean. Cool very well and frost with cream cheese frosting.

Frosting

- | | |
|---------------------------|-----------------------|
| 1 small pkg. cream cheese | 2 tsp. vanilla |
| 1 stick margarine | 2-3 c. powdered sugar |

Have all ingredients at room temperature. Beat well with mixer until smooth and creamy. Spread on cooled bars. Stays firm and soft.

Rose Marie Tormaschy



PUMPKIN BARS

- | | |
|--------------------|----------------------|
| 1 c. vegetable oil | 2 tsp. cinnamon |
| 2 c. sugar | ½ tsp. salt |
| 4 eggs | 1 tsp. baking soda |
| 2 c. flour | 1 tsp. baking powder |
| 1 c. pumpkin | 1 c. chopped nuts |

Mix all ingredients. Bake in a 12 X 15 inch pan at 350° for 25 minutes.

Marilyn Goff

RHUBARB CHEESECAKE

- | | |
|-------------------------------|----------------------|
| 1 c. flour | 3 eggs |
| ½ c. brown sugar | 1 tsp. vanilla |
| ¼ tsp. salt | Topping: |
| ¼ c. cold butter or margarine | 3 c. chopped rhubarb |
| ½ c. chopped walnuts | 1 c. sugar |
| Filling: | ¼ c. water |
| 2 (8-oz.) pkgs. cream cheese | 1 T. cornstarch |
| softened | ¼ tsp. cinnamon |
| ¾ c. sugar | |

In a bowl combine first 5 ingredients and press into a greased 9 x 13 pan. Bake for 10 minutes at 350°. In mixing bowl, beat cream cheese and sugar until light and fluffy. Add eggs and vanilla, pour over crust and bake at 350° for 20-25 minutes or until set. Cool. In saucepan combine rhubarb, sugar, water, cornstarch and cinnamon, bring to boil; cook on medium heat until thickened, pour over filling. Cover and refrigerate.

Rhonda Eppler

The first recorded mention of cheesecake was during the ancient Greek Olympic games. Cato the Elder wrote of cheesecake preparation in his farming manual "De Agri Cultura" which is dated about 160 B.C.



RHUBARB DESSERT

Crust:	3 T. cornstarch
2 c. graham cracker crumbs	Cool Whip Mix:
½ c. margarine	1 (8-oz.) Cool Whip
1 tsp. sugar	1 c. miniature marshmallows
Rhubarb Mix:	1 box instant French vanilla pudding
4 c. rhubarb, cut up	
1 ¼ c. sugar	

Mix crust ingredients and put in oven for 5 minutes or so to harden. Cook Rhubarb mix until rhubarb is soft and cool. Mix Cool Whip and marshmallows. Mix pudding according to box instructions. Put in layers: On top of crust; pour Rhubarb Mix, put on Cool Whip Mix, top off with pudding. Keep refrigerated.

Carla Scott

RHUBARB PICNIC CAKE

1 ½ c. brown sugar	2 c. flour
½ c. shortening	1 c. sour milk
1 egg	1 tsp. vanilla
1 tsp. soda	2 T. lemon juice
½ tsp. baking powder	2 c. rhubarb, chopped

Cream sugar and shortening, beat in egg. Stir salt, soda, baking powder and flour together. Add to sugar mixture alternating with sour milk. Blend in vanilla, lemon juice and rhubarb. Pour into a 9 x 13 inch greased pan. Sprinkle with topping. Bake 35 minutes at 350°.

½ c. sugar	1 tsp. cinnamon
------------	-----------------

Mix topping ingredients and sprinkle over cake.

Marie Brost

The pineapple has been a universal symbol of hospitality and welcome for many centuries. Pineapples are often given as a gift when meeting someone for the first time.



RHUBARB UPSIDE DOWN CAKE

(MOM'S FAVORITE)

5 c. rhubarb, cubed	1 ½ c. sugar
1 c. sugar	2 ½ c. flour
1 sm. bag mini marshmallows	¾ c. milk
¾ c. Crisco	½ tsp. baking powder
3 eggs	

In greased 9 X 13 glass cake pan spread rhubarb out evenly on bottom. Sprinkle the 1 cup of sugar evenly on top. Top this off with half the marshmallows and set aside. In mixer, mix up the rest of the ingredients until smooth. Then pour over the rest of marshmallows evenly and bake at 350° for 1 hour. Cut into squares, flip upside down and top with ice cream.

Karen Terrill

RICE PUDDING

2 c. minute rice, cooked	¾ c. raisins
¾ c. sugar	2 tsp. cinnamon
1 tsp. vanilla	1 pt. cream
4 eggs	

Mix together and pour in baking dish. Bake at 350°s for 30-45 minutes, until knife comes out clean.

Tillie Stein

ROSETTES

2 whole eggs, slightly beaten	1 c. milk
2 tsp. sugar	1 c. flour
¼ tsp. salt	1 T. lemon extract

Add sugar to eggs. Add milk and beat flour in until it reaches the consistency of heavy cream. Chill the dough before you start to fry. Heat grease to 375°. Put irons in the hot grease. Place irons in batter, shake rosettes off. Place irons back in grease and repeat.

Rose Greff



SECRET BARS

- | | |
|-------------------|--------------------------------|
| 1 yellow cake mix | 1 c. chocolate chips |
| 2 eggs | ¼ c. butter |
| ½ c. oil | 1 can sweetened condensed milk |

Combine cake mix with eggs and oil. Put ½ in bottom of cake pan. Melt chips, butter and milk. Then pour over dough in pan. Put the rest of dough on top by tablespoons. Bake at 350° for 20 minutes.

Shelly Kadrmaz

SHEATH CAKE

- | | |
|---------------------|------------------------------|
| 1 c. margarine | 1 tsp. vanilla |
| 4 T. cocoa | 2 c. flour |
| 1 c. cold water | ¼ tsp. salt |
| 2 c. sugar | ½ c. buttermilk or sour milk |
| 2 eggs, well beaten | 1 tsp. soda |

Bring margarine, cocoa and water to boil. Remove from heat and cool. When cool; add sugar, eggs and vanilla. Mix up well, add flour and salt. Mix well and add buttermilk and soda. Beat well and pour into a greased and floured jelly roll pan (13½ x 17). Bake at 400° for 20 minutes. Note: Dough will be thin. During the last 5 minutes of baking time make the frosting.

