

Cooking Made Simple

Information

This cookbook was created by people who work two to three jobs, have families and have no time to dilly dally. Yet, they love food that is home cooked, flavorful and a delight to the pallet. This cookbook is meant to provide recipes that are uncomplicated, yet delicious. Have fun and enjoy.

Butter substitute can be used instead of butter.
Salt substitute can be used instead of salt.
Sugar substitute can be used instead of sugar.
Heavy cream can be substituted in soups with milk.

tsp. = teaspoon
tbsp. = tablespoon
lb. = pound
oz. = ounce

Organic food is not necessary but suggested.
Kosher meats are the finest quality.
For vegetarians, though there is a special section for this category, there are many vegetarian recipes throughout the book.

Awareness

Being slaughtered can be an extremely brutal experience. Therefore, when eating any animal who could have gone through that experience, take the time to thank them for giving up their life for you. This changes the energy of what you are about to cook and eat.

Animal Blessing

"May any trauma that came to you at the time of your passing be lifted from your soul. Bless you for giving your life to sustain myself and the ones I share this meal with."

Cooking Terms

Bake – to cook in oven in dry heat.
Baste – to spoon liquid or fat over food while it cooks.
Beat – to mix briskly.
Blend – to mix thoroughly and slowly.
Bread – to coat food in beaten eggs, then flour and/or breadcrumbs.
Broil – to cook under direct heat.
Chop – to cut into fine pieces.
Coat – to cover with a thin film.
Cool – to let stand at room temperature until no longer warm.
Cream – to mix until soft and fluffy.
Deep-Fry – to cook food in a deep layer of oil.
Dot – to scatter bits of butter.
Dredge – to coat with flour.
Flake – to break lightly into small pieces with a fork.
Fry – to cook in hot butter, oil or fat.
Grind – to crush in a food blender.
Mash – to reduce to a soft pulpy state.
Mince – to cut or chop into very small pieces.
Mix – to combine two or more ingredients.
Parboil – to boil until partially cooked.
Pare – to cut off outside covering.
Puree – to blend in mixer or blender until completely soft.
Roast – to cook by dry heat in an oven.
Sauté – to cook in a small amount of fat on low heat.
Simmer – to cook in liquid without boiling.
Stew – to cook covered for a long time.
Whip – to beat rapidly to increase volume.

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Poultry

Poultry Hints

BROWNING

Mix 1 tbsp. paprika with ¾ cup melted butter and rub on chicken or turkey.

CLEANING

Rub poultry with lemon juice before cleaning to eliminate odor.

FREEZING

To prevent sticking, place chicken pieces on a cookie sheet and let them freeze completely. Then place them in plastic bag.

SANDWICHES OR SALADS

Use scissors to cut up turkey or chicken.

SEASONING

Make sure to season inside of poultry, as well as skin.

STUFFING

Stuff turkey loosely if you do not want it to burst. Use 1 cup of stuffing for every pound of turkey.

WARMING

Tightly cover cooked poultry with heavy tin foil and put oven on low.

Baked Lemon Chicken



INGREDIENTS

1 cut up chicken
1 can frozen lemonade, thawed
½ cup butter
Salt and pepper to taste
6 cups corn flake crumbs

DIRECTIONS

Wash and pat dry chicken
Sprinkle with salt and pepper
Put chicken in bowl and pour lemonade over
Let stand at room temperature for 1 hour
Drain chicken and roll in corn flake crumbs
Place in pan and pour melted butter over chicken
Bake uncovered at 350 for 1 hour



Suggestion: Cut up lemon and place over chicken pieces to bake

BBQ Chicken

INGREDIENTS

Cut up whole chicken, or chicken breasts, or chicken thighs

Paprika

Garlic salt

¼ to ½ cup sesame oil

DIRECTIONS

Place chicken skin down on a pan

Sprinkle with garlic salt and paprika

Broil until crisp

Turn over skin side up

Sprinkle with garlic salt and paprika

Pour small amount of sesame oil over chicken

Broil until crisp

Bake at 350 for 1 hour, less time for chicken thighs

Chicken a la Mayo

INGREDIENTS

Chicken cut up the way you like it

1½ cup mayonnaise

2 garlic cloves, minced

1 lemon squeezed

2 tbsp. fresh rosemary, chopped

1 tsp. salt and 1 tsp. pepper

½ cup grated Parmesan cheese

DIRECTIONS

Stir mayonnaise, garlic, rosemary, lemon, salt, pepper in a bowl

Place chicken in a 9 x 13 baking dish

Spread mayonnaise mixture over chicken

Top with Parmesan cheese

Bake at 350 for 1½ hours

Serves 4-6 people

Chicken Parmesan

INGREDIENTS

4 chicken breasts
1 cup Italian breadcrumbs
Salt, pepper and garlic salt to taste
2 tbsp. flour
½ lb. butter
4 garlic buds, crushed
1 egg
1 large can tomato sauce
1 package Mozzarella cheese
1 cup fresh Parmesan cheese

DIRECTIONS

Wash chicken well
Dip chicken in flour, then dip in whipped egg
Put breadcrumbs, salt, pepper and garlic salt in bowl
Cover chicken breasts in breadcrumb mix until they are well covered
Melt butter and mix with crushed garlic buds and tomato sauce
In a flat roasting pan, spread tomato sauce, butter, garlic mix
Place chicken breasts on top of sauce
Cover chicken with mozzarella cheese, sprinkle Parmesan cheese on top
Cover well and cook at 350 for 1 hour
Uncover for 3 minutes to brown cheese covering

Suggestion: Great on top of oil and garlic spaghetti

Chinese Chicken



INGREDIENTS

2 large chicken breasts cut up in cubes
1 onion, cut up
2 green onions, cut up
2 celery stalks, cut up
3 cloves garlic, cut up
1 box mushrooms
1 can water chestnuts
1 cup cashew peanuts
1 cup soy sauce
1 bottle of pre-made sauce to your liking
1 bag bean sprouts

DIRECTIONS

In wok, fry onion, celery stalks, garlic, green onions and mushrooms *(3 minutes)*
Add chicken cubes and let chicken brown
Add water chestnuts and cashew peanuts
Add pre-made sauce and soy sauce
Cover and cook for 15-30 minutes
5 minutes before serving add bean sprouts



Suggestion: Serve with rice

Curried Turkey or Chicken



INGREDIENTS

Cut up cooked turkey pieces
or chicken
1½ cups chicken stock soup
1 stalk celery leaves
2 garlic cloves
3 tbsp. curry powder
3 tbsp. butter
1 onion, cut up
1 heart celery, cut up
Pinch parsley
2 tbsp. paprika
½ cup flour
1 cup milk
2 cups heavy whipped cream
1 red pepper, chopped
½ cups almond slivers
1 cup fresh coconut
1 cup raisins

DIRECTIONS

In soup pot, sauté celery leaves, garlic cloves, 3 tbsp. curry powder,
onion, heart celery in butter until soft
Cover with paprika and flour
Add chicken or turkey cut up pieces
Spice with more curry
Pour in chicken stock, milk and cream
Add chopped red pepper, almond slivers, fresh coconut and raisins
Cover and cook for 2½ hours
Bring to table for toppings: cashew nuts, coconut, chutney



Suggestion: Serve with rice or spaghetti

Finger Coconut Chicken

INGREDIENTS

1 package chicken tender strips
2 eggs mixed ¼ cup maple syrup
1 cup Krusteaz pancake mix
½ cup sweetened coconut (or move if you desire)
1/8 cup butter
1 small can coconut milk

DIRECTIONS

Wash chicken tender strips well
Beat eggs in a bowl and mix with maple syrup
In another bowl put Krustez pancake mix and coconut
Dip chicken in egg and maple syrup mix
Then dip in pancake and coconut mix
Melt butter and mix in coconut milk
Pour melted butter and coconut milk in bottom of baking pan
Place chicken strips in pan
Spoon coconut milk mixture over chicken pieces
Bake at 350 for one hour uncovered so chicken gets crispy
Serves 3 to 4

Suggestion: Great when served over rice

Finger Lemon Chicken

INGREDIENTS

1 package chicken tender strips
1 cup lemon juice
¼ pound butter
1 lemon sliced
Chives (optional)
Garlic salt

DIRECTIONS

Wash tender chicken strips well
Melt butter and mix with lemon juice in bowl
Place chicken strips in flat pan
Season with garlic salt on both side of chicken
Pour lemon butter sauce over chicken
Garnish top with chives and lemon slices
Cover with tin foil and bake at 350 for 1 hour
Serves 3 to 4

Suggestion: Serve with buttered or oiled pasta. Place chicken on top of pasta and pour sauce over

Fried Lemon Chicken

INGREDIENTS

4 chicken breasts
½ lb. butter
3 or 4 lemons, can be substituted by lemon juice
½ cup flour
Salt and pepper to taste
Parsley

DIRECTIONS

Wash chicken well
Pound chicken so that it is very thin
Slice into serving size pieces
Put flour in bowl with salt and pepper
Dip chicken piece by piece into seasoned flour
Melt butter in fry pan
Place chicken in hot fry pan
Squeeze lemon juice over chicken
Fry on both sides until cooked, continuing squeezing lemon juice over each piece
Chicken should fry quickly if thin enough
Place on platter and decorate with a piece of parsley and sliced lemon over chicken

Suggestion: Serve with rice and a green vegetable

Garlic Chicken Cubes

INGREDIENTS

2-4 chicken breasts
(depending on the amount of people being served)
½ lb. butter
4 garlic buds, crushed
Salt and pepper
Krusteaz Bake & Fry Coating
2 eggs

DIRECTIONS

Wash chicken breasts well, pat dry and cut into cubes
Place eggs in bowl and whip
Dip chicken in egg
Place Krusteaz Crumbs in bowl
Put chicken in bowl, mixed so that the cubes are totally covered
Place coated cubes in a flat roasting pan
Melt butter with crushed garlic buds
Pour over chicken pieces, making sure they are all included
Bake in covered pan at 350 for 1 hour

Grilled Rosemary Chicken



INGREDIENTS

2 chickens, cut up
¾ cup good olive oil
½ cup lemon juice
1 lemon, sliced
12 rosemary sprigs, cut up
10 garlic cloves, chopped
Kosher salt, pepper and paprika

DIRECTIONS

Arrange chicken in baking dish
Drizzle ½ cup oil and lemon juice over chicken
Chop rosemary sprigs
Toss chopped rosemary and garlic over chicken
Season with salt, pepper and paprika
Cover and chill for 3 hours or overnight
When ready to cook remove chicken from sauce
Broil chicken on both sides until brown, starting with under side
Pour sauce over and bake for 40 minutes, uncovered
When ready to serve, cut up lemon and place on top of chicken



Suggestion: Can be great barbecued as well

Honey Chicken



INGREDIENTS

Chicken breasts, legs or thighs *(your choice)*
2 eggs
Bowl of breadcrumbs plain or Italian
1 cup of honey *(or more if you desire)*
¼ lb. butter
Garlic salt
Salt and pepper

DIRECTIONS

Wash chicken well and place in beaten eggs
Add salt, pepper and garlic salt *(or any spice you desire)* to breadcrumbs
Place breadcrumbs on wax paper and roll each piece of chicken in crumbs
Pour melted butter on bottom of flat roasting pan
Place chicken in pan
Pour honey over chicken
Bake at 350 for 1 hour or until very crisp



Maple Chicken

INGREDIENTS

1 whole chicken
1 cup soy sauce
¼ lb. butter, melted
¼ cup maple syrup
Garlic salt

DIRECTIONS

Wash chicken very well, taking off all fat
Sprinkle lightly with garlic salt
Mix together melted butter, soy sauce and maple syrup
Pour over chicken
Bake uncovered at 375 for 1½ hours
At the end, broil for 2 minutes for more crispiness if desired

Suggestion: Great with rice

Scrunchy Munchy Chicken



INGREDIENTS

4 cut up chicken breasts or package of chicken tenders
3 cups bread crumbs or Kellogg crumbs
1 box French's Crispy Fried Onions
Garlic Salt
¼ cup mayonnaise
¼ pound melted butter or ½ cup olive oil

DIRECTIONS

Wash chicken well
Baste breasts with ample mayonnaise on both sides
Crush Onion rings very well
Mix together crispy fried crushed onions, bread crumbs, garlic salt
One by one, dip chicken, mayonnaise basted pieces in crumb mixture
Make sure they are well coated on both sides
Put melted or oil in 9x11 pan (or any size appropriate to servings)
Place chicken in pan, each piece showing
Bake at 350 for one hour



Suggestion: If you like them really crispy, at the end broil for 2 minutes

Stuffed Chicken



INGREDIENTS

1 whole chicken
½ cup soy sauce
½ cup butter, melted
2 whole garlic buds
2 lemons, washed and quartered
Parsley, rosemary, sage and thyme

DIRECTIONS

Wash chicken well
Mix soy sauce and melted butter together
Stuff chicken with garlic and lemon
Sprinkle with parsley, rosemary, sage and thyme
Bake at 375 for 1½ hours
Continue basting with soy sauce mixture



Suggestion: Great with rice

Tender Turkey



INGREDIENTS

Any size turkey
Garlic salt and paprika
1 onion
Dill *(optional)*
¼ cup sesame oil

DIRECTIONS

Wash turkey well
Turn breast side down and sprinkle garlic salt and paprika, rub with sesame oil
Turn breast side up and sprinkle garlic salt and paprika, rub with sesame oil
Place onion and dill inside turkey
Bake turkey, breast side down
Cook at 350 for appropriate timing based on size of turkey
Baste turkey every hour
When finished, top of turkey should be very crispy
Cut off skin *(quite delicious)*
Take off legs, wings and dark meat and put in one platter
Turn turkey over and take off and discard skin
Slice white meat and put on separate platter
Pour natural gravy over white meat



Suggestion: Serve with separate stuffing


Beef & Pork

Beef & Pork Hints

ALLOW
¾ lb. of meat per person.

BACON
Can be fried or baked in the oven.

BURNING
To keep meat from burning, cover top of meat with tin foil.

FREEZING STEW
Leave out potatoes as they become mushy when freezing.

MEAT LOAF
For loaf to come out easily, line pan with foil, with enough extended so it can be grasped.

SEARING
To brown surface rapidly at high temperature.

WINE
If adding wine as an ingredient when cooking meat, use only red wine.

Beef Bourguignon

INGREDIENTS

3 lbs. stewing beef, cubed
2 tbsp. flour
2 carrots, chopped
2 onions, chopped
1 cup fresh mushrooms
Salt and pepper to taste
¼ lb. butter
3 cups beef stock
½ small can tomato paste
2 garlic cloves, minced
Thyme, sage and bay leaf

DIRECTIONS

Brown onions and garlic in butter
Add flour and stir with a spoon
Add meat and let brown slowly, adding salt and pepper
Add all other ingredients
Cook on low or medium heat for 2 to 3 hours

Suggestion: ½ package of chopped cooked bacon can be added. Beef Bourguignon got its name from Burgundy in France. Should you desire, add 2 cups of good red wine to sauce.

Beef and Green Peppers



INGREDIENTS

3 slices shoulder steak cut in 2” strips
2 tbsp. oil
3 tbsp. soy sauce
¾ cup water
¼ tsp. pepper
1 tsp. garlic powder
1 green pepper, cut in chunks
2 onions, cut in rings
2 tbsp. corn starch

DIRECTIONS

Brown meat in oil on both sides
Add soy sauce, ½ cup water, pepper and garlic powder
Simmer for 1 hour
Brown green pepper and onions in oil in a separate pan, then add to meat
Dissolve corn starch in ¼ cup water and add to meat mixture
Stir and cook for 5 minutes



Suggestion: Serve with rice

Beef Goulash



INGREDIENTS

2 lbs. 1½ in. cubes beef chuck
4 tbsp. oil or butter
1 cup onion, chopped
1 tbsp. flour
1 tbsp. paprika
Salt, pepper and spices of your liking
Add any herb to your liking, great with fresh oregano
1 garlic bud, minced
2 cups canned tomatoes
1 cup tomato sauce

DIRECTIONS

Brown meat in butter or oil
Add onions and cook until tender
Stir in flour
Add remaining ingredients
Cook covered for 2 hours



Suggestion: Great with large egg noodles

Beef or Pork Ribs

INGREDIENTS

As many racks of ribs *(pork or beef)* as people being served
½ cup ketchup
¼ cup mustard
1 tbsp. Worcestershire sauce
½ cup soy sauce
½ cup brown sugar
Garlic salt to taste
Salt and pepper to taste

DIRECTIONS

Wash ribs well
Sprinkle garlic salt, salt and pepper on both sides
Mix in a bowl ketchup, mustard, Worcestershire sauce, soy sauce and brown sugar well
Brush under ribs and then cover the top with remaining sauce
Place in broiling pan and broil top until dark brown
Lower oven to 350, and bake uncovered for 30 to 45 minutes
Keep basting ribs

Suggestion: Delicious with rice. You can substitute homemade sauce with any kind of prepared teriyaki or garlic sauce

Brisket

INGREDIENTS

Brisket
Garlic salt
Paprika
1-2 pkgs. dry onion soup

DIRECTIONS

Place brisket in pan upside down
Cut off excess fat
Sprinkle with garlic salt and paprika
Turn meat over
Sprinkle with garlic salt and paprika
Sprinkle one or two *(depending on size of brisket)* onion soup packages over brisket
Cover tightly with tin foil
Bake at 350 for 2 or 3 hours *(depending on size of brisket)*
Cut into thin slices, placing slices in gravy in existing pan
If dry, add boiling water
Put back in oven covered for ½ hour

Suggestion: Leftovers make a great stew

Chili

Ingredients

2 lbs. ground beef

4 garlic buds

2 onions

¼ cup vegetable oil

1 can kidney beans

1 can black beans

1 can diced tomatoes

4 tbsp. chili powder

Salt, pepper, oregano, cayenne pepper, paprika and 2 tbsp. sugar

Directions

In a large pot, fry in vegetable oil garlic buds and onions
until soft, not brown

Then add ground beef and lightly brown

Add diced tomatoes, black beans, kidney beans and spices

Cover and cook at medium to low heat for 4 to 5 hours

Suggestion: Pour over rice - toppings can be cheddar cheese, diced avocado, diced onions and sour cream

Easy Corned Beef



INGREDIENTS

1 packaged spiced corned beef

4 carrots

1 cabbage

8 cups water

DIRECTIONS

Place corned beef in pot with spices in water

Add carrots whole

Add cabbage cut in 8 pieces

Boil for 5 minutes and then put on low for 4 hours

When ready, remove from water and slice corned beef

Place boiled cabbage and carrots on a plate and put corned beef on top



Suggestion: Great with home fried potatoes and baked beans

Ham

INGREDIENTS

1 ham with or without bone

2 cups brown sugar

1 can coca cola

1 can sliced pineapple, drained

DIRECTIONS

Wash ham well

Baste with brown sugar

Place pineapple rings on top with toothpicks

Pour coca cola over ham

Bake covered at 300 for 2 hours

Uncover and bake for 30 minutes

Hot Dog Casserole

INGREDIENTS

1 package of kosher hot dogs

1 large can of baked beans

¼ cup regular mustard

¼ cup ketchup

½ cup brown sugar

DIRECTIONS

Boil hot dogs for 10 minutes

Cut up boiled hot dogs in cubes

In bowl, add all ingredients to baked beans and mix well

Pour into casserole pan

Bake covered for 60 minutes

Suggestion: Optional - put 6 bacon strips over hot dog casserole when baking

Marvelous Meat Loaf

INGREDIENTS

2 lbs. ground beef
2 onions
5 stalks celery, chopped
2 eggs, beaten
1 cup Italian breadcrumbs
1 cup ketchup
1 cup mustard
Garlic salt, onion salt, salt and pepper
¼ lb. butter

