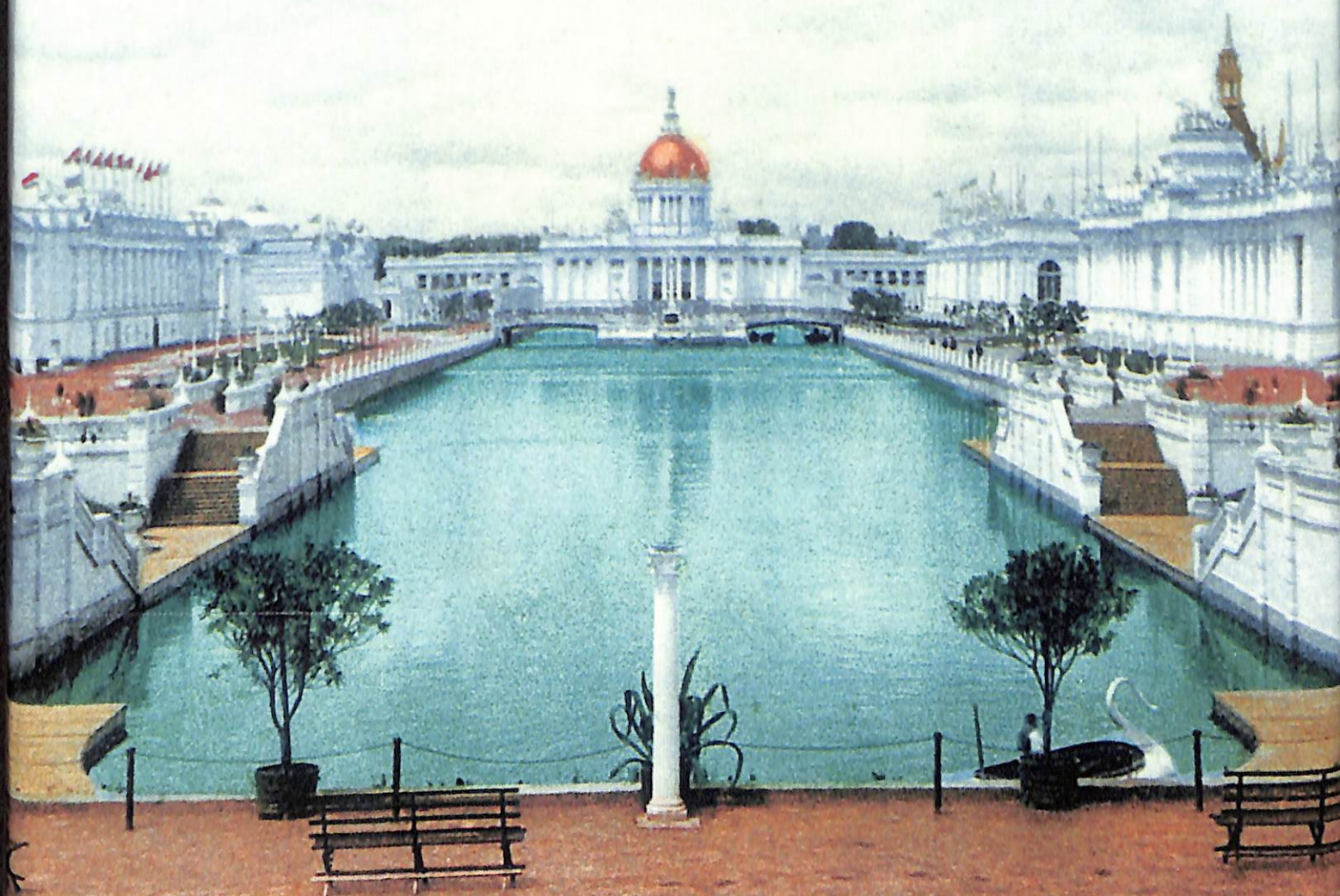


# Loving Memories



*Trans-Mississippi - 1898*  
*Greater America - 1899*  
*Expositions*



# *Loving Memories*

*Trans-Mississippi 1898  
and Greater America 1899*

*Recipes from the women of the Trans-Mississippi  
region are placed in this cookbook as originally written,  
to enjoy the language and the creativity  
of the women of the Victorian era.*



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# *Loving Memories*



This book is a remembrance of the Trans-Mississippi (1898) and the Greater America (1899) Expositions. It was a time to celebrate and share the beauty and ideas that brought people to Omaha from all over the world.

The celebration was like fireworks; millions of stars; millions of wishes for our future.

This cookbook is a tribute to all cooks; who with their creativity, personalize their recipes, sharing talents, heritage, friendships, and uniqueness.

Our recipes are like spun sugar with which we weave a web of loving memories.

# *Acknowledgments*

Trans-Mississippi Exposition Historical Association  
W. Dale Clark Library (Tom Heenan and Staff)  
Marian High School Photographs  
Western Heritage Museum Archival Photography  
Creighton University Library  
Omaha History Center  
Historical Society of Douglas County



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Trans-Mississippi Cookbook Nebraska  
and Iowa Dept. 1898  
Chafing Dish Cookbook Omaha 1898

*By Carolyn Drehsen*

# *Trans-Mississippi and International Exposition*

*June 1, 1898 - November 1, 1898  
2,600,000 attended*

The Trans-Mississippi Exposition of 1898 was one of the greatest achievements in the history of Omaha and the surrounding communities.

The Exposition objective was to show the marvelous resources of the states west of the Mississippi River and to display their products, industries and manufacturing capabilities.

The beauty of the Exposition was due to the high artistic standard set by Architects-In-Chief Thomas R. Kimball and C. Howard Walker.

The buildings were to be harmonious in color, style, height and general mass. All the buildings in the Grand Court were to be ivory white and have roofs of gray-green, styled in Classic or French Renaissance. No private buildings or grounds were to be seen from this court to distract

from the magical image. For this reason buildings were connected by colonnades, behind which were lines of trees.

The Nautilus Fountain was situated in front of the finest Exposition building the United States Government had ever constructed.

Neptune stood forty feet out of the water, surrounded by a fountain that sprayed a rainbow of varied colors.

Entering the grounds of the Grand Court visitors found themselves in splendor far beyond comparison.

*Notable and Distinguished Visitors:*

President William McKinley

William Jennings Bryan

Buffalo Bill Cody

Geronimo

Five Hundred American Indians from approximately  
twenty tribes

*Some Main Attractions:*

Streets of All Nations

Scenic Railroad

Birth of Our Nation

Cyclorama

A Giant See-Saw

Paintings and Sculptures from all over the world

Band Shell

# *Greater America Exposition*

*July 1, 1899-November 1, 1899  
800,00 attended*

The Greater America Exposition was formed by a company of Omaha businessmen. They purchased the Trans-Mississippi buildings and grounds to continue the Great Fair into 1899.

This Exposition celebrated not only the Native Americans but the newly acquired territories of Hawaii, Puerto Rico, Philippines and Cuba.

The people of these lands assembled villages, characteristic of their habitation, social, industry and customs.

The Exposition grounds were changed dramatically by the addition of hundreds of Palm trees, tropical and sub-tropical plants.

Lighting was enhanced by thousands of lights that showed every angle and curve of the Grand Court's beautiful architecture.

At night the soft glow of lighted flowers, made of colored glass and molded into shapes of roses, tulips and lilies were in bloom again.

The 1899 Exposition was open until midnight during numerous celebrations so visitors could enjoy the Grand Court in her "Beautiful Electric Dress." The Greater America gave Omaha an additional year to enjoy its enhanced beauty, and a world renowned collection of paintings and sculptures. This Colonial Exposition celebrated the knowledge of new lands, new people of America.

# Chicago Wrecking Co.

Catalog 1899

"The Omaha Exposition situated in the center of the most prosperous farming county in the world—on the banks of the famous Missouri River—in the great thriving energetic city of Omaha.

It was an exhibition of palatial magnificent structures such as the western eye had never before beheld. No money was spared in the construction of the buildings, western pride would not permit it.

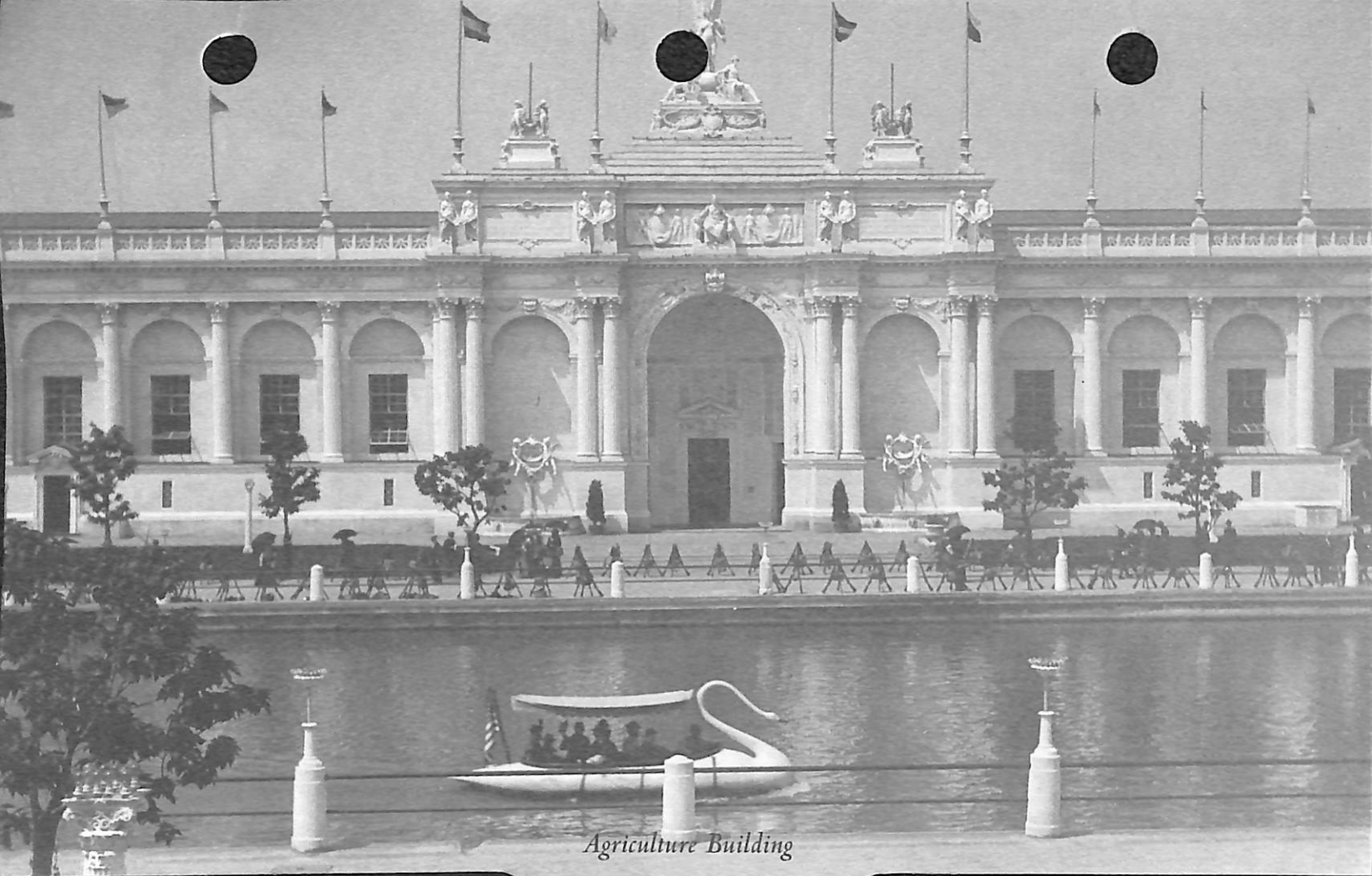
The very best of material was used throughout. More than two million was expended before the world was ushered into this great panoramic scene of architectural beauty.

We bought a lagoon in which a thousand varieties of fish and turtles had been placed so thickly they have multiplied that the water is now more than half fish and a piece of bread thrown on the surface causes the whole pond to seem one wriggling mass of life.

There was no glass but a sort of translucent gelatin run on gauze wires and beautifully colored.

In the catalog for sale, twelve million feet of lumber, one hundred thousand statues, sixty thousand incandescent lights and the rarest tropical plants and trees.

It took approximately two thousand railway cars to have the Exposition taken to Chicago."




*Agriculture Building*





*Ladies Formal Luncheon  
In Honor of  
Mrs. Ida McKinley  
The Trans-Mississippi and  
International Exposition*



*Wednesday, October Twelfth, 1898*

Luncheon card was printed on white satin ribbon  
ornamented with hand painted sketches.

Grapefruit

Consomme

Frogs' Legs a la Poulette

Breast of Chicken

Current Jelly

Waldorf Salad

Neapolitan Ice Cream

Assorted Cake

Small Coffee

# *Four Dainty Luncheons*



By  
*PRYOR, Chef Omaha Club*

## I.

### Consomme

Stuffed Olives	Lobster Newburg
Omelet Soufflé	Small Coffee

## II.

### Bouillon

Terrapin a la Maryland	Roast Teal Duck
Celery Salad	Roquefort Cheese
Crackers	Small Coffee

## III.

### Blue Points

Celery	Bouillon
Quail	Lettuce Salad
Neapolitan Ice Cream	Assorted Cake
Small Coffee	

## IV.

### Clam Bouillon

Breast of Prairie Chicken	Waldorf Salad
Rum Omelet	Small Coffee

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*Grand Court Looking East*



# Breakfast & Brunch



## SUNDAY SCRAMBLED EGGS

---

*4 individual brioches*

*7 eggs*

*1/4 c. milk*

*2 T. butter or margarine*

*1/2 tsp. salt*

*Dash pepper*

*3 oz. cream cheese, cut in 1/2-in. cubes*

Preheat oven to 350°. Heat brioches on cookie sheet. Meanwhile, make scrambled eggs: In medium bowl, combine eggs, milk, salt, pepper, beat until just combined. Heat butter in a large skillet. Pour in egg mixture; cook over low heat. As eggs start to set on bottom, gently lift cook portion with spatula, letting uncooked portion flow to bottom of pan. Add cheese; cook until eggs are moist and shiny, but no longer runny. Cut off tops of brioches; set aside. With fork, scoop soft inside from center of each brioche. Spoon eggs into brioches; sprinkle with parsley; replace tops.



## *A*SPARAGUS AND CHEDDAR OMELET

---

6 spears asparagus

4 eggs

1 T. chopped chives

1/2 c. grated cheddar cheese,  
divided

1 tomato, cored & chopped

1 T. butter

Simmer asparagus in a large skillet in water to cover 5 minutes or until crisp tender. Drain and set aside. Beat eggs with 1/4 cup water, chives and salt. Melt butter in large, nonstick skillet over medium heat. Add eggs and cook 30 seconds, stirring until eggs just begin to set. Tilt pan so uncooked egg flows to sides. Cook until top is set, but not dry. Top with half the cheese and asparagus. Fold sides of omelet up over filling; cook 1 minute. Place on plate and top with remaining cheese and tomato.

## *G*HILI OMELET

---

2 eggs

2 T. chopped green chilies, drained

1/4 c. (1 oz.) shredded cheddar  
cheese

2 T. sliced black olives

1/8 tsp. salt

Dash pepper

1 T. butter

1 T. sour cream

Beat together eggs, green chilies, cheese, olives, salt and pepper with a fork until blended. In an 8-inch skillet or omelet pan, heat the butter just until hot. Add egg mixture; cook over medium heat. As egg mixture sets, lift edges slightly with spatula to allow uncooked portion to flow underneath. Remove from heat. Spoon sour cream filling across center. Overlap omelet and invert onto serving plate.



## *P*EANUT BUTTER PANCAKES

---

*1/3 c. peanut butter*

*1/3 c. melted butter*

*2 eggs*

*1/2 tsp. sugar*

*1/8 tsp. salt*

*1 1/4 tsp. baking powder*

*1 1/4 c. milk*

*1 1/4 c. flour*

In a large mixing bowl, mix peanut butter, melted butter and eggs. Add the remaining ingredients. Refrigerate the batter a few hours. Drop batter on a hot greased skillet and cook until brown. Serve with butter and syrup or jam.

## *F*RENCH TOAST

---

*1 long loaf French or Italian bread  
(about 8 oz.)*

*4 oz. cream cheese, softened  
enough to spread*

*1/2 c. finely chopped pecans or pine  
nuts*

*4 lg. eggs*

*1/2 c. water*

*3 T. butter or margarine*

*1 T. vegetable oil*

Cut bread diagonally into 16 slices. Spread cream cheese on one side of 8 slices; sprinkle with pecans. Top each slice with a plain slice to make 8 sandwiches. Beat eggs and water until smooth in shallow dish large enough to hold all the sandwiches in a single layer. Add the sandwiches; turn several times until the egg mixture is evenly absorbed. In a 10-inch skillet, melt butter with oil over medium heat. When butter stops foaming, add all sandwiches in a single layer. Fry about 6 minutes, turning once, until crisp and golden.

## OVERNIGHT CARAMEL FRENCH TOAST

---

2 T. *corn syrup*  
*1/2 c. butter (1 stick)*  
1 c. *packed brown sugar*  
12 *slices bread*

6 *eggs*  
*1/2 c. milk*  
1 *tsp. vanilla*  
*1/4 tsp. salt*

**Night before:** In a saucepan, combine 2 tablespoons light corn syrup, 1/2 cup butter and 1 cup brown sugar. Simmer until all dissolved. Pour on bottom of 9 x 13-inch glass baking dish. Lay slices of bread over caramel mixture (2 layers of 6 slices). In a bowl or blender, beat together eggs, milk, vanilla and salt. Pour over bread slices. Cover and refrigerate overnight. **Next morning:** Preheat oven to 350°. Uncover dish and bake 35 to 40 minutes until light brown. Cut into servings and place upside down on plates.

## OATMEAL WAFFLES

---

*1 1/2 c. flour*  
1 c. *quick-cooking rolled oats*  
1 T. *baking powder*  
1 *tsp. ground cinnamon*  
*1/4 tsp. salt*  
2 *slightly beaten eggs*

*1/2 c. milk*  
6 T. *margarine or butter, melted*  
2 T. *brown sugar*  
*Fresh fruit (opt.)*  
*Vanilla yogurt (opt.)*

In a large mixing bowl, stir together flour, oats, baking powder, cinnamon and salt. In a small mixing bowl, stir together eggs, margarine and brown sugar. Add to flour mixture; stir till blended. Pour batter onto grids of a preheated, lightly greased waffle baker. Close the lid quickly; do not open during baking. Use a fork to remove baked waffle. Top with fruit and yogurt.

## CHOCOLATE WAFFLES

---

*1½ c. Bisquick baking mix*  
*1 c. sugar*  
*⅓ c. cocoa*

*¾ c. water*  
*2 eggs*  
*2 T. vegetable oil*

Beat all ingredients with wire whisk or hand beater until almost smooth. Pour batter from cup or pitcher onto center of hot waffle iron. Bake until steaming stops. Remove waffle carefully. Serve vanilla ice cream, sliced peaches and raspberries or sliced strawberries, sweetened whipped cream and chocolate flavored syrup over waffles, if desired.

## WORLD CLASS WAFFLES

---

*2¼ c. flour*  
*3 T. sugar*  
*1 pkg. rapid rise yeast*  
*¾ tsp. salt*

*2 c. warm milk*  
*3 eggs*  
*⅓ c. butter or margarine, melted*  
*2 tsp. pure vanilla extract*

In a large bowl, combine all ingredients in order listed; mix just until blended. Cover; let rise in warm place until doubled, about 1 hour. Or, cover and refrigerate overnight, if desired. Stir down batter; bake in hot, greased waffle iron until steaming stops and waffles are golden brown. Serve immediately with your favorite toppings.

## BLUEBERRY LACY CREPES

---

*1 c. flour*  
*1½ c. milk*  
*1 egg white, beaten*

*2 tsp. vegetable oil*  
*¼ c. blueberry pie filling*

In a large mixing bowl, whisk together the flour, milk and egg white. Chill batter about 30 minutes. With a pastry brush, lightly grease a 6-inch crepe pan or nonstick skillet with oil. Place over medium heat until the pan is hot. Remove pan from heat and spoon in about 2 tablespoons of batter; lift and tilt skillet until batter is spread evenly. Return pan to heat and cook until crepe is lightly browned on the underside. Loosen edges with spatula and turn out onto large platter; cover to keep warm. Repeat until all batter is used; regrease pan with oil if the crepes stick. Spread about 1 tablespoon of pie filling down the side of each crepe, then roll up.

## CHOCOLATE CREPES

---

3 eggs

1 1/4 c. buttermilk

2 T. cocoa

1 c. flour

2 T. sugar

2 T. melted butter

Mix all ingredients together in a mixing bowl. With a pastry brush or paper towel, lightly grease a 6-inch crepe pan or nonstick skillet with oil. Place over medium heat until the pan is hot. Remove pan from heat and spoon in about 2 tablespoons of batter; lift and tilt skillet until batter is spread evenly. Return pan to heat and cook until crepe is lightly browned on the underside. Loosen edges with spatula and turn out onto large platter; cover to keep warm. Repeat until all batter is used; regrease pan with oil if the crepes stick.

## APRICOT BRANDY CREPES

---

12 crepes

1/2 c. apricot jam

2 T. melted butter

2 T. sugar

1/4 c. apricot brandy (opt.)

Spread crepes with jam. Roll up and place in a buttered baking dish. Brush with melted butter and sprinkle with sugar. Broil until light brown. **Optional:** Heat brandy and pour over crepes. Ignite brandy carefully and serve immediately.

## PALACHINKE CREPES

---

1 1/2 c. milk

3 egg yolks

4 T. sugar

1 tsp. vanilla

1 1/2 c. flour

5 T. melted butter or margarine

In a large mixing bowl, mix eggs, sugar, milk and vanilla. Slowly add flour. Then melted butter. Beat well. Refrigerate for a couple of hours or overnight when frying, make crepes as thin as possible.

## CHEESE FILLING FOR PALACHINKE

---

2 c. cottage cheese  
2 eggs  
3 T. sugar

2 tsp. grated lemon rind  
½ tsp. salt

Beat eggs thoroughly and add to cheese mixture. Add sugar, salt and lemon rind. Put about 3 heaping tablespoons of cheese mixture on each crepe and spread evenly. Roll and put in greased baking dish. Dot with butter and bake in 300° oven for 20 minutes. Serve hot.

## CHERRY CHEESE BLINTZES

---

2 T. butter or margarine  
1½ c. milk  
⅔ c. flour  
½ tsp. salt  
4 lg. eggs  
2 (8-oz.) pkgs. cream cheese,  
softened

1 (8-oz.) ctn. cottage cheese  
3 T. confectioners' sugar  
¾ tsp. vanilla extract  
½ (21-oz.) can cherry pie filling  
½ tsp. grated lemon peel  
Sour cream (opt.)

In bowl, with wire whisk, beat 2 tablespoons melted margarine with milk, flour, salt and 3 eggs. Refrigerate 2 hours to allow flour to absorb liquid for a tender crepe. With mixer at medium speed, beat cheese, sugar, vanilla and 1 egg until smooth. Brush 7-inch crepe pan with melted margarine; heat over medium heat. Pour in ¼ cup batter. Cook 1 minute until top is set. Place on waxed paper. Repeat. **About 30 minutes before serving:** Heat pie filling, lemon peel; keep sauce warm. Place ¼ cup cheese mixture in center on browned side of each crepe; fold to make a package. In 10-inch skillet, over medium heat, in 1 tablespoon hot margarine, cook half of blintzes at a time, until golden brown. Serve hot with cherry sauce and if you like, sour cream.