Frosting

- | | |
|-------------------|---------------------|
| 1 stick margarine | 5 T. milk |
| 4 T. cocoa | 3 c. powdered sugar |

Bring margarine, cocoa and milk to a bowl and gradually add powder sugar and vanilla. Beat well and spread on immediately after removing bars from oven. Sometimes you may need to add a little more powdered sugar.

Rose Marie Tormaschy

SOUR CREAM RAISIN PIE

- | | |
|-------------------------------------|-------------------|
| 1 c. raisins | ½ c. sour cream |
| 1 box vanilla pudding (not instant) | 1½ c. milk |
| ¼ tsp. cinnamon | 1 baked pie crust |

Boil raisins in water until soft, drain well. Mix pudding with milk, sour cream and cinnamon. Cook until thick. Add drained raisins. Pour into baked pie shell.

Wanda Roth



SPECIAL RICE CRISPY BARS

- | | |
|--------------------|-----------------------------------|
| 1 c. sugar | Topping: |
| 1 c. Karo syrup | 1 (6-oz.) pkg. chocolate chips |
| 1 c. peanut butter | 1 (6-oz.) pkg. butterscotch chips |
| 6 c. rice krispies | |

Bring sugar and Karo to a boil. Add peanut butter and stir until melted. Add rice krispies, mix until the cereal is well coated. Spread in a 9 x 13 buttered pan and pack gently. Melt chips until smooth and spread on top. Very good snack.

Karen Terrill

STRAWBERRY GELATIN CLOUD

- | | |
|---------------------------------|-----------------------------|
| 1 small pkg. strawberry gelatin | 1 egg white at room temp |
| 1 c. boiling water | ¼-c. thawed whipped topping |
| 2 c. ice cubes | |

In a medium size, heat-proof bowl, dissolve gelatin in boiling water. Add ice cubes and stir until gelatin starts to thicken, 2-3 minutes; remove any remaining ice. Spoon ½ cup of gelatin into each of 4 dessert glasses and set aside; reserve remaining gelatin. In small mixing bowl, using mixer at high speed, beat egg white just until peaks hold their shape. Add beaten white and whipped topping to reserve gelatin and beat until combined. Spoon ¼ of mixture over each portion of gelatin in dessert glasses; cover and refrigerate until firm, about 15 minutes. May want to top off with a strawberry to serve. Works well with any flavor!

Karen Terrill

STRAWBERRY HEAVEN

- | | |
|---------------------------------|--------------------------------|
| 2 pkg. graham crackers | 1½ c. cold milk |
| 2 tsp. sugar | 1 ctn. whipped topping |
| 5 tsp. butter, melted | 1 (10-oz.) frozen strawberries |
| no bake cheese cake filling mix | 2 ctn. fresh strawberries |

To make the crust, mix graham crackers, sugar, and butter. Press into bottom of your pan. Filling: Mix cheese cake filling mix with milk and blend. Pour filling over crust. Add frozen strawberries. Sprinkle a little graham on top. Add whip topping and top with fresh strawberries.

Amy & Kirk Wojahn



STRAWBERRY PIZZA

1 ¼ c. powder sugar
1 c. flour
½ c. soft butter
1 pkg. cream cheese

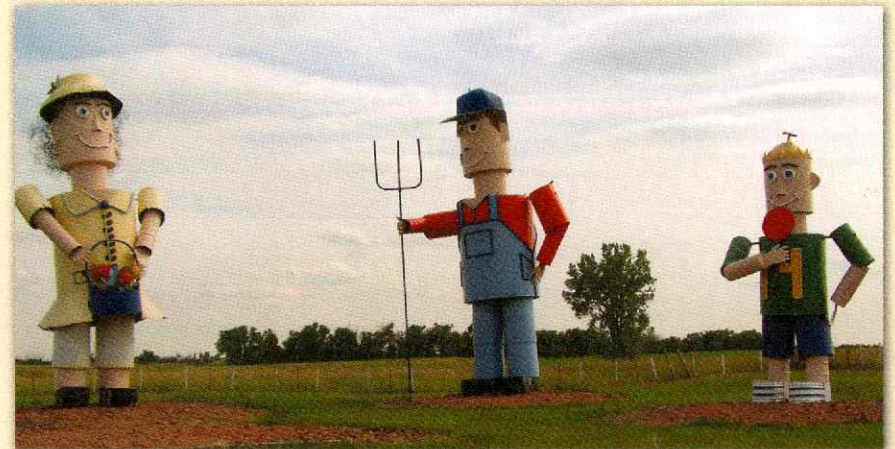
1 tsp. vanilla
8 oz. Cool Whip
1 pt. fresh strawberries (sliced)

Preheat oven to 350°. Make a soft dough by mixing together ¼ cup powdered sugar, flour and butter. Spread dough onto 12" pizza pan or other. Bake 20 - 25 minutes. Let cool. In large bowl combine cream, cream cheese, remaining 1 cup powdered sugar and vanilla. Mix well and fold in Cool Whip. Spread on cooled crust; top with strawberries. Refrigerate for 2 hours or more.

Terry (Mulske) Smith

How do you know if a pear is ripe? Apply gentle thumb pressure near the base of the stem. If it yields slightly, it's ripe.

Cookies & Candy



Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.



COOKIES & CANDY

BANANA SPICE COOKIES

¼ c. shortening	2 tsp. baking powder
¼ c. butter, softened	¼ tsp. soda
1 packed c. brown sugar	¼ tsp. salt
2 eggs	½ tsp. cinnamon
1 c. mashed banana (about 2)	¼ tsp. cloves
2 c. flour	½ c. chopped nuts

Mix shortening, butter, sugar, eggs and banana. Stir in remaining ingredients. Cover and chill about 1 hour. Heat oven to 375°. Drop dough by rounded teaspoonfuls about 2 inches apart into lightly greased baking sheet. Bake 8 to 10 minutes. Frost with Lemon Butter Icing. (about 3 ½ dozen)

Lemon Butter Icing

½ c. butter, softened	2 T. lemon juice
3 c. confectioners sugar	½ tsp. lemon peel, grated

Blend butter and sugar, stir in lemon juice and peel. Stir until smooth and spread on cookies.