DIRECTIONS

Fry onions and celery in butter until brown and soft
Add breadcrumbs, whipped eggs and spices to ground beef
Then add fried onions and celery
Place in a flat roasting pan and form into a loaf
Mix together 1 cup ketchup and 1 cup mustard
Smooth ketchup and mustard mix over top of loaf
Bake at 350 for 60-90 minutes. Top should be quite brown

Suggestion: Great with mashed or baked potatoes.
Also makes a fabulous next day sandwich

Pepper Steak

INGREDIENTS

4 pepper steaks
Garlic salt
Sauce
2 tbsp. chives
4 tbsp. butter, melted
½ tsp. Tabasco sauce
2 tbsp. parsley
1 tbsp. Worcestershire sauce
1 tbsp. lemon juice

DIRECTIONS

Massage steaks with garlic salt
Fry lightly in butter or oil
Place in pan
Cover with sauce
Bake at 325 for 10 minutes

Rib Steak



INGREDIENTS

As many steaks as people

Garlic salt

Regular mustard

DIRECTIONS

Wash steak well

Pound each steak with hammer or pounder to tenderize

Sprinkle garlic salt, plentifully on both sides

Cover with mustard on both sides

Broil on both sides, cooking to your liking

Do not bake – steak should be crispy on top and pink or dark pink in middle



Roast Beef Leftovers



INGREDIENTS

Leftover roast beef

¼ cup ketchup

¼ cup vinegar

1 tsp. Worcestershire sauce

2 tsp. regular mustard

2 tbsp. oil

Salt and pepper to taste

DIRECTIONS

Combine all ingredients, except beef, and blend well

Marinate thinly sliced roast beef in marinade for 1 hour

Bake uncovered at 300 for 45 minutes



Savory Stew

INGREDIENTS

4 lbs. of stew meat *(sometimes not tender enough)*
or a 5-6 lbs. of brisket cooked *(always tender)*

2 onions
4 garlic buds
½ bag of small carrots
4 celery stalks
2 stalks of dill *(optional)*

4-5 potatoes
½ cup vegetable oil or butter
Garlic salt, onion salt pepper
Oregano
1 can peas *(optional)*

DIRECTIONS

If using cooked brisket:

Slowly simmer onions and garlic in butter or oil
When they are softened, add cut up brisket and mix in with onions and garlic
Add cut up carrots, celery, dill and potatoes
Make certain to pour in brisket gravy
If you want to add peas, add them in the last ½ hour
Cover and cook for 3 hours on low heat

If using uncooked stew meat:

After cooking onions and garlic, add cubed meat, onion salt, garlic salt, salt, pepper, oregano, and any other spice you like. Let simmer, while constantly turning until meat becomes browned and soft. Then add vegetables and continue cooking for 3 hours.

Suggestion: Boil egg noodles, butter them and place stew on top

Shepard's Pie

INGREDIENTS

2 lbs. lean ground beef
or ground chicken
4 onions
3 garlic buds
6-8 potatoes
2 cans corn niblets

Salt, garlic salt, Italian spice and
pepper *(or any other spice you like)*
Peas *(optional)*
½ cup oil
½ lb. butter
1 cup milk or cream

DIRECTIONS

Fry garlic buds in ¼ cup oil
Add meat and spices, fry until soft and brown
Boil skinned potatoes until so soft, then put in blender with ¼ lb. butter, milk or cream and salt to taste.
Whip until very smooth
Fry onions in ¼ cup oil until crispy brown
Drain corn very well and place in bottom of flat roasting pan
Place spiced, brown meat on top of corn
Place whipped potatoes on top of meat
Place fried onions on top of potatoes
If peas are added, mix them in with meat after meat is cooked
Bake uncovered at 300 for 1 hour

Standing Rib Roast

INGREDIENTS

1 5 lb. rib roast
½ cup regular mustard
Garlic salt
Salt and pepper
1 onion

DIRECTIONS

Wash roast well
Sprinkle with garlic salt, salt and pepper
Cover with mustard
Place cut up onion around sides in pan
Bake at 350 until done

Suggestion: If not brown enough, put on broil for 3 minutes

Swedish Meatballs

INGREDIENTS

1 lb ground beef
¼ cup panko breadcrumbs
1 tbsp. chopped parsley
¼ tsp. allspice
¼ tsp. nutmeg
½ tsp. garlic powder
¼ tsp. pepper
½ tsp. salt
1 egg
1 tbsp. olive oil
5 tbsp. butter
3 tbsp. flour
2 cups beef broth
1 cup heavy cream
1 tbsp. Worcestershire sauce
1 tsp. Dijon mustard
¼ cup chopped onion

DIRECTIONS

Meatballs

In a bowl combine beef, panko, parsley, allspice, chopped onion, garlic powder, pepper, salt, egg
Mix until well combined
Roll into 12 large meatballs or 20 small meatballs
Fry meatballs in olive oil and 1 tbsp butter

Sauce

Add 4 tbsp. butter and flour and whisk until brown
Slowly stir in beef broth and heavy cream
Add Worcestershire sauce, Dijon mustard, salt, pepper to taste
When sauce starts to thicken, add meatballs
Let simmer for five minutes
Serve over egg noodles or rice

Sweet & Sour Meatballs

INGREDIENTS

Meatballs

2 lbs. ground beef
½ cup breadcrumbs
2 eggs
Salt and pepper to taste
¼ cup sugar

Sauce

20 oz. can tomato juice
6 oz. can tomato paste
20 oz. can tomatoes
¼ cup ketchup
½ cup brown sugar
1 tsp. oregano

DIRECTIONS

Combine ingredients for meatballs and mix well
Form into tiny balls
In a large pot, combine ingredients for sauce and bring to a boil
Drop meatballs into boiling sauce and bring to a simmer
Cook for 2-3 hours

Suggestion: Serve with rice

Tangy Sweet & Sour Meatballs

INGREDIENTS

1½ lbs. ground beef
1 tsp. salt
¼ tsp. pepper
1 garlic clove, minced
1 egg
2 tbsp. breadcrumbs
1½ cups ketchup
2 cups ginger ale

DIRECTIONS

Combine beef, spices, egg and breadcrumbs
Form into balls
Combine ketchup and ginger ale in large sauce pot and bring to a boil
Drop meatballs into sauce
Cover and simmer for 2 hours



Fish & Seafood

Fish & Seafood Hints

ALWAYS
Have lemon on hand.

AVOIDING ODORS
Cover fish with browned butter or lemon juice.

BBQ FISH
Takes 8 minutes for first side and 5 minutes for second side.

COOKING
Do not overcook fish, as it will become too dry.

EASY FISH
Place seasoned fish on tinfoil, dot with butter and seal tightly. Delicious!

FROZEN
Fish need not be thawed before cooking.

ODOR
To cut down on fishy odor, chill fish thoroughly in cold water before cooking.

Breaded Fillets of Sole



INGREDIENTS

1 lb. fillets
½ cup flour
1 egg beaten
1 cup breadcrumbs, Italian breadcrumbs or
Krusteaz bake and fry coating
Salt, pepper or any other seasoning you like
½ cup olive oil or 4 tbsp. butter

DIRECTIONS

Mix breadcrumbs with seasoning
Coat fish lightly in flour
Dip in egg, then in breadcrumb mixture
Brown for 4 minutes on each side in hot oil or butter



Suggestion: You can add lemon to butter or oil

Coconut Pancake Shrimp

INGREDIENTS

1 cup Krusteaz pancake mix
2-3 eggs
½ tsp. salt
2 cups shredded coconut
1 lb. extra-large peeled shrimp, tail on

DIRECTIONS

Whip eggs with salt
Add 1 cup coconut and 1 cup pancake mix
Dip shrimp, holding it by tail in eggs and then in coconut and pancake mix
Fry in hot oil (around 2 minutes)
When finished, place on baking sheet
Pat dry with paper towel
Cover with remaining coconut and salt

Crab Rolls

INGREDIENTS

1 can of crab meat, drained
½ cup mayonnaise
½ onion, grated
½ cup mozzarella cheese, grated
1 tsp. lemon juice
1 package of Pillsbury crescent rolls

DIRECTIONS

Mix together crab meat, mayonnaise, onion, cheese and lemon juice
Open each crescent roll
Place 1 heaping tbsp. of crab mixture in each roll
Fold and bake at 350 until brown

Curried Crab

INGREDIENTS

1½ cups canned crab
2 tbsp. butter
2 tbsp. green onions, finely chopped
1 garlic clove, minced
2 tbsp. curry powder
1 tbsp. flour
½ cup milk
1 cup heavy cream
2 tbsp. lemon juice

DIRECTIONS

Melt butter in saucepan
Add green onions, garlic and curry powder
Cook and stir for 2 minutes
Add flour and cook for another 2 minutes
Stir in milk and cream
Add crab and lemon juice

Suggestion: Serve over hot cooked rice. Serve with chutney (optional)

Fillet of Sole



INGREDIENTS

Fillet of sole slices
4 tbsp. flour
1 or 2 eggs
Breadcrumbs
Lemon
Salt and pepper
4 tbsp. butter

DIRECTIONS

Wash sole well
Cover sole pieces with flour
Dip in whipped egg *(1 or 2 eggs)*
Dip and cover with breadcrumbs
Add salt and pepper
Place pieces of sole in baking pan
Top each piece with small slice of butter and small slice of lemon
Bake at 350 uncovered or covered *(depending on crispness you like)*
for 1 hour



Halibut

Ingredients

1 lb. halibut
2 onions, cut up
Salt, garlic salt and pepper to taste
4 tbsp. butter
Lemon juice to your taste

Directions

Place bed of onions on bottom of flat roasting pan
Wash halibut and season with garlic salt, salt and pepper
Place halibut on bed of onions
Dot butter generously over halibut
Squeeze lemon juice over the halibut and butter
Bake at 375 for 45 minutes
Serves 2-3 people

Suggestion: You can add more onions and butter to your liking

Lox and Eggs

Ingredients

3 onions, diced
4 tbsp. butter
3 slices lox, minced
6 eggs, beaten well

Directions

Brown onions in butter
Add lox and fry until crisp
Add eggs and fry until eggs are cooked

Suggestion: Great served with bagels

Salmon Blackened

INGREDIENTS

4 salmon fillets, skin on
1½ tsp. cumin
½ tsp. paprika
½ tsp. cayenne
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. garlic salt
½ tsp. salt and pepper
1 tbsp. olive oil
2 tbsp. butter

DIRECTIONS

Mix all spices together
Pat mixture onto both sides of salmon
In a large frying pan, heat 1 tbsp. of olive oil with 2 tbsp. butter
Place salmon, flesh side down in the hot oil
Fry for 3 minutes
Turn salmon over and fry until skin becomes very crispy

Salmon Loaf



INGREDIENTS

1 large can of red salmon
½ cup of bread crumbs
½ cup of milk or cream
1 egg
1 tbsp. butter
½ tsp. salt
Sprinkle of paprika

DIRECTIONS

Drain the salmon
Mix bread crumbs with milk and egg
Mix salmon with butter and seasonings
Mix all ingredients together
Place in buttered loaf pan, cover and bake at 350 for 30 minutes
Take cover off and continue baking until brown on top



Suggestion: When serving cover with Bechamel sauce (recipe in sauces)

Salmon with Dill Sauce

INGREDIENTS

8 large fresh salmon steaks
Lemon juice

Sauce

½ cup lemon juice
4 sprigs of dill
1 cup mayonnaise
½ cup sour cream
1 tsp. dry mustard
½ tsp. garlic powder
2 tbsp. sugar

DIRECTIONS

Sauce

Combine all ingredients and blend
Let stand in refrigerator for several hours
While salmon is cooking, warm up sauce

Salmon

Brush salmon steaks with lots of lemon juice
Grill over medium heat until cooked through
When salmon is cooked, place on plate
Cover with dill sauce

Sole Almondine



INGREDIENTS

1 lb. fillets of sole
4 tbsp. butter
Garlic powder, paprika, salt, pepper to taste
¼ cup breadcrumbs
3 oz. package of slivered almonds

DIRECTIONS

Melt butter in 9" x 13" pan in oven at 375 - do not brown
Add almonds, stir to coat and place pan back in oven for 2 minutes and then remove almonds from pan
Place fish in pan
Top fish with seasonings, breadcrumbs, almonds and butter
Bake for 20 minutes at 375
This serves 2-3 people



Suggestion: You can add more almonds and butter to your liking

Tuna Casserole

INGREDIENTS

6 oz. package wide noodles
1 can cream of mushroom soup
¾ cup milk
¼ cup onion, chopped
1 large can tuna
1½ cups croutons
2 tbsp. butter, melted
1 tsp. salt
1 tsp. pepper

DIRECTIONS

Boil wide noodles and then strain water
Mix all ingredients together, including noodles
(except croutons and butter)
Toss croutons in butter *(add more butter if desired)*
Pour ingredients, *(not buttered croutons)* in roasting pan
Place buttered croutons on top, covering all areas
Bake at 325 for 30-45 minutes

Suggestion: If desired, add 1 cup peas

Tuna Melt

INGREDIENTS

1 can tuna
3 heaping tbsp. mayonnaise
¼ cup onion, grated
1 cup celery
Salt and pepper to taste
Mustard *(optional)*
Any kind of cheese you prefer
4 slices of bread

DIRECTIONS

Blend tuna, mayonnaise, onion
Add celery, salt and pepper
Cover up to 4 slices of bread with a little mustard or mayonnaise
Spread tuna evenly over each slice of bread
Place on cookie sheet and cover tuna with cheese
Broil for 2 minutes or until cheese is melted

Suggestion: Bread can be toasted

Tuna Mousse

INGREDIENTS

2 cans solid white tuna in water
1 8 oz. cream cheese
1 can tomato soup
1 cup mayonnaise
1 cup celery, chopped
1 cup onion, chopped
1 tbsp. Worcestershire sauce
2 packs unflavored gelatin
¼ cup cold water

DIRECTIONS

Drain tuna well
Add mayonnaise, celery, onion and Worcestershire sauce
Gently heat tomato soup and cream cheese
Mix until creamy with no lumps
Add water to gelatin
Add gelatin to soup mixture
Add tuna mixture to soup and gelatin mixture
Grease mold with some mayonnaise and then pour mixture into mold
Refrigerate until cold

Suggestion: Great with crackers or on a salad

Wild Whitefish

INGREDIENTS

2 lbs. Whitefish fillets
Salt and pepper to taste
4 tbsp. butter
1 7 oz. bottle of 7-Up

DIRECTIONS

Place fish in a greased shallow baking dish
Season and dot with butter
Pour 7-Up over fish
Bake at 400 for 20 minutes
Keep basting

Suggestion: Great served with rice


Pasta & Noodles

Pasta & Noodle Hints

COOKING
Pasta takes approximately 8-12 minutes.

ITALIAN PASTA
Was first produced in the early 19th century.

OIL
2 tbsp. of oil in water keeps pasta from sticking.

SALT
2 tbsp. of salt to water for more flavor to pasta.

SERVINGS
1 box spaghetti serves four adult people.

SPICES
Try to use fresh oregano, parsley and basil whenever possible.

TESTING PASTA
After 4 minutes, take one strand out to test texture.

TYPES OF PASTA
There are over 350 different types of pasta around the world.

Bolognese Sauce



INGREDIENTS

1 tbsp. vegetable oil
4 tbsp. butter
½ cup onion, chopped
⅔ cup celery, chopped
⅔ cup carrot, chopped
1 lb. ground beef
Salt and pepper to taste
1 cup whole milk
1 tbsp. nutmeg
1½ cups canned tomatoes, cut up in juice
Parmesan cheese
1 to 2 boxes of any kind of spaghetti or noodles

DIRECTIONS

Fry onions, celery and carrots in oil and butter on medium heat
Add ground beef, salt and pepper
Add milk and let it simmer gently, stirring frequently
Add nutmeg and stir
Add tomatoes
Cover and cook for 3 hours, stirring occasionally
Serve with freshly grated Parmesan cheese



Suggestion: When pasta is done, toss with ¼ lb. butter.