# ALMOND HAM AND CHEESE QUICHE

---

## Quiche:

1 (9-in.) pie crust, unbaked  
½ lb. cooked, cubed ham  
1 c. shredded Swiss cheese  
½ c. chopped, fresh onion  
3 eggs

1 c. half & half  
⅛ tsp. crushed red pepper  
1½ cooked broccoli, cut into bite-sized pieces & drained  
½ c. slivered almonds

Combine all ingredients, except cream, eggs and almonds. Place in pie crust. In a medium mixing bowl, beat cream and eggs until frothy. Pour mixture evenly over prepared pie pan and then sprinkle the nuts over quiche. Bake at 425° for 14 minutes, reduce heat to 300° and bake another 30 minutes. Quiche is cooked when knife inserted into center comes out clean. Let pie cool 10 minutes before serving. Substitute cooked chicken for ham, fresh sautéed mushrooms for broccoli and cheddar cheese for Swiss.



# SALMON QUICHE

---

## *Crust:*

<i>1 c. flour</i>	<i>1/2 tsp. salt</i>
<i>2/3 c. shredded sharp cheddar cheese</i>	<i>1/4 tsp. paprika</i>
<i>1/4 c. chopped almonds</i>	<i>6 T. cooking oil</i>

## *Quiche:*

<i>1 (15 1/2-oz.) can salmon</i>	<i>1/2 c. shredded sharp cheese</i>
<i>3 beaten eggs</i>	<i>1 T. grated onion</i>
<i>1 c. dairy sour cream</i>	<i>1/4 tsp. dried dill weed</i>
<i>1/4 c. mayonnaise or salad dressing</i>	<i>3 drops bottled hot pepper sauce</i>

**Crust:** Combine the flour, the  $\frac{2}{3}$  cup cheese, the almonds, salt and paprika in a bowl. Stir in oil. Set aside  $\frac{1}{2}$  cup of the crust mixture. Press remaining mixture into the bottom and up the sides of a 9-inch pie plate. Bake crust in 400° oven for 10 minutes. Remove from oven. Reduce oven temperature to 325°. **Quiche:** Drain salmon, reserving liquid. Add water to reserved liquid, if necessary, to make  $\frac{1}{2}$  cup liquid. Flake salmon, removing bones and skin; set aside. In a bowl, blend together eggs, sour cream, mayonnaise or salad dressing and reserved salmon liquid. Stir in salmon, then  $\frac{1}{2}$  cup cheese, the onion, dill weed and hot pepper sauce. Spoon filling into crust. Sprinkle with reserved crust mixture. Bake in 325° oven for 45 minutes or until firm in center.

## APRICOT QUICHE

---

*3/4 c. dried apricots*  
*1 c. sweetened flaked coconut,*  
*toasted*  
*1 tsp. all-purpose flour*  
*1 T. grated orange peel*  
*4 lg. eggs*

*1/2 c. buttermilk baking mix*  
*2 c. milk*  
*2 T. butter or margarine, melted*  
*2 T. granulated sugar*  
*1 tsp. vanilla extract*  
*Confectioners' sugar*

Heat oven to 350°. Grease 9-inch pie plate. Chop 1/2 cup dried apricots; set remainder aside for decoration. In a medium-size bowl, combine chopped apricots, coconut, flour and grated orange peel; toss to mix well. Set aside. In large bowl, using wire whisk, beat eggs, baking mix, milk, melted butter, granulated sugar and vanilla extract until thoroughly blended; stir in apricot-coconut mixture. Pour mixture into prepared pie plate; bake 35 to 40 minutes until wooden pick inserted in center comes out clean. Cool completely on wire rack. To serve: Sprinkle cooled pie lightly with confectioners' sugar, decorated with reserved dried apricots.

## RICH HOMEMADE PANCAKE SYRUP

---

*1 c. brown sugar*  
*1/2 c. water*

*1/2 stick butter*  
*1 tsp. maple flavoring*

Bring ingredients to boil, then simmer. Serve warm over pancakes or waffles.

## BLUEBERRY CINNAMON SYRUP

---

*4 c. blueberries*  
*3/4 c. corn syrup*  
*1/2 tsp. cinnamon*

*2 T. cornstarch*  
*1 c. water*

Combine all ingredients and cook over medium heat until thickened.

## *O*RANGE HONEY SYRUP

---

*1 c. orange juice*  
*1 1/3 c. honey*

*1/3 c. butter*  
*1/2 T. lemon juice*

Combine all ingredients and heat. Serve warm.

## *B*ELGIAN CREAM

---

*1 c. whipping cream*  
*1/4 c. brown sugar*

*1/4 tsp. cardamon*  
*1/3 c. sour cream*

Beat cream, sugar and cardamon until soft peaks form. Fold in the sour cream. Serve on Belgian waffle or pancakes.

## *The Trans-Mississippi Homemaker Eggs*

### *D*ROPPED OR POACHED EGGS

---

Strain some boiling water into a frying pan, which must be perfectly clean as the last impurity will mar the whiteness of the eggs. When the water boils, break the eggs separately into a saucer. Take the frying pan off and slip in the eggs one by one carefully upon the surface. When all are in, put back over the fire and boil gently three minutes. Take off with a perforated skimmer, drain and lay upon slices of buttered toast on a hot dish. Garnish with parsley and dust with pepper and salt.

## SCALLOPED EGGS

---

Make a force meat of chopped ham (ground is better), fine bread crumbs, salt, pepper, a little minced parsley and some melted butter. Moisten with milk to a soft paste and half fill some patty pans or shells with the mixture. Break an egg upon the top of each and dust with pepper, salt and sift some very finely powdered cracker over all. Set in the oven and bake until the eggs are well set, about eight minutes. Serve hot. You can substitute ground tongue for ham.

## POACHED EGGS WITH TOMATO SAUCE

---

Put a half can of strained tomatoes in a saucepan; add a slice of onion, a sprig of celery. Cover, simmer gently for five minutes. Strain again; add two tablespoonfuls of butter, two tablespoonfuls of flour that you have rubbed to a smooth paste. Stir constantly until boiling. Add a teaspoonful of salt, a quarter teaspoonful of pepper. Cover a platter with square of toasted bread, then poach the eggs, slip them on the toast, pour around them the tomato sauce. Sprinkle with chopped parsley.

## OMELET WITH JELLY

---

Five eggs, four tablespoons of cream or the same of milk. Thicken with a teaspoonful of flour or arrowroot. Two tablespoons powdered sugar, one teaspoonful bitter almond or vanilla. Beat whites and yolks separately, adding to the yolks the sugar and milk after they are thick and smooth. Lastly, stir in the whites with a few swift strokes. Put a large spoonful of butter in the pan when it is hot, pour in the omelet. Spread upon it, when it is done, some jelly. Take the pan from the fire to do this. Spread quickly; slip your knife under one-half of the omelet and double it over. Turn on hot platter, sift powdered sugar and eat at once.

## DEVILED EGGS

---

Boil six or eight eggs hard. Leave in cold water until they are cold. Cut in halves, slicing a bit off the bottom to make them stand upright. Take the yolks and rub to a smooth paste with very little melted butter. Some cayenne, a touch of mustard, a dash of vinegar. Fill the hollow whites with this and send to the table on a bed of chopped cresses, seasoned with pepper, salt, vinegar and a little sugar. The salad should be two inches thick, each egg served with a heaping tablespoonful of the salad. You can use lettuce or white cabbage instead of cress.

## OMELET WITH HERBS

---

Beat four eggs slightly, add four tablespoonfuls of milk, one teaspoonful of salt, a saltspoonful of pepper and one teaspoonful of herbs (mint or parsley) broken fine. Melt one tablespoonful of butter in the blazer pan; pour in the egg mixture and cook until of a creamy consistency. Fold over once and turn out on platter.

## STUFFED EGGS

---

Boil the eggs hard, remove the shells and then cut in two, either way as preferred. Remove the yolks and mix them with pepper and salt and a little dry mustard. Some like cold chicken, ham or tongue chopped very fine, and then stuff the cavities, smooth them and put the halves together again. **For picnics:** They can simply be wrapped in tissue paper to keep them together. **If for home use:** They can be egged and breadcrumbed in boiling lard. Drain and garnish with parsley.



*Horticulture Building with Lily Pond*

SOUPS, SALADS & SANDWICHES



# *Soups, Salads & Sandwiches*



## *Soups*

### **C**HICKEN SOUP WITH HOMEMADE EGG NOODLES

---

#### *Noodles:*

*3 c. flour*  
*1/2 tsp. salt*

*4 eggs, at room temp.*  
*1/3 c. water*

**Egg Noodles:** Put flour, salt and eggs in a bowl. Using your hand, mix together adding 1 tablespoon of water at a time and mixing until dough forms a ball. Place dough on a well-floured board and knead until smooth and elastic, about 8 to 10 minutes. Cover and let set for 15 minutes. Cut dough into 4 equal parts; keep covered. Roll 1 part of dough at a time, until desired thickness is reached (about 1/16th of an inch). Cut in 1/2 inch to 1/8 inch strips and place on a towel to dry, for about 2 hours. Cook in 3 quarts of chicken broth.

#### *Broth:*

*1 broiling chicken*  
*4 qt. water*  
*2 chicken bouillon cubes*  
*1 T. Worcestershire sauce*

*1 T. garlic salt*  
*1/2 T. celery seed*  
*1 c. chopped onions*  
*Salt & pepper to taste*

**Chicken in broth:** Boil chicken in water. Remove chicken when done and remove the bones and skin. Put the chicken back into the broth and place all the other ingredients in pot; boil for 10 minutes. Place egg noodles in broth and boil for 10 to 15 minutes. Serve with chopped green onions on top.

## CHICKEN GUMBO SOUP

---

<i>1 onion, chopped</i>	<i>1 skinless, boneless chicken breast</i>
<i>1 T. vegetable oil</i>	<i>half, diced</i>
<i>1 garlic clove, minced</i>	<i>½ lb. peeled &amp; deveined med.</i>
<i>2 plum tomatoes, diced</i>	<i>shrimp</i>
<i>1 (14½-oz.) can chicken broth</i>	<i>½ tsp. chopped fresh oregano</i>
<i>½ c. fresh or thawed frozen corn</i>	<i>Salt &amp; pepper to taste</i>
<i>1 c. sliced kielbasa</i>	

Sauté onion in oil in wide, deep skillet for 3 minutes. Stir in garlic, then tomatoes and cook 1 minute. Add broth, corn and kielbasa; simmer 10 minutes. Mix in chicken, shrimp, oregano, salt and pepper. Cook until shrimp and chicken are cooked thoroughly.

## POTATO SOUP

---

<i>3 lbs. potatoes, cut in 1-in. cubes</i>	<i>½ c. half &amp; half</i>
<i>4 slices bacon</i>	<i>1 tsp. basil</i>
<i>1 onion, diced</i>	<i>2½ c. chicken stock</i>
<i>2 T. flour</i>	<i>Salt &amp; pepper to taste</i>
<i>1 c. whole milk</i>	

In 5-quart Dutch oven, cook potatoes for 20 minutes. Drain and put back in Dutch oven. Add 2½ cups chicken stock. In a saucepan, cook bacon crisp. Reserve grease. Add bacon to soup. Sauté onions in bacon drippings until translucent. Sprinkle flour on top and cook till smooth. Transfer to Dutch oven, stirring constantly. Bring to low boil. Add milk, half-and-half and basil. Simmer on low for 30 minutes.



## *M*INESTRONE SOUP

---

- |   |   |
|---|---|
| <i>1/2 lb. Italian sweet sausage</i>        | <i>2 (10-oz.) cans beef bouillon</i>    |
| <i>1 T. olive oil or reg. vegetable oil</i> | <i>2 c. finely shredded cabbage</i>     |
| <i>1 c. diced onions</i>                    | <i>1 (1-lb.) can white kidney beans</i> |
| <i>1 clove garlic, minced</i>               | <i>1/2 c. rice</i>                      |
| <i>1 c. diced carrots</i>                   | <i>1/2 c. red wine</i>                  |
| <i>1 T. basil</i>                           | <i>Grated Parmesan cheese</i>           |
| <i>2 sm. zucchini, sliced</i>               | <i>Chopped fresh parsley</i>            |
| <i>1 (1-lb.) can Italian tomatoes</i>       | <i>Salt &amp; pepper to taste</i>       |

Slice sausage; brown in olive oil in deep saucepan. Add onion, garlic, carrots and basil and cook 5 minutes. Add zucchini, tomatoes with liquid, bouillon, cabbage, salt and pepper. Bring soup to a boil; reduce heat and simmer, covered for one hour. Add beans with liquid, rice and wine. Cook another 20 minutes until rice is done. Serve topped with grated cheese and chopped parsley.

## *A*SIAN SOUP

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|--|--|
| <i>1 lb. thinly sliced beef (for stir-fry)</i> | <i>2 (13<sup>3</sup>/<sub>4</sub>-oz.) cans beef broth</i>                       |
| <i>2 T. low-sodium soy sauce</i>               | <i>2 (3<sup>1</sup>/<sub>2</sub>-oz.) pkgs. fresh shiitake mushrooms, halved</i> |
| <i>2 T. vegetable oil, divided</i>             | <i>2 c. fresh snow peas (6 oz.), trimmed</i>                                     |
| <i>2 tsp. grated peeled fresh gingerroot</i>   | <i>6 scallions, cut into 2-in. pieces</i>  |
| <i>2 cloves garlic, crushed in press</i>       | <i>4 oz. pasta</i>   |

In 12-inch skillet, sauté mushrooms, snow peas and scallions in remaining 1 tablespoon oil until tender, 4 to 6 minutes. Remove from pan. Add beef and cook over high heat, stirring until no longer pink, about 3 minutes. Add vegetables and cook 1 minute more. Add pasta to broth and cook until just tender, 2 to 6 minutes. Spoon into soup bowls and top with beef mixture.

## SPLIT PEA SOUP

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<i>1 ham bone (with enough meat left to make 1½ c.)</i>	<i>7 c. water</i>
<i>1 (16-oz.) pkg. split peas</i>	<i>¼ tsp. whole allspice</i>
<i>2 carrots, thinly sliced</i>	<i>¼ tsp. peppercorns</i>
<i>1 med. onion, chopped</i>	<i>1 bay leaf</i>
	<i>Salt</i>

In a 5-quart pan, heat ham bone, peas, carrots, onion and water to boiling. Tie spices in cheesecloth and add to soup. Reduce heat to low, discard spice bag. Remove bone, cut off meat and discard bone. Cut meat into bite size pieces and return to soup.

## WILD RICE SOUP

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<i>½ c. wild rice</i>	<i>½ c. minced celery</i>
<i>1½ c. chicken stock</i>	<i>½ c. minced pepper</i>
<i>1 lb. fresh mushrooms, sliced</i>	<i>2 qt. chicken broth</i>
<i>4 T. butter</i>	<i>4 T. flour</i>
<i>½ c. minced onion</i>	<i>Salt &amp; pepper to taste</i>

Combine wild rice and the 1½ cups of chicken stock. Simmer for one hour. Set aside. In a large saucepan, with the 4 tablespoons butter, sauté onions, celery, green pepper and mushrooms. Put all but ½ cup of chicken broth in large pan. Add mushrooms, rice and vegetables. Blend flour with reserved ½ cup of chicken broth to make a paste. Stir into soup mixture. Simmer for 15-20 minutes.

## HAM AND BEAN SOUP

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<i>2 cans great northern or navy beans, drained</i>	<i>½ c. frozen chopped onion</i>
<i>2 cans chicken broth</i>	<i>¼ c. dried parsley flakes</i>
<i>1 can sliced potatoes, drained</i>	<i>1 bay leaf</i>
<i>1 can diced carrots, drained</i>	<i>Pepper to taste</i>
<i>½ lb. fully cooked ham, cut into bite-size pieces</i>	

In a large kettle or Dutch oven, combine all ingredients. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Remove bay leaf.

## TORTILLA SOUP

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|---|--|
| 2 whole lg. chicken breasts (about 2 lbs.), skinned & boned | 1/2 tsp. ground cumin                              |
| 2 c. water  | 1/8 tsp. ground black pepper                       |
| 1 can beef broth  | 3 c. tortilla chips, coarsely crushed              |
| 1 can chicken broth   | 4 oz. Monterey Jack cheese, shredded (about 1 c.)  |
| 1 can tomatoes, cut up                                      | 1 avocado, peeled, seeded & cut into chunks (opt.) |
| 1/2 c. chopped onion  | Snipped cilantro (opt.)                            |
| 1/4 c. chopped green pepper                                 |  |
| 1 can whole kernel corn, drained                            |  |
| 1 tsp. chili powder   |  |

Cut chicken into 1-inch cubes; set aside. In a large saucepan, combine water, beef broth, chicken broth, undrained tomatoes, onion and green pepper. Bring to boiling. Add chicken; reduce heat. Cover and simmer for 10 minutes more. To serve: Place crushed tortilla chips into each bowl. Ladle soup over tortilla chips. Sprinkle with cheese, avocado and cilantro, if desired.

## TOSCANA SOUP

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|---------------------------------------|--------------------------------|
| 3 links Italian sausage, hot or sweet | 1 (13-oz.) can chicken broth   |
| 3/4 c. chopped onion                  | 3 med. potatoes                |
| 1 slice bacon, diced                  | 2 c. thinly sliced kale        |
|                                       | 1/3 c. heavy or whipping cream |

Cook sausage, drain grease and cut sausage into 1/4-inch slices. Cook onions and bacon, add all but cream and kale to soup. Cook until vegetables are tender. Stir in kale and cream and cook another 15 minutes.

# CHILI

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<i>3 lbs. ground beef</i>	<i>3 dried whole hot peppers or hot chilies</i>
<i>1½ T. dried onion</i>	<i>2 bay leaves</i>
<i>½ tsp. garlic powder</i>	<i>1 tsp. allspice</i>
<i>2 T. vinegar</i>	<i>1½ T. Worcestershire sauce</i>
<i>2 (8-oz.) cans tomato sauce</i>	<i>1½ tsp. cumin</i>
<i>2 T. chili powder</i>	<i>2 qt. water</i>
<i>1 tsp. cinnamon</i>	<i>Shredded colby cheese</i>
<i>2 tsp. ground red pepper</i>	

In Dutch oven, put in water and ground beef. Put in all spices. Cook on a soft boil. Stir occasionally. Before serving, remove bay leaves and hot peppers and hot chilies. Serve over buttered spaghetti and top with shredded colby cheese.

# TEXAS CHILI

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<i>1½ lbs. boneless beef stew meat, cut into 1-in. cubes</i>	<i>3 cloves garlic, minced</i>
<i>1½ lbs. boneless pork shoulder, cut into 1-in. cubes</i>	<i>½ tsp. ground red pepper</i>
<i>2 T. cooking oil</i>	<i>1 (10½-oz.) can condensed beef broth</i>
<i>3 T. flour</i>	<i>3-4 c. cooked pinto beans</i>
<i>3 T. chili powder</i>	<i>Pepper to taste</i>
<i>2 tsp. ground cumin</i>	<i>Dairy sour cream</i>
<i>½ tsp. dried oregano, crushed</i>	<i>Lime wedges</i>

In a large saucepan or Dutch oven, brown meat cubes, half at a time, in hot oil. Return all meat to pan. Stir in flour, chili powder, cumin, oregano, garlic and peppers. Add beef broth and enough water (5 to 6 cups) to coat meat. Simmer, covered about 1½ hours or till tender, stirring occasionally. Serve meat over pinto beans. Dollop with sour cream and sprinkle with lime juice.

# *The Trans-Mississippi Homemaker*

## **CREAM OF ASPARAGUS SOUP**

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Two bunches or 1 can of asparagus, 1 quart white stock, 1 quart milk, ½ onion, 2 tablespoonfuls butter, 2 tablespoons flour, 2 tablespoonfuls cracker crumbs, 1 cup cream. Cook stock, asparagus and onion together until done; rub through a sieve. Cream butter, add flour, add crumbs, stir gradually into the heated milk and stock and stir until smooth, then strain again and add the asparagus pulp. Heat and season and just before serving, add the cup of cream. The cream may be omitted, if desired.

## **BOUILLON**

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Cut and break 6 pounds beef and bone, put in it 2 quarts water, allowing it to simmer slowly for about five hours. Strain through a fine sieve, removing all fatty matter. Season with pepper and salt.

## **BEAN SOUP**

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Cook a small piece of pork and one cup beans until soft, in as little water as possible; rub through a colander, add one quart of milk, season with pepper and salt, heat and pour into the tureen containing three hard-boiled eggs, sliced.

## **CREAM OF CORN SOUP**

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To each quart of corn, add three pints water. Boil until tender and add two ounces butter, well-blended with one tablespoonful flour. Boil fifteen minutes more, season to taste and just before serving, add a heaping cup of whipped cream.

## CELERY CREAM SOUP

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Boil a small cup of rice in three pints of milk until it will pass through a sieve. Grate the white part of two heads celery (three if small) on a bread grater. Add this to the rice milk. Then add a quart of strong white stock. Let boil until the celery is perfectly done. Season with salt and cayenne and serve.

## NOODLE SOUP

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Add noodles to the beef or any other soup after straining. They will cook fifteen or twenty minutes and are prepared as follows: to one egg, add as much sifted flour as it will absorb with a little salt. Roll out thin and let dry for an hour, dredge very lightly with flour, roll up slice from the ends, shake out the strips loosely and drop into the soup.

## GIBLET SOUP

---

Giblets from two or three fowls, 2 quarts water, 1 quart stock, 2 tablespoons butter, 2 tablespoonfuls flour, salt, pepper and onion. Put giblets on to boil in the water; cook gently until reduced to one quart; take out giblets, cut off tough parts and chop the remainder. Return to the liquor and add stock. Cook butter and flour together until a rich brown and add to the soup. Season and cook half an hour. Stir in a half cup of bread crumbs and in a few minutes serve.

## LOBSTER BISQUE

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One can lobster, 2 cups milk, 3 pints boiling water, 1½ cups fine cracker crumbs, 1 tablespoonful butter, salt and pepper. Chop the lobster rather coarse, taking care not to tear it. Put boiling water, salt, pepper and lobster into a saucepan and cook gently for about forty minutes. Have ready scalding milk in which the crumbs have soaked twenty minutes. Stir in butter, then milk and crumbs. Set in hot water five minutes and serve.

## GREEN PEA SOUP

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Boil three pints shelled peas in three quarts water. When quite soft, mash through a colander. Return pulp to the water in which it was boiled; add a head of lettuce, chopped and a half pint young peas. Boil half an hour, season with pepper and salt, and thicken with two tablespoonfuls butter, rubbed into one tablespoonful flour. Serve with bits of toasted bread. The soup, when done, should be as thick as cream. The lettuce may be omitted, if desired.

## TOMATO BISQUE

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One quart strained tomatoes, 1 quart hot milk, 1 tablespoonful butter, 1 teaspoonful sugar and salt,  $\frac{1}{4}$  teaspoonful soda. Heat tomatoes to the boiling point, add seasoning just before serving, then soda and the milk. Serve with salted wafers.