Myrna Weber

BARKIES

1 c. sugar	4 c. cornflakes
1 c. white syrup	chocolate almond bark
2 c. chunky peanut butter	

Bring sugar and syrup to a boil. Remove from heat and add peanut butter and cornflakes. Mix well, roll into balls and chill. Dip into the almond bark that has been melted in a double boiler.

Marianne Hoffmann



BUTTERSCOTCH REFRIGERATOR COOKIES

½ c. butter	1 ½ tsp. baking powder
1 c. brown sugar	¼ tsp. salt
1 egg	½ c. chopped nuts
1 ½ c. flour	1 tsp. vanilla

Mix all ingredients together, roll dough in wax paper- and chill several hours, overnight or days in freezer. Slice and bake at 400° for 8 minutes. These are great because you can make ahead and freeze dough for days.

Dedicated to Margaret Stringer

CHOCOLATE CHIP PUMPKIN COOKIES

1 c. shortening	1 ½ tsp. baking powder
2 c. white sugar	1 tsp. salt
2 eggs	1 tsp. ground cinnamon
2 tsp. vanilla extract	1 pinch ground nutmeg
1 (15-oz.) can pumpkin, purée	1 c. semisweet chocolate chips
4 c. flour	1 c. walnuts (optional)
1 ½ tsp. baking soda	

Preheat oven to 375° and grease cookie sheets. In large bowl cream together shortening and white sugar until smooth. Beat in eggs one at a time. Stir in the vanilla and pumpkin until well blended. Combine flour, baking soda, salt, cinnamon, nutmeg and pumpkin mixture. Mix in chocolate chips and walnuts if desired. Drop by teaspoonfuls on to the prepared cookie sheets. Bake for 12-15 minutes in the preheated oven, until edges begin to brown. Allow to cool for a minute on the baking sheets before removing to wire rack.

Kristen Stecher

*Vanilla beans are the long, greenish-yellow seed pods of the tropical orchid plant, *Vanilla planifolia*. Although native to Mexico, it is now widely grown throughout the tropics. Madagascar is the world's largest producer.*



CHOCOLATE OATMEAL COOKIES

(MY MOM'S FAVORITE)

1 egg	½ c. cocoa
1 ¼ c. sugar	1 ½ tsp. vanilla
½ c. shortening (melted)	1 c. flour
½ c. cream	2 ½ c. oatmeal
½ tsp. salt	1 c. chopped nuts
1 tsp. baking powder	

Beat egg and sugar, add melted shortening and cream. Add the remaining dry ingredients and mix well. Drop by the teaspoon on greased cookie sheet. Bake at 350° about 12-15 minutes.

John, Lori (Moore) and Ryan Weber

CHOW

10 c. Chex Mix	bag m&m
2 c. peanuts	3 T. vegetable oil
2 c. pretzels	2 bags white chocolate chips

Melt chocolate chips and oil. Toss through Chex Mix, peanuts, pretzels and M&Ms. Let cool.

Gary Greff

COCOA CHOCOLATE COOKIES

1 c. butter, melted	3 ½ c. flour
1 ½ c. brown sugar	1 c. milk
2 eggs, beaten	Frosting:
1 tsp. salt	powdered sugar
1 tsp. baking soda	butter
4 T. cocoa	water or milk
1 tsp. vanilla	vanilla

Mix butter, brown sugar and eggs. Add salt, baking soda, cocoa and vanilla. Then add flour alternating with milk. Grease pans, drop by spoonful and bake at 350° for 12 minutes. Frosting: Mix all together and frost.

Marlene Reisenauer



CUTOUT BUTTER COOKIES

3 c. flour	1 tsp. baking soda
1 c. butter	1 tsp. vanilla
2 eggs	1 c. sugar
2 tsp. cream of tartar	

Mix all ingredients well. Refrigerate 10-15 minutes before rolling out. Roll out dough and cut with shapes. Bake at 375° or 8-10 minutes.

Marilyn Goff

EASY DECADENT TRUFFLES

8 oz. cream cheese, softened	3 c. white chocolate chips, melted
3 c. sifted powdered sugar	1 ½ tsp. vanilla

Beat cream cheese until smooth, gradually beat in sugar until well blended. Stir in melted chips and vanilla. Refrigerate mix for about 1 hour. Shape into 1 inch balls, roll in colored sugar, tinted coconut, candy sprinkles or dip in melted candy melts. Drizzle with white chocolate for a pretty effect.

Marilyn Goff

FROSTED RHUBARB COOKIES

1 c. shortening	1 tsp. baking soda
1 ½ packed brown sugar	½ tsp. salt
2 eggs	1 ½ c. diced rhubarb
3 c. flour	¾ c. flaked coconut

In a large bowl, cream shortening and sugar. Beat in eggs. Combine flour, soda, and salt; gradually add to creamed mixture. Stir in rhubarb and coconut. Drop by tablespoonfuls, 2 inches apart onto greased baking sheets. Bake at 350° for 12 to 15 minutes or until lightly browned. Remove to wire racks to cool.

Cream Cheese Frosting

1 (3-oz.) pkg. cream cheese, softened	1 ½ c. confectioner's sugar
1 T. butter, softened	3 tsp. vanilla

In a mixing bowl, beat cream cheese, butter and vanilla. Gradually beat in the sugar until smooth. Spread over cooled cookies. Store in refrigerator. Makes 5 dozen.

Irene Kadrmias



GRANDMA'S GINGERSNAPS

¾ c. margarine	1 T. ginger
1 c. brown sugar	1 tsp. cinnamon
1 egg	2 tsp. salt
¼ c. molasses	½ c. white sugar (for decoration)
2 c. flour	

Preheat oven to 350°. Cream together margarine and sugar. Add egg and molasses. In separate bowl, combine all dry ingredients except white sugar. Combine dry and creamed ingredients and mix well. Roll dough into 1 inch balls and roll in sugar. Place cookies 2 inches apart onto a non-greased cookie sheet. Bake for 8-10 min.