Garlic Butter Pasta

Vegetarian



INGREDIENTS

1 box of pasta
½ lb. butter
1 cup olive oil
3 garlic buds, crushed
Salt and pepper
Parsley

DIRECTIONS

Boil pasta appropriately
Drain well and place back in pot
Add 3 crushed garlic buds, 1 cup olive oil, ½ lb. melted butter, salt and pepper to taste
Mix well and dress with parsley



Suggestion: Great with Lemon Chicken or Honey Chicken or Chicken Cubes

Gnocchi
Can Be Vegetarian



INGREDIENTS

2 lbs. potatoes, peeled
2 eggs
2¾ cups flour
½ tsp. salt
Butter to your choice
Cut up parsley

DIRECTIONS

Boil peeled, cut potatoes in salted water
Mash potatoes well
Mix together boiled mashed potatoes, flour and egg in large bowl
Form into small balls
Bring a pot of salted water to a boil
Drop gnocchi in water and cook until balls come to the top
Butter and salt to taste
Garnish with cut up parsley



Suggestion: Great with any kind of sauce, meat or marinara

Lasagna



INGREDIENTS

2 lbs. ground beef
1 can tomato sauce
1 can tomato paste
3 garlic cloves, minced
Salt, pepper, garlic salt, chili powder, Italian seasoning to taste
½ lb. mozzarella cheese, sliced
½ lb. ricotta or cottage cheese
½ cup Parmesan cheese
1 package lasagna noodles
¼ cup olive oil

DIRECTIONS

Brown meat in olive oil
Add to meat garlic, tomato sauce, paste and spices to taste
Cook lasagna, drain and toss in butter
Cover bottom of pan with meat sauce
Lay cooked lasagna on top
Spread ricotta cheese on top of cooked lasagna
Lay cooked lasagna on top of ricotta cheese
Spread meat sauce on top of cook lasagna
Place mozzarella cheese over meat sauce
Sprinkle Parmesan cheese on top
Bake at 350 for 30 minutes



Marinara Sauce

Vegetarian



INGREDIENTS

2 tbsp. olive oil
2 garlic cloves, minced
2 8 oz. cans tomatoes, crushed
2 tbsp. oregano
2 tbsp. fresh basil, chopped
2 tbsp. fresh parsley
1 to 2 boxes of any kind of spaghetti or noodles
Salt and pepper

DIRECTIONS

In large saucepan, heat garlic in oil
Add crushed tomatoes and spices
Add basil and parsley
Stir and simmer over medium heat for 1 hour



Suggestion: It is really nice to use crushed, fresh tomatoes instead of canned

Meat Sauce

INGREDIENTS

2 lbs. ground beef
or ground chicken
Garlic salt, onion salt, parsley, oregano, celery salt, chili powder, 2 bay leaves, any other spice you like
2 cans tomato sauce
2 cans crushed tomatoes
2 small cans of tomato paste
(any kind you like)
2 onions
5 garlic buds
3 stalks celery
5 carrots
½ cup vegetable oil
1 to 2 boxes of any kind of spaghetti or noodles

DIRECTIONS

Cook ground beef in vegetable oil in large pot, can also use butter
Blend onions, garlic buds, celery and carrots in blender
Add to ground beef and blend in together
Pour in tomato sauce, tomato paste, and crushed tomatoes
Add all spices *(to your own taste)*
Place on low heat and cook for 3 to 4 hours, stirring every hour or put on very low heat and cook for 5 hours
Serve with Parmesan cheese

Suggestion: Can add chopped up ham in sauce. Also see spaghetti lasagna for left-over cooked spaghetti

Noodles à La Basil
Can Be Vegetarian



INGREDIENTS

1 large can stewed tomatoes whole
2 medium cans tomato sauce
2 small cans tomato paste
1 half bag carrots, cut up
4 onions
6 garlic buds
½ cup olive oil
1 full package of fresh basil
(the more basil, the better)
Salt, pepper, garlic salt, oregano, chili, Italian seasoning, dill, thyme to taste
3 lbs. ground meat *(optional)*
2 boxes of any kind of noodles

DIRECTIONS

In a large pot, fry lightly 2 cut up onions and meat until a little brown
In the blender, liquify large can tomatoes, garlic buds, carrots, 2 onions and basil
When liquified, pour and mix into meat mixture
If vegetarian, just pour this into oil and heat
Add tomato sauce and paste
Mix well and add spices
Let cook on very low heat for 3 hours



Suggestion: Can add any kind of spices

Pasta à La Color

Vegetarian



INGREDIENTS

Any kind of pasta, except wide noodles
1 box of cherry tomatoes *(red)*
2 bunches of green onions, chopped *(green)*
1 package of fresh mushroom *(brown)*
1 onion, cut up *(white)*
4 garlic cloves
½ cup sesame oil
½ cup butter
Garlic salt, salt and pepper to taste
Parmesan or Asiago cheese

DIRECTIONS

In a large pot, lightly fry garlic and onion in sesame oil
Then add tomatoes, mushrooms, green onions and simmer for 5 minutes
Boil pasta al dente, drain and mix with melted butter
Add all vegetable and mix well
Place on plates and sprinkle with cheese
Serves 4



Suggestion: You can add any other vegetable or spice you like

Shrimp Linguine

INGREDIENTS

1 linguine package
2 tbsp. vegetable oil
1 lg. garlic clove, minced
2 tbsp. shallots, finely chopped
2 large tomatoes, chopped
¼ tsp. fresh basil, chopped
4 oz. cooked or fresh small shrimp
2 green onions, chopped
Salt and pepper to taste

DIRECTIONS

Cook linguine until al dente, drain
Toss linguine with 4 tbsp. oil or butter
In a wok heat oil
Add garlic, shallots
Then add tomatoes and basil
Add shrimp, if fresh shrimp, they must turn pink
Sprinkle with green onions
Season with salt and pepper to taste
Spoon mixture over hot linguine

Spaghetti L'Aubergine

Vegetarian



INGREDIENTS

1 eggplant, cut in 1" cubes
½ cup onion, chopped
2 garlic cloves
2 tbsp. parsley
1 can tomatoes
1 can tomato paste
½ cup tomato sauce
½ cup mushrooms
Fresh oregano
Salt and pepper to taste
1 tbsp. sugar
½ cup oil
Parmesan cheese
1 to 2 boxes of any kind of pasta or noodles

DIRECTIONS

Peel eggplant and cut in 1" cubes
In a pan, add all ingredients together and simmer on stove for 2 hours
Pour on top of pasta
Top pasta with lots of Parmesan cheese



Spaghetti Lasagna
Can Be Vegetarian



INGREDIENTS

Left over spaghetti with sauce
2 packages mozzarella cheese, shredded
1 container of Parmesan cheese

DIRECTIONS

Place 1 pkg. mozzarella cheese along bottom of flat roasting pan
Place spaghetti on top of cheese
Place 1 pkg. mozzarella cheese on top of spaghetti
Sprinkle top of mozzarella with Parmesan cheese
Cover and bake at 350 for 1 hour



Suggestion: If you like cheese browned well, uncover for last 2 minutes and broil

Sweetened Noodles

Vegetarian



INGREDIENTS

¼ lb. butter, melted

1 cup sugar

½ box raisins

3 apples, sliced

½ cup sour cream

½ cup milk

1 12 oz. package noodles, cooked

4 eggs, beaten

DIRECTIONS

Add all ingredients, except eggs

Mix well

Add eggs

Bake at 350 for 40 to 45 minutes



Vegetarian Lasagna

Vegetarian



INGREDIENTS

4 cups cottage cheese
4 cups Mozzarella cheese
2 cups cream cheese
¾ cup Parmesan cheese, grated
¾ cup milk
½ cup onion, minced
Basil, garlic salt, oregano to taste
2 cups broccoli
1 cup carrots, shredded
1 cup mushrooms, sliced
1 package lasagna noodles

DIRECTIONS

Mix well all cheese and milk, except Parmesan
Mix well broccoli, carrots, onions and mushroom with cheese mixture
Spread a little cheese mixture on bottom of baking pan
Add a layer of boiled noodles
Continue to layer cheese and vegetable mixture with noodles
Layer of cheese mixture must be top layer
Sprinkle with Parmesan cheese
Bake at 350 for 50 minutes



Suggestion: Decorate with tomato slices and basil

Vegetarian Pasta

Vegetarian



INGREDIENTS

5 tomatoes or
2 boxes of small tomatoes
2 onions
4 garlic buds
2 stalks celery
5 carrots
1 bunch dill
Cilantro *(if desired)*
2 cans tomato sauce
2 cans diced tomatoes
2 small cans tomato paste
½ cup sugar
½ cup butter
Salt, pepper, onion salt, garlic salts, chili powder, oregano, Italian seasoning, a bay leaf, chives, celery salt, or whatever spice you like

DIRECTIONS

Puree all vegetables in the blender
Melt butter in large pot
Add all ingredients to pot, including spices to your taste
Cook on low heat for 3-4 hours



Suggestion: Add green or red peppers or any other vegetable you like and have Parmesan cheese ready on table



Vegetable Side Dishes

Vegetable Hints

Cooking Time for Vegetables in Salted Water

Asparagus.....10-15 minutes
Broccoli (ends down).....10-15 minutes
Brussel Sprouts.....8-10 minutes
Carrots.....10-12 minutes
Cauliflower.....15-30 minutes
Corn.....5-8 minutes
Corn in the Cob.....place corn in cold water with 2 tbsp. sugar and take out when water is boiling
Dill.....10 minutes
Green Beans.....15-20 minutes
Leeks.....15-25 minutes
Onions.....15-20 minutes
Peas.....10-12 minutes
Potatoes.....30-35 minutes
Spinach.....3-5 minutes
Squash.....10-15 minutes

Cooking Time for Vegetables Sauté or Baked

Carrots.....bake at 350 for 1 hour
Celery.....sauté 10-15 minutes
Eggplant.....bake at 350 1 hour
Green Peppers.....bake at 375 1 hour
Mushrooms.....sauté for 8-10 minutes
Onions.....sauté 8-10 minutes
Potatoes.....bake at 425 45-60 minutes
Sweet Potatoes.....bake at 425 45-60 minutes
Tomatoes.....bake at 375 25 minutes

Breaded Broccoli



INGREDIENTS

2 lbs. broccoli
1 egg, beaten
1 cup breadcrumbs
Salt and pepper to taste
Oil for frying
¼ cup grated cheese

DIRECTIONS

Cut broccoli in 2” pieces
Mix breadcrumbs with salt and pepper
Dip broccoli into egg and then into breadcrumbs
Fry in oil until brown *(about 10 minutes)*
Keep turning broccoli
Sprinkle with grated cheese when serving



Breaded Eggplant



INGREDIENTS

1 large eggplant
¾ cup breadcrumbs
½ cup flour
1 egg, beaten
Salt, pepper, garlic powder and onion powder to taste
Oil for frying
¼ cup grated cheese

DIRECTIONS

Slice or cut peeled eggplant
Mix breadcrumbs with salt, pepper, garlic powder and onion powder
Dip eggplant into flour
Dip eggplant into egg and then into breadcrumbs
Fry in oil until brown *(about 10 minutes)*
Keep turning eggplant
Sprinkle with grated cheese when serving



Broccoli à la crème



INGREDIENTS

2 lbs. broccoli
4 tbsp. butter
1 pint heavy cream
Salt and pepper to taste
Nutmeg

DIRECTIONS

Cut up broccoli and boil
Drain well and put back in pot
Add all other ingredients and whip until smooth
Sprinkle with nutmeg when serving
Place back on stove, constantly stirring for 5 minutes



Broiled Tomatoes



INGREDIENTS

As many tomatoes as people
Breadcrumbs
Garlic salt
Butter

DIRECTIONS

Cut tomatoes in half
Sprinkle with garlic salt
Sprinkle with breadcrumbs
Put dab of butter on each slice of tomato
Broil for 2-3 minutes



Suggestion: When serving, place a little parsley on top

Candied Yams
and we mean Candied

INGREDIENTS

6 large sweet potatoes, peeled
1 whole box of brown sugar
1 cup white sugar
1 lb. butter
1 egg
2 tsp. vanilla
Salt to taste

DIRECTIONS

Boil and mash sweet potatoes
Add all other ingredients to mashed sweet potatoes
Blend very well
Bake at 350 until golden brown

Cauliflower Pancakes



INGREDIENTS

1 bunch cauliflower

1 egg

4 tbsp. breadcrumbs *(any kind)*

Salt and pepper to taste

⅓ cup oil

DIRECTIONS

Boil cauliflower in unsalted water until tender

Mash and add remaining ingredients, except oil

Drop from tip of a large spoon into hot oil

You can add 4-6 pancakes at a time depending on size of pan

Brown on both sides



Suggestion: Broccoli may be substituted in this recipe.
Always put something in oil while it is heating to prevent fire

Corn Fritters



INGREDIENTS

1 egg beaten
4 tbsp. flour
1 can creamed corn
Salt and pepper to taste
½ cup oil

DIRECTIONS

Heat oil in frying pan
Mix all other ingredients together in bowl
Drop in hot oil, 1 tbsp. at a time
Turn over so both sides are crispy



Suggestion: Always put something in oil while it is heating to prevent fire

Corn Pudding

INGREDIENTS

2 cans creamed corn
2 cans corn niblets, drained
3 eggs, whipped
2 tbsp. flour
3 tbsp. sugar
¼ lb. butter melted
1 tbsp. salt

DIRECTIONS

Mix all ingredients in large bowl
Place in 9” x 13" pan
Cover
Bake at 350 for 1 hour
For added flavor, top pudding with Durkee Onion Rings
Uncover for last 7 minutes so onion rings get crispy

Creamed Cauliflower



INGREDIENTS

2 heads cauliflower
4 tbsp. butter, melted
½ cup liquid whipped cream
2 eggs
Salt and pepper

DIRECTIONS

Boil cauliflower until soft
Mix all ingredients in blender until very smooth
Put back into pot for 10 minutes, stirring constantly



Suggestion: When serving, sprinkle with a little paprika

Creamed Spinach



INGREDIENTS

3 lbs. fresh spinach
1½ cups Bechamel sauce
(see recipe under miscellaneous)
¾ cup mayonnaise
½ cup cream
1 garlic clove
Nutmeg, salt and pepper to taste

DIRECTIONS

Boil spinach and garlic clove then puree
Make Bechamel sauce
Add spinach mixture, mayonnaise, cream and spices in Bechamel sauce



Crispy Brussel Sprouts

INGREDIENTS

Brussel Sprouts

(depending on how many people you are serving)

Garlic salt

½ cup vegetable oil

DIRECTIONS

Wash Brussel sprouts very well and take off any dark skin

In a bowl, mix Brussel sprouts with garlic salt and oil and mix well

Place on flat pan

Broil for 7 minutes

Or

Bake covered for ½ hour, then take off covering to make crispy

Fried Cauliflower

INGREDIENTS

1 bunch cauliflower
1 egg
4 tbsp. butter
1 cup breadcrumbs
Salt and pepper to taste
2 garlic cloves, chopped

DIRECTIONS

Par boil cauliflower and cut into small pieces
Dip pieces in egg and then in breadcrumbs
Salt and pepper to taste
Sauté garlic in melted butter
Fry cauliflower in butter until crisp

Suggestion: Always put something in oil while it is heating to prevent fire

Green Beans Almondine

INGREDIENTS

1 onion, diced
4 tbsp. butter
1 lb. green beans
¼ cup almonds, sliced
1 tbsp. salt
¼ tsp. pepper

DIRECTIONS

Separately sauté almonds in butter and put aside
Sauté onion in butter
Add green beans
Simmer until golden brown
Add almonds and seasonings
Yields 4 servings

Green Beans à La Bechamel



INGREDIENTS

1 lb. or 1 bag green beans
¼ lb. butter
3 tbsp. flour
2 cups milk
Salt and pepper to taste

DIRECTIONS

Par boil green beans so they are not soft

Bechamel Sauce

In a saucepan melt butter
Add flour, stirring constantly
When flour and butter are mixed, add milk, salt and pepper
Stir constantly until the sauce becomes thickened
Add green beans to sauce, blending them well
Cover on low for 15 minutes



Home Fried Potatoes



INGREDIENTS

8 potatoes

4 onions

2 cups oil

DIRECTIONS

Cut potatoes in small pieces with skin left on

Cut onion into small pieces

Fill deep frying pan with oil *(add 1 potato to avoid oil igniting)*

When oil is heated, add remaining potatoes and onions

Keep turning and fry until crispy

When finished place on paper towel and pat dry

Salt lightly and serve



Kasha and Bow Ties

INGREDIENTS

1½ cups kasha
1 egg, slightly beaten
1 tsp. salt
2 tbsp. garlic salt
3 cups boiling water
1 onion, diced
3 tbsp. butter
1 8 oz package bow ties

DIRECTIONS

Combine kasha, egg and salt in a large skillet
Stir constantly until all grains are dry and separate
Add water, cover and cook on medium heat until water is absorbed
Brown onion in butter
Cook bow ties according to package directions
Add browned onions and bow ties to kasha
Yields 10 servings

Mashed Potatoes



INGREDIENTS

2 lbs. potatoes, peeled and cut into chunks
1½ cups heavy cream
1 egg
4 tbsp. butter, cut into cubes
Salt and pepper to taste
Fresh chives, minced

DIRECTIONS

Boil potatoes until soft
In blender, place potatoes with rest of ingredients, except chives
Blend until creamy and smooth
Place potatoes back in pot, constantly stirring for 2-3 minutes
When done, place on plate and scatter chives on top



Suggestion: Delicious with fried onions on the top

Potatoes à La Crème

INGREDIENTS

12 medium sized potatoes
1 8 oz. package cream cheese
1 cup sour cream
Salt and pepper to taste
Garlic salt to taste
1 garlic clove, minced
½ cup chives, chopped
2 tbsp. butter
Paprika

DIRECTIONS

Boil and mash potatoes
Add together all ingredients to mashed potatoes, except butter and paprika
Place in greased baking dish
Sprinkle top with paprika and dot with butter
Bake uncovered at 350 until golden brown

Potato Pancakes



INGREDIENTS

8 potatoes, peeled and uncooked
3 eggs
Salt and pepper to taste
1 onion, grated
1 cup matzah meal or breadcrumbs
Oil for frying

DIRECTIONS

Peel and grate uncooked potatoes
Drain all water
Add eggs, salt, matzah meal *(or breadcrumbs)* and onion
Mix well
Spoon into heated frying pan and fry until very crispy
Place on paper towel when done to remove excess oil



Potato Stuffing



INGREDIENTS

1 box fresh mushroom
7 onions, chopped
¼ lb. butter
3 lbs. potatoes
1 egg, beaten
Salt and pepper to taste

DIRECTIONS

Sauté onions and mushrooms in butter
Boil potatoes and mash
Add egg to mashed potatoes, blending in
Add cooked onions and mushrooms
Add seasonings to taste
Place covered in roasting pan and bake for 5-10 minutes



Spinach Dolled Up



INGREDIENTS

½ cup onion, chopped
1 pkg. spinach, thawed and drained
1 cup cream or milk
Nutmeg, salt and pepper to taste
1 tbsp. flour
6 slices bacon
Oil for frying

DIRECTIONS

Mix cream or milk with spinach, set aside
Fry bacon and onion together
When done, drain and chop finely
Stir flour into bacon and onion
Mix in with spinach and cream
Heat on low till warm
Add nutmeg, salt and pepper to taste



Suggestion: If vegetarian, bacon can be omitted

Squash



INGREDIENTS

1 large squash
¼ lb. butter
½ cup brown sugar
Salt and pepper to taste
¼ tsp. nutmeg

DIRECTIONS

Bake squash until soft
Remove squash from skin
In blender, add all ingredients and puree



Suggestion: If desired, can add ¼ cup heavy cream

Stuffed Tomatoes



INGREDIENTS

6 fresh tomatoes
4 tbsp. butter
2 tbsp. onion, minced
2 cups mushroom caps, diced
½ cups milk or cream
1½ tbsp. flour
Salt, pepper, celery salt, garlic salt to taste
1 cup butter breadcrumbs

DIRECTIONS

Scoop out center of tomatoes
Sprinkle with spices
Melt butter and add onion, mushroom caps, flour and
½ cup milk or cream
Cover and simmer for 5 minutes
Place in scooped out tomatoes
Cover with breadcrumbs
Bake at 400 for 10 minutes
DELICIOUS



Sweet Carrots



INGREDIENTS

Bag of fresh carrots, cut up
4 tbsp. butter, melted
8 tbsp. brown sugar
4 tbsp. maple syrup *(optional)*
1 cup raisins

DIRECTIONS

Place all ingredients in bowl and mix
Bake in an 8” square pan covered for 2 hours



Suggestion: Can add a can of cut up pineapple drained

Sweet Potato Dish



INGREDIENTS

4-6 sweet potatoes
(depending on how many people you are serving)
¼ to ½ cup butter
(depending on how many potatoes you use)
Salt and pepper
1 cup heavy cream, half and half or milk
1 bag small marshmallows
1 can crushed pineapple, drained
Salt and pepper

DIRECTIONS

Peel and boil sweet potatoes until soft
Puree in blender
Add melted butter, cream *(or milk or half and half)*
Salt and pepper to taste
Add can of drained pineapple
Place in pan
Top with marshmallows
Bake at 350 until marshmallows are crisp



Suggestion: If desired, can add ¼ cup whipped cream on top

Zucchini Italiano



INGREDIENTS

1 onion, diced
1 cup celery, diced
1 garlic clove, minced
⅓ cup oil
2 zucchinis, sliced
2 tomatoes, diced
1 green pepper, diced
Salt and pepper to taste
½ cup breadcrumbs
½ cup Parmesan cheese

DIRECTIONS

Sauté onion, celery and garlic in oil
Add zucchini, tomatoes and green pepper and brown lightly
Place in a casserole dish
Sprinkle with seasoning, breadcrumbs and cheese
Bake at 350 for 30 minutes
Yields 6 servings




Rice Variety

Rice Hints

COOKING RICE

Bring water to boil with salt and then cook 16-18 minutes.