## Salads

### SHRIMP SALAD

---

<i>4 c. torn, fresh spinach leaves</i>	<i>1 T. olive oil</i>
<i>1 (15-oz.) can garbanzo beans</i>	<i>1 c. dry white wine</i>
<i>1 (8-oz.) can sliced water chestnuts, drained</i>	<i>1 lb. fresh or frozen, peeled &amp; deveined shrimp</i>
<i>1 c. sliced, fresh mushrooms</i>	<i>4 hard-cooked eggs, quartered</i>
<i>1/3 c. sliced green onion</i>	<i>4 (1-oz.) slices cheddar cheese</i>
<i>1/4 c. Italian salad dressing</i>	<i>2 med. tomatoes, cut into wedges</i>
<i>1 clove garlic</i>	<i>2 T. Italian salad dressing</i>

In a large mixing bowl, combine the spinach, garbanzo beans, water chestnuts, mushrooms and green onion. Add the 1/4 cup Italian dressing; toss to mix. Cover and chill. Meanwhile, in a large skillet, cook garlic in hot oil for 30 seconds. Remove from heat and carefully add wine. Return to heat and bring to boiling. Add shrimp. Return to boiling; cook, uncovered for 1 to 3 minutes, stirring occasionally. Drain into the colander; run cold water atop shrimp to cool. Drain thoroughly. Cover a large serving platter with spinach mixture. Arrange eggs, cheese and tomatoes around the edge of the platter. Place shrimp atop spinach mixture. Drizzle shrimp with remaining 3 tablespoons salad dressing.

### CRABMEAT AND AVOCADO SALAD

---

<i>6 c. mixed greens</i>	<i>2 T. finely chopped red onion</i>
<i>2 c. fresh cooked lump crabmeat or imitation crabmeat</i>	<i>2 T. snipped fresh cilantro</i>
<i>2 med. tomatoes, cut in wedges</i>	<i>1/4 c. white vinegar</i>
<i>1 med. ripe avocado, peeled, pitted &amp; sliced</i>	<i>2 T. olive or cooking oil</i>
<i>1 (4-oz.) can diced green chili peppers, drained</i>	<i>1 T. sugar</i>
	<i>1/2 tsp. ground cumin</i>
	<i>Salt to taste</i>

Divide greens among salad plates. Arrange the crabmeat, tomatoes, avocados and green chili peppers on top of each serving of greens. Sprinkle with red onion and cilantro. In a jar combine the vinegar, olive or cooking oil, sugar, salt and cumin. Cover and shake well. Pour some over each salad.

## CARROT SALAD

---

5 carrots, shredded  
1 sm. onion, grated  
1/3 c. mayonnaise  
1/2 c. yogurt  
2 T. lemon juice  
1 T. Dijon mustard

1 T. dry mustard  
1/4 tsp. pepper  
1 T. sugar  
1 c. chopped pecans  
1 c. raisins

Shred carrots, then grate onions. In a large bowl, combine the mayonnaise, yogurt, lemon juice, mustard, pepper and sugar. Add carrots, onions, pecans and raisins. Mix well. Serve on lettuce leaves.

## GALICO SALAD

---

1 c. cooked, diced potatoes  
1 c. cooked, diced carrots  
1 c. cooked green beans

1 c. cooked red onions  
2 T. parsley  
1/2 head lettuce

Break up lettuce in bite size pieces, add vegetables and serve with mayonnaise or buttermilk dressing.

## PESTO COLESLAW

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1/3 c. pesto  
2 tsp. sugar  
1 tsp. Dijon-style mustard  
1 1/2 tsp. vinegar

1/4 tsp. ground black pepper  
4 c. pre-shredded coleslaw mix or  
3 c. shredded cabbage & 1 c.  
shredded carrot

Mix pesto, sugar, mustard, vinegar and pepper in large bowl. Add coleslaw mix; toss.

## ARTICHOKE PASTA SALAD

---

8 oz. spinach macaroni, cooked, drained & rinsed	1 oz. cheddar cheese, cubed
1 (8-oz.) can artichoke hearts, drained & cut up	$\frac{1}{3}$ c. white wine vinegar
$\frac{3}{4}$ c. sliced, pitted ripe olives	$\frac{1}{4}$ c. salad oil
$\frac{1}{2}$ c. bottled roasted sweet red pepper, drained & cut into strips	2 T. honey
1 med. red onion, chopped ( $\frac{1}{2}$ c.)	$\frac{3}{4}$ tsp. dried basil, crushed
1 oz. provolone cheese, cubed	$\frac{1}{2}$ tsp. dried dill weed
	$\frac{1}{2}$ tsp. garlic powder
	$\frac{1}{2}$ tsp. pepper
	$\frac{1}{4}$ tsp. salt

In a large mixing bowl, combine the macaroni, artichoke hearts, olives, roasted pepper, onion and cheeses. Toss to mix. For dressing: In a screw-top jar or small mixing bowl, combine the vinegar, oil, honey, basil, dill weed, garlic powder, pepper and salt. Cover and shake well. Pour over macaroni mixture. Toss to coat. Cover and refrigerate several hours or overnight.

## CAJUN CHICKEN SALAD

---

1 lb. skinless chicken breasts	$\frac{1}{3}$ c. vegetable oil
1 T. Cajun blackened spice seasoning	3 T. red wine vinegar
6 c. shredded or thinly sliced iceberg lettuce	Salt & freshly ground pepper

Cut the chicken into strips. Toss with the blackened seasoning to coat the chicken. Heat the oil in a large frying pan over medium-high heat. Add the chicken and cook until richly browned on the outside and white, but still juicy in the center, 5 to 7 minutes. Reduce the heat to low and add the vinegar to the pan. Cook, stirring for 30 seconds. Season with salt and pepper to taste. To serve: Spoon the chicken and pan vinaigrette over the lettuce.

## WILD RICE CHICKEN SALAD

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*1<sup>2</sup>/<sub>3</sub> c. wild rice*

*3<sup>1</sup>/<sub>3</sub> c. water*

*1 pkg. chicken-flavored rice pilaf*

*4<sup>1</sup>/<sub>2</sub> c. coarsely chopped, cooked chicken*

*1 red sweet pepper, cut into thin, bite-size strips*

*8 oz. snow peas, ends & strings removed, cut into julienne strips*

*1 c. lemon-pepper salad dressing or vinaigrette salad dressing*

*1/4 c. French salad dressing*

*1/8 tsp. pepper*

Rinse wild rice well. In a large saucepan, bring water to boiling. Add wild rice and simmer, covered 40 minutes or until most of the water is absorbed and rice is tender. Cook rice pilaf according to the package directions. In a large mixing bowl, combine the wild rice, rice pilaf, chicken, red sweet pepper and snow pea strips. In a small bowl, stir together dressings and pepper. Pour over rice mixture. Stir gently to mix. Cover and chill 2 to 24 hours.

## TABBOULEH SALAD

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*4 c. water, boiling*

*1 c. bulgur wheat*

*2 cucumbers, peeled & chopped (about 2<sup>1</sup>/<sub>2</sub> c.)*

*8 radishes, chopped (about 1 c.)*

*1/2 c. fresh mint leaves, chopped*

*1/2 c. olive oil*

*4 green onions, sliced (about 1/3 c.)*

*1/3 c. fresh lemon juice*

*1/2 tsp. salt*

*1/4 tsp. pepper*

*1 head romaine lettuce leaves for garnish*

Pour the boiling water over the bulgur in a large bowl. Cover the bowl; let stand 2 hours. Drain off any excess water from the bowl. Add the cucumbers, radishes, mint, olive oil, onions, lemon juice, salt and pepper to the bulgur. Toss the mixture until all the ingredients are thoroughly blended. Refrigerate the tabbouleh salad attractively into the lettuce-lined bowl.

## LAYERED LETTUCE SALAD

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<i>1 head lettuce</i>	<i>1 med. onion, diced</i>
<i>1 c. celery, chopped</i>	<i>7 slices bacon, fried &amp; diced</i>
<i>5 eggs, cooked &amp; diced</i>	<i>1 c. mayonnaise</i>
<i>1/2 green pepper, diced</i>	<i>1 c. sour cream</i>
<i>1 (10-oz.) pkg. frozen peas, uncooked</i>	<i>2 T. sugar</i>
	<i>4 oz. cheddar cheese, grated</i>

Tear lettuce into bite-size pieces. Layer celery, eggs, green pepper, peas, onion and bacon in glass dish in order given. Add sugar to mayonnaise and sour cream and spread over top. Top salad with cheese, cover and chill overnight.

## TOMATO SALAD

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<i>2 sliced tomatoes</i>	<i>2 T. water</i>
<i>1 sliced cucumber</i>	<i>1/2 tsp. salt</i>
<i>1 onion, sliced</i>	<i>1/4 tsp. pepper</i>
<i>4 T. oil</i>	<i>1/2 tsp. onion powder</i>
<i>2 T. vinegar</i>	<i>1/4 tsp. garlic powder</i>

Mix and keep refrigerated till ready to serve. Serve as an accompaniment or over salad greens.

## SWEET AND SOUR DRESSING

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<i>6 slices bacon</i>	<i>1/4 tsp. dry mustard</i>
<i>1/3 tsp. salt</i>	<i>3 T. cider vinegar</i>
<i>1/2 tsp. paprika</i>	<i>1/3 c. water</i>
<i>1/4 tsp. pepper</i>	<i>2 tsp. sugar</i>

Chop bacon finely and fry in skillet over low heat until it begins to brown. Stir in salt, paprika, pepper and dry mustard. Mix vinegar with water and sugar and add to bacon. Cook over low heat, stirring frequently, for about 5 minutes. Cool before tossing with salad greens.

# *The Trans-Mississippi Homemaker*

## *S*ALADS

---

Everything in the make-up of a salad should be of the freshest material, the vegetables crisp and fresh, the oil or butter the very best, meats, fowl and fish well cooked, pure cider or white-wine vinegar, in fact, every ingredient first-class, to insure success. The vegetables used in salad are: beet-root, onions, potatoes, cabbage, lettuce, celery, cucumbers, lentils, haricots, winter cress, peas, French beans, radish, cauliflower, all these may be used judiciously in salad, if properly seasoned, according to the following directions: chervil is a delicious salad herb, invariably found in all salads prepared by a French gourmet. No man can be a true epicure who is unfamiliar with this excellent herb. It may be procured from the vegetable markets the year round. Its leaves resemble parsley, but are more divided, and a few of them added to a breakfast salad give a delightful flavor. **Chervil vinegar:** A few drops of this vinegar added to fish sauces or salads is excellent and well repays the little trouble taken in its preparation. Half fill a bottle with fresh or dry chervil leaves, fill the bottle with good vinegar and heat it gently by placing it in warm water, which bring to boiling; remove from fire; when cool cork, and in two weeks it will be ready for use.

## *P*OTATO SALAD

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Six or 8 cold, boiled potatoes, not very soft, 1 large cucumber, 1 small onion, 4 hard-boiled eggs, celery seed, salt and pepper. Slice very fine and mix, then pour over the following dressing:  $\frac{1}{2}$  cup sour cream,  $\frac{1}{2}$  cup vinegar, 1 egg,  $\frac{1}{2}$  cup sugar, boil vinegar, sugar and butter, then stir in the beaten egg and sour cream, stirring until like thick cream.

## *C*ELERY SALAD

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The green parts will do, having used the white parts yesterday. Take two cupfuls chopped in half inches and stew until almost tender, in slightly salted water. Beat two eggs, add a tablespoonful of sugar and a half cup of vinegar. Place all in a double boiler and while cooking, add a tablespoon of butter. Pour over celery and serve hot or cold.

## *E*GG AND CELERY SALAD

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Six hard-boiled eggs, 1 bunch celery. All cut rather coarse. Cover with salad dressing without oil and serve on lettuce leaves.

## *C*HICKEN SALAD

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Boil chicken. When done and cold, remove the skin and cut the meat into dice.

## *R*USSIAN SALAD

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The provident housewife can usually find in her larder the materials for a Russian salad if due care had been taken of leftovers. It requires one ounce each of dice of cold ham, tongue, chicken and mutton; a couple of truffles may or may not be added, but in arranging the meats in the salad bowl, lay three boned anchovies between each kind of meat, in the center pour a tablespoon of tartar sauce and cover the sauce with torn leaves of lettuce. Do not mix until just before serving.

## *C*HICKEN SALAD

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Slice very thin some firm tomatoes and arrange them in a salad bowl, with sliced young onions, sweet Spanish peppers and thinly shaved, crisp new cabbage. Serve with French dressing.

## *F*RENCH DRESSING

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One tablespoonful vinegar or lemon juice, 3 tablespoonfuls of olive oil,  $\frac{1}{2}$  teaspoonful of salt,  $\frac{1}{4}$  teaspoonful of black pepper. Put the salt and pepper in a bowl, add gradually the oil, rub and mix thoroughly until the salt is dissolved; then add by degrees the vinegar, stir continually for one minute and it is ready for use.

## CABBAGE AND CELERY SALAD

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Equal parts cabbage and celery chopped fine; moisten with vinegar and season with salt and pepper. Put into dish and sprinkle sugar over it, then cover with thick sweet cream.

## CELERY UNDRESSED

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Celery is sometimes sent to the table without dressing. Scrape the outside stalks, and cut off the green tops and the roots; lay it in cold water until near the time to serve, then change the water, in which let it stand for three or four minutes; split the stalks in three, with a sharp knife, being careful not to break them, and serve in goblet-shaped salad glasses. **To crisp celery:** Let it lie in ice water two hours before serving; to fringe the stalks, stick several coarse needles into a cork and draw the stalk half way through the top through the needles several times and lay in the refrigerator to curl and crisp.

## ENDIVE

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This ought to be nicely blanched and crisp, and is the most wholesome of all salads. Take two, cut away the root, remove the dark green leaves and pick off all the rest; wash and drain well, add a few chives. Dress with mayonnaise dressing. Endive is extensively cultivated for the adulteration of coffee; is also a fine relish and has broad leaves. Endive is of the same nature as chicory, the leaves being curly.

## DUTCH SALAD

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Wash, split and bone a dozen anchovies and roll each one up; wash, split and bone one herring and cut it up into small pieces; cut up into dice and equal quantity of Bologna or Lyons sausage, or of smoked ham and sausages; also, an equal quantity of the breast of cold roast fowl or veal; add likewise always in the same quantity and cut into dice, beet-roots, pickled cucumbers, cold boiled potatoes cut in larger dice and in quantity according to taste, but at least thrice as much potato as anything else; add a tablespoon of capers, the yolks and whites of some hard-boiled eggs, minced separately and a dozen stoned olives; mix all the ingredients well together, reserving the olives and anchovies to ornament the top of the bowl; beat up together oil and tarragon vinegar with white pepper and French mustard to taste; pour this over the salad and serve.

## Sandwiches

### LOBSTER ROLL

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*1/2 c. mayonnaise*

*2 tsp. fresh lemon juice*

*1 1/2 tsp. Dijon-style mustard*

*1 tsp. olive oil*

*3/4 tsp. chopped, fresh tarragon or*

*1/4 tsp. dried*

*1/4 tsp. hot pepper sauce*

*2 lobster tails, cooked, shelled &  
meat coarsely chopped (2 c.)*

*4 soft rolls*

Whisk mayonnaise, lemon juice, mustard, oil, tarragon, pepper sauce, salt and pepper in medium-sized bowl. Mix in lobster; cover with plastic wrap; refrigerate for at least 1 hour. Gently open each roll; lightly toast. Fill each with lobster mixture.

## **B**EEF PIES

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<i>2 T. vegetable oil</i>	<i>1 (10-oz.) pkg. frozen patty shells, 6 shells, thawed</i>
<i>4 oz. mushrooms, chopped (about 1 c.)</i>	<i>1 lb. rare roast beef, sliced</i>
<i>1 sm. rib celery, chopped (about 1/2 c.)</i>	<i>1/2 grated Monterey Jack cheese, about 2 oz.</i>
<i>1/2 tsp. salt</i>	<i>1 lg. egg</i>
<i>4 T. Dijon mustard</i>	<i>1 onion, chopped</i>

In a 10-inch skillet, over medium heat, heat oil; add mushrooms, onion and celery; cook about 10 minutes, stirring occasionally until tender. Remove from heat; stir in salt and 1 tablespoon mustard. Heat oven to 425°. On lightly floured surface, roll each patty shell into 7-inch circle; lightly spread each pastry circle with mustard to within 1 inch of edge. Cover mustard with sliced roast beef, dividing evenly. Spoon vegetables over beef; sprinkle with cheese. In a small bowl, beat egg with 1 tablespoon water; brush edge of each pastry circle with mixture. Bring edges of pastry up and over filling to form package. Press edges firmly to seal. Crimp edges decoratively. Brush meat pies with beaten egg mixture; place in ungreased jellyroll pan. Bake 15 minutes until golden brown.

## **G**RAB SALAD PITA

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<i>2 T. light mayonnaise</i>	<i>2 whole pita breads, halved</i>
<i>2 T. tarragon vinegar or white wine vinegar</i>	<i>Shredded lettuce</i>
<i>1 tsp. dried tarragon, crumbled</i>	<i>Thinly sliced tomatoes</i>
<i>1/2 lb. crabmeat</i>	<i>Alfalfa sprouts</i>
<i>2 thin slices Canadian bacon or ham, chopped</i>	<i>Avocado slices</i>

Mix mayonnaise, vinegar and tarragon in medium bowl. Add crabmeat and bacon and stir to combine. Open bread halves, forming pockets. Line each with lettuce. Divide crab salad among pita halves. Top with tomatoes, alfalfa sprouts and avocado.

## GRILLED FLANK STEAK SANDWICHES

---

3 c. dry red wine  
3 c. chopped onion

2¼ c. soy sauce

¾ c. olive oil

4 lg. garlic cloves, chopped

1 T. dry mustard

1½ T. ginger

3 lbs. flank steak

5 lg. bell peppers, cut into ¾-in.  
wide strips

2 lg. red onions, cut into ½-in.  
wide strips

Combine red wine, onion, soy sauce, olive oil, garlic cloves, dry mustard and ginger in large bowl. Divide steaks, bell peppers and red onions and among large, shallow pans. Pour marinade over. Turn to coat. Cover and refrigerate 3 to 6 hours. Prepare barbecue (high heat). Drain steaks and vegetables. Grill steaks to desired degree of doneness. Transfer to platter. Grill vegetables until beginning to brown, about 4 minutes per side. Slice steaks thinly across grain. Serve on grilled rolls.

## SPICY BEEF PITAS

---

1 lb. thinly sliced, cooked beef

½ c. picante sauce

⅓ c. red wine vinegar

¼ c. olive oil or cooking oil

1 T. snipped fresh cilantro or  
parsley

⅓ tsp. garlic powder

⅓ tsp. cracked black pepper

4 lg. pita bread rounds, halved

1 med. tomato, chopped

1 med. avocado, sliced

¼ crumbled feta cheese (1 oz.)

Place sliced beef in a plastic bag, set inside a bowl. For marinade: In a medium bowl, combine the picante sauce, vinegar, oil, cilantro or parsley, garlic powder and pepper. Pour marinade over beef. Seal bag; marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. To serve: Drain and discard marinade. Fill each pita bread half with beef. Top with tomato, avocado and feta cheese.

## BOSTON SAUSAGE GRINDER

---

*1/2 lb. link hot Italian sausage*  
*1/2 lb. link sweet Italian sausage*  
*1 T. vegetable oil*  
*1 1/2 lbs. baking potatoes, peeled,*  
*cut in 1-in. cubes, patted dry*  
*1 lg. sweet green pepper, cut into*  
*1/2-in. wide strips*

*1 lg. sweet red pepper, cut into*  
*1/2-in. wide strips*  
*1 lg. onion, thinly sliced*  
*2 cloves garlic, coarsely chopped*  
*1 lg. loaf Italian bread*

Heat oven to 400°. Place sausages in roasting pan with oil. Roast 15 minutes. Cut sausages into bite-size pieces, return to pan. Add potatoes to pan. Lower heat to 350°. Return pan to oven. Roast 15 minutes, stirring. Add peppers, onion and garlic to pan. Roast 30 minutes until vegetables are tender. Cut loaf of bread in half horizontally. Cut crosswise into sixths, for total of 12 pieces or 6 sandwiches. Place equal amounts of sausage mixture into each sandwich.

## PULLED-PORK SANDWICH

---

*1/2 stick butter*  
*1 1/4 c. chopped onion*  
*3 cloves garlic, chopped*  
*1 T. powdered mustard*  
*1 T. paprika*  
*1 tsp. ground cumin*  
*1 tsp. cayenne pepper*  
*2 c. ketchup*

*1/4 c. packed dark-brown sugar*  
*1/4 c. apple cider vinegar*  
*2 c. water*  
*1 tsp. salt*  
*1/2 tsp. ground black pepper*  
*1 T. vegetable oil*  
*1 whole (5-lb.) Boston pork butt*  
*12 soft hamburger-type rolls*

Melt butter in saucepan. Add onion and garlic; cook until softened, 5 minutes. Add mustard, paprika, cumin and cayenne; cook 1 minute. Add ketchup, sugar, vinegar, water, simmer, covered 30 minutes. Add salt and pepper. Heat oven to 350°. Heat oil in large, oven-proof Dutch oven; add pork; brown, 10 minutes. Bake, uncover, in 350° oven 30 minutes. Pour 1 cup barbecue sauce over pork. Cover pot. Lower to 250°. Bake 3 to 3 1/2 hours, basting meat occasionally. Let cool slightly. Trim off excess fat. Pull meat apart using two forks. Mix pulled meat with rest of barbecue sauce in a large bowl. Serve on buns.

## CHICKEN TORTILLAS

---

1 lb. boneless, skinless chicken  
breasts  
1 c. water  
½ c. minced green onions  
1 tsp. minced garlic  
3-4 c. oil  
1 c. finely chopped tomatoes  
6 T. chicken broth

2 tsp. flour  
½ tsp. each: cumin, oregano &  
chili powder  
½ tsp. salt  
1 (6-in.) doz. corn tortillas  
Shredded lettuce  
Guacamole

Simmer chicken in water in 10-inch skillet, covered, 20 to 25 minutes. Remove from water and cool. Shred chicken with fork. Sauté onion and garlic in 1 tablespoon oil, 1 to 2 minutes. Stir in chicken, tomatoes, chicken broth, flour, cumin, oregano, chili powder and salt. Simmer 3 to 5 minutes. In a heavy 10-inch skillet, heat about 1 inch of oil. Dip tortillas in oil quickly to soften; drain on paper towels (reserve oil). Spoon about 2 tablespoons of the chicken mixture down the center of each tortilla. Roll up tortillas tightly, secure with wooden toothpicks. Fry rolled up tortillas at 375° until golden brown. Drain on paper towels. Keep warm in a 300° oven. Remove toothpicks. Serve on shredded lettuce with guacamole.

## NEW ORLEANS SANDWICH

---

1 (4¾-oz.) jar pimiento-stuffed  
olives, drained & chopped  
1 lg. tomato, seeded & chopped  
1 rib celery, diced  
2 cloves garlic, finely chopped  
1 T. red-wine vinegar  
½ tsp. Italian seasoning  
¼ tsp. salt

⅛ tsp. black pepper  
⅓ c. olive oil  
1 med.-size round Italian bread,  
cut horizontally in half  
¼ lb. each sliced genoa salami,  
sliced provolone cheese, sliced  
spicy Italian ham, sliced  
mozzarella

Mix olives, tomatoes, celery and garlic in bowl. Whisk vinegar, seasoning, salt, pepper and oil in another bowl. Add to olive mixture. Refrigerate at least 1 hour. Spoon 1 cup olive mixture over bottom half of bread. Layer on salami, provolone, ham and mozzarella. Top with remaining olive mixture. Cover with bread top. Cut in 8 wedges.

## GRILLED TUNA ON SOURDOUGH

---

2 T. soy sauce  
1 T. sesame oil  
1 T. lemon juice

1 T. ginger  
4 tuna steaks

### Ginger Mayonnaise:

2 T. mayonnaise  
1 tsp. ginger

1 tsp. soy sauce

Blend soy, oil, juice and ginger in bowl. Pour over tuna in baking dish. Refrigerate 15 minutes, turning once. Mix mayonnaise, ginger, soy in bowl. Refrigerate. Remove tuna from marinade; pat dry with paper toweling. Cook on grill or pan, 3 minutes a side for medium. Spread bread with mayonnaise. Make 4 sandwiches with lettuce, avocado and tuna.