Nicole & Trang Doan

MICROWAVE CARAMEL CORN

1 c. unpopped popcorn	½ tsp. salt
1 c. brown sugar	¼ c. light corn syrup
½ c. butter	½ tsp. baking soda

Place popped popcorn in a large brown paper sack (like a grocery bag). Combine brown sugar, butter, salt & corn syrup in a sauce pan, stir well and bring to a boil. Boil for 2 minutes. Add baking soda and stir well. Pour caramel over popcorn. Shake bag to mix well. Place in microwave for 40 seconds - take out and shake bag. Repeat this 3 more times then pour out on wax paper to cool, then break apart.

Zannetta Hanson

OATMEAL RAISIN COOKIES

1 packed c. brown sugar	1 tsp. baking soda
½ c. white sugar	1 tsp. cinnamon
2 eggs	½ tsp. salt
1 c. margarine	3 c. oatmeal
1 tsp. vanilla	1 c. raisins or craisins
1 ½ c. flour	

Beat sugars, eggs and margarine. Add vanilla, flour, baking soda, cinnamon and salt. Stir in oatmeal and raisins. Drop by teaspoons on ungreased cookie sheet. Bake 10-12 minutes or until golden brown at 350°. Makes 4 dozen. For Bar Cookies: 30-35 minutes in an ungreased 9x13" metal pan.

John, Lori (Moore) and Ryan Weber



ONE MINUTE FUDGE

(good frosting too!)

1 c. sugar	pinch salt
¼ c. crisco	½ tsp. vanilla
½ c. milk	
1 squares bakers chocolate (½ block)	

In saucepan mix sugar, crisco, milk and chocolate until melted on low-medium heat. Boil for one minute and add salt and vanilla, mix well. Set in cold water and stir till thick (the colder the water is kept the faster it thickens). This is great for fudge and frosting both, just stir less for frosting.

Karen Terrill

PEANUT BUTTER COOKIES

1 tsp. baking soda	1 c. peanut butter
1 T. hot water	2 eggs
1 c. Crisco	1 tsp. salt
1 c. brown sugar	1 tsp. vanilla
1 c. sugar	3 c. flour

Dissolve soda in hot water. Mix all ingredients together. Form into walnut size balls. Put on cookie sheet and press down with floured fork. Bake at 350° until browned to your taste.

Dedicated to Margaret Stringer

POPCORN CAKE

1 c. margarine	1 c. M&M's
1 lb. marshmallows	1 c. peanuts
8 oz. popped popcorn	1 c. sliced gum drops

Combine butter and marshmallows. Stir constantly until marshmallows melt. Add popcorn, peanuts, and 1 pound gum drops, stirring until blended. Press mixture into a well greased angel food pan or other bowls as desired. Chill until firm about 1 hour. Invert onto serving plate.

Beverly Smith



PUMPKIN OATMEAL COOKIES

1 c. margarine	1 tsp. cinnamon
1 c. sugar	½ tsp. salt
1 c. brown sugar	1 tsp. baking soda
1 egg	1 tsp. vanilla
1 c. pumpkin	1 c. chocolate chips or raisins
2 c. flour	

Mix all ingredients and drop by spoonful on greased baking sheet. Bake at 350° for 10-12 minutes until firm and lightly brown.

Marilyn Goff

SEA-GLASS CANDY

2 c. granulated sugar	¼-1 tsp. flavoring oil
¾ c. light corn syrup	food coloring (liquid or paste - more intense)
¾ c. water	

Lightly grease a cookie sheet and place on a wire cooling rack. Stir sugar, corn syrup and water in a medium sized saucepan over medium-high heat just until sugar dissolves. Without stirring allow to boil until candy thermometer registers 300° F (or test by dropping a small amount into ice water; syrup should separate into threads that are hard and brittle). Immediately remove from heat and wait a minute or two for boiling to stop. With a wooden spoon, stir in flavoring oil and food color (amount-desired color shade) until blended. Immediately pour onto prepared cookie sheet. Let cool completely, about 20 minutes. Lightly dust slab of candy of both sides with confectioners sugar, brushing off the excess sugar. Break into small pieces. Store airtight. Makes 1 -lb 6 oz. Prep time: 2 minutes Cook time: 15 minutes.

Gwen Lantz

The word "chocolate" is derived from "xocolatl," which means bitter water and comes from the Nahuatl language of the Aztecs of Mexico. Africa is now the source of over half the world's cacao, while Mexico provides only 1.5%.



Recipe Favorites

This & That



THIS & THAT

Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it "spices." It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.



THIS & THAT

7 STEP JERKY

3 lbs. venison, 3/8 inch thick slices	onion powder to taste
1/2 c. soy sauce	garlic powder to taste
1/2 c. Worcestershire sauce	2 tsp. seasoned salt
2 tsp. Accent	3/8 tsp. pepper

In a bowl, combine soy sauce, Worcestershire, Accent, onion powder, garlic powder, seasoned salt and pepper. Stir mixture well with a spoon. Place meat strips in marinade - be sure they are submerged. Marinade overnight. Lay strips on oven rack. Cook for 6-8 hours at 150°. Store in air tight containers. Will keep for 2 years.

Gwen Lantz

BALSAMIC VINEGAR DRESSING

1 T. minced garlic	1/4 c. olive oil
2 tsp. Dijon mustard	1/2 c. balsamic vinegar
1 T. fresh basil	1 T. water
1 T. brown sugar	salt & pepper

Mix together and serve over sliced tomatoes or cucumbers.

Marianne Hoffmann

BAR-B-Q SAUCE

1/2-1 c. onion, sautéed with butter	1 tsp. salt & pepper
2 tsp. pepper	1/2 c. Worcestershire sauce
4 tsp. mustard	2 c. ketchup or more
2 T. red hot or more	1 c. water
1/4 c. vinegar	liquid smoke to taste
1/3 c. brown sugar	

Sauté onion in butter. Add rest of ingredients and simmer 1 hour. Add chopped meat and cook in large roaster until meat is tender at 325°.

Rhonda Eppler



BATH TIME MIX

- 1 c. sea salt
- 1 c. Epson salt
- 1 c. baking soda

Mix together and put in jar to keep.

Gwen Lantz

BLUE CHEESE SALAD DRESSING

(sooo good)

- 1 pt. mayonnaise
- 1 c. butter
- 1 tsp. horseradish
- 1 tsp. Worcestershire sauce
- ¼ tsp. garlic salt
- 2 oz. blue cheese, crumbled
- 1 tsp. lemon juice

Mix all ingredients together and let stand for at least 1 hour. It is good for dips too.