FREEZING RICE

Do not freeze rice as it tends to harden.

MICROWAVE

Uncovered for 10 minutes – do not stir while it is cooking.

PERFECT RICE

Use snug cover on pot.

REHEATING

Add a little water to cover bottom of pan, spoon in rice and steam for 5 minutes.

WHITE RICE

Add 2 tsp. of lemon juice to keep rice white.

VARIETIES

There are over 40,000 varieties of cultivated rice said to exist.

Use any type of rice you prefer, such as white rice, brown rice, long grain rice, basmati rice, Japanese rice or sticky rice, with the following recipes.

Brazilian Rice

Stir fry in oil 1 onion chopped, 1 garlic glove minced, salt and pepper to taste. Simmer for 10 minutes and add to cooked rice.

Burmese Rice

Stir fry in oil ¼ cup peanuts, 1 cup grated coconut, ½ cup sesame seeds, 1 small piece of ginger, ¼ cup coriander. Simmer for 10 minutes and add to cooked rice. Blend in 1 cup coconut milk after everything is blended with rice.

Chinese Rice

Stir fry in oil ½ cups peas, ½ cup carrots diced, ½ cup onions diced, 3 green onions, 2 tbsp. soy sauce, 1 cup cut up pineapple. Simmer for 10 minutes and add to cooked rice.

Chicken Fried Rice

Stir fry in oil and 4 tbsp. soy sauce, 1 onion chopped, 2 garlic cloves minced, 2 celery stalks chopped, 1 carrot cut in little pieces, 2 cups cooked chicken. Simmer for 10 minutes and add to cooked rice.

Curry Rice

Sauté in 2 tbsp. butter, 1 onion finely chopped, 1 cup grated coconut, 2 garlic cloves minced, pour in 1 cup coconut milk, 4 tbsp. curry powder, salt and pepper to taste. Simmer for 10 minutes. Add to cooked rice.

German Rice

Sauté in 2 tbsp. butter 3 cucumbers peeled and sliced, 3 tomatoes diced, ½ cup crushed basil, 1 onion chopped, salt and pepper to taste, ½ cup grated cheese. Mix all together and add to cooked rice.

Indian Rice

In 4 tbsp. oil, sauté 1 cup peas, 1 onion finely chopped, 1 garlic clove minced, 1 carrot grated, 1 tsp salt. Add to rice 1 tbsp. cinnamon, 1 tsp. lemon juice. Mix all ingredients into rice and then pour 3 tbsp. melted butter over rice. Sprinkle with nuts, raisins and pineapple bits on top.

Indonesian Rice

Sauté in oil 1 onion finely chopped, ½ tsp. turmeric, salt and pepper to taste, and 4 tbsp. curry powder. Add 3 cloves garlic at end. Then add to cooked rice, mix well and remove cloves.

Italian Rice

Cook rice in vegetable stock. Then add ¼ cup Parmesan cheese, 2 tbsp. butter, ⅛ tsp. paprika, salt and pepper to taste. Bake at 300 for 1 hour.

Japanese Rice

Mix together ½ cup vinegar, ½ cup sugar, 1 tsp. salt. Pour over cooked rice. As a dip, mix together soy sauce and horseradish.

Mexican Rice

Blend in a blender 4 green chilies, 1 garlic clove, ½ cup onion, ½ cup parboiled carrots, 1 cup grated cheese and cook in pot for 15 minutes. Toss rice in 2 tbsp. butter and add mixture.

Onion Rice

Fry 2 finely sliced onions in 2 tbsp. butter until crisp. Put aside. Mix together salt and pepper to taste, 3 tbsp cinnamon, ½ tsp. chili powder, 1 tsp lemon juice. Add mixture to cooked rice and fold in fried onions. Sprinkle raisins on top.

Philippine Rice

Sauté in 5 tbsp. oil 5 garlic cloves crushed, 3 green onions chopped, add 3 tbsp. soy sauce. Add to cooked rice.

Spanish Rice

Stir fry 2 onions diced, 4 tomatoes diced, 2 garlic cloves minced, 3 green chilies, ½ tsp. turmeric, 1 tsp. paprika, salt and pepper to taste. Sauté for 10 minutes and add to cooked rice.

Thai Rice

Add to rice 2 tbsp. lemon juice and 2 tbsp. lime juice. Place slices on top.

Vegetable Rice

Sauté in 2 tbsp. oil, 2 cups peas, ½ cup chopped celery, ½ cup chopped onion, 1 cup chopped broccoli par boiled, ½ cup grated cheese. Sauté for 10 minutes and add to cooked rice.



Soups

Soup Hints

ADD
Rice to any soup, yummy.

CHEESE
Add grated cheese to vegetable or potato soup and put under broiler.

COOKING
The longer it cooks, the better it tastes.

CRÈME FRAIS
Is great with any cream soup.

PEAS
Empty pea pods add great flavor to soup but remove when serving.

FREEZING
Leave room for expansion at top of container.

GARNISHES
Croutons, parsley, crumbled potato chips, thin slice of lemon or cucumber.

SPICES
Try to use fresh oregano, parsley and basil whenever possible.

Bean and Barley Soup
Can Be Vegetarian

INGREDIENTS

6 pieces flanken *(short ribs - optional)*
1 bone marrow
4 cups water
½ cup white barley
½ cup lima beans
3 carrots, cut up
1 onion, cut up
2 celery stalks, cut up
Salt, pepper, garlic and onion salt to taste

DIRECTIONS

Boil flanken and bone marrow in water, skimming top
Add rest of ingredients
Simmer for 3 hours

Bean'n Ham Soup
Can Be Vegetarian



INGREDIENTS

4 cups chicken or vegetable stock
4 pieces of cooked ham cut up *(optional)*
2 cups white beans
2 onions, minced
1 stalk celery, chopped
1 carrot, chopped
Salt, pepper, celery salt or any other spice you prefer
½ cup cream

DIRECTIONS

Cook beans in stock for 10 minutes
Add all other ingredients except cream
Cook for 1 hour
Add cream 10 minutes before serving



Suggestion: Great when served with garlic croutons

Chicken Soup

INGREDIENTS

2 large chicken breasts
Chicken bouillon powder
6-8 cups water
2 cups carrots
4 celery stalks, cut up
1 onion, cut up
4 garlic buds
2 stalks of fresh dill
Seasoning of salt, garlic salt, garlic powder and pepper

DIRECTIONS

Cut up chicken into quarter pieces
Place in water and boil
When boiling, skim the top to take off the fat from the chicken
Turn stove on to low heat
Add chicken bouillon
Add cut up carrots, celery, onion and garlic
Place full heads of dill
Add seasoning to taste
Let simmer for 2 hours

***Suggestion:** If you want to add matzah balls, get Manischewitz Matzah Ball mix and follow instructions. It's also good with noodles or rice. Just cook noodles or rice and add to soup*

Corn Chowder

Vegetarian



INGREDIENTS

2 onions, diced

3 tbsp. butter

2 tbsp. flour

2 cups water

4 potatoes, peeled and sliced

2 cans corn niblets

3 cups milk

Salt and pepper to taste

DIRECTIONS

Sauté onions in butter and stir in flour

Add water and potatoes

Cover and cook until potatoes are soft

Add corn and milk

Simmer for 5 minutes



Cream of Asparagus Soup
Can Be Vegetarian



INGREDIENTS

1 lb. asparagus cut into 2 lengths
1 onion, chopped
2 tbsp. butter
2 tbsp. flour
4 cups chicken broth or vegetable broth
½ cup heavy cream
Salt and pepper to taste

DIRECTIONS

Sauté onions in butter until soft
Stir in flour
Add chicken or vegetable broth
Add asparagus
Cover and cook for 30 minutes
Add cream, salt and pepper
Put in blender to puree
Place back in pot and simmer for 30 minutes



Cream of Carrot Soup
Can Be Vegetarian



INGREDIENTS

2 bags small carrots
1 onion
2 apples, peeled and cut up
4 stalks celery, cut up
1 pint heavy cream
4 cups chicken or vegetable broth
½ cup maple syrup
Salt to taste

DIRECTIONS

Boil carrots, onion, apples and celery in chicken or vegetable broth
Place ingredients in blender on liquid
Place back in pot and add 1 pint heavy cream and maple syrup
Blend well and cook for ½ hour
If too thick add some water or milk – **do not allow to boil**



Cream of Mushroom Soup
Can Be Vegetarian



INGREDIENTS

1½ cups chicken or vegetable broth
1½ tbsp. flour
1½ tbsp. butter
1 box fresh mushrooms
1 tbsp. lemon juice
1 bunch green onions
2 onion, chopped
2 garlic cloves
Salt, pepper and garlic salt to taste
1 pint heavy cream

DIRECTIONS

Pour lemon juice over mushrooms
Brown onions, garlic, green onions and mushrooms in butter until soft
Add flour and stir
Add chicken broth, cream and seasoning
Blend well
Simmer for 40 minutes



Suggestion: When serving add a teaspoon of crème frais

Cream of Sweetened Squash Soup
Can Be Vegetarian



INGREDIENTS

1 large squash, baked
1 onion
¼ lb. butter
Salt and pepper to taste
1 tsp. nutmeg
1 tsp. cinnamon
½ tsp. turmeric
1 pint whipped cream
3 cups chicken or vegetable stock
½ cup maple syrup
1 cup brown sugar

DIRECTIONS

On low heat, sauté onion in butter
Add chicken or vegetable stock
Mash baked squash and add to soup
Add brown sugar, maple syrup, nutmeg, cinnamon, turmeric, salt and pepper
Blend with hand mixer or put in blender
Add pint of whipped cream
Cook on very low heat for 45 minutes
– do not allow to boil



Suggestion: When serving add a teaspoon of crème frais

Cauliflower Cheese Soup
Can Be Vegetarian



INGREDIENTS

1 head cauliflower
1 cup onion, chopped
½ cup butter
2 tbsp. butter
2 cups half and half
½ tsp. Worcestershire sauce
4 cups chicken or vegetable broth
1 cup any kind of cheese you like grated
2 tbsp. flour
Salt

DIRECTIONS

Cut cauliflower into small pieces
Cook in salted water, drain and reserve liquid
Sauté chopped onions in 2 tbsp. butter until soft
Blend in flour and add chicken or vegetable broth
Stir constantly until mixture comes to a boil
Stir in reserved liquid, half and half, ½ cup butter and Worcestershire sauce
Add cauliflower and grated cheese
Simmer for ½ hour



French Onion Soup

Vegetarian



INGREDIENTS

2 packages dry onion soup mix
4 medium onions
3 tbsp. butter
Dried French bread slices *(or any kind of bread you like)*
¼ lb. mozzarella cheese
2 tbsp. Parmesan cheese, grated

DIRECTIONS

Prepare soup according to package directions
Sauté onions in butter until golden brown
Add to soup and simmer
Pour soup into individual oven proof bowls
Top each bowl with cubes of bread
Cover with mozzarella and Parmesan cheese
Broil until cheese bubbles, about 5 minutes



Italian Soup

INGREDIENTS

1 lb. lean stewing beef, cut in small pieces
4 tbsp. butter
6 cups beef bullion
2 cups canned tomatoes
1 onion, diced
3 carrots, diced
3 stalks celery, diced
1 cup cabbage, thinly sliced
2 dill stalks, minced
Salt and pepper to taste
Garlic salt, onion salt and Italian seasoning to taste
1 bay leaf

DIRECTIONS

Sauté meat in butter with spices until soft
Place meat in beef bullion and bring to a boil
Skim and then add remaining ingredients
Cover and simmer for 3 hours
When you refrigerate soup, fat will come to the top
If you like soup leaner, just skim top

Minestrone Soup
Can Be Vegetarian



INGREDIENTS

¼ cup olive oil
1 cup onions, chopped
1 cup carrots, chopped
1 cup celery, chopped
2 garlic cloves, minced
2 potatoes, peeled and chopped
2 cups cabbage, chopped
1 leek, shredded
1 cup white beans, drained
6 cups chicken or vegetable stock
Salt and pepper to taste
¼ cup parsley, chopped
4 tbsp. butter

DIRECTIONS

Sauté all vegetables in olive oil, except parsley
Add chicken or vegetable stock
Add rest of ingredients
Simmer for 1 hour
When ready to serve, garnish with parsley



Suggestion: Can also add any kind of cooked pasta

Pumpkin Soup

Vegetarian



INGREDIENTS

1 can pumpkin
2 medium onions, diced
4 cups water
½ cup heavy cream
1 cup milk
8 tbsp. butter
Salt and pepper to taste
Nutmeg to taste
2 tbsp. flour
1 tsp. soy sauce

DIRECTIONS

Sauté pumpkin and onions in 4 tbsp. of butter
Sprinkle salt, pepper, flour and nutmeg
Add water, cover and let simmer to 1 hour
In blender, put soup, 4 tbsp. melted butter, milk and cream
When soup is served, pour soy sauce on top



Pumpkin Squash Soup
Can Be Vegetarian



INGREDIENTS

1 banana squash, peeled and diced
1 medium potato, diced
4 tbsp. butter
1 onion, diced
4 garlic buds, minced
1 cup heavy cream
3 cups chicken or vegetable broth
1 can pumpkin
1½ tsp. fresh parsley
2 tbsp. sugar
Salt and pepper to taste

DIRECTIONS

Using large pot on medium heat, sauté squash and potato in butter
Add onion and garlic, stirring constantly until onion is translucent
Add chicken or vegetable broth and bring to a boil
Reduce heat and simmer for 35 minutes
Add canned pumpkin, parsley and sugar and simmer for 25 minutes
Puree in food processor or blender
Return to pot and stir in heavy cream
Season to taste
Makes 6-8 servings



Squash Creamed Soup
Can Be Vegetarian



INGREDIENTS

1 squash
1 tbsp. oil
½ cup carrots
½ cup celery
½ cup onion
6 garlic cloves, minced
4 tbsp. butter
4 cups chicken or vegetable bullion
2 cups heavy cream
Nutmeg, sage, salt and pepper

DIRECTIONS

Bake squash in oven until soft
In large pot fry carrots, celery, onion and garlic in butter until soft
Add squash and rest of ingredients
Let cook for 1 hour
Place in blender and puree



Suggestion: Lovely dabbed with crème fraise when serving

Vegetable Soup

Vegetarian



INGREDIENTS

4 potatoes, peeled
2 onions
4 carrots
4 celery stalks
1 dill stalk
4 garlic buds, minced
2 tbsp. butter
Any other vegetables you want to add
4- 6 cups chicken or vegetable stock
(depending on how many vegetables you use)
Salt, pepper, garlic salt, onion salt or any other spice you want to add

DIRECTIONS

Prepare 4-6 cups of chicken or vegetable stock in large pot
Cut all vegetables into small pieces
Add 2 tbsp. butter
Place vegetables into stock and season to taste
Cook for 3 hours, constantly stirring



Vegetable Creamed Soup

Vegetarian



INGREDIENTS

4 potatoes, peeled
2 onions
4 carrots
4 celery stalks
1 dill stock
2 apples, peeled
2 tbsp. butter
1 pint heavy cream
Any other vegetable you want to add
4- 6 cups chicken or vegetable stock
(depending on how many vegetables you use)
Salt, pepper, garlic salt, onion salt or any other spice you want to add

DIRECTIONS

Boil vegetables and apples in vegetable stock, then put all ingredients into blender and liquefy, except heavy cream
Place back in pot and add 1 pint heavy cream
Cook on low heat for 30 minutes more -**do not allow to boil**



Vichyssoise - Potato-Leek Soup
Can Be Vegetarian



INGREDIENTS

4 leeks
2 onions
6 potatoes
4 cups chicken or vegetable broth
1 pint heavy cream
2 tsp. Worcestershire Sauce
Salt, pepper
¼ cup butter

DIRECTIONS

Wash leeks very well and cut off green stems and slice
Wash and skin potatoes and cut up in 8 pieces
Cut up onion
Place onion, leeks and potatoes in chicken or vegetable broth and bring to boil
Simmer until all vegetables are soft
Put soup in blender and blend very well
Place back in pot and pour in heavy cream and butter
Add salt and pepper
Cook on low heat for 30 minutes – **do not allow to boil**



Suggestion: Can be served cold or hot. When serving, a teaspoon of crème fraise is wonderful


Vegetarian Dishes

Vegetarian Dish Hints

BAKED POTATOES

Before baking, prick skin with a fork to let steam escape.

CABBAGE

Drop a walnut into boiling water to eliminate odor.

CARROTS

Add a little sugar to cold water to keep carrots fresh.

DILL

Store in tightly closed jar to keep fresh.

GRATED POTATOES

Put directly into a bowl of cold water to prevent them turning dark.

MASHED POTATOES

Add 1 tsp. of baking powder before mashing – makes potatoes creamier.

MUSHROOMS

Fresh mushroom must be cooked immediately after washing.