## TUNA OR CHICKEN BURGERS

---

1 can tuna, flaked or 1 c. cut-up,  
cooked chicken  
1 c. chopped celery  
1 sm. onion, minced  
½ c. diced cheddar cheese

½ c. chopped ripe olives  
¼ c. mayonnaise  
Salt & pepper to taste  
6 hamburger buns or hot dog buns

Mix filling ingredients. Fill buttered buns with mixture. Place in aluminum foil. Refrigerate. Just before serving, heat at 350° for 15 to 20 minutes.

## *H*AM AND SWISS BUNS

---

1 (8-oz.) pkg. refrigerated crescent dinner rolls      ½ (8-oz.) pkg. sliced Swiss cheese  
1 (4-oz.) pkg. sliced, cooked ham      2 tsp. prepared mustard  
1 egg, slightly beaten

Preheat oven to 375°. On floured surface, separate dough from the crescent rolls into 4 rectangles. Gently pinch diagonal perforations together on each rectangle. With lightly floured rolling pin, roll each rectangle into 7 x 5-inch rectangle. Arrange ham and cheese slices on dough rectangles, cutting ham and cheese to fit and leaving ½-inch rim of dough all around. Spread filling with mustard. Brush rim of dough with some egg. Fold dough and filling over so 5-inch sides meet. With fork, firmly press edges together to seal. Place on cookie sheet; brush with remaining egg. Bake 12 to 15 minutes until browned.

## *Trans-Mississippi Homemaker Sandwiches*

Delicious sandwiches are made by taking cold, boiled ham and chopping it so fine that it is like paste. Add to it a little chow chow and enough of the dressing of the chow chow to moisten it. Chop again and mix it smooth; cut homemade bread in slices as thin as a wafer, spread them with a very little sweet butter, then spread the ham paste on one slice and cover with another slice. Keep them in damp napkins and put them in a cool place until wanted.

## *C*HICKEN SANDWICHES

---

Chop the chicken very fine; mix it with good sweet cream and a very little grated onion. Season well with pepper and salt; spread the chicken paste upon the bread the same as the ham.

## *D*ELICIOUS BROWN BREAD

---

One half cup whole-wheat, 1 cup cornmeal, 1 cup rye flour, 1 cup molasses, 2½ cups sweet or sour milk, 1 level teaspoonful soda and 1 of salt; mix flour, soda and salt and pour over it the milk and molasses.

### Recipe Favorites

## Recipe Favorites





*Women at Tea—Trans-Mississippi*



# Teas & Beverages



## Teas

### CUCUMBER SANDWICHES

---

*1 loaf thin sliced bread*

*4 oz. butter, softened*

*1½ cucumber, sliced in paper thin slices*

*A few drops Tabasco or lemon juice*

*4 oz. cream cheese*

Combine cream cheese, butter, Tabasco sauce and lemon juice. Cut bread in 2½-inch rounds using a cookie cutter. **To assemble:** Spread bread with cream cheese mixture, add 2 or 3 cucumber slices. Refrigerate in airtight container.

### PINWHEELS

---

*1 Pullman loaf of bread*

*Butter, softened to room temp.*

*Sandwich spread of choice*

Cut loaf lengthwise into ¼-inch slices. Spread one side of each long slice with soft butter and ½ cup of sandwich spread. Cut each slice in half crosswise. Beginning at short side, roll up jellyroll fashion. Secure with toothpicks, wrap and chill. **To serve:** Slice in ½-inch slices. One roll makes six sandwiches.

# *Sandwich Spreads For Tea Sandwiches*

## *L*OBSTER SPREAD

---

*1/2 lb. cooked lobster, chopped*  
*1/3 c. mayonnaise*  
*2 T. minced onion*

*2 T. minced celery*  
*1/2 c. finely chopped pecans*  
*Salt & pepper to taste*

## *C*HICKEN SPREAD

---

*1 c. cooked, diced chicken*  
*4 oz. cream cheese*  
*1/3 c. sour cream*

*1 tsp. Worcestershire*  
*1/2 tsp. onion salt*  
*2 T. minced celery*

## *H*AM SPREAD

---

*2 c. ground, cooked ham*  
*3/4 c. crushed pineapple*  
*1/2 c. minced celery*

*1/8 tsp. salt*  
*1/8 tsp. pepper*  
*1/2 c. sour cream*

## *C*HEESE SPREAD

---

*8 oz. shredded cheddar cheese,*  
*softened*  
*1/4 c. mayonnaise*

*1/2 tsp. Worcestershire*  
*1/8 tsp. onion salt*  
*1/8 tsp. garlic salt*

## *P*ETITE CHOCOLATE ROLLS

---

*1/2 c. flour*  
*1/4 c. cocoa powder*  
*3/4 tsp. baking powder*  
*1/4 tsp. salt*  
*3 eggs*  
*1/2 c. granulated sugar*

*1 tsp. rum flavoring or extract*  
*Powdered sugar*  
*Whipped cream cheese (4 oz.)*  
*1/2 c. maraschino cherries, chopped*  
*1 tsp. maraschino-cherry syrup*

Grease a jellyroll pan, line bottom with waxed paper, grease paper. Measure flour, cocoa, baking powder and salt. Beat eggs until foamy-light and double in volume in a large bowl; beat in granulated sugar, 1 tablespoon at a time, until thick; stir in rum flavoring or extract. Fold in flour mixture; pour into prepared pans. Bake in 400° oven for 8 minutes. Loosen cake around edges with a knife; invert onto a large cookie sheet lightly dusted with powdered sugar; peel off waxed paper. Trim crisp edges from cake. Cut cake crosswise into sixths, then lengthwise into fifths; roll up each piece, jellyroll fashion; wrap tightly in waxed paper. Cool completely on a wire rack. Blend cream cheese, cherries and syrup in a small bowl. Unwrap each piece of cake, then unroll and spread with cheese mixture; reroll; chill. Just before serving, sprinkle rolls with powdered sugar. Makes 2½ dozen.

## *D*AINTY CREAM PUFFS

---

*1 c. water*  
*1/2 c. butter*

*1 c. flour*  
*4 eggs*

Heat oven to 400°. Heat water and butter to a rolling boil in saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball. Remove from heat. Add eggs, one at a time, beating well after each addition. Beat until smooth. Drop by slightly rounded teaspoonfuls onto ungreased baking sheet. Bake 20 minutes or until puffed and golden brown. Cool. Fill with sandwich filling.

**Variation:** For dessert puffs, fill with pudding, whip cream or ice cream. Dust with powdered sugar or drizzle with chocolate.

## COCONUT PUFFS

---

1 pkg. cupcake mix

Egg

Milk

1 tsp. brandy flavoring or extract

10 oz. apricot preserves

1 T. water

3½ oz. flaked coconut

Prepare cupcake mix with egg and milk, following label directions. Stir in brandy flavoring or extract. Spoon into greased tiny muffin-pan cups filling each two-thirds full. Bake in 350° oven for 15 minutes. Cool in pans on wire racks 5 minutes; loosen around edges with a knife; turn out onto racks; cool completely. Combine apricot preserves and water in a small saucepan; heat slowly, stirring constantly until preserves melt. Press through a sieve into a small bowl; cool slightly. Turn cakes upside down. Brush each with apricot mixture to cover completely; sprinkle with coconut. Makes 3 dozen.

## CHERRY SCONES

---

1 (10-oz.) jar maraschino cherries

2 c. flour

¼ c. sugar

2 tsp. baking powder

½ tsp. salt

⅓ c. butter or margarine

1 beaten egg

½ c. buttermilk

½ c. flaked coconut

2 tsp. finely chopped crystallized  
ginger or ¼ tsp. ground ginger

¾ c. sifted powdered sugar

Drain the jar of maraschino cherries, reserving 2 tablespoons juice for icing. Cut the maraschino cherries into quarters and drain on paper towels. In a medium mixing bowl, stir together flour, sugar, baking powder and salt. Cut in butter or margarine until mixture resembles coarse crumbs. In a small bowl, stir together egg and buttermilk. Add to dry ingredients with coconut, crystallized ginger and cherries. Stir until dry ingredients are just moistened. Turn dough out onto a lightly floured surface. Knead until nearly smooth. Pat or lightly roll dough to ¼ inch thickness. Cut dough with a floured 2½-inch round biscuit cutter. Place on ungreased baking sheet. Sprinkle with sugar, if you like. Bake in 400° oven, 15 minutes or until light brown. Cool on wire rack. Mix powdered sugar and reserved cherry juice. Drizzle over scones. Serve warm. Makes 12 small.

## APRICOT SCONES

---

*3 c. flour*  
*1 T. baking powder*  
*¼ tsp. salt*  
*⅓ c. sugar*  
*½ lb. butter, softened at room temp.*

*3 eggs*  
*1 tsp. vanilla*  
*⅓ c. buttermilk*

### *Filling:*

*1 c. dried apricots, chopped fine*  
*3 T. honey*

*1 T. lemon juice*  
*¼ c. water*

Put chopped apricots in a small saucepan with honey and ¼ cup water. Simmer until apricots are very soft. Mash to a thick paste. For scone: Mix flour, baking powder and salt; set aside. In a large bowl, beat butter and sugar until fluffy. Add eggs, one at a time, beating after each addition. Add vanilla. Mix in flour mixture, add buttermilk and blend well. Swirl apricot mixture into batter. Scoop ⅓ cupful of dough on ungreased cookie sheet. Heat oven to 350°. Bake 20 to 25 minutes until golden brown.

## CHOCOLATE CHIP SCONES

---

*3 c. flour*  
*1 T. baking powder*  
*½ lb. unsalted, softened butter*  
*⅓ c. sugar*

*3 lg. eggs*  
*⅓ c. buttermilk*  
*½ c. semi-sweet chocolate chips*

In a large bowl, beat butter until creamy, add sugar and beat until fluffy. Add eggs, one at a time, beating after each. Add flour that has been blended with baking powder, to butter mixture. Fold in buttermilk, blend until smooth. Sprinkle chocolate chips over batter. Scoop ⅓ cupfuls of dough on ungreased cookie sheet. Heat oven to 350° and bake 20 minutes or until golden brown.

# *The Trans-Mississippi Homemaker*

## *I*CED TEA

---

Iced tea is now served to a considerable extent during the summer months. It is of course used without milk, and the addition of sugar serves only to destroy the finer tea flavor. It may be prepared some hours in advance, and should be made stronger than when served hot. It is bottled and placed in the ice-chest till required. Use the black or green teas, or both, mixed, as fancied.

## *B*ERRY TEA-CAKES

---

Nice little tea cakes to be baked in muffin-rings are made of one cup of sugar, two eggs, one and a half cups of milk, one heaping teaspoonful of baking powder, a piece of butter the size of an egg and flour sufficient to make a stiff batter. In this batter, stir a pint of fruit, any fresh are nice, or canned berries with the juice poured off. Serve while warm and they are a dainty addition to the tea-table. Eaten with butter.

## *W*ARM TEA CAKES

---

One half cup butter,  $\frac{1}{2}$  cup sweet milk, 1 cup sugar, 2 cups flour, 2 eggs, nutmeg, 1 teaspoonful baking powder. Stir quickly and bake immediately in gem pans.

## *P*ASTRY SANDWICHES

---

Puff paste, jam of any kind, the white of an egg, sifted sugar. Roll the paste out thin; put half of it on a baking sheet or tin and spread equally over it apricot, greengage or any preserve that may be preferred. Lay over this preserve another thin paste, press the edges together all around and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from twenty minutes to half an hour and a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to color. When cold, cut into strips; pile these on a dish pyramidically and serve. This may be made of jelly-cake dough and after baking, allowed to cool before spreading with the preserve; either way is good, as well as fanciful.

## *W*ATERCRESS SANDWICHES

---

Wash well some watercress and then dry them in a cloth, pressing out every atom of moisture, as far as possible; then mix with the cresses hard-boiled eggs chopped fine and seasoned with salt and pepper. Have a stale loaf and some fresh butter and with a sharp knife, cut as many slices as will be required for two dozen sandwiches, then cut the cress into small pieces, removing the stems; place it between each slice of bread and butter, with a slight sprinkling of lemon juice; press down the slices hard, and cut them sharply on a board into small squares, leaving no crust.

## *G*AYENNE CHEESE STRAWS

---

A quarter of a pound of flour, 2 ounces grated Parmesan cheese, a pinch of salt a few grains of cayenne pepper. Mix into a paste with the yolk of an egg. Roll out to a thickness of a silver quarter, about four or five inches long; cut into strips about a third of an inch wide, twist them as you would a paper spill, and lay them on a baking sheet, slightly floured. Bake in a moderate oven until crisp, but they must not be the least brown. If put away in a tin, these cheese straws will keep a long time. Serve; cold, piled tastefully on a glass dish. You can make cheese straws of remnants of puff-pastry, rolling in the grated cheese.

## Beverages

### *F*ROSTY MOCHA

---

*2½ c. chilled, strong brewed coffee*    *¼ c. chocolate syrup*  
*1 pt. softened vanilla ice cream*    *½ tsp. aromatic bitters*

Beat until smooth. Pour into frosted glasses. Serves 8.

### *S*PICED COFFEE

---

*1 T. instant coffee*                      *2 cinnamon sticks*  
*2 c. water*                                *¼-in. strip orange peel*  
*1 T. brown sugar*                      *¼ tsp. allspice*

Combine all ingredients in saucepan except coffee and heat to boiling. Strain mixture; pour liquid over coffee and stir. Serves 4.

### *W*ASSAIL

---

*2 qt. apple cider*                      *⅔ c. sugar*  
*2 tsp. cloves*                            *2 sm. oranges*  
*2 tsp. allspice*                        *Whole cloves*  
*2 sticks cinnamon*

Heat cider, cloves, allspice, cinnamon and sugar to boiling. Cover and simmer. Stud oranges with cloves. Strain punch and pour into punch bowl. Float oranges in punch.

### *H*OT SPICED TEA

---

*5 tsp. tea or tea bags*                      *½ c. sugar*  
*5 c. boiling water*                      *¼ c. lemon juice*  
*10 whole cloves*                        *⅓ c. orange juice*  
*½ tsp. cinnamon*

Pour boiling water over tea, cloves and cinnamon. Steep for 5 minutes. Strain tea; stir in sugar and fruit juices. Heat to just below boiling. Serve in small tea cups.

## *S*TRAWBERRY NECTAR

---

1 pt. fresh strawberries  
5 T. granulated sugar  
2 T. lemon juice  
3 c. boiling water

3 c. cold water  
Peel of lg. orange  
Juice of 1 lg. orange (about  $\frac{1}{3}$  c.)  
Crushed ice

Put berries, sugar, lemon juice and boiling water in blender. Blend 20 seconds or until smooth. Strain into a 2-quart pitcher. Add cold water, orange peel and juice. Chill several hours. Strawberry nectar can be stored in the refrigerator for 4 to 5 days. Serve in a glass over crushed ice. Garnish with whole strawberries. Makes 7 servings.

## *The Trans-Mississippi Homemaker*

### *P*INEAPPLE-ADE

---

Pare and slice some very ripe pineapples; then cut the slices into small pieces. Put them with all their juice into a large pitcher, and sprinkle among them plenty of powdered white sugar. Pour on boiling water, allowing a small pint to each pineapple. Cover the pitcher, and let it stand till quite cool, occasionally pressing down the pineapple with a spoon. Then set the pitcher for a while in ice. Lastly, strain the infusion into another vessel and transfer it to tumblers, putting into each glass some more sugar and a bit of ice. This beverage will be found delicious.

### *R*OMAN PUNCH NO. 1

---

Grate the yellow rind of four lemons and two oranges upon two pounds of loaf sugar. Squeeze the juice of the lemons and oranges; cover the juice and let it stand until the next day. Strain it through a sieve, mix with the sugar, add a bottle of champagne and the whites of eight eggs beaten to a stiff froth. It may be frozen or not, as desired. For winter, use snow instead of ice.

## ROMAN PUNCH NO. 2

---

Make two quarts of lemonade, rich with pure lemon fruit; add one tablespoonful of extract of lemon. Work well and freeze; just before serving, add for each quart of ice half a pint of brandy and half a pint of Jamaica rum. Mix well and serve in high glasses, as this makes what is called a semi or half ice. It is usually served at dinner as a coup de milieu.

## CHERRY BOUNCE

---

To one gallon of wild cherries, add enough good whiskey to cover the fruit. Let soak two or three weeks and then drain off the liquor. Mash the cherries without breaking the stones and strain through a jelly bag; add this liquor to that already drained off. Make a syrup with a gill of water and a pound of white sugar to every two quarts of liquor thus prepared: stir in well and bottle, and tightly cork. A common way of making cherry bounce is to put wild cherries and whiskey together in a jug and use the liquor as wanted.

## SASSAFRAS MEAD

---

Mix gradually with two quarts of boiling water, three pounds and a half of the best brown sugar, a pint and a half of good West India molasses and a quarter of a pound of tartaric acid. Stir it well and when cool, strain it into a large jug or pan, then mix in a teaspoonful (not more) of essence of sassafras. Transfer it to clean bottles (it will fill about half a dozen), cork it tightly and keep it in a cool place. It will be fit for use next day. Put into a box or boxes a quarter of a pound of carbonate of soda, to use with it. To prepare a glass of sassafras mead for drinking: put a large tablespoonful of the mead into a half tumbler full of ice water, stir into it a half teaspoonful of the soda and it will immediately foam up to the top.

## CREAM SODA WITHOUT THE FOUNTAIN

Coffee-sugar, four pounds; three pints of water, three nutmegs, grated, the whites of ten eggs, well-beaten, gum arabic, one ounce; twenty drops oil of lemon or extract equal to that amount. By using oils of other fruits, you can make as many flavors from this as you desire. Mix all, and place over a gentle fire and stir well about thirty minutes; remove from the fire and strain and divide into two parts; into one-half put eight ounces of bicarbonate of soda, into the other half put six ounces of tartaric acid. Shake well and when cold they are ready for use by pouring three or four spoonfuls from both parts into separate glasses, each one-third full of water. Stir each and pour together, and you have a nice glass of cream soda which you can drink at your leisure, as the gum and eggs hold the gas.

### Recipe Favorites

## Recipe Favorites





*Nebraska Building*



# Main Dishes



## Beef

### INDIVIDUAL BEEF WELLINGTON

---

*1 lb. chopped mushrooms*  
*1/2 onion, chopped*  
*1/2 c. sherry*  
*1/4 c. butter*

*1/4 c. fresh parsley, snipped*  
*6 sm. fillets of beef steaks*  
*1 pkg. frozen patty shells*

#### *Sauce Bearnaise:*

*1 c. white or red wine*  
*3 T. tarragon vinegar*  
*2 T. finely chopped onion*  
*4 crushed peppercorns*

*4 sprigs chopped tarragon*  
*2 sprigs parsley, chopped*  
*4 egg yolks*  
*1/2 c. melted butter*

Cook mushrooms, onion, sherry, butter and parsley in a frying pan until all liquid is absorbed. Cover tops of steaks. Partially thaw patty shells and roll out thin enough to cover top, sides and part of the bottom of each steak. Cover with plastic wrap and store in refrigerator until serving time. **Sauce:** Cook over direct heat until reduced by half, white or red wine, tarragon vinegar, onion, peppercorns, tarragon and parsley. Strain mixture and cool. **Before serving:** In top of double boiler, over hot (not boiling) water, beat in alternately the yolks and the melted butter. Preheat oven to 425°. Cook steaks on a rack, uncovered, for 25 minutes. They will be rare, but will continue cooking while sauce is added and dish is served.

# *B*EEF BURGUNDY

---

<i>6 strips beef bacon</i>	<i>1/4 tsp. garlic</i>
<i>3 lbs. beef chuck, in 1 1/2-in. cubes</i>	<i>1/2 tsp. thyme</i>
<i>7 carrots, quartered</i>	<i>1/2 lb. mushrooms</i>
<i>1 lb. sm. white onions</i>	<i>1 tsp. salt</i>
<i>6 potatoes, prepared &amp; quartered</i>	<i>1/4 tsp. pepper</i>
<i>3 T. flour</i>	<i>3 T. butter</i>
<i>2 cans condensed beef broth</i>	<i>2 T. oil</i>
<i>2 c. burgundy</i>	

In Dutch oven, cook bacon until crisp, remove and break into one-inch pieces. Brown meat in fat, spooning off excess. Return bacon to pan. Season with one teaspoon salt and one-fourth teaspoon pepper; stir in three tablespoons flour. Reserve one-half cup broth; add remainder to stew. Add wine and herbs. Cover and simmer three hours. Meanwhile, prepare carrots and potatoes; add to meat along with onions. Slice mushrooms and sauté in mixture of three tablespoons butter and two tablespoons oil. Add reserved broth, simmer until tender. Just before serving, add mushrooms.



## CHATEAUBRAIND

---

*1-1½ lbs. beef tenderloin*  
*4 T. butter or margarine*  
*1 (16-oz.) bag carrots, cut into*  
*matchstick-thin strips*  
*4 med. celery stalks, cut into*  
*matchstick-thin strips*

*Artichoke hearts*  
*1 tsp. lemon juice*  
*Mustard Hollandaise*  
*⅛ tsp. pepper*

In skillet, over medium heat, in hot butter or margarine, cook carrots, stirring frequently. Add celery, pepper and 1 teaspoon salt; cook until vegetables are tender. Add artichokes to vegetables in skillet. Keep vegetables warm. Preheat broiler. Lightly sprinkle tenderloin with salt. Place meat on rack in broiling pan; broil 30 minutes for rare or until of desired doneness, turning meat once. Prepare Mustard Hollandaise. Keep sauce warm. To serve: Slice meat. Arrange vegetables and meat on warm, large serving platter. **Mustard Hollandaise:** In double-boiler, with wire whisk, beat 3 egg yolks, 3 tablespoons heavy or whipping cream, 1 tablespoon lemon juice, 2 teaspoons Dijon mustard and ⅛ teaspoon ground red pepper, place over hot, not boiling water. Cook, stirring constantly, until mixture is slightly thickened. Add 1 cup butter or margarine (2 sticks), one tablespoon at a time, beating constantly with wire whisk until butter or margarine is melted and sauce is thickened and smooth.

## STEAK DIANE

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*1 lb. beef tenderloin, cut into 8*  
*slices*  
*¼ tsp. salt*  
*¼ tsp. freshly ground pepper*  
*2 T. butter*  
*1 tsp. Dijon mustard*  
*2 T. shallots, minced*

*1 T. butter*  
*1 T. lemon juice*  
*1 tsp. Worcestershire sauce*  
*1 T. fresh parsley, minced*  
*1 T. brandy*  
*1 T. fresh chives, minced*

Season both sides of steak with salt and pepper. Melt butter in heavy skillet, add mustard and shallot. Sauté over medium heat. Add steaks. Cook 3-4 minutes on each side. Remove steaks to serving platter. To pan drippings, add 1 tablespoon butter, lemon juice, Worcestershire sauce and chives. Cool for 2 minutes. Add brandy; pour sauce over steaks. Sprinkle parsley over top.

## PEPPER STEAK

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<i>4 beef tenderloin or sirloin steaks</i>	<i>1 tsp. salt</i>
<i>4 tsp. green peppercorns</i>	<i>2/3 c. whipping cream</i>
<i>1 sm. onion</i>	<i>3 T. beef consomme</i>
<i>1 T. butter, margarine</i>	<i>3 T. cognac or brandy</i>

Crush green peppercorns. Chop onion. Press peppercorn mixture into meat on both sides. In a skillet, heat butter until lightly brown. Add steaks. Brown well on one side. Turn steaks over. Brown on other side. Sprinkle lightly with salt. Remove steaks to a serving dish. Cover. Keep warm. Add cream to skillet. Scrape up brownings. Cook until reduced. Add beef consomme. Strain liquid. Set aside. Rinse skillet. Heat skillet again. Add steaks. Pour cognac over. Ignite. Add cream mixture. Let cook for 1 to 2 minutes. Serve.