Beverly Smith

CARROT RELISH

- 20 carrots, diced
- 3 T. salad oil
- 2 qts. green peppers, cut up
- 1 qt. onion, chopped
- 10 ripe tomatoes, scald, peel & cut up
- 1 c. sugar
- ½ c. vinegar
- 2 tsp. salt

Cook carrots until half done. Fry peppers and onions in oil until soft. Add tomatoes, carrots, sugar, vinegar and salt. Simmer 15 minutes. Fill jars and seal. Can use relish in lettuce salad or hot dish.

Marie Brost

COOKIE PAINT

- 1 egg yolk
- ¼ tsp. water
- 2 drops lemon juice
- dash salt
- food coloring

Mix together all ingredients EXCEPT food coloring. Divide and color with food coloring. Use a pastry brush and paint on each cookie before you bake the cookies.

Beverly Smith



DOG BISCUITS

(GIVE TO WAITING TAIL WAGG'N FRIEND)

- 2½ c. whole wheat flour
- ½ c. powdered milk
- 1 tsp. garlic powder
- 1 T. wheat germ
- 1 tsp. beef bouillon-granules
- 6 T. bacon grease (or meat drippings)
- 1 egg
- ½ c. ice water

Preheat oven to 350°. Combine all dry ingredients. Cut in drippings. Mix in egg. Add enough ice water for mixture to form a ball. Pat to ½" thick. Cut. Bake 25-30 minutes. Cool. And treat that wagg'n friend.

Gwen Lantz

FAVORITE DILL PICKLES

(4 QUARTS)

- cucumbers
- onion
- dill
- 1 qt. vinegar
- 1 c. sugar
- ½ c. salt

Cut cucumbers in quarters lengthwise and pack in sterilized jars with slices of onion and dill to taste. Bring vinegar, sugar, and salt to boil and cool before pouring over cucumbers. Seal and refrigerate. Ready to eat in 1 week.

Beverly Smith

FREEZING CORN

- 12 c. corn
- 4 c. water
- 1 c. sugar
- 4 tsp. salt

Blanch corn cobs for 4 minutes. Cut kernels off the cob until you have enough. Mix corn, water, sugar and salt; boil for 10 minutes. Cool the corn and pack in freezer bags.

Marie Brost



FRENCH DRESSING

2/3 c. sugar	1 clove garlic, minced
1/2 c. salad oil	1/4 c. vinegar
1/2 c. ketchup	1 tsp. salt
1/2 tsp. onion, grated	1/4 tsp. paprika
1/4 tsp. black pepper	juice of half a lemon

Mix all ingredients together in a blender.

Rose Greff

GREEN TOMATO PICKLES

1 pkg. green tomatoes	1/2 tsp. celery seed
3 onions	1/2 tsp. mustard seed
1/4 c. salt	1 T. whole allspice
4 peppers, chopped	1 T. whole cloves
1 qt. vinegar	1 lb. sugar

Use firm, small to medium green tomatoes (entirely green, not partially ripe) and firm, white onions. Wash well. Slice tomatoes and onions. Sprinkle with salt and let stand overnight. Rinse well in cold water; add peppers. To the vinegar, add spices (tied in a bag) and sugar. Mix with vegetables and cook for about 2 hours. Remove spice bag. Seal pickle in clean, hot sterilized jars.

Beverly Smith

HELPFUL HINTS

(GRASS STAINS)

grass stained clothing corn syrup

Put corn syrup on the spot, let stand for 1 hour, then soak in cold water.

Beverly Smith

HELPFUL HINTS

scissors marshmallows
butter

When cutting marshmallows put butter on the blades of scissors first!

Beverly Smith



HOISIN SAUCE

(Use with CRISPY ORANGE CHICKEN BOWL RECIPE)

4 T. soy sauce	1/2 tsp. garlic powder
2 T. peanut butter	2 tsp. sesame oil
1 T. brown sugar	20 drops hot sauce
2 tsp. white vinegar	1/8 tsp. black pepper

Mix well - makes 1/2 cup.

John, Lori (Moore) and Ryan Weber

HOMEMADE CHOCOLATE SYRUP

1 c. water	3 heaping T. cocoa
1 c. sugar	

Heat until very hot. Will not be thick. Pour over ice cream.

John, Lori (Moore) and Ryan Weber

HOMEMADE RANCH DRESSING

1/2 c. reduced fat buttermilk	2 T. chopped fresh parsley
1/2 c. light sour cream	1 clove garlic, crushed
1/2 c. light mayonnaise	2 tsp. fresh lime juice
2 T. chopped chives	coarsely ground black pepper

Combine all ingredients in bowl, whisk well. Makes 1 1/2 cups.

Margaret Wiegler

ICE CREAM SYRUP

1 c. sugar	3 T. baking cocoa
2 c. cream	1 tsp. vanilla
1 c. white corn syrup	

In a sauce pan, mix all ingredients (except vanilla) and boil for 8 minutes. Beat, add vanilla. Better tasting than store bought.

Carla Scott



ICE CREAM TOPPING

2 c. sugar	¼ c. margarine
½ c. cocoa	1 c. Karo white syrup
1 ½ c. sweet cream	1 tsp. vanilla

Bring first four ingredients to a boil until thickens a little. Add Karo white syrup and vanilla. Refrigerate.

Beverly Smith

ICE CREAM TOPPING

8 oz. cream cheese	2 c. powdered sugar
½ c. milk	1 tsp. vanilla
2 (1-oz.) squares chocolate	

Heat cream cheese, milk, and chocolate over low heat. Beat in sugar and vanilla, stir well. Great on ice cream.

Wanda Roth

MAGNIFICENT MUSTARD

1 c. vinegar (white or cider)	2 eggs, well beaten
½-1 c. dry mustard powder	½ c. sugar

Mix vinegar and mustard, let stand overnight. Add eggs and sugar next morning and slow boil till mixture coats the back of a spoon, about 10 minutes. Cool and refrigerate. Will not spoil.