Cheese Pie

INGREDIENTS

4 cups corn flakes crumbled
1 cup flour
½ cup brown sugar
1 tsp. baking powder
½ cup butter, melted
2 lbs. dry cottage cheese or ricotta cheese
¾ cup white sugar
¼ tsp. salt
1 tsp. vanilla
1 tsp. lemon juice
4 eggs

DIRECTIONS

Mix first 5 ingredients together and place in baking pan, leaving ½ cup
Then, beat together until smooth eggs, dry cottage cheese or ricotta cheese, white sugar, 1 tbsp. of flour, salt, vanilla, and lemon juice
Place mixture on top of corn flake mixture
Place ½ cup of corn flake mixture on top of cheese mixture
Bake covered at 325 for 1 hour and then at 350 for 15 minutes

Chinese Tofu

INGREDIENTS

1½ lb. tofu, cut up
⅓ cup peanut oil
2 cups celery, chopped
2 cups onion, chopped
1 cup bean sprouts
1 can sliced water chestnuts
¼ lb. snow peas, stems removed
1 cup soy sauce
1 tsp. cornstarch
2 cups cashew nuts

DIRECTIONS

Fry cut up tofu in peanut oil until brown
Add all vegetable ingredients
Mix cornstarch and water and cook stirring, until slightly thickened and glazed
Add soy sauce and cashew nuts, constantly stirring
Cook for 5 minutes or more

Suggestion: You can also add roasted almonds. Serve with rice

Curry Craze



INGREDIENTS

1 cup carrots, parboiled and diced
1 cup green beans, boiled
3 potatoes, boiled and diced
½ cauliflower, boiled and cut up
1 cup onions, chopped
1 cup tomatoes, pureed
1 cup cottage cheese
½ cup raisins
½ cup cashew nuts
½ cup pineapple, cut up
1 cup peas
2 tbsp. ginger
1 tbsp. flour
1 tsp. chili powder
1 tsp. coriander
¼ tsp. turmeric
2 tbsp. curry powder
1 cup yogurt
2 cups water
Salt and pepper to taste
Oil for frying

DIRECTIONS

Fry onions in oil until transparent
Add flour and ginger and stir
Add tomatoes and spices and stir
Pour in yogurt, stir and then add water
Bring to a boil and simmer for 3 minutes
Add cottage cheese, vegetables and pineapple
Mix well and simmer for 5-10 minutes
Pour onto plate and sprinkle with cashew nuts and raisins
Yields 6-8 servings



Eggplant Parmesan

INGREDIENTS

1 large eggplant
1 cup breadcrumbs
1 tsp. garlic salt
Salt and pepper to taste
1 egg
1 large can tomato sauce
1 package Mozzarella cheese
¼ cup Parmesan cheese

DIRECTIONS

Cut eggplant in slices
Dip in beaten egg
Then dip in breadcrumbs mixed with spices
In a flat roasting pan, spread tomato sauce
Place eggplant over sauce, not touching each other
Cover with mozzarella cheese
Sprinkle with Parmesan cheese
Cover and bake at 350 for 1 hour
Uncover and broil top 1 minute for crispy cheese

Suggestion: Delicious with oil and garlic pasta

Eggplant Soufflé

INGREDIENTS

1 medium size eggplant
3 tbsp. butter
2 tbsp. flour
1 cup milk
¾ cup breadcrumbs
1 onion, grated
1 tbsp. ketchup
2 eggs, separated
1 cup mozzarella cheese, grated *(or any cheese you prefer)*
Salt, pepper or any other spice you prefer

DIRECTIONS

Peel eggplant and cut into small pieces
Cook in boiling salted water until tender
Drain thoroughly and mash
Make a cream sauce with butter, flour and milk - *(Bechamel sauce)*
Add all ingredients together, Bechamel sauce, breadcrumbs, onion, ketchup, seasoning and beaten egg yolks
Beat eggs whites and fold in
Pour into buttered casserole dish
Back at 350 for 45 minutes

Mushroom Madness



INGREDIENTS

½ cup butter
½ cup milk
½ cup heavy cream
½ cup grated cheese *(of your choice)*
½ cup yogurt
1 onion, finely chopped
3 cups mushrooms, chopped
Salt and pepper to taste
Pinch of dry mustard

DIRECTIONS

Sauté onions and mushroom in butter
Stir in milk and bring to a boil
Add cheese until it melts
Stir in remaining ingredients
Keep stirring for 1 minute and remove from heat
Serve as main dish with bread



Potpourri Potatoes



INGREDIENTS

4-6 potatoes

(depending on how many people you are serving)

4-6 carrots

2 onions

2 garlic buds

Garlic salt

Paprika

Pepper

½ cup vegetable or sesame oil

DIRECTIONS

Cut up all vegetables and place in flat roasting pan

Cover vegetables with seasoning and oil

Mix well

Cover pan with tin foil

Bake for 1½ hours at 350

Optional: take cover off for 5 minutes and broil for crispiness



Suggestion: If preparing ahead of time, refrigerate until ready to bake

Spinach Casserole



INGREDIENTS

2 lbs. fresh or frozen spinach
½ lb. cream cheese
½ lb. butter
Salt and pepper to taste
1 cup breadcrumbs

DIRECTIONS

Wash spinach and cook for 5 minutes in salted water
Drain and chop
Mix spinach with cream cheese, ¼ lb. melted butter and seasonings
Place in casserole dish
Melt remaining butter and toss with breadcrumbs
Sprinkle over casserole
Bake at 350 for 30 minutes, until bubbly and lightly browned



String Bean Stir Fry

INGREDIENTS

1 bag string beans
3 tomatoes, pureed
3 garlic cloves, finely chopped
½ cup soy sauce
Salt and pepper to taste
½ cup oil

DIRECTIONS

Place string beans in boiling water for 5 minutes, then drain water
Fry garlic in oil
Add pureed tomatoes
Add drained string beans
Add soy sauce, salt and pepper
Simmer for 8 minutes

Vegetable Heaven



INGREDIENTS

1 large cauliflower
1 cup carrot, diced and parboiled
4 potatoes, boiled and cubed
⅓ cup butter
⅓ cup flour
¾ tsp. salt
Salt and pepper to taste
1 cup peas, fresh or frozen, thawed
½ cup mushrooms
2 cups grated cheese *(of your choice)*

DIRECTIONS

Boil cauliflower in salted water until tender, then cut up
Melt butter in saucepan and mix with flour, salt and pepper
Stir until it boils and thickens
Add peas, mushrooms, carrots and potatoes
Then add cut up cauliflower and 1 cup of cheese
Transfer to a baking dish and cover with remaining 1 cup of cheese
Bake at 350 for 30 minutes





Desserts

Dessert Hints

APPLES
First prick skin with fork so they do not burst during baking.

BANANAS
To prevent discoloration, sprinkle banana slices with lemon juice.

CEREALS
Crumbled makes extra good toppings for desserts.

CHOCOLATE
Melts in microwave in approximately 1½ minutes.

JELLO
First grease pan or dish with grease of your choice to prevent sticking.

WHIPPING CREAM
First chill bowl and beaters.

WHIPPING CREAM
½ pint whipping cream yields 2 cups when whipped.

Almond Squares



INGREDIENTS

½ cup white sugar
½ cup soft butter
2 eggs, separated
1 tsp. almond flavoring
1½ cups flour
⅛ tsp. salt
1 tsp. baking powder
1 cup brown sugar
¼ cup slivered almonds *(optional)*

DIRECTIONS

Beat butter, white sugar, egg yolks and almond flavoring until fluffy
Add dry ingredients and mix well
Pour into a greased 9" square baking pan
Beat egg whites until stiff
Fold in brown sugar
Pour over base
Sprinkle with almonds *(optional)*
Bake at 350 for 40-45 minutes



Almond Torte



INGREDIENTS

1 roll pure almond paste, cut in small pieces
½ cup sugar
1 stick butter at room temperature
3 eggs at room temperature
¼ tsp. almond extract
½ cup cake flour

DIRECTIONS

In electric mixer on low speed, blend almond paste, sugar and butter
Continue mixing, adding one egg at a time
Add almond extract
Mix on high until batter is light and fluffy
Gently fold in flour until blended
Bake at 350 in greased and floured pan for 30-35 minutes



Suggestion: This is an old tradition cake called Frangipane Cake

Apple Bread Pudding



INGREDIENTS

6 slices white bread
½ lb. butter
6 apples, pared and quartered
1 tsp. vanilla
¼ cup sugar
1 pint whipping cream

DIRECTIONS

Fry bread in ¼ lb. butter until they become toasted
Cook apples in ¼ lb. butter until tender
Add vanilla and sugar to tender apples
Line a baking pan with toast on bottom and sides
Fill with apples and cover with remaining toast
Bake at 325 for 30 minutes
When cooled, cover with whipped cream
Yields 6 servings



Apple Crunch



INGREDIENTS

8 apples, peeled and cut up
½ cup cinnamon sugar *(mix cinnamon and sugar together)*
¼ cup lemon juice
1 cup flour
½ cup brown sugar
½ cup butter, softened

DIRECTIONS

Peel and cut up apples
Mix well with cinnamon sugar mix and lemon juice
Place in baking pan
Mix together butter, brown sugar and flour until crumbly
Place on top of apples
Bake at 425 for 30 minutes



Suggestion: Great to serve hot with vanilla ice cream

Baked Apples



INGREDIENTS

4 apples, unpeeled
8 tbsp. butter, softened
½ cup brown sugar
2 tbsp. cinnamon

DIRECTIONS

Cut apples in half
Cut out middle seeds
Mix together butter, brown sugar and cinnamon
Place 1 tbsp. on each apple
Bake at 350 for 30 minutes or until apples are soft



Suggestion: Great served with whipped cream or ice cream on top

Berry Cobbler

INGREDIENTS

4 to 5 cups any berry you prefer or a mixture of berries
1 cup sugar
2 tbsp. cinnamon
6 tbsp. butter
¾ cup flour
1½ cups brown sugar

DIRECTIONS

Mix berries well with sugar and cinnamon and place in 9” pan
Mix together butter, flour, brown sugar and pat over berries
Bake at 350 for 1 hour or until berries bubble at the top

Suggestion: Also great with peaches

Bread Pudding



INGREDIENTS

2 eggs
1 cup sugar
½ tsp. salt
1 tsp. cinnamon
1 tsp. vanilla
4 cups milk
2 cups bread, finely cut up
½ cup butter, melted
1 cup raisins

DIRECTIONS

Beat eggs until mixed
Add sugar, salt and flavoring
Heat milk and pour over bread
Stir in egg mixture, raisins and melted butter
Pour into greased baking dish
Bake at 350 for 60 minutes



Suggestion: Can add chocolate chips if desired…also delicious with cream poured over when serving

Bread Pudding à la Grandma



INGREDIENTS

6 cups warm milk

6 eggs

1 cup sugar

1 tbsp. cinnamon

1 tsp. vanilla

6 slices bread

Coconut and raisins *(optional)*

DIRECTIONS

Break up bread and put into a 9" x 13" pan

Beat eggs, sugar, cinnamon and vanilla together

Add warm milk

Pour over bread

Sprinkle amount of optional ingredients over top

Bake at 350 for 1 hour



Brownies



INGREDIENTS

2 oz. unsweetened chocolate
¼ lb. butter
1 cup sugar
2 eggs, well beaten
½ cup flour
⅛ tsp. salt
1 tsp. vanilla
2 tbsp. powdered sugar
½ cup nuts, raisins, chopped, or shredded coconut *(optional)*

DIRECTIONS

Melt chocolate and butter
Mix with all ingredients
Pour in greased 8” square baking pan
Bake at 350 for 30 minutes
Sprinkle top with powdered sugar



Cheesecake



INGREDIENTS

1 8 oz. cream cheese
1 16 oz. sour cream
5 eggs
½ tsp. vanilla
1 cup sugar
1 tbsp. lemon juice

DIRECTIONS

Beat cream cheese, sour cream and eggs
Add sugar, vanilla and lemon juice, mixing well
Pour into an 8" square baking pan or spring-form pan at 325 for 40 minutes
Turn oven off and leave for 1 hour



Suggestion: When cool, you can add strawberries, or any other berry. Mix berries with a little sugar and water

Cheesecake Dynamite

INGREDIENTS

Crust	Filling	Topping
Crumbs from 16 graham crackers	1 16 oz. cream cheese	1 pint sour cream
½ stick butter	⅓ cup sugar	½ cup sugar
1 tbsp. honey	4 eggs	1 tsp. vanilla
1 tbsp. flour	1 tsp. vanilla	
	2 tbsp. lemon juice	

DIRECTIONS

Crust

Mush up ingredients with fingers and press firmly into bottom of pan

Filling

Blend until smooth and creamy, pour on top of crust

Bake at 375 for 25 minutes

Topping

Blend together well, pour on top of cooled filling

Bake at 375 for 5-8 minutes

Refrigerate overnight for firmness

Chocolate Fudge

INGREDIENTS

1 cup carnation milk
2 cups sugar
3 squares milk or unsweetened chocolate
½ cup nuts *(optional)*
2 tbsp. corn syrup
Pinch of salt
3 tbsp. butter

DIRECTIONS

Melt butter and chocolate together
Add all ingredients together in pot
Cook until thick
Pour into an 8" square baking pan
When cooled, cut into small squares

Suggestion: If desired, add nuts

Cinnamon Twists

INGREDIENTS

3 eggs
1 cup sugar
¾ cup oil
2 tsp. baking powder
3 cups flour
1 cup cinnamon sugar

DIRECTIONS

Blend well eggs, sugar and oil
Stir in baking powder and flour
Roll pieces of dough into long, pencil-thick rolls
Dip in cinnamon sugar
Twist into figure 8's
Place on lightly greased baking sheet
Bake at 375 for 10-12 minutes
Yields about 4 dozen

Coconut Rolls



INGREDIENTS

1-2 cups coconut
2 6 oz. package of milk chocolate chips
4 oz. cream cheese
1 cup miniature marshmallows

DIRECTIONS

Melt chocolate
Add cream cheese until completely blended
Fold in marshmallows
Place coconut onto tin foil
Spoon mixture onto coconut
Roll tin foil as if making a small loaf, close ends
Place in refrigerator for 1 hour
Take out and slice then return to refrigerator until ready to serve



Suggestion: Can add cut up Maraschino Cherries

Deep Dish Apple Pie



INGREDIENTS

7 cups apples, peeled and sliced
1 cup sugar
½ cup flour
2 tbsp. flour
½ tsp. nutmeg
½ tsp. cinnamon
¼ lb. butter
2 tbsp. lemon juice

DIRECTIONS

Mix ½ cup sugar, 2 tbsp. flour, nutmeg and cinnamon and coat apples with it
Place apples in 9” pan
Crumble butter, ½ cup sugar, ½ cup flour and lemon juice
Cover apples with crumbles
Cover tightly
Bake at 425 for 1 hour



Graham Squares



INGREDIENTS

1 6 oz. package of chocolate chips
2 cups graham cracker crumbs
1 can condensed milk

DIRECTIONS

Combine all ingredients and mix very well
Pour into an 8" square baking pan
Bake at 350 for 25 minutes
Cook and cut into squares

Jello Raspberry Sweet Cream

INGREDIENTS

1 6 oz. package raspberry Jello
2 cups boiling water
1 cup heavy whipped cream mixed with 1 cup cold water
1 box fresh raspberries

DIRECTIONS

Melt Jello in 2 cups boiling water
Blend well heavy cream and water mixture
Add raspberries, spooning well
Chill



Jello - Sour Cream Dessert

INGREDIENTS

1 3 oz. pkg. Jello *(any flavor you like)*
1 cup graham wafer crumbs
1 pint sour cream
1 egg
1 tsp. vanilla
½ cup sugar

DIRECTIONS

Prepare Jello according to package instructions
Chill until partially set
Place ⅓ cup graham wafer crumbs at the bottom of 9" greased pan
Blend well sour cream, egg, vanilla and sugar
Pour half of sour cream mixture over crumbs
Pour half of Jello over the sour cream mixture
Repeat
Top with crumbs
Chill for 3 hours

Monkey Brownies



INGREDIENTS

2 cups flour
1½ tsp. baking powder
¼ tsp. salt
1¼ sticks butter, softened
2 cups brown sugar
2 large eggs
2 tsp. vanilla
1 cup milk chocolate chips

DIRECTIONS

Beat butter and brown sugar until light and fluffy
Add eggs and vanilla
Mix dry ingredients together and add to butter mixture
Add chocolate chips
Bake in buttered pan at 350 for 30-35 minutes



Raspberry Sidewalk

INGREDIENTS

1 cup butter
1 cup brown sugar
1 egg
1 tbsp. vanilla
1 pinch salt
2¼ cups flour
1 jar raspberry jam

DIRECTIONS

Mix all ingredients, except raspberry jam
Pat in cookie sheet
Bake at 350 for 20 minutes
Cover with one small jar of raspberry jam

Rice Pudding



INGREDIENTS

2 cups cooked rice
2 cups milk
½ tsp. salt
½ cup sugar
1 tsp. vanilla
1 tsp. melted butter
2 eggs
1 tsp. lemon juice
1 tsp. cinnamon
½ cup raisins

DIRECTIONS

Combine all ingredients in order given
Place into a greased casserole dish
Bake at 325 for 50-60 minutes or until top is browned
Yields six servings



Swiss Chocolate Torte

INGREDIENTS

Cake:

3 eggs, separated
1½ cups sugar
½ cup oil
4 oz. unsweetened chocolate
½ cup warm water
1¾ cups flour
3 tsp. baking powder
1 cup milk

Sweetened Whipped Cream:

1 pint whipping cream
½ cup powdered sugar
1 tsp. vanilla

DIRECTIONS

In a large bowl, beat egg yolks with sugar and oil
Combine chocolate and water and melt over low heat
Add to batter
Add dry ingredients and milk alternately to batter
Mix until blended
Beat egg whites until stiff
Fold into batter
Place in 3 8" round pans
Bake at 350 for 25 to 30 minutes
Cool completely and remove from pans
Spread sweetened whipped cream over all layers and stack
Refrigerate

Yum Yum Squares

INGREDIENTS

Base:

1¼ cups flour

2 tbsp. brown sugar

½ cup butter

Topping:

1½ cups brown sugar

1 cup coconut

½ cup cherries, cut up

½ cup nuts, chopped

2 eggs

1 tsp. vanilla

DIRECTIONS

For **base,** combine ingredients and stir with fork until coarse crumbs

Pat into a lightly greased 9" square baking pan

For **topping**, combine all ingredients and mix well

Spoon over base

Bake at 325 for 45-50 minutes

Cool and cut into squares



Cakes

Cake Hints

BAKING
Reduce oven temperature by 25 degrees when using glass baking pans.

BROWNING
If cake is browning too quickly, place a pan of water above or below it.

CHOCOLATE
When making chocolate cake, grease pan with cocoa instead of flour.

GREASE
Always grease bottom of pan and dust with flour for easy removal.

MIX
Dry ingredients alternately with liquid before beating.

PRE-MADE CAKE MIXES
Are usually very delicious, fast and easy.

WARNING
Never eat pre-made, uncooked dough.