## CHICKEN FRIED STEAK

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<i>2 lbs. top round steak, cut 3/4 to 1-in. thick</i>	<i>1/2 c. vegetable oil</i>
<i>1/2 c. flour</i>	<i>1 c. cracker crumbs, rolled fine</i>
<i>1 tsp. salt</i>	<i>3 T. flour</i>
<i>1 tsp. freshly ground black pepper</i>	<i>1/2 c. cream</i>
<i>2 beaten eggs</i>	<i>1 c. chicken stock</i>
<i>2 T. cream</i>	<i>Dash Worcestershire sauce</i>

Mix flour, salt and pepper together and pound well into both sides of the meat. Cut the meat into serving-size pieces. Beat eggs together with two tablespoons of cream. Heat the oil in a heavy skillet over, moderately high heat. Dip floured steaks in the egg and then in the cracker crumbs. Brown steaks well on both sides. Reduce heat to medium, cover the skillet and cook for 15-20 minutes, turning occasionally until the steaks are cooked through and tender. **To make the gravy:** Pour off all but three tablespoons of the fat in the skillet, and stir in the three tablespoons of flour. Cook for a minute or two. Stir in the cream to form a thick paste, then add chicken stock slowly, stirring to make the gravy smooth.

## STEAK KABOBS

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2 T. *reduced-sodium soy sauce*  
2 T. *honey*  
1 T. *grated fresh ginger or 1 tsp.*  
*ground ginger*  
1 *clove garlic, crushed*  
1 *tsp. grated lemon peel*  
 $\frac{1}{4}$  *tsp. crushed hot red pepper*  
*flakes*

12 oz. *boneless sirloin steak,*  
*trimmed & cut in 1-in. cubes*  
8 *cherry tomatoes*  
4 *lg. mushrooms, cut in half*  
1 *green bell pepper, cored,*  
*seeded & cut in 8 sq.*

In a shallow glass dish, combine soy sauce, honey, ginger, salt, lemon peel and red pepper flakes. Mix well. Add beef; stir to coat. Cover with plastic wrap and refrigerate for 1 to 2 hours, stirring occasionally. Preheat broiler. Remove beef from the marinade. Discard marinade. Using 10-inch metal skewers, alternately thread beef, tomatoes, mushrooms and bell pepper. Place on broiler pan. Broil 2 inches from heat, turning 2 or 3 times until meat is medium rare and vegetables are lightly browned, about 10 minutes. Place on serving plates and serve immediately.

## BEEF MARSALA

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1 lb. *top beef round, cut in cubes*  
4 T. *lightly salted butter*  
1 *sm. onion, chopped*  
 $\frac{1}{2}$  lb. *fresh mushrooms, halved*  
 $\frac{1}{4}$  c. *Marsala wine*  
 $\frac{1}{4}$  *tsp. tarragon*  
1 *tsp. salt*  
 $\frac{1}{8}$  *tsp. thyme*

$\frac{1}{8}$  *tsp. red pepper*  
1 *tsp. diced green onion*  
1 T. *Worcestershire sauce*  
 $\frac{1}{4}$  *tsp. Tabasco*  
 $\frac{1}{2}$  T. *flour*  
 $\frac{1}{2}$  lb. *green beans, slightly*  
*steamed*

Brown beef in butter in large iron skillet over medium high heat. Add chopped onions and mushrooms. Sauté for a few minutes. Add 1 cup wine and seasonings. Place in 1-quart casserole. Cover. Bake at 350° for 1 hour. Remove from oven. Blend flour with remaining  $\frac{1}{4}$  cup red wine and stir into meat dish. Mix in steamed green beans lightly. Serve with steamed rice or pasta, if desired.

# *B*EEF BRISKET

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*4-to 4½-lb. brisket*  
*½ tsp. ground pepper*  
*1 T. olive oil*  
*1 onion, thinly sliced*

*2 cloves garlic, minced*  
*1 lb. mushrooms, sliced*  
*1 tsp. rosemary*  
*½ c. red wine*

Coat brisket with pepper. Heat oil in fry pan. Add brisket and brown on all sides. Combine onion, garlic, mushrooms and seasonings. Place in large roasting pan. Add brisket and pour in wine. Bake, covered for 4-5 hours at 275°.

# *F*LANK STEAK

---

*1 lg. flank steak*  
*½ lb. pork sausage*  
*1 c. bread crumbs*  
*2 T. chopped parsley*  
*3 T. bacon drippings or shortening*  
*2 tsp. salt*

*½ c. minced onion*  
*2 bay leaves, crumbled*  
*1 lg. can tomatoes*  
*½ green peppers, diced*  
*1 c. water*

Score or tenderize steak. Combine sausage, bread crumbs and parsley and spread mixture on steak. Roll like jellyroll. Tie ends and in center. Brown in bacon drippings. Add steak and remaining ingredients in large roasting pan. Bake at 350° for 1-2 hours or until done. Slice steak in rolls. Serve with tomato sauce.



# *P*IZZA

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## *Dough:*

*1<sup>3</sup>/<sub>4</sub> c. warm water, divided*  
*2 T. sugar*  
*2 pkgs. active dry yeast*

*1<sup>1</sup>/<sub>3</sub> c. olive oil*  
*1 T. salt*  
*6 c. flour*

## *Sauce:*

*6-oz. can tomato paste*  
*16-oz. can tomato sauce*  
*1<sup>1</sup>/<sub>4</sub> tsp. thyme*  
*1<sup>1</sup>/<sub>4</sub> tsp. rosemary*

*1<sup>1</sup>/<sub>4</sub> tsp. oregano*  
*1 lg. clove oregano, crushed*  
*1 bay leaf*

## *Toppings:*

*1<sup>1</sup>/<sub>2</sub> lbs. ground beef*  
*1<sup>1</sup>/<sub>2</sub> c. chopped onion*  
*3<sup>1</sup>/<sub>4</sub>-1 lb. mozzarella cheese, grated*  
*3<sup>1</sup>/<sub>4</sub>-1 lb. Monterey Jack cheese,  
grated*

*Pepperoni, sliced*  
*Olives, sliced*  
*Green pepper, seeded & sliced*

**Dough:** Stir together three-fourths cup warm water with sugar and yeast; let stand two minutes. Stir and let rest five minutes. Add remaining one cup water, oil, salt and flour. Mix well. Knead until smooth and elastic. Let rise 1<sup>1</sup>/<sub>2</sub> to 2 hours. **Sauce:** In saucepan, mix tomato paste, tomato sauce, thyme, rosemary, oregano, garlic and bay leaf. Simmer several minutes. Cool slightly. **Toppings:** In skillet, brown beef with onions until beef is no longer pink. Drain off excess fat. In a bowl, mix together the two types of cheese. Grease two cookie sheet, spread dough to desired thickness. Spread each crust with half the sauce. Sprinkle, as desired, with ground beef and onion mixture and with other toppings as desired (pepperoni, olives, mushrooms and green pepper). Sprinkle with grated cheese. Bake at 350° for 12-15 minutes.

# SOUTHWESTERN TACO PIE

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*1/2 lb. ground beef*  
*15 1/2-oz. can Mexican-style chili*  
*beans*  
*4-oz. can chopped green chilies,*  
*drained*  
*1 c. (4 oz.) shredded cheddar*  
*cheese*

*8-oz. can refrigerated crescent*  
*dinner rolls*  
*2 c. shredded lettuce*  
*1 c. chopped tomatoes (about 1*  
*med. tomato)*  
*Garnish: dairy sour cream*

Brown ground beef; drain. Add beans and chilies. Simmer 15 minutes, stirring occasionally. Add one-half cheese; stir around. Separate crescent roll dough into eight triangles. Arrange in 9-inch pie plate so that wide ends form rim and points meet in the center. Press dough pieces together to seal. Bake at 375°, 10-12 minutes or until golden brown. Spoon meat mixture into prepared crust. Top with lettuce, tomato and remaining one-half cup cheese. **To serve:** Cut into wedges; garnish with sour cream and guacamole.



## Poultry

### PHYLLO CHICKEN BUNDLES

---

*4 (4-to 5-oz.) skinless, boneless  
chicken breast halves*

*Freshly ground pepper*

*1 (5-oz.) ctn. semi-soft cheese with  
French onions, garlic & herb or  
garden vegetables*

*8 sheets phyllo dough, thawed*

*1/3 c. butter, melted*

*Hot cooked wild rice*

Rinse chicken; pat dry with paper towels. Place each chicken breast half between 2 pieces of plastic wrap. Pound lightly until about 1/4-inch thick. Sprinkle with pepper. Divide the cheese into 4 equal pieces; form into balls. Place a cheese ball in the center of each piece of chicken. Fold in the sides and roll the pieces up, jellyroll style. Line a baking sheet with foil. Evenly stack 8 phyllo dough sheets on a work surface. (Cover and return the remaining phyllo to your freezer.) With a sharp knife, cut the phyllo stack into 12-inch squares; discard trimmings. Generously brush one square with butter. Place another square on top; brush with butter. Keep the remaining 6 squares of phyllo covered with plastic wrap to prevent drying out. Place a chicken breast, seam side down, on the buttered stack. Gather up the phyllo to form a bundle, twisting to slightly to hold it together. With a spatula, transfer to a prepared baking sheet. Repeat with remaining phyllo squares and chicken breasts. Bake at 375° for 25 to 30 minutes or until phyllo is golden. Serve over hot, cooked wild rice.

## CRAB-STUFFED CHICKEN BREASTS

---

<i>6 chicken breasts, skinned &amp; boned</i>	<i>2 T. flour</i>
<i>1/2 c. chopped onion</i>	<i>1/2 tsp. paprika</i>
<i>1/2 c. chopped celery</i>	<i>1 env. hollandaise sauce mix</i>
<i>3 T. butter or margarine</i>	<i>3/4 c. milk</i>
<i>3 T. dry white wine</i>	<i>2 T. dry white wine</i>
<i>1 can crab meat, drained &amp; flaked</i>	<i>1/2 c. (2 oz.) shredded processed Swiss cheese</i>
<i>1/2 c. herb-seasoned stuffing mix</i>	

Pound chicken to flatten. Sprinkle with a little salt and pepper. Cook onion and celery in the 3 tablespoons butter or margarine until tender. Remove from heat; add the 3 tablespoons wine, the crab and stuffing mix; toss. Divide mixture among breasts. Roll up and secure. Combine flour and paprika; coat chicken. Place in baking dish; drizzle with 2 tablespoons melted butter. Bake, uncovered in 375° oven for 1 hour. Transfer to platter. Blend sauce mix and milk; cool and stir until thick. Add remaining wine and cheese; stir until cheese melts. Pour on chicken.



# CHICKEN KIEV

---

2 T. chopped parsley	2 eggs
1 T. chopped chives	1 T. water
½ tsp. salt	1 T. vegetable oil
¼ tsp. pepper	3 T. flour
½ c. (1 stick) butter, softened	1-1¼ c. packaged unseasoned bread crumbs
3 whole chicken breasts (about 12-oz. each), boned, halved & skinned	Vegetable oil for frying

Stir parsley, chives, salt and pepper into butter in a medium-size bowl. Shape into a 3 x 2-inch rectangle on waxed paper, chill 20 minutes. Place chicken breasts, one at a time, between sheets of waxed paper. Pound with wooden mallet to ¼-inch thickness, being careful not to tear chicken. Remove waxed paper. Cut chilled-herb butter into six equal pieces. Place each an inch from the lower edge of each chicken breast; fold lower edge over; fold in sides; roll up to enclose filling completely. Beat eggs, water and oil in plate; place flour and crumbs in two separate plates. Roll each chicken bundle in flour; dip in egg mixture; roll in crumbs to coat evenly and place in pan. Chill one hour to set coating. In deep-fat fryer, pour vegetable oil 2 inches deep. Heat to 360° on a deep-fat frying thermometer. Fry chicken bundles, two at a time, 5 minutes or until chicken loses pinkness. Drain on paper toweling.



## GRILLED CHICKEN WITH ORZO

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<i>1 c. orzo</i>	<i>½-1 jalapeño pepper, sliced</i>
<i>4 skinless, boneless chicken breast halves</i>	<i>2 cloves garlic, crushed in press</i>
<i>3 T. olive oil</i>	<i>¼ c. finely chopped onion</i>
<i>1 red bell pepper, sliced</i>	<i>¼ c. chopped flat-leaf parsley</i>
<i>1 yellow bell pepper, sliced</i>	<i>1 tsp. fresh thyme</i>
<i>1 green bell pepper, sliced</i>	<i>¼ tsp. salt</i>
	<i>⅓ tsp. pepper</i>

Cook orzo according to package directions. Meanwhile, pound chicken breasts to even thickness. Sprinkle with salt and pepper. Grill (or sauté in skillet in 1 tablespoon oil), 6 to 8 minutes, turning once, until cooked. Heat 2 tablespoons oil in skillet over medium heat. Cook peppers until tender, 3 to 4 minutes. Add garlic. Cook, stirring 1 minute. Drain orzo and toss with 1 tablespoon olive oil, onion, parsley, thyme, salt and pepper. To serve: Arrange chicken on orzo and top with peppers.

## CHICKEN LOGS

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### *Cream Sauce:*

<i>2 T. butter</i>	<i>Dash paprika</i>
<i>2 T. flour</i>	<i>½ c. chicken broth</i>
<i>½ tsp. salt</i>	<i>½ c. half &amp; half</i>
<i>Dash pepper</i>	

In medium saucepan, over low heat, melt butter and stir in flour, salt, pepper and paprika until smooth. Gradually stir in broth and half-and-half; cook, stirring constantly until thickened and smooth. Makes 1 cup.

### *Logs:*

<i>1½ c. diced, cooked chicken</i>	<i>¼ c. onion, finely chopped</i>
<i>1 c. bread crumbs</i>	<i>½ tsp. salt</i>
<i>1 c. walnuts, finely chopped</i>	<i>¼ tsp. paprika</i>
<i>¼ c. celery, finely chopped</i>	

Mix chicken, ⅓ cup bread crumbs, walnuts, celery, onion, salt and paprika. Moisten with ⅓ cup sauce. Form mixture into logs three inches long. Roll in remaining bread crumbs and fry in oil. Drain and serve with remaining white sauce. Makes 12 logs.

## CHICKEN KABOBS

---

2 slices bacon, cut in half  
3/4 c. flour  
1/4 tsp. salt  
1/8 tsp. pepper  
1 lb. skinned & boned chicken  
breasts, cut into bite-size pieces  
1 egg, beaten

Vegetable oil  
1 sm. avocado, peeled & cut into 8  
pieces  
Lemon or lime juice  
12 cherry tomatoes  
1/2 lb. Monterey Jack cheese, cut in  
8 pieces

Fry bacon until transparent; drain and set aside. Combine flour, salt and pepper, stirring well. Dip chicken into egg and dredge in flour mixture. Fry chicken in deep hot oil (375°) until golden brown. Drain on paper towels. Dip avocado in lemon juice; set aside. Alternate chicken, avocado, tomato, bacon and cheese on skewers. Grill or broil 6 inches from heat, turning several times, until cheese begins to melt.

## CHICKEN BROCCOLI WITH PASTA

---

1/4 c. extra-virgin olive oil  
2 garlic cloves, finely chopped  
1/2 lb. boneless, skinless chicken  
breasts, cut into 1/2-in. wide  
strips  
1 1/2 c. sm. broccoli flowerets  
3/4 c. oil-packed sun-dried  
tomatoes, thoroughly drained &  
thinly sliced

1 tsp. dried basil leaves  
Pinch crushed red pepper flakes  
Salt & pepper to taste  
1/4 c. dry white wine  
3/4 c. chicken broth  
1 T. butter or margarine  
1/2 lb. bow-tie pasta, cooked

In a large skillet, heat the oil over medium heat. Sauté the garlic for about 1 minute, until golden, stirring constantly. Add the chicken strips and sauté until almost completely cooked. Add the broccoli and sauté until crisp-tender, then add the sun-dried tomatoes, dried basil leaves, red pepper flakes, salt and pepper. Add the wine, then add the broth and butter. Cook for about 3 to 5 minutes or until heated through, stirring occasionally. Toss the freshly, cooked pasta with the chicken mixture.

# *F*RIED CHICKEN WITH CREAM GRAVY

---

<i>1 (3-to 3½-lb.) broiler fryer, cut-up</i>	<i>1 c. flour</i>
<i>1 qt. cold water</i>	<i>1½ tsp. salt</i>
<i>1 T. salt</i>	<i>1½ tsp. pepper</i>
	<i>1 qt. vegetable oil</i>

Soak the chicken in the water, mixed with the 1 tablespoon salt in a large bowl for 2 hours or longer. Combine flour, the remaining salt and pepper in a plastic or paper bag. Remove chicken from water and pat dry with paper toweling. Add chicken to bag, a few pieces at a time and shake to coat well. As chicken is coated, place on a piece of waxed paper. Pour enough oil in large, deep skillet to fill ½ full. Heat the oil until very hot (375° on deep fat frying thermometer). Add chicken, skin side down. (Oil must be deep enough to cover chicken.) Turn chicken after about 15 minutes or until completely browned on underside. Continue cooking, uncovered, until second side is browned. Drain thoroughly on paper toweling before serving. Keep warm in 250° oven while making gravy.

## *Cream Gravy:*

<i>3 T. fat from pan</i>	<i>1 c. milk</i>
<i>2 T. flour</i>	<i>Salt &amp; pepper</i>

Pour off fat from skillet, leaving brown bits; return 3 tablespoons fat to the pan. Add flour and cook, stirring and scraping brown bits from bottom until lightly browned. Remove from heat; gradually stir in milk. Return to heat; cook and stir until thickened. Season with salt and pepper.

## **P**EPPERED CREAM CHICKEN

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<i>1/4 c. flour</i>	<i>1/4 c. chicken broth</i>
<i>1 tsp. garlic</i>	<i>1 c. milk</i>
<i>1/2 tsp. dried oregano, crushed</i>	<i>1 T. snipped fresh cilantro</i>
<i>1/4 tsp. pepper</i>	<i>1 (4-oz.) can diced green chilies, drained</i>
<i>4 med. skinless, boneless chicken breast halves (about 1 lb. total)</i>	<i>4 slices Monterey Jack cheese</i>
<i>2 tsp. cooking oil</i>	

In a small bowl, combine flour, garlic, salt, oregano and pepper. Place 2 tablespoons of the flour mixture in a shallow dish. Set remainder aside. Rinse chicken; pat dry. Coat with flour mixture in dish. In a large skillet, brown chicken on both sides in hot oil. Remove from skillet. Carefully add broth to skillet, stirring to loosen any browned bits. In a small bowl whisk milk into remaining flour mixture. Add to broth along with cilantro. Cook and stir until thickened and bubbly; reduce heat. Return chicken to skillet; stir in chilies. Cover and cook for 8 to 10 minutes more or until chicken is no longer pink. Place cheese slices on chicken pieces; cover and cook for 12 minutes or until cheese melts.

## **O**RANGE SAUCED BARBECUED CHICKEN

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<i>1 (6-oz.) can frozen orange juice concentrate, thawed</i>	<i>1 tsp. parsley flakes</i>
<i>1/4 c. teriyaki sauce</i>	<i>1/2 tsp. garlic powder</i>
<i>1 T. instant minced onion</i>	<i>1/4 tsp. black pepper</i>
	<i>8 to 10 pieces broiler-fryer chicken</i>

Combine orange juice concentrate, teriyaki sauce, onion, parsley flakes, garlic powder and pepper, let stand 10 minutes. Place chicken and sauce in a large plastic bag; press air out and close securely; place bag and all in a large bowl. Refrigerate 8 hours or overnight, turning occasionally. Remove chicken; reserve marinade. Place chicken pieces on grill, rib side down, 6 to 8 inches from hot coals (or place rib side up on broiler pan, 5 to 6 inches from heat). Cook about 20 minutes; turn; cook 20 minutes longer or until chicken is tender. Baste with reserved marinade during last 15 minutes of cooking time.

## CHICKEN JAMBALAYA

---

<i>1 sm. chicken</i>	<i>1 c. chopped onion</i>
<i>2 ribs celery with leaves</i>	<i>3/4 c. chopped green pepper</i>
<i>1 onion, halved</i>	<i>1/4 c. chopped fresh parsley</i>
<i>1 clove garlic</i>	<i>2 cloves garlic, minced</i>
<i>2 c. long-grain rice</i>	<i>1 (6-oz.) can tomato paste</i>
<i>1 lb. smoked sausage, sliced into 1/4-in. pieces</i>	<i>1/4 tsp. thyme</i>
<i>1 lb. ham, cubed</i>	<i>2 tsp. salt</i>
<i>1/2 stick butter</i>	<i>1/4 tsp. pepper</i>
	<i>1/4 Tabasco</i>

In a large pot, cover chicken with water, add celery, onion, garlic; boil until tender, about 1 hour. Reserve stock. Remove meat from bones. Cook rice until all liquid is absorbed, about 25 minutes. In a Dutch oven, fry sausage and ham until lightly browned, about 3 to 5 minutes. Remove meat. Add butter to pan and sauté onion, pepper and parsley until tender, about 3 minutes. Add chicken, sausage and ham; stir in garlic, tomato paste, bay leaf, thyme, salt, pepper and Tabasco. Add rice and mix thoroughly. Cook over low heat 15 minutes, stirring frequently.

## CHICKEN CACCIATORE

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<i>1 T. salad oil</i>	<i>1/4 tsp. pepper</i>
<i>1 (3-to 3 1/2-lb.) broiler-fryer, cut into serving pieces</i>	<i>12 sm. white onions, peeled</i>
<i>1 (16-oz.) can tomatoes</i>	<i>2 lg. green peppers, cut into 1/2-in. pieces</i>
<i>1/2 c. dry red wine</i>	<i>1 T. water</i>
<i>1 1/2 tsp. garlic salt</i>	<i>1 T. cornstarch</i>
<i>3/4 tsp. basil</i>	

In 12-inch skillet, over medium-high heat, in hot salad oil, cook the chicken pieces until well-browned on all sides. Stir in tomatoes with their liquid, wine, garlic, salt, basil and pepper, heat to boiling. Reduce heat to low, cover and simmer 15 minutes.

## CHICKEN WITH ARTICHOKE

---

4 skinless, boneless chicken breast halves (about 5 oz. each)  
Freshly ground black pepper  
1 (6-oz.) jar marinated artichoke hearts

1 c. chicken broth  
 $\frac{1}{2}$ - $\frac{3}{4}$  tsp. dried hot red pepper flakes  
2 T. lemon juice

Pound the chicken breasts slightly to flatten evenly. Season with the pepper. Drain the artichoke hearts, reserving the marinade. Heat  $\frac{1}{4}$  cup of the artichoke marinade in a large frying pan. Add the chicken breasts and cook over medium heat until lightly browned, about 2 minutes per side. Add the artichokes, chicken broth and red pepper flakes to the pan. Pour in the remaining marinade. Cover and cook over medium heat until the chicken is white in the center, but still moist, about 5 minutes. Add the lemon juice. If the sauce is too liquid, boil uncovered, for 1 minute to reduce slightly.