Gwen Lantz

MAPLE SYRUP

4 c. sugar	1 c. light corn syrup
1 c. cold water	1 tsp. maple flavoring
2 c. boiling water	½ tsp. vanilla

Combine sugar and cold water in a heavy saucepan. Cook without stirring until syrup is a light Carmel color. Remove from heat. Gradually stir in boiling water. Add corn syrup and boil 2-3 minutes while stirring, add maple flavoring and vanilla. Let cool. It will thicken as it cools off.

Gwen Lantz



MARINADE SAUCE FOR VENISON

½ tsp. instant minced onion	1 tsp. salt
3 T. wine vinegar	2 tsp. Worcestershire sauce
½ c. salad oil	dash pepper

Soak onion in vinegar a few minutes. Add oil and seasonings, mixing well. Place meat in a container, spoon marinade over the meat, keep cool and repeat marinade a couple of times over the next hour or so. Broil or roast meat to taste. Good on other meats also.

Kathy Miller

MODELING CLAY

1 c. flour	enough water to mix
2 tsp. alum	food coloring
½ c. salt	

Mix all to desired color, or make nice clean clay for kids to play with. Keeps well if covered in coffee can. Enjoy.

Beverly Smith

ORIENTAL MEAT MARINADE

½ c. soy sauce	1 tsp. sugar
¼ c. water	½ tsp. ground ginger
2 T. vinegar	garlic powder to taste
1 T. vegetable oil	

Combine ingredients. I marinate meat over night in the fridge, use that afternoon or evening. The longer the better. Use with beef or chicken. So good. Really good for steaks.

Renee Bonn

Gerber Products Company was founded in 1927 by Daniel Frank Gerber. Gerber's wife began making hand-strained food for their 7 month-old daughter. Seeing a business opportunity, Gerber began devoting resources at the cannery he owned to make baby food.



PICKLED BEETS

(10 pints)

8 lbs. beets	4 c. water
10 lg. peppercorn	4 c. white vinegar
20 cloves whole	3 c. sugar

Wash beets leaving 2 inches of stem and roots. Cover with water and cook 15-20 minutes until tender. Drain and cool down. Cut off tops and roots, slip of skins. Add 1 peppercorn and 2 cloves to each ready jar. Cut beets into bite size pieces and fill jars. In a large kettle mix vinegar, water, and sugar. Bring to a boil. Pour brine over beets, check for bubbles, clean rims, put on heated canning lids. Process in boiling water bath for 30 minutes (this is at 2400 ft altitude).

Kathy Miller

PICKLED EGGS

2 c. vinegar	1 T. pickling spice
¾ c. water	1 clove garlic
2 T. sugar	1 lg. onion, sliced
1 T. salt	boiled eggs, peeled

Fill jar with eggs, garlic, onion and spice. Bring vinegar, water, sugar and salt to a boil. Pour over until jar is full.

Wanda Roth

PICKLED SWEET APPLES

2 c. vinegar	cinnamon and cloves to
4 c. sugar	preference
sweet apples	

Pare, core and quarter apples. In a large sauce pan, make a syrup with vinegar, sugar and spices. Drop apples in and cook until tender. Put in jar, pour syrup over and seal hot.

Beverly Smith



PICKLED TURKEY GIZZARDS

2 pkg. turkey gizzards	1½ c. vinegar
½ tsp. salt	2 T. sugar
½ tsp. whole cloves	1 tsp. salt
½ tsp. ginger	½ tsp. pepper
½ tsp. whole allspice	1 lg. onion, sliced
½ tsp. garlic powder	

Put gizzards in large kettle with the ½ teaspoons of salt, cloves, ginger, allspice, and garlic. Cover with water and boil until gizzards are very done. Be sure that the water always covers while boiling. When gizzards are done remove from broth, use 2½ - 3 cups broth and add vinegar, sugar, salt, pepper, and sliced onion. Bring to a good boil and add gizzards. Bring to a boil again. Let cool a little and put in a gallon glass jar and refrigerate. Will keep a long time.

Carol McNanny

PICKLED WIENER

(12 pints)

5 c. water	4 oz. Tabasco sauce
5 c. white vinegar	2 T. cayenne pepper
3 c. sugar	3 T. pickling spice mix
4 T. red hot pepper, crushed	10 lbs. skinless wieners

Mix together the first 7 ingredients; boil. Place lids in small sauce pan of boiling water. Cut wieners into bite size chunks. Pack into pint jars (about 5-6 whole wieners per jar.) Pour boiled mixture over wieners. Seal. Place in boiling water bath for 10 minutes. Remove. Place upright on cupboard for 3-4 days. Keep in refrigerator after that.

Gwen Lantz

PLAY DOUGH

1 c. cold water	2 tsp. cream of tartar
½ c. canning salt	1 c. flour
1 T. oil	food coloring

Combine all ingredients and cook until it has the consistency of mashed potatoes. Add food coloring.

Zannetta Hanson



REFRIGERATOR DILL PICKLES

1 qt. white vinegar	7-8 lg. dill heads
3 qts. water	1 ½ gal. cucumbers, cut in quarters
¼ c. sugar	4 lg. onions
¾ c. canning salt	garlic (optional)
½ tsp. Alum	

Boil brine. Cool. Put dill heads and onions (garlic) on bottom of crock or gallon jar, then cucumbers, more dill, onions and garlic on top. Pour brine over all. Put into refrigerator. These will be ready in 5 days. I have used smaller cucumbers and not quartered them. They will keep for 4 or 5 months.

Lillian Bondell

REFRIGERATOR PICKLES

onion slices	¼ tsp. alum
3 T. vinegar	1 clove garlic
1 T. salt	sprig dill (put in bottom of jar)
1 tsp. pickling spice	cucumbers or carrots

Mix all together in quart jar, cover with water, and shake. Bring to a boil in water bath. Turn off and leave till cool. Keep in refrigerator.

Kathy Miller

REFRIGERATOR PICKLES

8 c. sliced cucumbers	2 T. salt
1 lg. onion	1 c. white vinegar
1 lg. green pepper	2 c. sugar
1 red pepper	1 tsp. mustard seed
1 c. diced celery	1 tsp. celery seed mix
sliced carrots to taste	

Mix vegetables and salt together and let set 1 hour. Next, add vinegar, sugar, mustard seed and celery seed mix. Put in refrigerator (usually works best in gallon ice cream bucket). The longer in the fridge the better they taste in my opinion.