Banana Cake

INGREDIENTS

1¼ cups sugar
1 cup ripe bananas
1½ cups flour
1 tsp. baking soda
½ cup heavy cream *(or sour cream)*
½ cup butter, melted
2 eggs
1 tsp. vanilla
¼ tsp. salt

DIRECTIONS

Mix together sugar, bananas, eggs, vanilla and melted butter
Add baking soda to heavy cream and mix in
Add flour, and mix well
Use any pan size you prefer for 1 or 2 layers
Bake at 350 for 50 to 60 minutes

Suggestion: Delicious with lemon icing

Blueberry Cake



INGREDIENTS

Cake:

2 cups flour
½ cup sugar
4 tsp. baking powder
¾ tsp. salt
1 egg
1 cup milk
¼ cup butter, melted
2 cups blueberries
1 cup cinnamon and sugar mix

Topping:

1 cup sour cream
½ cup sugar
2 tbsp. cinnamon

DIRECTIONS

Cake:

Mix dry ingredients
Blend in milk and egg
Stir in melted butter
Place in 9" x 13" pan
Spread blueberries on top
Sprinkle with cinnamon and sugar mix
Bake at 350 for 40 to 50 minutes

Topping:

Heat and spread over cake when cake is finished baking



Blueberry Coffee Cake

INGREDIENTS

Cake:

2 cups flour
3 tsp. baking powder
1 tsp. salt
¼ cup sugar
¼ cup butter, melted
1 egg
1½ cups blueberries
¾ cup milk

Topping:

1 cup graham crumbs
½ cup soft butter
½ cup sugar
2 tbsp. cinnamon

DIRECTIONS

Mix all ingredients for cake
Mix blueberries with 1 tbsp. flour and blend into cake mix
Pour cake batter into pan size of your choice
Sprinkle blended topping over cake
Bake at 400 for 30 minutes

Carrot Cake



INGREDIENTS

2 cups sugar
4 eggs
1½ cups peanut oil
2 cups flour
2 tsp. baking powder
2 tsp. baking soda
2 tsp. salt
1 cup raisins
1 cup nuts *(optional)*
1 lb. carrots, finely grated
1 lemon rind, grated

DIRECTIONS

Beat sugar, eggs and peanut oil together
Stir in dry ingredients and blend thoroughly
Fold in remaining ingredients
Bake in a greased 9” pan at 325 for 50 to 60 minutes



Suggestion: Great with cream cheese icing

Chocolate Slivered White Cake

INGREDIENTS

1 box Duncan Heinz or Betty Crocker white cake mix
2 chocolate bars of your liking
Toblerone chocolate icing *(see page 198 for recipe)*

DIRECTIONS

Follow directions on cake box
Sliver chocolate bars in Cuisinart
Fold into cake mix

Topping:
Toblerone chocolate icing

Coconut Butter Cake



INGREDIENTS

½ cup soft butter
1½ cups flour
1 cup sugar
3 tsp. baking powder
⅔ cup milk
2 eggs
½ tsp. vanilla
1 cup shredded coconut

DIRECTIONS

Blend butter and sugar together
Add all other ingredients and blend well
Pour into a 9” square baking pan
Bake at 350 for 40 minutes



Suggestion: Delicious with lemon frosting

Coffee Cake

INGREDIENTS

Cake:

1 cup butter
1 cup sugar
2 eggs
2 tsp. vanilla
1 cup sour cream
½ tsp. baking soda
2 cups flour
2 tsp. baking powder
½ tsp. salt

Topping:

¼ cup flour
½ cup brown sugar
4 tbsp. butter
¾ cup sugar
2 tbsp. cinnamon
¼ cup nuts *(optional)*

DIRECTIONS

Beat butter, sugar, eggs and vanilla until light and fluffy
Dissolve baking soda in sour cream and add to batter
Add flour, baking powder and salt, blend well
Pour ½ batter into 9" pan
Make topping and sprinkle ½ over batter
Pour remaining batter over topping and then pour topping over batter
Bake at 350 for 50 minutes or until coffee cake is done

Honey Cake



INGREDIENTS

4 eggs
1 cup sugar
½ cup oil
1 cup honey
1 cup orange juice
2½ cups flour
3 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 tbsp. nutmeg
2 tsp. cinnamon

DIRECTIONS

Mix together eggs, sugar, oil and honey at high speed for 5 minutes
Alternate adding orange juice with dry ingredients until batter is smooth
Pour into a well-greased baking pan
Use any pan size you prefer for 1 or 2 layers
Bake at 350 for 1 hour
Reduce heat to 325 for 15 minutes



Suggestion: Any glaze is great with this cake. Also, great to add ginger, allspice or cloves

Pineapple Upside-Down Cake



INGREDIENTS

½ cup butter, melted
⅔ cup brown sugar
1 28 oz. can pineapple rings
Maraschino cherries
1 cup white sugar
2 eggs
3 tsp. baking powder
2 cups flour
⅔ cup milk
¾ cup oil

DIRECTIONS

Mix butter and brown sugar
Spread evenly in the bottom of a 9" x 13" baking pan
Arrange pineapple rings over butter-sugar mixture
Place maraschino cherries in center of each ring
Beat oil, sugar, and eggs until light and fluffy
Add dry ingredient alternately with milk
Mix until blended
Pour batter into pan over pineapple rings
Bake at 350 for 45 to 50 minutes
After 5 minutes invert onto serving plate



Poppy Seed Cake



INGREDIENTS

3 eggs, well beaten
1 cup sugar
½ cup oil
½ cup orange juice
1 tsp. vanilla
2 cups flour
2 tsp. baking powder
½ tsp. almond flavoring
4 tbsp. poppy seeds

DIRECTIONS

Mix well in blender eggs, sugar, oil, juice and vanilla
Add remaining ingredients and beat until very blended
Pour into a greased 9” square pan
Bake at 350 for 45 minutes



Suggestion: Great with lemon or orange icing or glaze

Simply Fabulous Chocolate Cake



INGREDIENTS

3 eggs
1½ cups sugar
2 tsp. vanilla extract
2 cups flour
1 cup sour cream
½ cup mayonnaise
¾ lb. melted milk chocolate
⅓ cup coconut oil
¼ cup milk
1 cup cocoa powder
¼ tsp. baking soda
½ tsp. salt
1½ cups hot water

DIRECTIONS

Beat eggs and sugar until light and fluffy 5-8 minutes
Add vanilla and beat again
Add sour cream and mayonnaise and beat again until smooth
Melt chocolate, coconut oil and milk until smooth
Add to eggs and sugar
Blend together all dry ingredients
Pour ⅓ dry ingredients to the wet ingredients
Once combined, add ⅓ hot water
Repeat and blend until smooth
Bake at 350 in a greased pan or two pans for 25-30 minutes
Great with any icing



Spicy Sponge Cake

INGREDIENTS

3 egg yolks
½ cup sugar
½ cup brown sugar
1 tsp. vanilla extract
1 cup flour
¼ tsp. salt
1 tsp. baking powder
¼ tsp. cinnamon
¼ tsp. nutmeg
⅛ tsp. cloves
6 tbsp. hot milk
3 stiffly-beaten egg whites

DIRECTIONS

Beat egg yolks until thick
Gradually beat in sugars and vanilla
Mix flour, baking powder and all spices
Fold into egg mix
Add milk and beat until batter is smooth
Fold in egg whites
Pour into ungreased, 8" square pan
Bake at 350 for 35 to 40 minutes

Suggestion: Any icing is good with this cake but lemon icing adds flavor

Sponge Cake



INGREDIENTS

6 eggs, separated
1½ cups sugar
1½ cups flour
1 tsp. baking powder
¼ tsp. salt
2 tsp. vanilla
1 tsp. lemon juice
⅓ cup water

DIRECTIONS

Beat egg yolks until thick and lemon colored
Add sugar gradually and blend well
Add dry ingredients alternately with flavorings and water
Beat until blended
Beat egg whites with 1 tsp. sugar until stiff
Fold into batter
Pour into ungreased, 10" tube pan
Bake at 325 for 55-60 minutes



Suggestion: Great with any frosting

Strawberry Shortcake

INGREDIENTS

Cake:

2 cups sugar
6 eggs
½ lb. butter
2 cups milk
3½ cups flour
4 tsp. baking powder
¼ tsp. salt
1 tsp. vanilla

Topping:

1 box strawberries hulled
¾ cup sugar
1 pint whipped cream
1 tsp. vanilla

DIRECTIONS

Cake:

Beat sugar, eggs, butter and vanilla until light and fluffy
Add milk alternately with dry ingredients
Mix until blended
Pour into a prepared 9" x 13" pan
Bake at 350 for 30 minutes

Topping:

Wash and hull strawberries
Sprinkle with sugar and let sit in bowl at room temperature while cake is baking
Mix whipped cream with ½ cup sugar and 1 tsp. vanilla and whip
When cake is cooled, top cake with whipped cream mixture
Place strawberries on top of whipped cream
Put in refrigerator for 1 hour before serving

Suggestion: Juice will be made from strawberries, so dribble on top

Vanilla Cake

INGREDIENTS

Cake:
1½ cups flour
1 tsp. baking powder
½ tsp. baking soda
¾ cup sugar
½ cup oil
1 tsp. vanilla
¾ cup milk
½ cup yogurt
pinch of salt

Frosting:
2½ cups whipping cream
8 oz. cream cheese or
Mascarpone cheese
1 cup sugar
1 tsp. vanilla

DIRECTIONS

Cake:

Sift flour, baking powder, baking soda and salt
In a bowl mix oil, yogurt, vanilla and sugar and until smooth
Add half of the dry mixture and ¼ cup milk, mix
Add the remaining dry mixture and ¼ cup milk, mix
Add more milk if needed
Put cupcake liners and fill them half full with batter
Bake in a pre-heated oven at 350 for 20-25 minutes

Frosting:

Whip cream cheese with sugar until smooth
Add cream slowly and whip until stiff peaks form
Put in refrigerator for 1 hour before serving



Icings

Icing Hints

CHOCOLATE
When melting chocolate, melt with butter.

COCONUT
Brown coconut on baking sheet and then spread on top of icing.

DECORATING
Place cake on Lazy Susan before icing it.

ICED CAKE
Before cutting, dip knife in cold water first.

JUICES
Always give icing a better flavor.

SPREADING
Icing spreads easier with a knife dipped in cold water.

WHIPPING CREAM
Gives icing a lighter, fluffier texture.

Banana Icing

Ingredients

2 tbsp. butter
¼ tsp. lemon juice
1½ cups powdered sugar
¼ cup bananas mashed *(or three bananas)*

Directions

Combine all ingredients and beat until smooth
Yields icing for a 9” square cake

Butter Icing

Ingredients

½ cup butter
3 cups powdered sugar
½ cup heavy cream
1 tsp. vanilla

Directions

Cream butter
Add remaining ingredients and beat until smooth
Yields enough for a large cake or double layer cake

Butterscotch Sauce



INGREDIENTS

½ cup butter

1 cup firmly packed brown sugar

⅔ cup corn syrup

½ cup heavy cream *(can use half and half)*

DIRECTIONS

Melt butter in saucepan

Add brown sugar and corn syrup, stirring until completely mixed

While stirring, bring mixture to boil over medium heat

Boil gently for 8 minutes

Remove pan and allow to cool somewhat

Stir in heavy cream

Refrigerate any unused sauce



Calm Chocolate Icing

Ingredients

1 tbsp. oil
1 tbsp. corn syrup
3 tsp. boiling water
3 tbsp. cocoa
1 cup powdered sugar

Directions

Combine all ingredients and whip until smooth and fluffy
Yields enough for a 9" square cake

Caramel Sauce

Ingredients

½ cup unsalted butter
1¾ cups dark brown sugar
½ cup heavy cream

Directions

Melt and stir butter and brown sugar in medium saucepan over medium heat
Whisk in heavy cream
Stir until sugar is dissolved and sauce is smooth
(approximately 3 minutes)

Chocolate Icing



INGREDIENTS

3½ cups powdered sugar

¼ cup soft butter

4 oz. unsweetened chocolate, melted or ½ cup cocoa

1½ tsp. vanilla

¼ tsp. salt

⅓ cup milk or heavy cream

DIRECTIONS

Melt chocolate and butter together

Add all other ingredients

Beat until smooth

After chocolate icing is spread, grate more chocolate on top

Yields enough for a large cake or double layer cake



Cocoa Glaze



Ingredients

3 tbsp. water
2 tbsp. butter
¼ cup cocoa
1 cup powdered sugar
½ tsp. vanilla

Directions

Bring water and butter to a boil
Remove from heat and stir in cocoa
Add sugar and vanilla
Beat until smooth
Pour on cake and let dribble down sides

Coconut Icing

Ingredients

1½ cups powdered sugar
¼ cup soft butter
1 tsp. vanilla
1 tbsp. lemon juice
1 cup coconut

Directions

Whip all ingredients, except coconut until smooth and fluffy
Fold in coconut
Yields enough for a large cake or double layer cake



Cream Cheese Icing



INGREDIENTS

1 8 oz. cream cheese
½ cup butter
3 cups powdered sugar
3 tsp. vanilla

DIRECTIONS

Melt butter
Soften cream cheese in microwave
Add 3 cups powdered sugar
Add vanilla
Beat until smooth
Yields enough for a large cake or double layer cake

Creamy Mocha Frosting

INGREDIENTS

½ cup butter
3 cups powdered sugar
3 tbsp. cocoa
4 tbsp. strong coffee

DIRECTIONS

Combine all ingredients and beat until smooth and fluffy
Optional: stir in nuts
Yields enough for a 9" square cake



Glazes



INGREDIENTS

1 cup powdered sugar
2 tbsp. milk or water
Add any other flavor you wish such as
Lemon - 1 tbsp. lemon juice
Orange - 1 tbsp. orange juice
Coconut - 1 tbsp. coconut milk
Strawberry - 1 tbsp. crushed strawberries

DIRECTIONS

Mix together and pour over cake or cupcakes

Lemon Icing

INGREDIENTS

½ cup butter
3 cups powdered sugar
2 tbsp. heavy cream
¼ cup lemon juice
½ tsp. grated lemon rind

DIRECTIONS

Cream butter
Add remaining ingredients
Mix until fluffy
After applying to cake, grate lemon rind on top
Yields enough for a large cake or double layer cake



Mocha Whipped Cream Icing



Ingredients

1½ pints heavy cream
2 tbsp. powdered sugar
2 tbsp. instant coffee

Directions

Whip heavy cream
Blend in powdered sugar and coffee
Must keep refrigerated
Yields enough for a large cake

Orange Icing

Ingredients

½ cup butter
3 cups powdered sugar
2 tbsp. heavy cream
¼ cup orange juice
½ tsp. grated orange rind

Directions

Cream butter
Add remaining ingredients
Mix until fluffy
After applying to cake, grind orange rind on top
Yields enough for a large cake or double layer cake



Rich Chocolate Frosting

INGREDIENTS

1½ cups powdered sugar
⅓ cup cocoa or melted chocolate
2½ tbsp. flour
¾ cup soft butter
3 egg whites

DIRECTIONS

Mix ¾ cup powdered sugar, chocolate and flour into large mixing bowl
Add butter and blend until smooth
In another bowl beat egg whites until peaks are formed
Gradually add ¾ cup powdered sugar, beating until stiff
Add chocolate mixture to egg mixture and blend until smooth
Yields enough for two layer cake or thick on one layer cake

Salted Caramel Icing

INGREDIENTS

1 stick of salted butter
1 8 oz. cream cheese, room temperature
½ tsp. vanilla extract
Pinch of salt
1 bag powdered sugar
1 12 oz. jar of quality caramel

DIRECTIONS

Melt butter until soft but still has some form
Combine butter, cream cheese, vanilla and salt until fluffy
Microwave caramel and add slowly to butter cream cheese mixture
Add powdered sugar slowly until icing is the consistency you like
Yields enough for a large cake or double layer cake

Sour Cream Icing



INGREDIENTS

½ cup butter, softened
4½ cups powdered sugar
½ cup sour cream
2 tbsp. of any other flavor you desire

DIRECTIONS

Whip all ingredients together until smooth and fluffy
Yields enough for a large cake or double layer cake

Sugar Icing

INGREDIENTS

½ cup butter, melted
1 cup brown sugar
¼ cup milk
2 cups powdered sugar

DIRECTIONS

Stir together in pan butter and brown sugar until hot
Add milk, keep stirring
Let cool a bit
Then add powdered sugar, mixing well



Toblerone Chocolate Icing



INGREDIENTS

4 tbsp. butter, softened
1 large stick of Toblerone candy bar
½ cup heavy cream
3 cups powdered sugar

DIRECTIONS

Soften butter and Toblerone bar in microwave
Add to powdered sugar in mix master bowl
Beat until smooth
Yields enough for a large cake or double layer cake

Whipped Cream Topping

INGREDIENTS

1 pint heavy cream
½ cup powdered sugar
1 tsp. vanilla

DIRECTIONS

Whip all ingredients together until smooth and fluffy
Always refrigerate




Cookies

Cookie Hints

BAKED COOKIES
Can stay frozen for up to 6 months.

BAKING
Cookies bake quickly so do not leave oven.

BEST RESULTS
Cookie sheets should be very clean.

BROWN SUGAR
Keep a brown sugar softener in container.

PREVENT OVER-BROWNING
Use two cookie sheets, one on top of the other.

STORE
Crisp cookies in loosely covered container and soft cookies in an airtight one.

UNBAKED
Cookie dough can stay frozen for up to 9 months.

Almond Slice Cookies

INGREDIENTS

¼ cup butter
½ cup sugar
¼ cup brown sugar
1 egg
½ cup almonds
2½ cups flour
½ tsp. baking soda
1 tsp. almond extract

DIRECTIONS

Cream butter with sugars
Add egg and almonds and mix well
Blend in dry ingredients
Mold into long roll
Chill
Cut into thin slices with sharp knife
Place on greased cookie sheet
Bake at 375 for 10 minutes
Yields 5 dozen

Brandy Snap Cookies

INGREDIENTS

½ cup molasses
½ cup butter
½ cup sugar
1 cup flour
½ tsp. baking powder
¼ tsp. baking soda

DIRECTIONS

Heat molasses, butter and sugar
Boil for 2 minutes
Stir dry ingredients into mixture
Drop very small spoonful's and far apart on greased cookie sheet
Bake at 325 and watch closely not to burn
Be careful in removing from pan so as not to snap
Yields 4 dozen

Butter Ball Cookies

INGREDIENTS

¼ lb. soft butter
¼ cup brown sugar
1 egg, separated
½ tsp. vanilla
1 cup flour

DIRECTIONS

Blend butter, brown sugar, egg yolk and vanilla
Stir in flour
Roll into 1" balls
Dip in slightly beaten egg white
Roll in whatever choice you like, such as coconut, nuts, cinnamon, crushed cherries
Bake at 375 for 10-12 minutes
Yields 2 dozen

Cherry Delight Cookies



INGREDIENTS

½ cup cornstarch
½ cup powdered sugar
1 cup flour
1 cup butter, softened
1 jar maraschino cherries

DIRECTIONS

Blend all ingredients in a bowl *(excluding cherries)*
Shape into 1" balls
Place on an ungreased baking sheet about 1½" apart
Flatten balls lightly with a fork
Place a cherry on top of each cookie, letting some cherry juice drip on to cookie
Bake at 300 for 20 to 25 minutes
Yields about 4 dozen cookies



Chocolate Chip Cookies



INGREDIENTS

12 tbsp. soft butter
½ cup white sugar
½ cup brown sugar
1 egg
1 tsp. vanilla
1½ cups flour
½ tsp. baking soda
¼ tsp. salt
6 oz pkg. chocolate chips

DIRECTIONS

Blend together butter, sugars, egg and vanilla
Stir in dry ingredients
Stir in chocolate chips
Drop a tsp. of batter onto an ungreased baking sheet 2” apart
Bake at 375 for 8 to 10 minutes
Yields 3 to 4 dozen cookies



Coconut Cookies



INGREDIENTS

¼ lb. soft butter
¼ cup brown sugar
1 egg, separated
½ tsp. vanilla
1 cup flour
½ cup coconut

DIRECTIONS

Blend butter, sugar, egg yolk and vanilla
Stir in flour
Roll into 1” balls
Dip in slightly beaten egg white
Roll in coconut
Place on an ungreased baking sheet
Bake at 375 for 10 to 12 minutes
Yields 2 dozen cookies



Farmer's Potpourri Cookies



INGREDIENTS

1 cup butter
1 tsp. vanilla
1 cup sugar
1 cup brown sugar
1 egg
1 cup oil
1 cup rolled oats
1 cup crushed cornflakes
½ cup shredded coconut
3½ cups flour
1 tsp. baking soda
1 tsp. salt

DIRECTIONS

Cream butter, vanilla and sugars until fluffy
Add egg and mix well, then oil and mix well
Add oats, cornflakes, coconut and mix well
Add flour, baking soda, salt and mix well
Form into balls and place on ungreased cookie sheet
Flatten slightly with fork
Bake at 325 for 12 minutes
Yields 3-4 dozen



Honey Cookies



INGREDIENTS

1 cup dark honey
1 cup sugar
⅓ cup oil
1 egg
⅓ cup water
4 cups flour
1 tsp. baking soda
½ tsp. salt
2 tbsp. cinnamon
1 tsp. clove

DIRECTIONS

Bring to boil sugar, honey and oil
Cook for 5 minutes, stirring occasionally
Beat egg and add water
Mix flour, spices and baking soda
Add everything to honey mixture
Roll into a long roll and cut into ¼" pieces
Place on cookie sheet
Bake at 325 until edges are gold brown
When baked, sprinkle with powdered sugar



Oatmeal Cookies



INGREDIENTS

1 cup butter
1 cup sugar
1 cup brown sugar
2 eggs
1 tsp. vanilla
2 cups flour
2½ cups oatmeal
½ tsp. salt
1 tsp. baking powder
1 tsp. baking soda

DIRECTIONS

Cream together butter and sugars
Add eggs and vanilla
Put oatmeal in blender until powdered
Mix together all dry ingredients
Mix all ingredients together
Make golf ball size cookies
Place 2" apart on ungreased cookie sheet
Bake at 375 for 10-12 minutes



Suggestion: You can add a 12 oz. package of chocolate chips or 1½ cups chopped nuts or both

Peanut Butter Cookies

INGREDIENTS

1 cup peanut butter
1 cup butter
1 cup sugar
1 cup brown sugar
2 eggs
1 tsp. vanilla
2½ cups flour
1 tsp. baking soda
½ tsp. salt

DIRECTIONS

Blend together all ingredients
Place 1 tsp. of batter onto cookie sheet 2” apart
Bake at 350 for 12 minutes
Yields 2-3 dozen cookies

Poppy Seed Cookies



INGREDIENTS

3 eggs
½ cup oil
¼ cup orange juice
¾ cup sugar
¼ cup poppy seeds *(more if desired)*
3½ cups flour
1 tsp. baking powder
⅛ tsp. salt
topping:
¼ cup melted butter
¼ cup sugar

DIRECTIONS

Blend eggs, oil, juice and sugar
Add poppy seeds
Mix dry ingredients together and add to batter
Dough should be fairly stiff
Roll batter and cut into slices
Brush top of cookie with melted butter, then sprinkle with sugar
Bake at 375 for 10-12 minutes or until light brown
Yields about 7 dozen



Shortbread Cookies



INGREDIENTS

½ cup cornstarch
½ cup powdered sugar
1 cup flour
1 cup butter, softened

DIRECTIONS

Mix together dry ingredients
Blend in butter with spoon until soft
Shape into 1" balls
Flatten with fork
Bake at 300 for 20 minutes



Suggestion: Before baking, can add cherries, chocolate chips, raisins or coconut to top

Swedish Butter Cookies

INGREDIENTS

1½ cups flour
1 tsp. baking powder
1 cup butter, softened
½ cup cream
1 cup sugar

DIRECTIONS

Mix together flour and baking powder
Add all other ingredients with ½ cup sugar
Roll into ½" thickness
Cut into slices
Dip in remaining sugar
Bake at 425 for 10 minutes


Pies

Pie Hints

CRUSTS
Should be cooled before pouring in filling.