## TURKEY BREAST PRIMAVERA

---

1 (4-to 6-lb.) turkey breast  
2 T. oil, divided  
 $\frac{1}{2}$  tsp. each: salt & poultry seasoning, divided  
 $\frac{1}{2}$  tsp. dry mustard  
 $\frac{1}{8}$  tsp. nutmeg

2 med. carrots, chopped  
2 med. onions, chopped  
2 ribs celery, chopped  
2 shallots, chopped  
About 1 c. hot water or chicken broth

Rub breast cavity and skin with mixture of 1 tablespoon oil, 1 teaspoon each salt and poultry seasoning, the mustard and nutmeg; set aside. In greased, shallow roasting pan, mix well carrots, onion, celery and shallots. Sprinkle with remaining  $\frac{1}{2}$  teaspoon salt and poultry seasoning; add water. Place turkey breast on vegetables; cover with foil. Roast in preheated 325° oven, 1 $\frac{1}{2}$  hours. Remove foil; baste turkey with remaining 1 tablespoon oil. Roast, basting occasionally with pan drippings, 1 to 1 $\frac{1}{2}$  hours or until thermometer inserted in the thickest part registers 180°. Remove turkey to carving board; let stand in warm place while preparing sauce. Remove vegetables with slotted spoon to blender or food processor. Skim fat from pan drippings. Add drippings to vegetables; whirl until smooth. Add hot water or broth to thin as desired. Serve as gravy over sliced turkey.

# TURKEY CUTLETS WITH CRANBERRY ORANGE SAUCE

---

*1/2 c. cranberries*  
*1/4 c. orange juice*  
*2 T. canned chicken broth*  
*1 T. orange liqueur*  
*2 T. firmly packed light brown sugar*  
*1 1/2 tsp. lemon juice*  
*1/8 tsp. each: grated orange peel & ground ginger*

*1/2 lb. turkey cutlets, pounded to 1/4-in. thickness*  
*1 T. flour*  
*1 tsp. each: vegetable oil & margarine*  
*Dash each salt & pepper*

In 2-quart saucepan, combine cranberries, orange juice, broth, liqueur, sugar, lemon juice, orange peel and ginger, stirring to dissolve sugar; cook over medium heat, stirring frequently until mixture thickens slightly, 4 to 5 minutes. Remove saucepan from heat; set aside. On sheet of waxed paper, lightly dredge turkey in flour, coating both sides of each cutlet. In 10-inch skillet, heat oil and margarine together until margarine is bubbly and mixture is hot; add turkey and cook, turning once, until lightly browned on both sides, 2 to 3 minutes on each side. Transfer turkey to serving platter; set aside and keep warm. To same skillet, add cranberry mixture and cook, scraping particles from bottom and sides of pan, until mixture is heated through, 1 to 2 minutes. Sprinkle with salt and pepper and stir to combine. Pour cranberry mixture over turkey.

# STUFFED CORNISH HENS WITH RHUBARB SAUCE

---

4 (1-lb.) Rock Cornish hens  
Salad oil  
1 c. chopped onion  
1 c. chopped celery

1 (8-oz.) pkg. herb-seasoned  
stuffing mix  
1 tsp. salt

## Rhubarb Sauce:

1 $\frac{1}{4}$  lbs. rhubarb, cut up (2 c.)  
 $\frac{1}{2}$  c. water  
 $\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. ground cinnamon  
 $\frac{1}{2}$  c. sugar

In skillet, over medium heat, in  $\frac{1}{4}$  cup salad oil, cook onion and celery until golden. Meanwhile, prepare stuffing mix as label directs; stir into onion mixture. Lightly spoon mixture into hens. Tie legs and tail of each hen together. Brush hens generously with oil; sprinkle with salt. Place breast side up, on rack in open roasting pan. Roast at 375°, 1 $\frac{1}{4}$  hours or until a leg can be moved easily. Meanwhile, prepare sauce. In 2-quart saucepan, over medium heat, heat rhubarb, water, salt and cinnamon to boiling; cover. Reduce heat to low; cook 5 to 8 minutes until tender, stirring. Stir in sugar. Use to baste hens often last 30 minutes of roasting. Serve with remaining sauce.



# ROAST DUCKLING WITH PEACH SAUCE

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<i>3 (4-to 5-lb.) ducklings</i>	<i>1 T. lemon juice</i>
<i>½ c. wine</i>	<i>1 tsp. cornstarch</i>
<i>1 (10¾-oz.) can condensed chicken broth</i>	<i>2 T. wine</i>
<i>1 lg. can sliced peaches, drained &amp; juice reserved</i>	<i>3 c. cooked white or brown rice</i>
	<i>Salt to taste</i>

Remove all loose fat from cavities of ducklings. Prick skin of ducklings at ½-inch intervals along legs, back and lower breast to let fat escape during roasting. Heat oven to 450°. Set birds in shallow roasting pan. Roast for 1 hour or until juices run clear. Remove fat from pan. Add ½ cup wine, chicken broth, reserved peach juice and lemon juice to pan. Bring to boiling. Simmer 5 minutes. Blend cornstarch and 2 tablespoons wine. Stir into sauce in pan. Cook 2 minutes. Strain into saucepan. Reserve. Mound hot, cooked rice on a heatproof serving platter. Arrange duckling halves over rice. Garnish with peach slices. Place in 350° oven for 10 to 15 minutes to heat through. Reheat sauce. Spoon a small amount of sauce over duckling halves and peach slices. Pour remaining sauce into a sauceboat and serve separately.



## Fish

### SCALLOPS WITH SNOW PEAS

---

1 lb. bay scallops, cut  
horizontally into 1/4-in. slices  
3 1/2 tsp. cornstarch, divided  
1/8 tsp. white pepper  
1/8 tsp. sesame oil  
1/4 tsp. salt  
1/2 lb. snow peas, halved  
2 T. water

1 T. oyster sauce  
5 T. salad oil, divided  
1 T. minced, fresh ginger  
2 tsp. minced garlic  
1/2 c. sliced bamboo shoots  
1/2 c. chicken broth  
2 green onions, cut into 2-in.  
pieces

In medium bowl, combine scallops, 1/2 teaspoon cornstarch, salt, sesame oil and pepper, toss. Marinate 30 minutes. In saucepan, in 1 inch boiling water, cook snow peas 1 minute; drain. Rinse under cold water and drain again. In small bowl, combine remaining cornstarch, water and oyster sauce. In wok or large, heavy skillet, heat 3 tablespoons salad oil. Add ginger, garlic and scallops; stir-fry until scallops are opaque. Remove from skillet and set aside. Wipe out wok and heat remaining 2 tablespoons salad oil. Add bamboo shoots and stir-fry 1 minute. Add broth and bring to a boil. Return scallops to wok; stir in cornstarch mixture until well combined. Add snow peas and heat through. Transfer to serving platter and garnish with green onions.



## SOLE THERMIDOR

---

5 T. butter

8 sole or other fillets (about 2 lbs.)

2 tsp. salt

½ tsp. seasoned salt

1¼ c. milk

3 T. flour

1 c. grated cheddar cheese

3 T. sherry (opt.)

Paprika

Preheat oven to 350°. In 1-quart saucepan, melt 2 tablespoons butter; brush over sole. Sprinkle with salt and seasoned salt. Roll up each fillet and place, seam side down, in 9 x 9-inch baking dish. Pour ½ cup milk over fillets; bake in oven 25 minutes or until fish flakes easily when tested with fork. Meanwhile, in 2-quart saucepan, over medium heat, melt remaining butter. Stir in flour; gradually add remaining milk; cook, stirring until thickened. Reduce heat; stir in cheese and sherry. Spoon liquid from fish; stir ¼ cup into sauce. (If not using sherry use extra 3 tablespoons liquid.) Pour sauce over fish; sprinkle with paprika. Broil about 1 minute, just until sauce is golden.

## PAN-SEARED TUNA

---

4 (8-oz.) tuna steaks

2 T. extra-virgin olive oil

2 T. black pepper

Salt

Preheat oven to 450°. Chop the pepper coarsely. Coat both sides of the tuna liberally with pepper. Sprinkle with salt. Heat the oil over high heat in an oven-proof frying pan. Place tuna steaks in pan and sear on one side for about 2 minutes. Flip the steaks and place the pan in the oven. Let roast for 3 to 4 minutes. Take tuna immediately out of pan and serve.

## FISH CAKES

---

3 c. cooked fish, skin & bones removed  
2 T. lemon juice  
3 c. finely shredded or riced, boiled potatoes  
½ c. finely chopped onion  
2 tsp. Dijon-style mustard  
1 T. finely chopped fresh dill

1 T. finely chopped parsley  
½ tsp. salt  
⅛ tsp. pepper  
4-8 drops liquid red pepper seasoning  
2 T. flour  
¼ c. vegetable oil

Stir together fish and lemon juice with fork in medium-size bowl until fish is well flaked. Add potatoes, onion, mustard, dill, parsley, salt, pepper and red pepper seasoning. Mix well. Cover and refrigerate until well chilled, about 1 hour. Form fish mixture into 12 ovals, each about 3 x 2-inches, using about ⅓ cup mixture for each oval. Dust both sides of cakes lightly with flour. Heat oil in heavy 10-inch skillet. Fry cakes until browned, about 2 to 3 minutes each side. Drain on paper toweling.

## LEMON-STUFFED FISH

---

½ c. finely chopped celery  
¼ c. chopped onion  
3 T. butter or margarine  
4 c. dry bread cubes  
½ tsp. grated lemon peel  
4 tsp. lemon juice

1 T. snipped parsley  
½ tsp. salt  
Dash pepper  
2 (1-lb.) pkgs. frozen fish fillets, partially thawed  
1 T. butter or margarine, melted

Cook celery and onion in the 3 tablespoons butter or margarine until tender-crisp. Pour over bread cubes. Add lemon peel and juice, parsley, salt and pepper; toss together. Slice each block of partially thawed fish in half through the center, making four thin rectangular pieces. Place two pieces in greased 13 x 9 x 2-inch baking pan. Spoon half the stuffing mixture on each. Top with remaining two pieces fish; brush with the remaining 1 tablespoon melted butter and sprinkle with a little salt. Cover pan with foil; bake at 350° for 20 to 25 minutes, until fish flakes easily with a fork. Sprinkle with parsley.

## SHRIMP CREOLE

---

3 lbs. *peeled, deveined med. shrimp*  
4 T. *butter*  
1 T. *oil*  
4 T. *flour*  
1 (16-oz.) *can tomato sauce*  
1 c. *chopped onions*  
1 c. *chopped celery*

1 c. *chopped bell pepper*  
3 *cloves chopped garlic*  
 $\frac{1}{2}$  c. *hot water*  
*Juice of 1 lemon*  
2 *bay leaves*  
 $\frac{1}{2}$  *tsp. sugar*  
*Salt & cayenne pepper to taste*  
 $\frac{1}{2}$  c. *chopped green onions*

In a heavy pot, melt butter. Add oil. Sauté all seasonings until done. Add flour and blend well. Add tomato sauce, hot water and sugar. Cook over medium heat approximately 30 minutes. Season to taste. Add shrimp, cook 30 minutes longer.

## SHRIMP WITH LINGUINE

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1 lb. *linguine pasta*  
2 T. *extra-virgin olive oil*  
1 lb. *med. shrimp, peeled & deveined*  
2 *tsp. garlic*  
1 *tsp. each salt & pepper*

1 c. *chicken broth*  
1 T. *freshly grated lemon peel*  
 $\frac{1}{4}$  c. *fresh lemon juice*  
 $\frac{1}{2}$  c. *chopped Italian parsley*  
 $\frac{1}{3}$  c. *grated Parmesan cheese*

Cook pasta. Drain well. While pasta cooks, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add shrimp, garlic and  $\frac{1}{2}$  teaspoon each of the salt and pepper. Sauté 2 minutes or until shrimp are barely pink. Add broth. Increase heat to high and cook 1 minute or until shrimp are cooked through. Stir in lemon peel and juice. Put pasta in a serving bowl, add remaining tablespoon oil and  $\frac{1}{2}$  teaspoon each salt and pepper; toss to coat. Add shrimp mixture, parsley and cheese. Toss to mix.

## CRAB CAKES

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- |  |                                 |
|--|---------------------------------|
| <i>1 lb. crab meat</i>                   | <i>1 tsp. seafood seasoning</i> |
| <i>2 slightly beaten eggs</i>            | <i>1 tsp. parsley flakes</i>    |
| <i>2 T. mayonnaise or salad dressing</i> | <i>3 c. soft bread crumbs</i>   |
| <i>1 tsp. prepared mustard</i>           | <i>Cooking oil</i>              |

Combine egg, mayonnaise, mustard, seafood seasoning and parsley; stir in bread crumbs and crab. Shape into 6 to 8 patties. In skillet, brown patties in a little hot oil over medium heat, 3 to 4 minutes, turning once. Serve hot.

## SEAFOOD NEWBURG

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|---|--|
| <i>1 (16-oz.) pkg. frozen cod, flounder or haddock fillets</i>                                      | <i>4 c. half &amp; half</i>  |
| <i>1 lb. med. shrimp or 12-oz. pkg. frozen, shelled &amp; deveined shrimp, thawed &amp; drained</i> | <i>1 c. milk</i>   |
| <i>Butter or margarine</i>  | <i>1 (10-oz.) pkg. frozen Alaska King of Snow crabmeat, thawed</i> |
| <i>1 lb. mushrooms, sliced</i>  | <i>1/4 c. cooking dry sherry</i>                                   |
| <i>1/3 c. flour</i>   | <i>3/4 c. shredded pasteurized processed cheese spread</i>         |
| <i>1 tsp. salt</i>  | <i>1 (4-oz.) jar pimento, drained &amp; cut into thin strips</i>   |
| <i>1/8 tsp. pepper</i>  |  |

Let frozen fish stand at room temperature 15 minutes to thaw slightly, then cut into bite-size chunks. Meanwhile, if using fresh shrimp, shell and devein shrimp; set aside. In 4-quart saucepan over medium-high heat, in 3 tablespoons hot butter or margarine, cook mushrooms until tender, stirring occasionally. With slotted spoon, remove mushrooms to bowl. In same saucepan, over medium heat, melt 4 more tablespoons butter or margarine. Stir in flour, salt and pepper until blended; cook 1 minute. Gradually stir in half-and-half and milk until mixture is smooth. Add fish chunks, shrimp, frozen peas, crabmeat with its liquid, sherry and mushrooms; cook, stirring frequently until fish flakes easily when tested with a fork and shrimp are tender and mixture is slightly thickened. Stir in cheese and pimento; cook until cheese is melted.

## Pork

### *A*PRICOT-GLAZED HAM

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*1 precooked, smoked ham, about 10 lbs.*  
*1/2 c. dried apricots*  
*Orange juice*

*1/2 c. firmly packed brown sugar*  
*1/2 tsp. dry mustard*  
*1/8 tsp. ground cloves*

Put ham on a rack in a shallow baking pan, fat side up. Roast in a preheated 350° oven for 2½ to 3 hours. After 2 hours, remove ham from oven, score fat into diamonds. While ham is roasting, cook apricots in enough water to cover until tender. Purée apricots and blend in enough orange juice so mixture is consistency of honey. Stir in remaining ingredients. Thirty minutes before ham is done, spoon glaze over ham and replace in oven. Continue baking, spooning additional glaze over ham.

### *P*ANCIT-PHILLIPINE SHRIMP & PORK CHOPS

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*4 pork steaks*  
*1/2 lb. cooked shrimp*  
*1 bell pepper*  
*2 stalks celery*  
*2 c. cooked noodles*  
*1 T. salt*  
*1 clove garlic*

*1 sm. onion*  
*1 can sliced mushrooms or fresh mushrooms*  
*Dash pepper*  
*4 T. soy sauce*  
*1/4 c. water*

Cut pork steaks into bite size pieces and brown. Chop celery, bell pepper, onion and mushrooms and sauté in butter. Add garlic and soy sauce and season to taste. Add water and shrimp and simmer 45 minutes. Serve over cooked noodles.

## *H*ERB-STUFFED PORK CHOPS

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*3/4 lb. med.-size mushrooms*  
*1/3 c. chopped onion*  
*1/3 c. chopped celery*  
*1/2 c. butter (1 stick)*  
*1 c. packaged bread crumbs*  
*1/4 tsp. ground sage*  
*1/2 c. chopped parsley*

*4 double center loin pork chops*  
*with pockets*  
*1/2 tsp. salt*  
*1/4 tsp. pepper*  
*1/2 c. dried apricots*  
*1 c. dry white wine*

Reserve 5 mushrooms for garnish; thinly slice remainder. Sauté sliced mushrooms, onion and celery in  $\frac{1}{4}$  cup of the butter in a large oven-proof baking dish until tender, about 3 minutes. Add bread crumbs, sage and parsley. Sprinkle pork chops inside and out with salt and pepper. Reserve 4 apricots; chop remainder, add to skillet mixture. Stuff pork chops loosely with mixture. Secure openings with wooden picks. Wipe out dish. Brown chops on both sides in remaining  $\frac{1}{4}$  cup butter in oven-proof dish. Pour wine around chops; cover. Bake at  $350^{\circ}$  for 1 hour or until chops are tender. Garnish with reserved mushrooms and apricots.

## *P*ORK CHOPS WITH TOMATO

---

*4 loin pork chops, 1-in. thick*  
*3 T. vegetable oil*  
*1/4 c. vermouth*  
*1 can stewed tomatoes*  
*1 med. onion, finely chopped*

*4 carrots, quartered lengthwise*  
*2 stalks celery, cut into 1-in.*  
*pieces*  
*1 tsp. dried rosemary*  
*Salt & pepper to taste*

Heat oil until sizzling in a frying pan and add pork chops. Brown chops on each side. It will take about 15 minutes. Add vermouth and with a spoon scrape sides of pan to get all the browned bits. Add tomatoes, onion, carrots, celery, herbs, salt and pepper. Cover pan and gently simmer for 1 to 2 hours. Meat should be tender and show no sign of pink. Serve with rice.

## GRILLED RIBS

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<i>4 lbs. pork loin back ribs or meaty spareribs</i>	<i>3 T. cooking oil</i>
<i>3 T. hot water</i>	<i>2 T. teriyaki sauce</i>
<i>1/3 c. peanut butter</i>	<i>1 T. curry powder</i>
<i>1/3 c. apple juice from concentrate, thawed</i>	<i>2 cloves garlic, minced</i>
	<i>Several dashes bottled hot pepper sauce</i>

Gradually stir hot water into peanut butter in a small mixing bowl. Stir in apple juice concentrate, cooking oil, teriyaki sauce, curry powder, garlic and hot pepper sauce until mixture is smooth. Set aside. Place ribs, meaty side up, on grill rack over drip pan. Cover and grill for 1/4 to 2 hours or until ribs are tender and no pink remains, brushing occasionally with sauce the last 10 minutes of grilling. Heat any remaining sauce until bubbly; serve with ribs.

## ITALIAN SAUSAGE MEAT LOAF

---

<i>1 1/2 lbs. mild Italian sausage</i>	<i>3/4 c. fine, dry bread crumbs</i>
<i>2 eggs, beaten well</i>	<i>1/3 c. milk</i>
<i>1/4 lb. sharp, processed cheese, cut in 1/4-in. cubes</i>	<i>1/4 c. finely chopped onion</i>

Remove casing from sausage. In large mixing bowl, break sausage apart with a fork. Add remaining ingredients and mix well. Shape into a loaf. Bake at 350° for about 1 hour or until done.

## CHERRY GLAZED HAM

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### *Ham:*

1 (3-to 5-lb.) ham  
1/2 c. brown sugar

1/2 c. honey

### *Cherry Glaze:*

1 1/2 T. cornstarch  
1/4 c. sugar  
1/4 tsp. allspice

1/4 tsp. ground cloves  
1 can red sour pitted cherries

**Ham:** Place ham, fat side up, on shallow pan. Combine brown sugar and honey; spoon over ham. Bake in slow oven at 325°, 1 1/4 to 2 hours. Baste occasionally with drippings. **Cherry Glaze:** Combine dry ingredients. Slowly add juice from cherries. Cook until thick and clear. Add cherries and red food coloring. Serve hot, spoon over baked ham.

## SWEET AND SOUR PORK

---

1 lb. boneless pork, cut into 3/4-in.  
cubes

1 T. vegetable oil

1 (1 lb. 4-oz.) can pineapple  
chunks

1/4 c. vinegar

1 1/2 tsp. salt

1/2 tsp. garlic salt

2 T. sugar

1 c. rice

1 med.-sized green pepper, halved,  
seeded & cut into sm. squares

1 med.-sized tomato, cored & cut  
into thin wedges

Brown pork in oil in skillet; drain off fat. Drain juice from pineapple into a 4-cup glass measure; add water to make 2 1/2 cups liquid. Add to skillet with vinegar, salt, garlic salt and sugar; bring to boiling. Lower heat, cover; simmer 20 minutes. Uncover; stir in rice. Cover; cook about 25 minutes or until liquid is absorbed and pork is tender. Add pineapple, green pepper and tomato wedges; heat thoroughly.

# MARINATED SPARERIBS

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<i>4 lbs. lean spareribs</i>	<i>1 c. red wine</i>
<i>2 garlic cloves, minced</i>	<i>1/2 c. vegetable oil</i>
<i>1 (8-oz.) can tomato sauce</i>	<i>1/2 c. honey</i>
<i>1 c. beef consomme</i>	<i>1 tsp. mustard</i>
<i>1 c. orange juice</i>	

Put ribs on a large roasting pan. Combine garlic, tomato sauce, consomme, orange juice, wine and oil in small bowl to make the marinade and pour over ribs. Let ribs stand in this mixture in refrigerator for at least 24 hours. Turn ribs frequently to keep them coated with the marinade. When ready to roast, lift ribs out of the marinade and put on a rack in a roasting pan. Roast, uncovered in a preheated 350° oven to  $\frac{3}{4}$  hour. Baste with the marinade and pour off any fat that accumulates in the bottom of the roasting pan. Mix honey and mustard and brush ribs with the honey mixture. Let ribs cook until they have a nice glaze.



## *P*ORK STIR-FRY

---

*1 lb. boneless pork, cut into 1/4-in. strips*  
*2 T. oil*  
*2 1/2 T. soy sauce*  
*1 clove garlic, minced*  
*1 T. grated fresh gingerroot*  
*2 tsp. wine vinegar*  
*1 tsp. cornstarch*  
*1/4 tsp. pepper*  
*2 T. oil*  
*2 carrots, cut in 1/2-in. pieces*  
*1 red & green sweet pepper, cut in strips*

*1 sm. yellow squash, sliced*  
*1 sm. zucchini, sliced*  
*1/2 c. sliced green onion*  
*6 oz. Chinese pea pods*  
*2 c. broccoli flowerets*  
*2/3 c. beef bouillon*  
*1/3 c. dry white wine*  
*1 T. cornstarch*  
*1/2 tsp. sugar*  
*Hot cooked rice*

Combine oil, soy sauce, garlic, gingerroot, vinegar, cornstarch and pepper. Mix well and pour over pork. Cover and marinate in refrigerator 3 hours or overnight. Coat preheated, large skillet with remaining 2 tablespoons oil. Heat over medium heat. Add marinated pork, undrained, to skillet and stir-fry 1-5 minutes. Add carrots, sweet pepper, squash, zucchini and onion. Add thawed or fresh pea pods, broccoli and continue to stir-fry 2 minutes. Combine bouillon, wine, 1 tablespoon cornstarch, 1/2 tablespoon soy sauce and sugar; pour over vegetables and pork. Stir-fry over medium heat until sauce is thickened. Serve over hot, cooked rice.



# Lamb

## GRILLED LEG OF LAMB WITH MINT

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4-to 5-lb. rolled leg of lamb  
1/2 c. brown sugar (packed)  
1/2 c. salad oil  
1 tsp. grated lemon peel  
1/4 c. lemon juice  
3 T. vinegar

1/4 c. snipped mint leaves  
1 tsp. tarragon leaves  
1 tsp. salt  
1 tsp. dry mustard  
Mint leaves

In saucepan, mix sugar, oil, lemon peel and juice, vinegar, mint leaves, tarragon, salt and mustard. Heat to boiling; reduce heat and simmer 5 minutes. Cool. Place meat in shallow glass dish; pour marinade over meat. Cover; refrigerate overnight. Insert meat thermometer in center of meat. Place roast on grill. Cook 3 hours or until meat is done (meat thermometer should register 175° to 180°).