Dedicated to Ann Fossum



REFRIGERATOR PICKLES

6 c. sliced cucumbers	1 c. vinegar
1 onion, chopped	1 T. salt
2 c. sugar	1 T. celery salt
water	sprig dill

Put dill in bottom of gallon jar. Leave in fridge 1 week before using. Keep in refrigerator until used up.

Kathy Miller

WATERMELON PICKLES

2 lb. prepared watermelon rind	5 c. sugar
1 T. pickling lime	1 T. whole allspice
4 c. clear, distilled vinegar	1 T. whole cloves
1 c. water	6 pcs. cinnamon stick

Prepare and remove all green and pink portion from watermelon rind. Cut melon in small pieces and soak for three hours in lime water made from the lime mixed with one quart of water. Drain and rinse the watermelon rind. Cover with fresh cold water and boil for one hour or until tender. Drain the watermelon. Cover with a weak vinegar solution (one cup in two cups of water) and allow to stand overnight. Discard the liquid the next morning and make a syrup of the three cups of vinegar, one cup water, sugar and spices. Heat the syrup to the simmering point. Remove from heat, cover and steep for one hour to extract the flavor from the spices. Add the drained watermelon to syrup and cook gently for two hours or until the syrup is fairly thick. Pack the fruit and syrup in pint-standard canning jars. Adjust the jar lids and bands. Process for 15 minutes in a boiling water bath.

Beverly Smith

Roasted pumpkin seeds have a nutty flavor and are packed with protein and fiber. Toasted and salted pumpkin seeds are delicious, but they're even better flavored with sweet and savory spices.



Recipe Favorites



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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

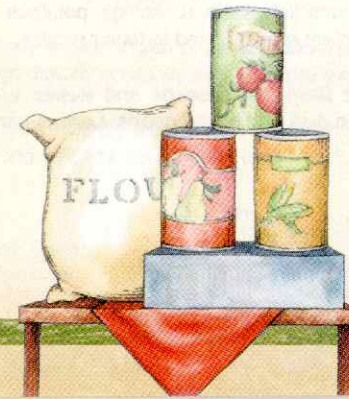
Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



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HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

GINGER A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.

MARJORAM May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.

MINT Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.

NUTMEG Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.

OREGANO Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.

PAPRIKA A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.

PARSLEY Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.

ROSEMARY Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.

SAFFRON Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.

SAGE Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.

TARRAGON Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.

THYME Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.

TURMERIC Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 1/4 tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 1/2 tsp. baking powder
popoversto 1 cup flour use 1 1/4 tsp. baking powder
wafflesto 1 cup flour use 1 1/4 tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 1/2 cups flour
soft doughto 1 cup liquid use 3 to 3 1/2 cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled.....	40 min.
	steamed.....	45-60 min.
asparagus tips.....	boiled.....	10-15 min.
beans, lima.....	boiled.....	20-40 min.
	steamed.....	60 min.
beans, string.....	boiled.....	15-35 min.
	steamed.....	60 min.
beets, old.....	boiled or steamed.....	1-2 hours.
beets, young with skin.....	boiled.....	30 min.
	steamed.....	60 min.
	baked.....	70-90 min.
broccoli, flowerets.....	boiled.....	5-10 min.
broccoli, stems.....	boiled.....	20-30 min.
brussels sprouts.....	boiled.....	20-30 min.
cabbage, chopped.....	boiled.....	10-20 min.
	steamed.....	25 min.
carrots, cut across.....	boiled.....	8-10 min.
	steamed.....	40 min.
cauliflower, flowerets.....	boiled.....	8-10 min.
cauliflower, stem down.....	boiled.....	20-30 min.
corn, green, tender.....	boiled.....	5-10 min.
	steamed.....	15 min.
	baked.....	20 min.
corn on the cob.....	boiled.....	8-10 min.
	steamed.....	15 min.
eggplant, whole.....	boiled.....	30 min.
	steamed.....	40 min.
	baked.....	45 min.
parsnips.....	boiled.....	25-40 min.
	steamed.....	60 min.
	baked.....	60-75 min.
peas, green.....	boiled or steamed.....	5-15 min.
potatoes.....	boiled.....	20-40 min.
	steamed.....	60 min.
	baked.....	45-60 min.
pumpkin or squash.....	boiled.....	20-40 min.
	steamed.....	45 min.
	baked.....	60 min.
tomatoes.....	boiled.....	5-15 min.
turnips.....	boiled.....	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots.....	1/4 c. for each cup of fruit.....	about 40 min.
figs.....	1 T. for each cup of fruit.....	about 30 min.
peaches.....	1/4 c. for each cup of fruit.....	about 45 min.
prunes.....	2 T. for each cup of fruit.....	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

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

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

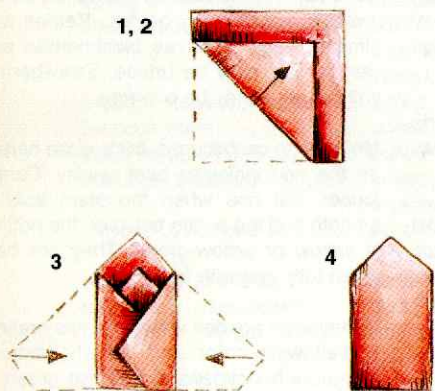
FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

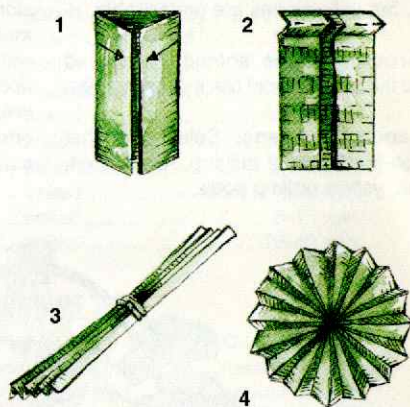


ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



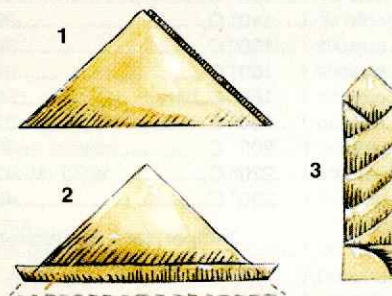
NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