FROZEN
Most store-bought frozen pies are quite delicious.

MERINGUE
Sprinkle granulated sugar over meringue before browning – will cut easier.

PIE DOUGH
Do not over-handle as it will toughen.

SERVINGS
An 8” pie crust serves six people – a 9” pie crust serves eight people.

SPRINKLE
Fine breadcrumbs on bottom crust to avoid fruit pies leaking.

TOPPING
Remove pie 5 minutes before finished baking, sprinkle with sugar and return to oven.

Pie Pastry

INGREDIENTS

½ cup butter
¼ cup shortening, such as Crisco or margarine
3 tbsp. sugar
2 cups flour

DIRECTIONS

Cream butter, shortening and sugar
Blend in flour
Shape into a ball
Divide into 2 equal parts
Roll out
Press in the bottom of ungreased pie pan going up the sides
Bake at 475 for 8 to 10 minutes

Suggestion: If recipe calls for uncooked fillings, do not divide crust

Apple Pie



INGREDIENTS

Pastry for 2 pie crusts
7 apples, peeled, pared and sliced
1 cup sugar
3 tbsp. cinnamon
½ tsp. lemon juice
topping:
¼ cup sugar

DIRECTIONS

Prepare pie crust and line bottom of pie pan
Mix apples, sugar, cinnamon and lemon juice
Place in shell
Cover with top crust, and cut in a few slits
Moisten crust with water and sprinkle evenly with sugar
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)
Bake at 425 for 45-55 minutes



Suggestion: If apples are very juicy, mix 2 tbsp. flour with sugar mix

Apple Crunch Pie

INGREDIENTS

6 apples, peeled and sliced
½ cup sugar
½ cup sour cream
1 unbaked pie shell
1 cup brown sugar
1 cup flour
¼ cup softened butter
2 tsp. cinnamon

DIRECTIONS

Combine apples, sugar and sour cream
Place in pie shell
Combine brown sugar, flour, butter and cinnamon
Mix with fingers until crumbly
Sprinkle over apples
Bake at 425 for 20 minutes
Reduce heat to 375 and bake for 30 more minutes

Suggestion: Place pie on tin foiled cookie sheet so apples do not run onto oven. Also, can use frozen pie crust

Banana Cream Pie

INGREDIENTS

1 pastry baked pie crust
⅔ cup sugar
5 tbsp. cornstarch
¼ tsp. salt
3 cups milk
3 egg yolks, lightly beaten
1 tbsp. butter
1½ tsp. vanilla
4 bananas, sliced
1 pint sweetened whipped cream

DIRECTIONS

Combine sugar, cornstarch, salt and milk in saucepan,
adding milk gradually
Blend until smooth
Cook over medium heat, stirring constantly until mixture comes to a boil
Boil for 1 minute and remove from heat
Slowly stir in beaten egg yolks
Blend in butter and vanilla
Let cool completely
Place banana slices in pastry shell, putting some to the side
Pour in filling
When cool, top with sweetened whipped cream
and garnish with banana slices
Refrigerate

Suggestion: Can use a frozen pie crust

Blueberry Pie



INGREDIENTS

Pastry for 2 pie crusts
4 cups berries
1 cup sugar
1 tsp. lemon juice
⅓ cup flour
topping:
¼ cup sugar

DIRECTIONS

Prepare pie crusts and line pan with bottom crust
Combine berries with lemon juice, sugar and flour
Place in pie shell
Cover with top crust and cut in some slits
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)
Moisten crust with water and sprinkle evenly with sugar
Bake at 425 for 45-55 minutes



Suggestion: Place pie on tin foiled cookie sheet so berries do not run onto oven

Cherry Pie



INGREDIENTS

Pastry for 2 pie crusts
1 20 oz. can cherry pie filling
2 tbsp. lemon juice
Sugar

DIRECTIONS

Prepare pie crusts and line pan with bottom crust
Pour cherry pie filling mixed with lemon juice into crust
Cover with top crust and cut a few slits in it
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)
Moisten crust with water and sprinkle evenly with sugar
Bake at 375 for 45 minutes



Chocolate Coffee Chiffon Pie

INGREDIENTS

1 9" baked pie shell
1 tbsp. unflavored gelatin
½ cup cold coffee
½ cup sugar
1 tbsp. flour
¼ tsp. salt
¾ cup hot chocolate
½ pint heavy whipping cream
¼ tsp. vanilla

DIRECTIONS

Soften gelatin in cold coffee
Combine sugar, flour, salt and hot chocolate in sauce pan
Cook over medium heat, stirring constantly until mixture thickens
Add softened gelatin
Stir until dissolved
Whip heavy cream with vanilla and fold into chocolate coffee mixture
Place in pie shell and chill until firm
Garnish with additional whipping cream

Chocolate Cream Pie

INGREDIENTS

1 pastry baked pie crust
1 package chocolate pie filling
1 pint sweetened whipped cream
1 square unsweetened chocolate

DIRECTIONS

Bake pie crust
Cook chocolate pie filling as directed on box
Fill pie crust
Refrigerate until cool
Cover with sweetened whipped cream
Grate chocolate square over whipped cream
Refrigerate

Suggestion: Can use a frozen pie crust

Crustless Pumpkin Pie

INGREDIENTS

3 eggs
½ cup honey
½ tsp. ginger
½ tsp. nutmeg
½ tsp. cinnamon
½ tsp. salt
1½ cups canned pumpkin
1 cup evaporated milk
Sweetened whip cream

DIRECTIONS

Beat eggs lightly
Add honey, spices, pumpkin and mix well
Add milk and blend in thoroughly
Pour into 9" round buttered pan
Bake at 325 for 1 hour
Chill and cover with sweetened whip cream
Sprinkle top of whipped cream with nutmeg

Easy Chocolate Cream Pie

INGREDIENTS

1 box chocolate pudding *(not instant)*
1 prepared pie crust
1 pint heavy cream
2 tbsp. sugar
1 tsp. vanilla extract
1 unsweetened chocolate square

DIRECTIONS

Bake prepared pie crust
Make chocolate pudding, following directions on box
Pour into baked pie crust
Refrigerate
Prepare whipping cream, adding sugar and vanilla
When pudding is hardened, cover with whipping cream
Grate chocolate square over whipping cream

Lemon Meringue Pie

INGREDIENTS

1 pastry pie crust, baked
1½ cups sugar
⅓ cup cornstarch
1½ cups water
3 eggs, separated
1 tbsp. butter
4 tbsp. lemon juice
1 tbsp. grated lemon rind
6 tbsp. sugar

DIRECTIONS

Combine 1½ cups sugar, cornstarch and water in saucepan and blend until smooth

Cook over medium heat, stirring constantly until mixture comes to a boil

Slowly stir beaten egg yolks into hot mixture and boil for 1 minute longer

Remove from heat and blend in butter and lemon juice

Pour hot mixture into baked pie shell

Meringue

Beat egg whites with 6 tbsp. sugar until frothy, adding sugar gradually

Beat until stiff

Pile meringue over hot filling

Bake at 400 for 8 to 10 minutes

When cooled, grate lemon rind over meringue

Suggestion: You can use lemon Jello pudding instead of making the lemon mixture. Can use frozen pie crust

Nut and Raisin Pie



INGREDIENTS

1 cup sugar
¾ cup brown sugar
4 tsp. flour
½ tsp. salt
1 cup any kind of nut you desire, chopped
(walnuts, almonds, pecan etc.)
1 unbaked 9" pie shell
½ cup raisins
3 eggs
⅔ cups milk
4 tbsp. butter, melted

DIRECTIONS

Wash raisins in boiling water and drain well
Mix dry ingredients, nuts and raisins in mixing bowl
In smaller bowl, beat eggs with fork, add milk and melted butter
Stir into dry ingredients mixture
Mix very well
Pour into unbaked pie shell
Bake at 300 for 1 hour or until mixture is set
Nuts should rise and turn golden brown on top of jelled filling
Keep in refrigerator
Yummy, yummy



Peach Pie



INGREDIENTS

Pastry for 2 pie crusts
8-10 peaches
¼ cup flour
1 cup sugar
topping:
¼ cup sugar

DIRECTIONS

Line pie pan with crust
Peel and cut up peaches
Mix with sugar and flour
Place on top of crust
Cover with top crust and cut a few slits in it
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)
Moisten crust with water and sprinkle evenly with sugar
Bake at 425 for 45-55 minutes



Suggestion: Place pie on tin foiled cookie sheet so peaches do not run onto oven

Rhubarb Pie



INGREDIENTS

Pastry for 2 pie crusts
2 lbs. rhubarb, cut in 1" pieces
2 cups sugar
⅓ cup flour
1 tbsp. butter
1 tbsp. water

DIRECTIONS

Prepare pastry and line pie pan with bottom crust
Mix rhubarb with sugar and flour
Place in pie shell
Dot with butter
Cover with top crust and cut a few slits in it
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)
Moisten crust with water and sprinkle evenly with 3 tbsp. sugar
Bake at 425 for 40-50 minutes



Suggestion: Place pie on tin foiled cookie sheet so rhubarb does not run onto oven



Pancakes, French Toast, Muffins & Bread

Pancakes, Muffins, French Toast & Bread Hints

BLUEBERRIES
Mix with a little flour before adding to dough.

BREAD
Is less subject to mold if stored in refrigerator.

GLAZED CRUST
Brush with beaten egg yolk before baking.

MUFFINS
Tins may be lined with paper liners to avoid greasing pan.

PANCAKES
Should be done in a hot frying pan.

RAISINS
Heat raisins before adding to muffins or breads.

ROLLS
To freshen, place in a closed paper bag and heat for 15 minutes.

African Benne Cakes

INGREDIENTS

¼ cup softened butter
1 cup brown sugar
1 egg, beaten
1 tsp. vanilla
1 tsp. freshly squeezed lemon juice
½ cup flour
½ tsp. baking powder
¼ tsp salt
1 cup toasted sesame seeds
(spread seeds on cookie sheet and toast until light brown 8-10 minutes)

DIRECTIONS

Cream butter and sugar until fluffy
Add egg, vanilla and lemon juice
Mix dry ingredients together and add in butter mixture
Stir in sesame seeds
Place 1 tsp. of batter on buttered cookie sheet, 2" apart
Bake at 325 for 15 minutes or until the edges are lightly brown
Yields 3 dozen

Baked French Toast

INGREDIENTS

1 cup brown sugar
½ cup butter
2 tbsp. corn syrup
1 loaf French bread, cut in ¾ slices
5 eggs
1½ cups milk
1 tsp. vanilla extract

DIRECTIONS

Melt brown sugar, butter and corn syrup -**do not allow to boil**
Pour into 9" x 13" baking dish
In a blender, mix eggs, milk and vanilla
Arrange bread slices in the baking dish
Pour egg mixture over bread slices, not missing any areas
Cover baking dish and refrigerate for 2 hours or more
Uncover and bake at 350 for 30 minutes
Yields 8 servings

Banana Almond Bread

INGREDIENTS

1 ¼ cup sugar
½ cup butter melted
2 eggs
3 ripened bananas
½ cup sweet whipped cream
1 tsp. baking soda
2 ½ cups flour
1 tsp salt
1 tsp. cinnamon (optional)

TOPPING INGREDIENTS

1 ½ cup brown sugar
¼ - ½ cup butter melted
2 tbsp. flour
1 cup slivered almonds

DIRECTIONS

Blend sugar, butter, eggs and bananas together
Mix 1 tsp baking soda in cream
Mix dry ingredients, flour, cinnamon, and salt
Blend all ingredients together
Pour bread batter in buttered pan (any type)
Layer topping over batter, putting spoon size droppings and then lightly spreading
Bake at 375 for 1 hour, test with fork to make sure done

Banana Bread

INGREDIENTS

1¼ cups sugar
½ cup butter
2 eggs
4 ripened bananas
½ cup buttermilk
1 tsp. baking soda
1 tsp. vanilla
2½ cups flour
1 tsp. salt

DIRECTIONS

Blend sugar, butter, eggs and bananas together
Mix 1 tsp. baking soda in buttermilk
Mix dry ingredients and blend all ingredients together
Bake at 375 for 1 hour, test with fork to make sure done

Suggestion: Can add raisins or blueberries

Banana Bran Bread

INGREDIENTS

2 eggs
½ cup butter, melted
¾ cup sugar
4 to 5 ripened bananas
1 tsp. vanilla
1½ cups flour
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
1 cup whole bran or bran buds

DIRECTIONS

Mix butter, sugar, eggs, bananas, vanilla
Add bran to mixture and let stand for 5 minutes
Mix dry ingredients and blend into mixture
Pour into very well-greased, floured baking pan
Bake at 350 for 1 hour

Banana Muffins

INGREDIENTS

½ cup sugar
1 egg
½ cup oil
4 ripened bananas
1¾ cups flour
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt

DIRECTIONS

Beat sugar, egg, oil and bananas
Add dry ingredients and mix well
Bake in greased muffin tins at 400 until brown

Blueberry Muffins



INGREDIENTS

½ cup butter, softened

1 cup sugar

1 large egg

1 tsp. vanilla

2 tsp. baking powder

¼ tsp. salt

2 cups flour

½ cup milk

2½ cups blueberries, mashed with folk

1 tbsp. sugar and ¼ tsp. nutmeg mixed together

DIRECTIONS

Beat butter and sugar until creamy

Add eggs and vanilla, continue beating

Add baking powder and salt

Add flour, milk and blueberries

Scoop batter into muffin cups and sprinkle with sugar/nutmeg mix

Bake at 375 for 25-30 minutes



Blueberry Pancakes



INGREDIENTS

2 eggs
3 tbsp. sugar
¾ tsp. salt
1½ cups flour
2¼ tsp. baking powder
1 cup buttermilk *(or more to your taste)*
3 tbsp. butter, melted
1 cup fresh or frozen thawed blueberries

DIRECTIONS

Blend thoroughly eggs, sugar and salt
Add remaining ingredients, except blueberries
Mix well until smooth
Fold in blueberries
Fry in hot fry pan with butter
Makes 12 pancakes



Suggestion: Great when edges are crispy

Bran Muffins

INGREDIENTS

3 cups bran or all bran
1 cup boiling water
½ cup sugar
½ cup oil
2 eggs
2½ cups flour
2½ tsp. baking soda
1 tsp. salt
2½ cups buttermilk

DIRECTIONS

Mix 1 cup bran in boiling water
Blend sugar and oil
Add eggs
Add remaining dry ingredients, alternating with buttermilk
Add bran mixed with water
Bake at 400 for 30 minutes – test with toothpick

Suggestion: Can add raisins or blueberries

Buttermilk Biscuits



INGREDIENTS

2 cups flour
1 tsp. salt
2 tbsp. sugar
2 tsp. baking powder
¼ tsp. baking soda
4 tbsp. butter
⅔ cup buttermilk

DIRECTIONS

Stir flour, salt, sugar, baking powder and baking soda together
Blend in butter
Add buttermilk
Roll out
Cut into ½ inch slices
Place on greased baking sheet a little apart from each other
Bake at 475 for 8-10 minutes



Crepes



INGREDIENTS

1½ cups flour
2 tbsp. sugar
½ tsp. baking powder
½ tsp. salt
2 cups milk
2 eggs
4 tbsp. butter

DIRECTIONS

Mix flour, sugar, baking powder and salt
Add remaining ingredients and blend well
Butter pan
Use soup spoon for pancake size
Pour in pan and fry until brown then turn over
Fillings can be any fruits, mushrooms, tomatoes, ham, anything to your liking
Pour on top of crepe and fold over



Suggestion: Great with vegetables and Bechamel sauce inside
Great with fruit and whipped cream on top

Garlic Bread

INGREDIENTS

1 loaf sourdough French bread
¼ lb. butter
5 garlic cloves, chopped
Parmesan cheese

DIRECTIONS

Slice loaf lengthwise
Mix butter with garlic cloves
Spread butter on slices
Sprinkle with Parmesan cheese
Broil for 2 minutes or until brown, not burned

Ginger Bread

INGREDIENTS

1⅔ cups flour
1¼ tsp. baking soda
2½ tsp. ground ginger
1 egg, beaten
½ cup brown sugar
½ cup molasses
½ cup boiling water
½ cup oil, preferably safflower oil

DIRECTIONS

Mix ingredients in order as they are listed
Pour into greased and floured square pan
Bake at 350 for 35-40 minutes
Check with toothpick

Popovers



INGREDIENTS

6 large eggs
2 cups milk
6 tbsp. butter, melted
2 cups flour
1 tsp. salt

DIRECTIONS

With electric mixer on medium speed, beat eggs until frothy
Beat in milk and butter
Reduce speed to low and add flour and salt
Divide batter in generously greased 8 7oz. ovenproof custard cups
Place cups on a baking pan or use a nonstick popover pan
Bake at 375 for 10 minutes



Pumpkin Bread



INGREDIENTS

1½ cups sugar
¼ tsp. baking powder
1 tsp. salt
1½ cups flour
1 tsp. baking soda
½ tsp. cloves, cinnamon and nutmeg
½ cup oil
1 can pumpkin
½ cup water
2 eggs

DIRECTIONS

Mix together well all dry ingredients
Add other ingredients, eggs last
Blend well
Pour in a well-greased bread pan
Bake at 325 for 1½ hours
Test with toothpick until toothpick comes out clean



Suggestion: Can add nuts or chocolate chips (but add last to ingredients)



Salads

Salad Hints

ALWAYS
Cut lettuce by hand, not knife.