## LAMB CHOPS

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1/4 c. olive oil  
1/4 c. chopped, fresh mint  
3 lg. garlic cloves, minced  
2 tsp. salt  
2 tsp. ground cumin

1 tsp. ground coriander  
1 tsp. cayenne pepper  
1 tsp. pepper  
6 lamb chops

Mix olive oil, chopped fresh mint, minced garlic, salt, cumin, coriander and pepper in small bowl. Spread herb mixture over lamb chops. Preheat broiler. Broil chops until brown, but still medium-rare inside, about 5 minutes per side. Arrange chops on platter, garnish with fresh mint sprigs and serve.

## LAMB CURRY

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|--------------------------------|---|
| <i>1 c. butter</i>             | <i>1 T. coriander</i>                     |
| <i>2 med. onions, chopped</i>  | <i>1 tsp. sugar</i>                       |
| <i>2 lbs. lamb, cubed</i>      | <i>1 lb. carrots, peeled &amp; sliced</i> |
| <i>2 tsp. salt</i>             | <i>1 c. plain yogurt</i>                  |
| <i>1/2 tsp. cayenne pepper</i> | <i>1/2 tsp. curry powder</i>              |

Melt butter in large pan; add onions and brown. Add the rest of the ingredients and cook about 30 minutes or until the meat browns. Reduce heat; cover and simmer for 40 minutes or until meat is tender. Serve on hot, fluffy rice.

## Veal

### VEAL CORDON BLEU

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|--------------------------------|--------------------------------|
| <i>4 boneless veal cutlets</i> | <i>1/4 tsp. allspice</i>       |
| <i>4 thin slices cheese</i>    | <i>1 egg, slightly beaten</i>  |
| <i>4 thin slices ham</i>       | <i>1/2 c. dry bread crumbs</i> |
| <i>2 T. flour</i>              | <i>3 T. shortening</i>         |
| <i>1/2 tsp. salt</i>           | <i>2 T. water</i>              |
| <i>1/4 tsp. pepper</i>         |                                |

If using veal round steak, cut into 4 serving pieces. Pound meat until 1/4-inch thick. Place a slice of ham and cheese on each cutlet. Roll up carefully; secure rolls with wooden picks. Mix flour, salt, pepper and allspice; coat rolls with flour mixture. Dip rolls into egg, then roll in bread crumbs. In large skillet, brown rolls in shortening, about 5 minutes. Reduce heat and add water. Cover; simmer 45 minutes or until tender. Remove cover last 2 to 3 minutes to crisp rolls slightly.

## *VEAL CUTLETS WITH HERBS*

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<i>6 veal cutlets</i>	<i>2 sm. bay leaves</i>
<i>1/4 c. oil</i>	<i>1 c. dry white wine</i>
<i>5 scallions, chopped</i>	<i>1 c. chicken broth</i>
<i>1/2 tsp. sweet basil</i>	<i>1 tsp. salt</i>
<i>1/2 tsp. tarragon</i>	<i>1/4 tsp. pepper</i>
<i>2 T. fresh parsley, chopped</i>	<i>1/4 c. chopped chives</i>
<i>1 clove garlic, minced</i>	

Brown cutlets in hot oil in deep skillet. Add scallions, tarragon, parsley, garlic and bay leaves. Add wine, chicken broth, salt and pepper. Cover and simmer about 35 minutes. Sprinkle chopped chives over meat and cook, uncovered another 10 minutes.

## *VEAL PARMESAN*

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<i>1/3 c. flour</i>	<i>1 egg</i>
<i>1 tsp. salt</i>	<i>1 tsp. water</i>
<i>1 tsp. dry parsley flakes</i>	<i>1/2 c. oil</i>
<i>1 tsp. basil</i>	<i>2 T. chopped onion</i>
<i>1/4 tsp. pepper</i>	<i>1 c. tomato sauce</i>
<i>1/4 c. grated Parmesan cheese</i>	<i>1/3 c. sliced mushrooms</i>
<i>2 lbs. veal cutlet, cut 1/2-in. thick</i>	<i>1/4 c. sherry</i>

Mix flour, salt, parsley flakes, basil, pepper and Parmesan cheese. Cut veal into serving pieces, dip in egg beaten with water, then in flour mixture. Brown meat on both sides in hot oil, in a heavy skillet. Remove meat. Add onion, tomato sauce, mushrooms and any remaining flour mixture to skillet. Stir until mixture bubbles. Add meat; cover and cook over low heat for about 45 minutes, until meat is tender. Add sherry, if desired.

# *The Trans-Mississippi Homemaker*

## *B*EEFSTEAK

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The first consideration in broiling it to have a clear, glowing bed of coals. The steak should be about  $\frac{3}{4}$  of an inch in thickness and should be pounded only in extreme cases, that is, when it is cut too thick and is stringy. Lay it on a buttered gridiron, turning it often, as it begins to drip, attempting nothing else while cooking it. Have everything else ready for the table; the potatoes and vegetables dished and in the warming closet. Do not season it until it is done, which will be in about ten to twelve minutes. Remove it to warm platter, pepper and salt it on both sides and spread a liberal lump of butter over it. Serve at once while hot. No definite rule can be given as to the time of cooking steak, individual tastes differ so widely in regard to it, some only liking it well done, others so rare that the blood runs out of it. The best pieces for broiling are the porter-house and sirloin.

## *Y*ORKSHIRE PUDDING

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This is a very nice accompaniment to a roast of beef; the ingredients are, one pint of milk, four eggs, white and yolks beaten separately, one teaspoonful of salt and two teaspoonfuls of baking powder, sifted through two cups of flour. It should be mixed very smooth, about the consistency of cream. Regulate your time when you put in your roast, so that it will be done half an hour to forty minutes before dishing up. Take it from the oven, set it where it will keep hot. In the meantime, have this pudding prepared. Take two common biscuit tins, dip some of the drippings from the dripping-pan into these tins, pour half of the pudding into each, set them into the hot oven, and keep them until the dinner is dished up; take these puddings out at the last moment and send to the table hot. This I consider much better than the old way of baking pudding under the meat.

## ROAST BEEF

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One very essential point in roasting beef is to have the oven well heated when the beef is first put in; this causes the pores to close up quickly and prevents the escape of juices. Take a rib piece or loin roast of seven or eight pounds. Wipe it thoroughly all over with a clean, wet towel. Lay it in a dripping-pan and baste it well with butter or suet fat. Set it in the oven. Baste it frequently with it's own drippings, which will make it brown and tender. When partly done, season with salt and pepper, as it hardens any meat to salt it when raw, and draws out its juices, then dredge with sifted flour to give it a frothy appearance. It will take a roast of this size about two hours time to be properly done, leaving the inside a little rare or red, half an hour less would make the inside quite rare. Remove the beef to a heated dish, set where it will keep hot; then skim the drippings from all fat, add a tablespoonful of sifted flour, a little pepper and a teacupful of boiling water. Boil up once and serve hot in gravy boat.

## SMOTHERED BEEFSTEAK

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Take thin slices of steak from the upper part of the round of one large, thin steak. Lay the meat out smoothly and wipe it dry. Prepare a dressing, using a cupful of fine bread crumbs, half a teaspoonful of salt, some pepper, a tablespoonful of butter, half a teaspoonful of sage, the same of powdered summer savory and enough milk to moisten it all into a stiff mixture. Spread it over the meat, roll it up carefully and tie with a string, securing the edges well. Now fry a few thin slices of salt pork in the bottom of a kettle of saucepan, and into the fat that has been fried out of the pork, place this roll or rolls of beef and brown it on all sides, turning it until a rich color all over, then add half a pint of water and stew until tender. If the flavor of onion is liked, a slice may be chopped fine and added to the dressing. When cooked sufficiently, take out the meat, thicken the gravy and turn over it. To be carved cutting crosswise, in slices, through beef and stuffing.

## **C**ARMELON OF BEEF

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One pound uncooked beef, chopped fine, with yolk of one egg, one tablespoonful of chopped parsley, one of butter and two of bread crumbs, one teaspoonful of salt, two or three dashes of pepper. Mix all together and form into a roll. Wrap in buttered paper and bake half an hour, basting twice with melted butter. When done, remove paper, place on a hot dish, and serve with sauce poured over it. Sauce: Melt one tablespoonful of butter, stir till a dark brown, add one-half teaspoonful of flour, mix well, add half a cup of milk and stir until it boils; salt and pepper. A little suet is nice chopped with the beef.

## **T**ENDERLOIN OF BEEF

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To serve tenderloin as directed below: The whole piece must be extracted before the hind quarter of the animal is cut out. This must be particularly noted, because not commonly practiced, the tenderloin being usually left attached to the roasting pieces, in order to furnish a tidbit for a few. To dress it whole, proceed as follows: Washing the piece well, put in an oven; add about a pint of water and chop up a good handful of each of the following vegetables as an ingredient of the dish, Irish potatoes, carrots, turnips and a large bunch of celery. They must be washed, peeled and chopped up raw, then added to the meat; blended with the juice, they form and flavor the gravy. Let the whole slowly simmer and when nearly done, add a teaspoonful of pounded allspice. To give a richness to the gravy, put in a tablespoonful of butter. If the gravy should look too greasy, skim off some of the melted suet boil also a lean piece of beef, which, when perfectly done, chop fine, flavoring with a small quantity of onion, besides pepper and salt to taste. Make into small balls, wet them on the outside with eggs, roll in cracker or fine bread crumbs. Fry these force-meat balls a light brown. When serving the dish, put these around the tenderloin and pour over the whole the rich gravy. This dish is a very handsome one, and, altogether, fit for a Epicurean palate. A sumptuous dish.

## *To* COLLAR A FLANK OF BEEF

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Procure a well-corned flank of beef, say six pounds. Wash it, and remove the inner and outer skin with the gristle. Prepare a seasoning of one teaspoonful each of sage, parsley, thyme, pepper and cloves. Lay your meat upon a board and spread this mixture over the inside. Roll the beef up tight, fasten it with small skewers, put a cloth over it, bandage the cloth with tape, put the beef into the stew-pot, cover it with water to the depth of an inch, boil gently six hours; take it out of the water, place it on a board without undoing it; lay a board on top of the beef, put a fifty pound weight upon this board and let it remain twenty-four hours. Take off the bandage, garnish with green pickles and curled parsley, and serve.

## *P*ORK

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The best parts and those usually for roasting are the loin, the leg, the shoulder, the spar-rib and chine. The hams, shoulders and middlings are usually salted, pickled and smoked. Pork requires more thorough cooking than most meats; if the least underdone, it is unwholesome. **To choose pork:** If the rind is thick and tough and cannot be easily impressed with finger, it is old; when fresh it will look cool and smooth, and only corn-fed pork is good; swill or still-fed pork is unfit to cure. Fresh pork is in season from October to April. When dressing or stuffing is used, there are more or less herbs for seasoning, sage, summer savory, thyme and sweet marjoram; these can be found (in the dried, pulverized form, put up in small light packages) at most of the best druggists; still those raised and gathered at home are considered more fresh.

## *R*OAST SPARE-RIB

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Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with turkey dressing, sew up tightly, place in dripping pan with a pint of water, baste frequently, turning over once so as to bake both sides equally until a rich brown.

## *D*RESSED TENDERLOIN

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Cut strips of tenderloin lengthwise; make a dressing as for turkey and place between the tenderloins; hold together by sticking through with toothpicks. Cook in dripping pan. Use one teacupful of water, two tablespoonfuls of butter; baste until a nice brown, salt and pepper to taste.

## *P*ORK CHOPS, MARYLAND STYLE

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Select nice chops, not too fat, about a quarter of an inch thick; salt and pepper, dip in bread crumbs, then in beaten egg and again in bread crumbs and cook in boiling, hot lard until a golden brown. Garnish with parsley and serve hot.

## *B*RAISED LEG OF MUTTON

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This recipe can be varied either by preparing the leg with a stuffing, placed in the cavity after having the bone removed or cooking it without. Having lined the bottom of a thick iron kettle or stew pan with a few thin slices of bacon, put over the bacon four carrots, three onions, a bunch of savory herbs; then over these place the leg of mutton. Cover the whole with a few more slices of bacon, then pour over half of a pint of water. Cover with a tight cover and stew very gently for four hours, basting the leg occasionally with its own liquor and seasoning it with salt and pepper as soon as it begins to tender. When cooked, strain the gravy, thicken with a spoonful of flour (it should be quite brown), pour some of it over the meat and send the remainder to the table in a tureen, to be served with the mutton when carved. Garnish the dish around the leg with potatoes cut in the shape of olives and fried a light brown in butter.

## LAMB STEW

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Cut up the lamb into small pieces (after removing all the fat), say about two inches square. Wash it well and put it over the fire with just enough cold water to cover it well and let it heat gradually. It should stew gently until it is partly done; then add a few thin slices of salt pork, one or two onions sliced up fine, some pepper and salt if needed, and two or three raw potatoes cut up into inch-pieces. Cover it closely and stew until the meat is tender. Drop in a few made dumplings, made like short biscuit, cut out very small. Cook fifteen minutes longer. Thicken gravy with a little flour moistened with milk. Serve.

## PRESSED LAMB

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The meat, either shoulder or leg, should be put to boil in the morning with water just enough to cover it; when tender, season with salt and pepper, then keep it over the fire until very tender and the juice nearly boiled out. Remove it from the fire-place in a wooden chopping-bowl, season more if necessary, chop it up like hash. Place in a bread-pan, press out all the juice and put it in a cool place to harden. The pressing is generally done by placing a dish over the meat and putting a flat-iron upon that. Nice cut up cold into thin slices and the broth left from the meat would make a nice soup served with it, adding vegetables and spices.



## *F*RIED VEAL CUTLETS

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Put into a frying pan two or three tablespoonfuls of lard or beef drippings. When boiling hot lay in the cutlets, well-seasoned with salt and pepper and dredge with flour. Brown nicely on both sides, then remove the meat, and if you have more grease than necessary for the gravy, put it aside for further use. Reserve a tablespoonful or more, and rub into it a tablespoonful of flour, with the back of a spoon, until it is a smooth, rich brown color, then add gradually a cup of cold water and season with pepper and salt. When the gravy is boiled up well return the meat to the pan and gravy. Cover it closely and allow it to stew gently on the back of the range for fifteen minutes. This softens the meat and with this gravy, it makes a nice breakfast dish. Another mode is to simply fry the cutlets and afterwards turning off some of the grease they were fried in and then adding to that left in the pan a few drops of hot water, turning the whole over the fried chops.

## *V*EAL COLLOPS

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Cut veal from the leg or other lean part into pieces the size of an oyster. Season with pepper, salt and a little mace; rub some over each piece; dip in egg, then in cracker crumbs and fry. They both look and taste like oysters.

## *V*EAL OLIVES

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Cut up a slice of a fillet of veal about half an inch thick, into squares of three inches. Mix up a little salt pork, chopped with bread crumbs, one onion, a little pepper, salt, sweet marjoram and one egg well beaten; put this mixture upon the pieces of veal, fastening the four corners together with little bird skewers; lay them in a pan with sufficient veal gravy or light stock to cover the bottom of the pan, dredge with flour and set in a hot oven. When browned on top, put a small bit of butter on each and let them remain until quite tender which will take twenty minutes. Serve with horseradish.

## *C*URRY OF CHICKEN

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Cut up chicken and fry light brown in butter. Before done, sprinkle with one-half teaspoonful of curry; and 1 teaspoonful minced onions, salt, pepper and a little hot water. Cover and simmer until tender. Remove to a hot dish, surround with a border of small rice balls and pour over the thickened gravy.

## *C*ANNED PARTRIDGE AND QUAIL

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Cut open quail on the back or cut up the partridge, rejecting the poor pieces. Fry nearly done in butter. While hot, pack very closely in a tin bucket and fill every space with melted butter with a good layer over the top and have the lid soldered on at once. When you wish to surprise your friends with a delicious dish of game, remove from the can, heat and brown in a little butter and serve hot.

## *F*RIED CHICKEN A LA ITALIENNE

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Make common batter; mix into a cupful of chopped tomatoes, one onion chopped, some minced parsley, salt and pepper. Cut up young tender chickens, dry them well and dip each piece in the batter; then fry brown in plenty of butter, in a thick bottom frying-pan. Serve with tomato sauce.

## FRIED CHICKEN

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Clean and cut chicken the same as for fricassee. Dredge each piece with salt, pepper and flour. Put four or five tablespoonfuls of lard into a frying pan and when very hot, put in the chicken, cover and fry slowly until it is done. Watch carefully that it does not burn. When done arrange pieces on a hot platter. Pour all of the fat but about a tablespoonful from the frying pan, then add a tablespoonful of flour, stir until brown, then add a half pint of cream. Season with salt, pepper and a little minced parsley. Pour over the chicken. Serve with the following corn dumplings: To 1 can of corn add three eggs beaten lightly. Salt and pepper to taste and add sufficient flour for binding. Drop the mixture by the teaspoonful into boiling water and cook for ten minutes. Place around the platter of fried chicken. Serve hot.

## OYSTER FRITTERS

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Select plump, good sized oysters, drain off the liquor; and to a cup of this liquor, add one cup milk, a little salt, four well beaten eggs and flour enough to make a batter like griddle cakes. Envelope an oyster in a spoonful of this batter and fry in butter and lard mixed, turning to fry brown on both sides. Send to table very hot.

## GOD FISH BALLS

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Three pints boiling water, one cup salt codfish, which has been picked into small pieces and freed from bones, one pint potatoes, peeled and quartered. Put all together in a pan and boil until potatoes are done. Drain off water, mash and beat until soft and smooth; add one tablespoonful butter, a little pepper and when slightly cooled, one well beaten egg. Shape into balls with a tablespoon and fry in hot lard.

## FISH CHOPS

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One small can salmon, 1 cup cream sauce, 1 small cup cracker crumbs, 1 well beaten egg, 1 tablespoonful water. Drain the oil from the salmon and pick fine with a fork, removing all bones and skin. Season with salt and paprika, add crumbs and cream sauce. When cold, shape into chops, stick a piece of macaroni onto the end for the bone, dip into the egg and water, then into cracker crumbs and fry in deep fat. Garnish with parsley and serve with pieces of lemon.

## CLAM CHOWDER

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(Fresh Clams)

One quart hard, shelled clams, one cup finely cut carrots, one pint chopped onions, one quart sliced potatoes, one-half can tomatoes or six fresh ones, two quarts boiling water, two ounces salt pork, one teaspoonful celery salt. Wash the clams very thoroughly and make very hot in order to open without losing the liquor. Place the pork chopped fine, in a saucepan and fry light brown, add the boiling water, carrots and onions, cook until carrots are done, add the potatoes and seasoning and cook ten minutes. Then add the tomatoes and cook twenty minutes, then the finely chopped clams and their liquor and a little cayenne and a bay leaf, one-half teaspoonful of flour moistened in a little cold water and add salt if required. Boil ten minutes and serve. If not rich enough, mix flour with butter to taste.

## LOBSTER NEWBERG

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Four pounds lobster, four tablespoonfuls butter, two tablespoonfuls brandy, two tablespoonfuls sherry, two teaspoonfuls salt, one-half teaspoonful pepper, one-half pint cream, yolks four eggs. Mix the lobster and butter together, then brandy and sherry; add cream and yolks of eggs, well beaten; stir until thickens. Serve hot.

## *To* MAKE A CRAB PIE:

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Procure the crabs alive, and then put them in boiling water, along with some salt. Boil them for a quarter of an hour or twenty minutes, according to the size. When cold, pick the meat from the claws and body. Chop all together and mix it with crumbs of bread, pepper and salt, and a little butter. Put all this into the shell, and brown in a hot oven. A crab-shell will hold the meat of two crabs.

## *Stewed* WATER TURTLES OR TERRAPINS

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Select the largest, thickest and fattest, the females being the best; they should be alive when bought from the market. Wash and put them alive into boiling water; add a little salt, and boil them until thoroughly done. Or from ten to fifteen minutes, after which take off the shell, extract the meat and remove carefully the sandbag gall; also the entrails; they are unfit to eat and no longer used in cooking terrapins for the best tables. Cut the meat into pieces and put it into a stew pan with its eggs and sufficient fresh butter to stew it well. Let it stew till quite hot throughout, keeping the pan carefully covered, that none of the flavor may escape, but shake it over the fire while stewing. In another pan, make a sauce of beaten yolk of egg, highly flavored with Madeira or sherry, and powdered nutmeg and mace, a gill of currant jelly, a pinch of cayenne pepper and salt to taste, enriched with a large lump of fresh butter. Stir this sauce well over the fire and when it has almost come to a boil take it off. Send the terrapins to the table in a covered dish and the sauce separately in a sauce tureen, to be used by those who like it and omitted by those who prefer the genuine flavor of the terrapins when simply stewed with butter. This is now the usual mode of dressing terrapins in Maryland, Virginia and many other parts of the South and will be found superior to any other. If there are not eggs in the terrapin, egg balls, may be substituted.

## TOMATO CATSUP

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Put two quarts of tomato-pulp (or two cans of canned tomatoes), one onion, cut fine, two tablespoonfuls of salt and three tablespoonfuls of brown sugar. Boil until quite thick; then take from the fire and strain it through a sieve, working it until it is all through but the seeds. Put it back on the stove and add two tablespoonfuls of mustard, one of allspice, one of black pepper, and one of cinnamon, one teaspoonful of ground cloves, half a teaspoonful of cayenne pepper, one grated nutmeg, one pint of good vinegar; boil it until it will just run from the mouth of a bottle. It should be watched, stirred often, that it does not burn. If sealed tight while hot, in large-mouthed bottles, it will keep good for years.

## APPLE CATSUP

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Peel and quarter a dozen sound, tart apples; stew them until soft, in as little water as possible, then pass them through a sieve. To a quart of the sifted apple, add a teacupful of sugar, one teaspoonful of pepper, one of cloves, one of mustard, two of cinnamon, and two medium sized onions, chopped very fine. Stir all together, adding a tablespoonful of salt and a pint of vinegar. Place over fire and boil one hour and bottle while hot; seal very tight. It should be about as thick as tomato catsup, so that it will just run from the bottle.

**Note:** Other catsup they made were Walnut Catsup, Oyster Catsup, Mushroom Catsup, etc.

## CHILI SAUCE

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Boil together two dozen ripe tomatoes, three small green peppers, or a half teaspoonful of cayenne pepper, one onion cut fine, half a cup of sugar. Boil until thick; then add two cups of vinegar; then strain the whole, set back on the fire and add a tablespoonful of salt and a teaspoonful each of ginger, allspice, cloves and cinnamon; boil all five minutes, remove and seal in glass bottles. This is very nice.

## MINT SAUCE

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Take fresh young spearmint leaves, stripped from the stem; wash and drain them or dry on a cloth. Chop very fine, put in a gravy boat, and to three tablespoonfuls of mint put two of white sugar; mix and let it stand a few minutes, then pour over it six tablespoonfuls of good cider or white-wine vinegar. The sauce should be made some time before it is to be used, so that the flavor of the mint may be well extracted. Fine with roast lamb.

## BECHAMEL SAUCE

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Put three tablespoonfuls of butter in a saucepan; add three tablespoonfuls of sifted flour, quarter of a teaspoonful of nutmeg, ten peppercorns, a teaspoonful of salt; beat all well together, then add to this, three slices of onion, two slices of carrot, two sprigs of parsley, two of thyme, a bay leaf and half a dozen mushrooms cut up. Moisten the whole with a pint of stock or water and a cup of sweet cream. Set it on the stove and cook slowly for half an hour, watching closely that it does not burn; then strain through a sieve. Most excellent with roast, veal, meats and fish.