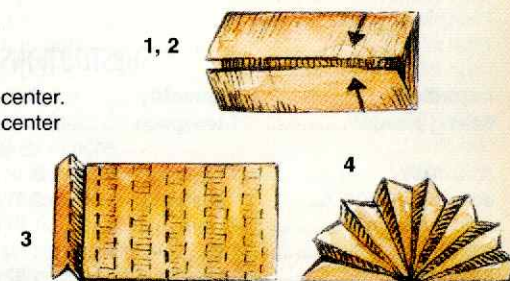


FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

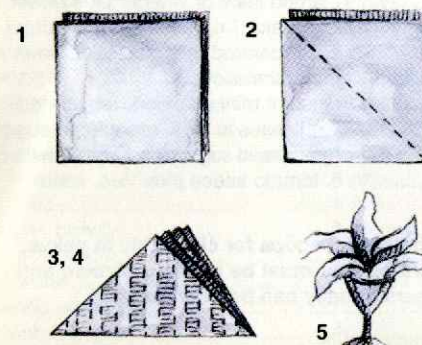


LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

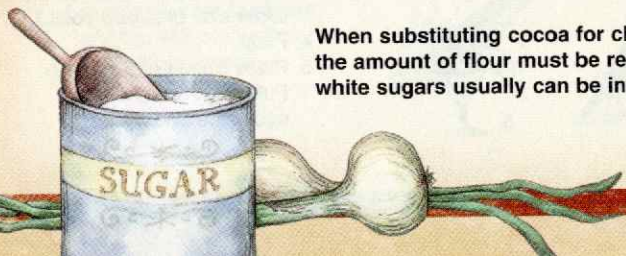
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



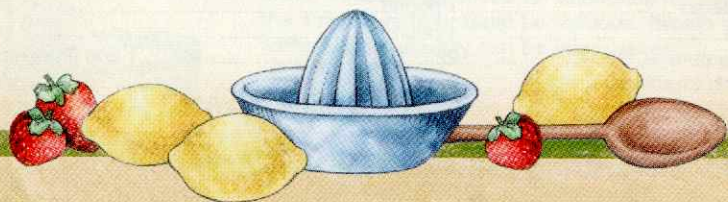
EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110

COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

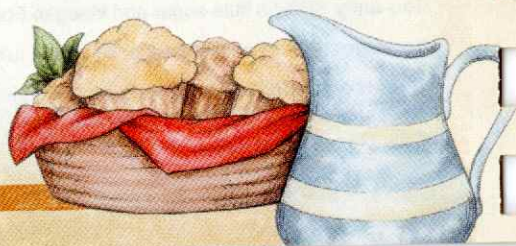
blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



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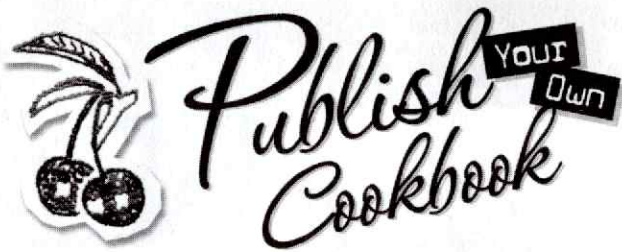


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Food Storage Guidelines



	Refrigerator	Freezer	Refrigerator	Freezer
	(35°-40°)	(0° or lower)	(35°-40°)	(0° or lower)
Fresh Meats:			Dairy:	
Beef roasts/steaks	3-4 days	6-12 months	Cottage cheese	1 week 2 weeks
Beef, ground	1-2 days	3-4 months	Sour cream	2 weeks
Veal	1-2 days	4-6 months	Yogurt	2 weeks
Pork chops	2-3 days	4-6 months	Hard cheese	3-4 months 6 months
Pork roasts	3-5 days	4-8 months	Soft cheese	1 month 6 months
Pork sausage	1-2 days	1-2 months	Ice cream	2 months
Bacon	2 weeks	3 months	Margarine/butter	2-4 weeks 9 months
Ham, whole	1 week	1-2 months	Milk	8-20 days
Lamb chops	3-5 days	6-8 months	Other:	
Chicken & turkey	1-2 days	12 months	Mustard	6-8 months 12 months
Duck & goose	1-2 days	9 months	Mayonnaise	12 months
Fish	1-2 days	3-6 months	Bread	1-2 weeks 3 months
Eggs:			Frozen vegetables	8 months
In shell	4-5 weeks		Frozen fruit	1 year
Hard-boiled	5 days		juice concentrate	6 days 1 year



General Slow Cooker Tips

Oven Time	Slow Cooker High Setting	Slow Cooker Low Setting
	HIGH = 300°F	LOW = 200°F
15-30 min.	1½ - 2½ hrs.	4-6 hrs.
35-45 min.	2-3 hrs.	6-8 hrs.
50 min. - 3 hrs.	4-5 hrs.	8-18 hrs.
Food		
Pot Roast	4-5 hours	8-12 hours
Stew	5-6 hours	10-12 hours
Ribs	5-6 hours	8-9 hours
Swiss Steak	5-6 hours	10-12 hours
Casserole	2-4 hours	4-9 hours
Rice	2-3 hours	5-9 hours
Meat Loaf	3-4 hours	8-10 hours
Chicken	3-4 hours	7-10 hours
Vegetables in liquid	1-3 hours	2-4 hours
Baked Potato	2-4 hours	8-10 hours

Cooking times are general guidelines. Most uncooked meat and vegetable combinations require 8 hours on LOW. Check your slow cooker's manual.

Equivalents

dash	< 1/8 tsp.
1 T.	= 3 tsp.
4 T.	= 1/4 cup
5 1/3 T.	= 1/3 cup
8 T.	= 1/2 cup
10 2/3 T.	= 2/3 cup
12 T.	= 3/4 cup
16 T.	= 1 cup
1 cup	= 8 fluid oz.
1 cup	= 1/2 pint
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon
12-oz. can	= 1 1/2 cups
16-oz. can	= 2 cups
20-oz. can	= 2 1/2 cups
28.5-oz. can	= 3 1/2 cups
56-oz. can	= 7 cups