CARROTS
Peel under water to not stain fingers.

LETTUCE
Eliminate rusty lettuce leaves by wrapping in paper towel.

ONIONS
Will not cause tears if they are well chilled.

PEELING FRUIT
Place fruit in hot oven for 2 minutes for skin to be removed easily.

POTATOES
Cut baking time in half by boiling them first for 15 minutes.

TOMATOES
Cut into wedges halfway down and fill with egg, fish or cheese.

Bean Salad



INGREDIENTS

1 cup green beans, cut up and boiled
1 cup yellow beans, boiled
1 cup kidney beans, boiled
1 cup garbanzo beans, boiled
1 onion, sliced
1 green pepper, sliced
3 stalks celery, sliced
Salt and pepper to taste

DIRECTIONS

After boiling beans in salted water, drain well
Add to other ingredients in serving bowl
Refrigerate until ready to serve
Before serving, toss with dressing of your choice



Chicken Salad



INGREDIENTS

2 cups cooked chicken, diced
1 cup celery, diced
¼ cup shallots, diced
½ onion, grated
Salt and pepper to taste
½ cup mayonnaise

DIRECTIONS

Mix all ingredients well
Chill thoroughly



Chinese Chicken Salad



INGREDIENTS

Dressing:

½ tsp. dry mustard
1 tbsp. sugar
2 tsp. soy sauce
1 tbsp. sesame oil
¼ cup oil
3 tbsp. vinegar
Combine and shake well

Salad:

1 head of lettuce, shredded
3 green onions, chopped
3 celery stalks, sliced
½ cup watercress, chopped
2 cups cooked cold chicken
½ cup almonds, sliced

DIRECTIONS

Add dressing to salad and toss well



Cucumber Salad



INGREDIENTS

Dressing

14 cup wine vinegar

2 tbsp. water

1 tsp. salt

1 tsp. pepper

2 tbsp. maple syrup or honey

Salad

1 fresh dill chopped up

2 cucumbers thinly sliced

DIRECTIONS

Mix all ingredients well

Chill thoroughly



Egg Salad



INGREDIENTS

6 hard-boiled eggs
3 heaping tbsp. of mayonnaise
¼ onion, grated
2 sprigs of dill, chopped *(optional)*
1 cup celery, sliced
Salt and pepper to taste

DIRECTIONS

Blend together egg, mayonnaise and onion
Add celery and dill
Salt and pepper to taste
Refrigerate for 15 minutes



Fabulous Health Salad

INGREDIENTS

4 endives, torn up
1 cup chilled cooked cauliflower, cut up in small pieces
1 onion, diced
1 cucumber, thinly sliced
3 tomatoes, cut in wedges

DIRECTIONS

Combine ingredients in order given
Chill thoroughly
Serve with desired dressing

Suggestion: You can add sliced avocado, but salad will not stay for another day. Radishes thinly sliced are also good with this salad

Fruit Salad



INGREDIENTS

¼ of a cut-up melon, honeydew, cantaloupe
2 apples, chopped
2 bananas, sliced
5 tangerines or oranges, peeled and chopped
1 tbsp. lemon juice
1 tbsp. orange juice
2 tbsp. sugar
1 tsp. vanilla
½ tbsp. cinnamon

DIRECTIONS

Put fruit in a serving bowl
Sprinkle with juices, sugar, vanilla and cinnamon
Stir gently
Yields six cups



Suggestion: Great with vanilla ice cream, whipped cream, cottage cheese or yogurt

Greek Salad



INGREDIENTS

4 tomatoes, quartered
1 can black olives, drained
1 onion, sliced
1 cup feta cheese, crumbled
½ cup oil
¼ cup lemon juice
Salt and pepper to taste

DIRECTIONS

Mix all ingredients



Suggestion: You can add 1 can of artichoke hearts, drained

Potato Salad



INGREDIENTS

8 medium potatoes, peeled
6 eggs
2 shallots, diced
2 stalks celery, diced
½ cup mayonnaise
Salt and pepper to taste
Paprika as a garnish

DIRECTIONS

Boil peeled potatoes until potatoes are tender
Boil eggs until hard
Cut potatoes and eggs into small chunks
Mix with rest of ingredients
Garnish with paprika
Salt and pepper to taste
Chill



Sesame-Almond Salad



INGREDIENTS

½ cup butter
2 packages Ramen noodles (just noodles, no seasoning)
⅓ cup sesame seeds
¼ cup slivered almonds
2 bunches romaine or green leaf lettuce
4 green onions thinly sliced

DRESSING

¾ cup olive oil
⅓ up sugar
¼ cup red wine vinegar
1 tbsp. soy sauce

DIRECTIONS

Melt butter and sugar over medium heat in large skillet.
Add crushed noodles, sesame seeds, and almonds.
Watch as it can burn easily.
Toss lettuce and onions.
Shake dressing well and drizzle over salad.
Top with noodle mixture and toss or coat.



Spring Salad

INGREDIENTS

1 garlic clove
2 cucumbers, sliced
2 cups carrots, diced
2 cups celery, diced
2 cups cottage cheese
1 cup sour cream
1 apple, peeled and diced

DIRECTIONS

Rub bowl with garlic
Mix all vegetables and apples
Add remaining ingredients

Tuna Salad

Ingredients

1 7 oz. can of white tuna
½ cup celery, diced
¼ cup shallots, diced
½ onion, grated
1 tbsp. lemon juice
Salt and pepper to taste
½ cup mayonnaise

Directions

Mix all ingredients well
Chill thoroughly

Waldorf Salad

Ingredients

4 apples with skin, diced
2 stalks celery, diced
4 tbsp. walnuts, chopped well
½ cup raisins
4 tbsp. mayonnaise
½ cup sugar

Directions

Mix all ingredients
Chill thoroughly


Sauces & Dressings

Sauce & Dressing Hints

APPETIZERS
Sauces make great appetizers with crackers or vegetables.

BLENDING
When blending, make certain all ingredients are very smooth.

CHILLED
All cold dressings should be very well chilled.

GREEN PEPPERS
Are great when scooped out and filled with sauces.

DRESSING
Means to 'dress up'.

SLOW HEAT
Sauces that need to be cooked, should always be done on low heat.

STIRRING
Sauces that need to be cooked should be constantly stirred.

Anchovy Sauce

Ingredients

1 tbsp. lemon juice
3 garlic buds
½ tube anchovy paste
3 shallots
3 parsley springs
1 16 oz. jar of Miracle Whip or mayonnaise

Directions

Put all ingredients in blender and whip

Suggestion: Fabulous on all vegetables

Bechamel Sauce

Ingredients

4 tbsp. butter
3 tbsp. flour
2 cups milk
Salt and pepper

Directions

Melt butter in small pot
When melted, spoon in flour and mix well
Add salt and pepper to taste
Add 2 cups milk and stir constantly until thickened

Suggestion: Fabulous over any kind of vegetable and in crepes with diced ham

Barbecue Sauce



INGREDIENTS

¾ cup ketchup
½ cup sugar
½ cup soy sauce
1 garlic clove, minced

DIRECTIONS

Mix all ingredients together and let stand for 10 minutes

Caesar Salad Dressing

INGREDIENTS

2 egg yolks
2 garlic cloves, minced
1 tbsp. Dijon mustard
1½ cups vegetable oil
1 tsp. Worcestershire sauce
4 tbsp. lemon juice
Salt and pepper to taste
2 tbsp. anchovies *(optional)*

DIRECTIONS

Mix egg yolks, garlic, mustard in blender
Add oil, Worcestershire sauce and lemon juice slowly
Salt and pepper to taste
Garnish with anchovies if desired



Chicken or Beef Gravy

Ingredients

¼ cup butter or margarine
¼ cup flour
2 cups chicken or beef stock
1 egg yolk, slightly beaten
Salt and pepper to taste

Directions

Melt butter
Stir in flour until smooth
Add broth, stirring constantly
Spoon a little of hot mixture into the beaten egg yolk until smooth
Add to gravy and blend well
Season to taste
Simmer 5 minutes

Dill Sauce

Ingredients

2 tbsp. dill, chopped
1 egg yolk
1 tbsp. Dijon mustard
1 tbsp. lemon juice
1 tbsp. vinegar
2 tbsp. sour cream
1½ cups olive oil
Salt and pepper to taste

Directions

Put all ingredients in blender, except oil
Add oil after blended

Heavenly Creamed Tomato Sauce



INGREDIENTS

1 large can of crushed tomatoes
1 package frozen diced onions or
4 cut up onions
¼ pound butter
1 pint heavy cream
Salt and pepper to taste

DIRECTIONS

In large pot fry onions in butter until soft (lower heat)
Add can of crushed tomatoes, salt and pepper
Let slow boil for 5 minutes
Add heavy cream and stir
Whip with hand beater until smoother and creamy
Put on low heat for 15 to 20 minutes
Pour over any kind of cooked noodles you prefer

Suggestion: Add parmesan cheese when serving. As well, any vegetable can be placed on top of noodles and then pour sauce over

Hollandaise Sauce

INGREDIENTS

2 egg yolks, lightly beaten
2 tbsp. lemon juice
¼ lb. cold butter
¼ tsp. salt

DIRECTIONS

Combine all ingredients and place in pot or double boiler
Cook slowly, stirring constantly until thick



Suggestion: Great over eggs or vegetables

Mustard-Soy Dressing



INGREDIENTS

½ cup olive oil
¼ cup soy sauce
2 tbsp. prepared mustard
2 tbsp. rice-wine vinegar
(or red vinegar)
1 tbsp. sugar

DIRECTIONS

Combine all ingredients and blend well
Chill thoroughly

Suggestion: Great to put on fish or meat when broiling

Peanut Sauce

INGREDIENTS

1 small onion, finely diced
2 garlic cloves, minced
1 tbsp. brown sugar
2 tbsp. peanut oil
1 cup chicken stock
1 cup chunky peanut butter
2 tsp. soy sauce
1 tbsp. lemon juice

DIRECTIONS

Sauté onion, garlic and brown sugar in peanut oil
Add chicken stock and peanut butter
Remove and add soy sauce and lemon juice



Tangy Seafood Sauce



INGREDIENTS

⅓ cup ketchup
½ cup chili sauce
3 tbsp. prepared horseradish
1½ tsp. Worcestershire sauce
2 tbsp. lemon juice
¼ tsp. salt and pepper

DIRECTIONS

Combine all ingredients and mix well
Chill thoroughly

Tartar Sauce

INGREDIENTS

¼ cup mayonnaise
1 garlic clove, minced
1 tbsp. parsley, chopped
1 sweet pickle, minced *(any kind of sweet pickle)*
or ½ cup sweet relish

DIRECTIONS

Combine all ingredients and mix well
Chill thoroughly



Turkish Bolognese Sauce



INGREDIENTS

1½ lbs of ground beef
3 tbsp. olive oil
¼ cup soy sauce
1 tbsp. brown sugar
2 tbsp. onion powder
2 tbsp. garlic powder
2 tbsp. cumin
3 tsp. salt
2 tsp. pepper
6 tbsp. Turkish paprika paste
2 jars pasta sauce with Italian seasoning

DIRECTIONS

Heat olive oil and add ground beef
Add salt, pepper, brown sugar, cumin, onion and garlic powder
Stir well
Add soy sauce and stir
Add paprika paste and stir
Add 2 jars of pasta sauce and stir
Add more olive oil if needed so as not to stick
Let simmer for at least 1½ hours



Turkey Gravy



INGREDIENTS

2 tbsp. cornstarch
2 tbsp. turkey drippings
Salt and pepper to taste
2 cups chicken broth
¼ cup milk or half and half

DIRECTIONS

In a saucepan, mix cornstarch, drippings and salt and pepper until smooth
Gradually whisk in broth and milk or half and half
Bring to a boil, stirring constantly
Cook for 2 minutes or until thickened



Yogurt Dill Sauce



INGREDIENTS

1 cup plain yogurt
4 tbsp. dill, finely chopped
2 tsp. lemon juice

DIRECTIONS

Combine all ingredients and mix well
Refrigerate for 1 hour



Suggestion: Great over fish or chicken



Miscellaneous

Miscellaneous Hints

BAKING SODA

Keep an open box of baking soda in refrigerator to avoid odors.

BOWLS

Place a damp towel under bowl to avoid slipping.

FRYING

Cover frying pan with colander to prevent fat from spattering and yet allows steam to escape.

JAMS

When finished cooking, place in sterilized jars, fill to ¼ inch from top. Then put wax paper on top of jam.

RIND

Only grate colored portion of orange or lemon, because the white part is bitter.

SALT

Add a few grains of rice to saltshaker to keep fresh and easy to pour.

UNRIPE FRUIT

Keep at room temperature until ripened.

Any kind of Jam



INGREDIENTS

5 cups of any kind of berry, peaches, apples
4 cups sugar
1 tbsp. lemon juice

DIRECTIONS

Place sugar on a cookie sheet and heat in oven for 10 minutes
Pour berries into pot
Slowly bring to a boil and add heated sugar and lemon juice
Boil rapidly for 7-8 minutes
Pour into sterile jar



Suggestion: When jar is full, turn upside down for 10 minutes. This will relieve any retained oxygen that can allow some mold. It is good to warm the jar before filling with jam to avoid any cracking

Avocado Appetizer

INGREDIENTS

2 ripe avocados
½ onion, grated
2 tsp. oil
1 cup cherry tomatoes
Salt and pepper to taste

DIRECTIONS

Mash avocado's well with fork
Add ½ onion, grated
Add oil
Add tomatoes, cut in half
Add salt and pepper to taste

Suggestion: Serve with favorite crackers, also good in salad

Baby Pizzas



INGREDIENTS

6 small English muffins, halved
1 8 oz. can tomato sauce
1 tsp. salt
¼ tsp. pepper
½ tsp. oregano
½ tsp. Italian spice
12 slices mozzarella cheese

DIRECTIONS

Broil muffins on cut side
Spread each with sauce
Sprinkle with seasonings
Top each with cheese slice
Broil 4" from heat until cheese melts 5-8 minutes
Yields 12



Suggestion: Can add any ingredient you like, mushrooms, onions, salami, etc. Just top with cheese

Brown Sugar Pecans



INGREDIENTS

1 package whole pecans
¼ pound butter
1 cup brown sugar

DIRECTIONS

Melt butter in fry pan on low temperature
When butter is hot, add brown sugar
When brown sugar is completely mixed with butter
Add pecans
Fry on low temperature, constantly stirring until pecans are cooked (approximately 10 minutes)
When finished just place pecans on platter
Can stay fresh for at least 4 days



Suggestion: Great with salad or topping for brownies

Candied Pecans



INGREDIENTS

2½ cups pecans
2½ cups sugar
½ cup water
2 tbsp. kosher salt

DIRECTIONS

Preheat oven at 275
Line cookie sheet with parchment paper
Stir pecans, sugar and ½ cup water in a pot
Boil for 4 minutes
Drain pecans, making certain liquid does not solidify
Spread pecans, not touching on cookie sheet
Sprinkle with salt
Bake for 15 minutes or until glossy
Can store in container for 1 week



Suggestion: Fabulous on all vegetables

Chopped Liver



INGREDIENTS

1 lb. fresh chicken livers
2 hardboiled eggs
4 medium onions
Salt, garlic salt and pepper to taste
½ cup oil

DIRECTIONS

Wash chicken livers very well
Place on cookie sheet and bake at 350 until brown
When cooked, puree chicken livers and boiled eggs in Cuisinart
Fry onions in oil until very crispy
Fold half of onions into pureed chicken livers and boiled eggs
Add salt, pepper and garlic salt to taste
Spread chopped liver into flat bowl
Spread remaining fried onions over top of chopped liver



Suggestion: Wonderful on crackers or in a sandwich

Cocktail Wieners



INGREDIENTS

1 lb. cocktail wieners
½ cup ketchup
½ cup cornflake crumbs

DIRECTIONS

Roll wieners in ketchup
Then roll in cornflake crumbs
Bake on greased cookie sheet at 350 for 20 minutes
Yields 6 servings

Cole Slaw

INGREDIENTS

1 small cabbage
4 carrots
1 cup raisins
1 garlic clove
2 tbsp. vinegar
⅔ cup mayonnaise
3 tbsp. sugar
1 tsp. salt

DIRECTIONS

Grate cabbage and carrots
Add remaining ingredients and mix thoroughly



Suggestion: For tangier cole slaw, eliminate mayonnaise and increase vinegar to ⅓ cup and add 3 tbsp. oil

Croutons



INGREDIENTS

4 cups old bread cut in squares
¼ pound melted butter
3 minced garlic buds
3 tsp. rosemary
Salt to taste

DIRECTIONS

Melt butter in microwave
Add salt, minced garlic buds, rosemary and mix well
Cut up bread (best with French bread) and put in bowl
Pour seasoned butter over bread in bowl and toss very well
Use 9 x 11 pan and cover with parchment paper
Pour bread crumbs into pan, spacing them evenly
Bake at 350 for one hour, turning them until crisp and brown
Could take less time depending on how many croutons you have



Suggestion: Use in salads or soups. Store in plastic container.

Smashed Potatos

INGREDIENTS

As many light skinned potatoes as people being served
1 tablespoon butter to each potato
1 whipped egg
Salt and pepper to taste
Chives (optional)
1 quart water with 2 tbsp. salt

DIRECTIONS

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1 tablespoon butter to each potato
1 whipped egg
Salt and pepper to taste
Chives (optional)
1 quart water with 2 tbsp. salt

Suggestion: You can make this chunky or truly whipped depending on your taste

Tomato Relish



INGREDIENTS

8 ripe tomatoes
3 large onions, finely chopped
1 cup sugar
¼ cup salt
1 cup celery, finely diced
1 pt. white vinegar

DIRECTIONS

Blend tomatoes until pulped in Cuisinart
Add remaining ingredients
Pour into a jam jar and make sure it is sealed tight
Leave in refrigerator for 3 days before using



Suggestion: Can add red or green pepper to tomatoes when blending tomatoes. Great on sandwiches

Turkey Stuffing



INGREDIENTS

1 box of any kind of stuffing
2 onions, cut up
½ lb. butter
2 garlic cloves, minced
4 celery stalks, diced
1 box mushrooms
1 apple, grated

DIRECTIONS

Follow direction on box for stuffing
Fry remaining ingredients in butter, except apple
Mix together with stuffing
Grate apple into stuffing mixture
Bake covered at 350 for 1 hour



Suggestion: Can also put in turkey

Notes



Notes





While cooking or baking, make sure to have some fun
Then your journey in the kitchen will be a happier one.
Remember, people's taste to please, you truly have none
Relax, enjoy until all is cooked, baked and done.
These recipes are written from our hearts, so love has truly won
Meals à la mushy, cushy feelings – and that's no pun!

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