### Recipe Favorites

## Recipe Favorites



*Grand Court at Night*



# Vegetables



## POTATO ROYAL

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*4 baking potatoes*  
*¼ c. chopped onion*  
*¼ c. chopped green pepper*  
*¼ c. chopped celery*  
*1 T. sliced green onions*  
*2 cloves garlic, minced*  
*3 T. butter or margarine*  
*1 c. fresh or frozen, coarsely  
chopped shrimp*

*½ c. dairy sour cream*  
*½ tsp. lemon juice*  
*½ tsp. steak sauce*  
*Dash bottled hot pepper sauce*  
*½ c. shredded mozzarella cheese*  
*Grated Parmesan cheese*

Scrub potatoes; prick. Bake in 350° oven, 70 to 80 minutes. Cool; halve lengthwise. Scoop out insides, leaving a ¼-inch shell. Mash pulp; place shells on baking sheet. Cook onion, pepper, celery, green onion and garlic in butter or margarine until tender. Add shrimp. Cook 1 to 2 minutes. Remove from heat. Combine sour cream, juice, sauces and mozzarella. Stir in mashed potato. Fill potato shells. Sprinkle with Parmesan. Bake in 350° oven 20 to 25 minutes.



## POTATO PUFF

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<i>6 potatoes, peeled &amp; quartered</i>	<i>1 tsp. lemon juice</i>
<i>3/4 c. fine dry bread crumbs</i>	<i>1 c. milk</i>
<i>3 T. margarine or butter, melted</i>	<i>1 1/2 c. shredded cheddar cheese</i>
<i>1 T. finely snipped fresh parsley</i>	<i>3 egg whites</i>
<i>3 slightly beaten egg yolks</i>	<i>Snipped fresh parsley</i>
<i>1/4 c. snipped fresh basil</i>	

Cook potatoes, covered, in boiling water, 20 to 25 minutes or until tender; drain. Mash; set aside. In a bowl, combine bread crumbs, margarine and parsley. Press mixture onto bottom and up sides of a lightly greased 1 1/2-quart casserole. In a bowl, combine egg yolk, basil, lemon juice, 3/4 teaspoon salt and 1/4 teaspoon ground pepper; stir in milk and 1 cup of cheese. Stir milk mixture into mashed potatoes. Beat egg whites until stiff peaks form; fold in potato mixture. Transfer to prepared casserole; top with remaining cheese. Bake, uncovered in a 350° oven for 45 minutes. Garnish with parsley.

## POTATO LATKES

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<i>6 potatoes, quartered</i>	<i>1/2 tsp. salt</i>
<i>2 eggs</i>	<i>1/4 tsp. baking powder</i>
<i>2 T. flour</i>	<i>Dash pepper</i>
<i>1 sm. onion, grated</i>	<i>Vegetable oil</i>

Using paper towels, squeeze the moisture from the grated potatoes. Add all the ingredients together and mix well. Pour 1/4 inch of oil in skillet and heat. Drop batter by heaping tablespoonfuls onto hot skillet. Fry until brown, turn and brown the other side. Serve plain or with favorite topping.

## POTATO PIZZA

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5 sm. baking potatoes, peeled  
1 med. onion  
2 beaten eggs  
¼ c. flour  
1 tsp. salt  
2 T. olive oil  
2 med. zucchini, thinly sliced  
2 med. yellow summer squash,  
thinly sliced

1 med. green sweet pepper,  
chopped  
1 sm. red onion, halved & thinly  
sliced  
2 cloves garlic, minced  
16 cherry tomatoes, quartered  
2 T. snipped, fresh basil  
1 c. shredded mozzarella cheese

Finely shred potatoes and onion into a bowl of water; drain well, squeezing out excess moisture. In a large bowl, combine potato mixture, eggs, flour and salt; mix well. Press into a well-greased 15 x 10 x 1-inch baking pan. Bake in a 425° oven for 15 minutes. Brush with 1 tablespoon of the olive oil; bake 10 minutes more. Place under the broiler, broil 4 to 5 inches from the heat for 2 to 3 minutes or until golden crisp. Meanwhile, in a large bowl, combine the zucchini, yellow squash, green pepper, red onion and garlic. In a large skillet, heat the remaining tablespoon of oil and cook the vegetable mixture, 2 cups at a time until vegetables are crisp-tender, stirring often. Spread cheese over potato crust; top with cooked vegetables and tomatoes. Sprinkle with basil and mozzarella. Bake in 425° oven for 5 to 7 minutes more or until cheese is melted.

## STIR-FRIED ASPARAGUS

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1 lb. asparagus  
1 stalk celery  
2 T. salad oil  
1 med. onion, thinly sliced,  
separated into rings  
1 clove garlic, minced or pressed

1 T. water  
1 tsp. sugar  
½ tsp. salt  
¼ tsp. ground ginger  
1 c. bean sprouts

Rinse asparagus well; snap off tough ends. Cut stems into thin diagonal slices, leaving tips whole. Cut celery into thin diagonal slices. Heat oil in large, heavy frying pan or wok over medium-high heat. Add asparagus, celery and onion. Cook, stirring and lifting constantly, until vegetables are tender-crisp, about 5 minutes. Mix in garlic. Mix water, sugar, salt and ginger. Stir into vegetables until liquid is nearly gone. Mix in bean sprouts and stir to mix with other vegetables. Heat through, about 15 seconds. Remove from heat and serve at once.

## PEA PODS WITH ALMONDS

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<i>½ c. water</i>	<i>2 T. butter or margarine</i>
<i>1 T. soy sauce</i>	<i>2 T. slivered almonds</i>
<i>1½ tsp. cornstarch</i>	<i>1 (6-oz.) pkg. frozen pea pods</i>
<i>1 tsp. instant chicken bouillon granules</i>	<i>1 (4-oz.) can sliced mushrooms, drained</i>

Combine water, soy sauce, cornstarch and instant chicken bouillon granules; set aside. Melt butter or margarine in a 10-inch skillet. Add almonds; stir-fry 2 minutes or until lightly browned. Add pea pods; stir-fry 2 minutes more. Stir in mushrooms. Stir cornstarch mixture; add to pea pods in skillet. Cook and stir until thickened and bubbly.

## CORN CASSEROLE

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<i>1 can undrained corn</i>	<i>1 c. uncooked broken spaghetti</i>
<i>1 can cream corn</i>	<i>½ can dried onions</i>
<i>8 oz. Velveeta (or 1 c. cubed)</i>	

Mix corn, cheese and spaghetti together and place in casserole dish. Bake in oven at 350° for 45 minutes. Then add dried onions and bake another 5 minutes or until light brown.

## TOMATO CUPS

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<i>½ c. fine dry bread crumbs</i>	<i>1 (10 oz.) frozen, chopped spinach, cooked &amp; well-drained</i>
<i>¼ c. grated Parmesan cheese</i>	<i>⅓ c. chopped celery</i>
<i>1 clove garlic, minced</i>	<i>3 T. sliced green onions</i>
<i>½ tsp. dried thyme, crushed</i>	<i>3 med. tomatoes</i>
<i>¼ tsp. Worcestershire sauce</i>	<i>Fine dry bread crumbs</i>
<i>Several dashes bottled hot pepper sauce</i>	

Combine the crumbs, cheese, garlic, thyme, Worcestershire sauce, pepper sauce and ¼ teaspoon salt. Add spinach, celery and onions; mix well. Cut tomatoes in half crosswise. Scoop out centers leaving ¼-inch thick shells. Using a sharp knife, make a sawtooth cut around edges of shells. Spoon spinach mixture into the shells. Sprinkle with crumbs. Place in baking dish. Bake, covered in 375° oven for 20 to 25 minutes.

## MUSHROOMS NEAPOLITAN

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*1½ lbs. mushroom caps*  
*3 T. butter*  
*1 clove garlic, minced*  
*1 tsp. dried tarragon leaves*  
*½ tsp. salt*

*¼ tsp. freshly ground black pepper*  
*3 med. tomatoes, peeled & diced*  
*1 T. finely chopped parsley*

Add mushroom caps to butter in sauté pan along with the garlic. Sauté for 2 to 3 minutes or until mushrooms are browned. Sprinkle with tarragon, salt and pepper. Add tomatoes. Turn heat to high. Cook until tomatoes are cooked and heated through. Spoon mushroom-tomato mixture onto serving platter. Sprinkle with parsley.

## PEAS AND NEW POTATOES

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*2 lbs. whole, tiny, new potatoes, halved*  
*1 pkg. frozen peas*  
*3 T. butter*  
*3 T. flour*

*2 c. milk*  
*4 oz. shredded cheddar cheese*  
*6 slices bacon, crisp cooked, drained & crumbled*

Cook potatoes, covered in a small amount of boiling water until tender. Add peas. Cover; cook 3 minutes. Drain, set aside. Add butter; stir in flour. Add milk all at once. Cook and stir until thickened and bubbly. Cook and stir in for 1 minute more. Reduce heat; add cheese. Cook and stir just until cheeses melt. Add potatoes, peas and half of the bacon; heat through. Transfer to a large serving dish. Top with remaining bacon. Serve warm.

## SWEET POTATO PUFFS

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*4 baked sweet potatoes or yams*  
*3 T. butter or margarine*  
*¼ tsp. ginger*

*¼ tsp. cinnamon*  
*¼ tsp. salt*  
*½ c. pecans*

Whip sweet potatoes or yams with margarine or butter. Season to taste with ginger, cinnamon and salt. Form mixture into small balls. Cover each ball with pecans. Arrange on lightly greased baking dish. Heat the puffs in preheated oven for about 10 minutes until they are hot.

## SCALLOPED POTATOES

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*3 T. butter or margarine*

*3 T. flour*

*1½ tsp. salt*

*¼ tsp. pepper*

*3 c. milk*

*8 med. potatoes*

*2 T. minced onion*

In 2-quart saucepan, over medium heat, melt butter or margarine. Stir in flour, salt and pepper until blended; continue cooking 2 minutes, stirring constantly. Gradually stir in milk and cook until sauce is thickened and smooth, stirring constantly. Remove saucepan from heat; set aside. Peel potatoes and thinly slice. In greased casserole, arrange half the potatoes; sprinkle with half the onion; pour half the sauce on top. Repeat with remaining potatoes, onion and sauce. Cover casserole; bake in 350° oven for 1 hour. Uncover and bake 1 hour longer or until potatoes are tender and top is browned.

## MAKE AHEAD MASHED POTATOES

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*Mashed potatoes or instant*

*mashed potatoes for eight*  
*servings*

*1 (8-oz.) pkg. cream cheese*

*3 T. butter*

*8 oz. French onion dip*

*¼ tsp. paprika*

Prepare potatoes, whip cream cheese and dip together. Stir into hot, mashed potatoes. Spoon in a buttered casserole dish. Dot with butter and sprinkle on paprika. Cool, cover and refrigerate overnight. Bake, covered at 300° for 45 minutes, uncover and dot with additional butter, if desired.

# *A*SPARAGUS WITH MUSTARD CREAM SAUCE

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## *Mustard Cream Sauce:*

2 T. butter or margarine  
3 T. flour  
1 c. chicken broth  
1 c. half & half

$\frac{1}{4}$  c. Dijon-style mustard  
1 tsp. lemon juice  
Pinch pepper

2 lbs. fresh asparagus

Melt butter in saucepan. Stir in flour and cook 1 minute. Add chicken broth and half-and-half, stirring constantly with a whisk. Bring to boiling. Lower heat; simmer 5 minutes, stirring occasionally. Remove from heat. Whisk in mustard, lemon juice and pepper. Keep warm, but do not let boil. Bring 2 quarts water in large skillet or Dutch oven to boiling. Add asparagus. Cook 3 to 5 minutes until tender-crisp. Drain in colander. Arrange on warmed serving platter. Serve with Mustard-Cream sauce.

# *R*ED CABBAGE

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1 T. solid vegetable shortening  
1 head red cabbage  
 $\frac{1}{2}$  c. plus 2 T. water  
1 lg. Granny Smith or other tart  
cooking apple, cored & coarsely  
chopped

2 T. packed, light brown sugar, or  
to taste  
1 tsp. salt  
 $\frac{1}{4}$  tsp. pepper  
2 tsp. flour  
1 T. cider vinegar

Melt shortening in a large pot. Add cabbage and  $\frac{1}{4}$  cup of the water. Cover and cook 5 to 7 minutes, stirring occasionally until wilted. Stir in  $\frac{1}{4}$  cup of the water, the apple, sugar, salt and pepper. Cover and cook over medium heat until cabbage is almost tender. Meanwhile, mix flour with remaining 2 teaspoons water in small cup. Stir in vinegar. Add to cabbage, stirring to coat. Cook 2 to 3 minutes, until slightly thickened.

## BAKED EGGPLANT ROLLS

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1 (1-lb.) eggplant

1 egg

¼ c. milk

1 c. dried bread crumbs

Olive oil

1 (15-oz.) can tomato sauce

2 tsp. sugar

¼ tsp. pepper

Oregano leaves

½ lb. Monterey Jack cheese

1 c. ricotta cheese

Slice eggplant lengthwise into twelve (⅛-inch) thick slices. Preheat broiler. In pie plate, mix egg and milk. Place bread crumbs on waxed paper. Dip eggplant slices in egg mixture, then coat with bread crumbs. Brush a 15 x 10-inch jellyroll pan with 3 tablespoons olive oil. Place eggplant slices in pan, arranging them so they fit in one layer. Broil eggplant 5 to 7 minutes until tender and lightly browned on both sides; remove to plate. Repeat until all browned. In bowl, mix tomato sauce, sugar, pepper, 1 cup water and ¼ teaspoon oregano; set aside. Turn oven control to 350°. Shred Monterey Jack cheese. In bowl, mix ricotta, ¼ teaspoon cheese mixture in ½-inch wide strip on eggplant slice; roll. Spoon some tomato-sauce mixture into bottom of 2-quart baking dish. Place eggplant rolls, seam-side down in sauce in baking dish; top with remaining sauce. Bake 30 minutes or until heated through. Sprinkle eggplant rolls with remaining Monterey Jack; return to oven and heat just until cheese melts.

## SPAGHETTI SQUASH SAUTÉ

---

1 med. spaghetti squash

1 sm. zucchini

1 sm. yellow squash

½ pt. cherry tomatoes

2 T. pine nuts

3 T. olive oil

1 garlic clove, sliced

2 T. minced, fresh basil

¾ tsp. salt

¼ tsp. pepper

About 1 hour before serving: Cut squash in half; discard seeds. In 8-quart Dutch oven, over high heat, in 1-inch boiling water, place squash, cut-side up. Over high heat, heat to boiling. Reduce heat; cover, simmer 30 minutes until tender. Remove spaghetti squash from Dutch oven; drain. With forks, lift spaghetti-like strands; drain on paper towels. Cut zucchini and yellow squash into ½-inch pieces. Slice each cherry tomato in half. In 10-inch skillet, over medium heat, toast pine nuts. In same Dutch oven, over medium-high heat, in hot oil, brown garlic; discard. Stir in zucchini and yellow squash; cook until tender. Add remaining ingredients; heat through. Serve topped with pine nuts.

## ZUCCHINI FRENCH FRIES

---

1 zucchini

*Oil for frying*

Peel zucchini and discard middle seed section. Slice remaining zucchini the size of French fries. Fry in oil heated to 375° and cook until lightly brown. Drain on paper towel. Season as desired.

## *The Trans-Mississippi Homemaker*

### VEGETABLES

---

Potatoes are good with all meats. With fowl, they are nicest, mashed. Sweet potatoes are most appropriate with roast meats, as also are onions, winter squash, cucumbers and asparagus. Carrots, parsnips, turnips, greens and cabbage are generally eaten with boiled meat and corn, beets, peas and beans are appropriate to either boiled or roasted meat. Mashed turnip is good with roast pork and with boiled meats. Tomatoes are good with almost every kind of meats, especially with roasts.

### FRIED GREEN TOMATOES

---

Snip off top end of medium sized green tomatoes, slice about quarter of an inch thick, dip in well-beaten egg, then in fine rolled bread crumbs and fry in hot butter until a delicate brown.

### SARATOGA POTATOES

---

Pare and slice the potatoes very thin. Soak in very cold water. When ready to cook, drain and wipe dry in a napkin. Drop a few at a time in hot lard, stirring gently. Skim out and sprinkle with salt.

## *F*RENCH POTATOES

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Cut raw potatoes into quarters and let stand in cold water one hour. Wipe dry and put into boiling fat and stir occasionally. When nearly done, take out in a colander. Return to the hot fat and in half a minute they will be beautifully browned. Turn into a colander to drain. Salt and serve hot.

## *B*AKED STUFFED CUCUMBERS

---

Take cucumbers six or eight inches long, cut lengthwise and scoop out the inside, seeds and all, but leave the outside thick enough to be firm. Put the seeds and pulp into the chopping bowl, add salt and bits of green pepper and tomatoes and bread crumbs; chop fine and mix well. Put plenty of butter in stuffing. Fill each half shell and bake in hot oven one hour. Should be brown and thoroughly cooked.

## *A*SPARAGUS

---

Select green and fresh asparagus; cut two bunches in half, boiling the stalks ten minutes in as little water as will cover, then add the heads and boil ten minutes longer. In small granite pan, heat one-half cup cream and a small lump of butter, turn asparagus into a hot vegetable dish, season and pour over the hot cream. Serve at once. Delicious on toast.

## *C*ORN CROQUETTES

---

Heat one can corn, add one tablespoonful butter and two rounded tablespoonfuls flour smoothed together. Stir until it is thick as paste. Add one-half teaspoonful each of pepper and salt. Cool and form into croquettes. Dip in eggs and bread crumbs and fry in deep fat.

## *To* COOK CAULIFLOWER WHOLE

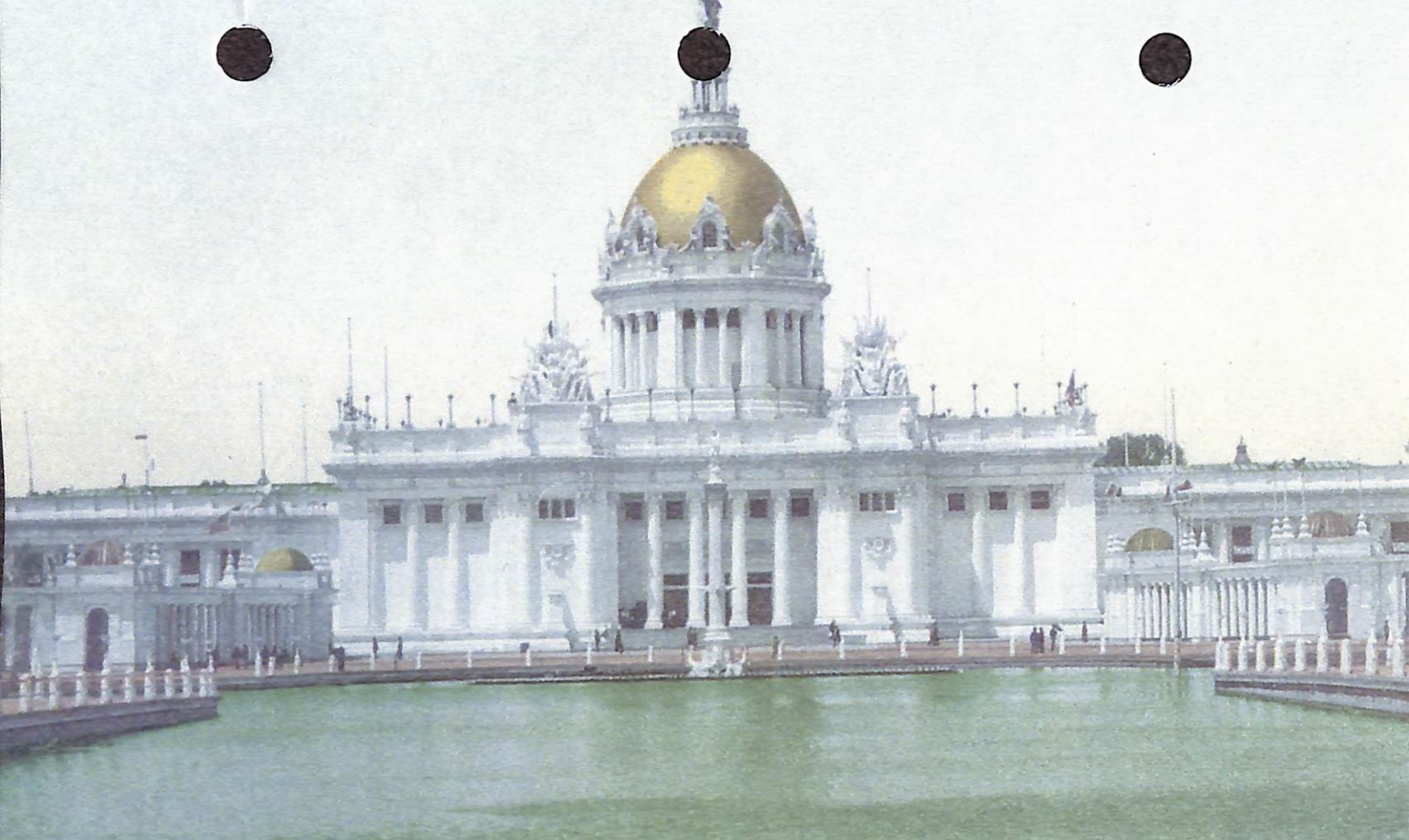
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Select perfect head, stand top down in salt water one hour; then wash and boil until tender. Drain and add one cup of sweet cream, butter, salt and pepper. Heat, but do not boil.

### Recipe Favorites

## Recipe Favorites





*Grand Court Looking West-"Liberty Enlightening the World"-Government Building*



# Bread



## WHITE BREAD

---

6-6½ c. flour

3 T. sugar

1½ tsp. salt

1 pkg. active dry yeast

1½ c. water

½ c. milk

2 T. butter or margarine

In a large bowl, thoroughly mix 2 cups flour, sugar, salt and undissolved active dry yeast. Combine water, milk and margarine in a saucepan. Heat to 120° to 130°. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down. Turn out onto lightly floured board; divide dough in half. Cover; let rest 15 minutes. Shape pieces of dough into loaves. Place in two greased loaf pans. Cover, let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Bake at 400° about 30 minutes or until done. Remove from pans and place on wire racks to cool.



# WHOLE WHEAT BREAD

---

2 c. milk

½ c. light brown sugar, packed

1 T. salt

¼ c. butter or reg. margarine

1 c. warm water (105°-115°)

2 pkgs. active dry yeast

8 c. unsifted whole-wheat flour

All-purpose white flour

3 T. butter, melted

In saucepan, heat milk until bubbles form around the edge of pan; remove from heat. Add sugar, salt and ¼ cup butter; stir until butter melts; cool to lukewarm. If possible, check temperature of water with thermometer. Sprinkle yeast over water in large bowl. Stir to dissolve yeast; stir in the lukewarm milk mixture. Add 4 cups whole-wheat flour; beat vigorously with wooden spoon until smooth. Gradually add rest of the whole-wheat flour; mix in last of it with hand until dough is stiff enough to leave side of bowl. Turn dough out on lightly floured pastry cloth. Knead until dough is smooth and elastic, 5 minutes. Place in a lightly greased, large bowl; turn dough to bring up greased side. Cover with towel; let rise in warm place (85°), draft free, until doubled, 1 hour. Brush surface with a little melted butter. Repeat with other half. Let loaves rise in warm place, free from drafts, until sides come to top of pans and tops are rounded, 1 hour. Place rack in middle of oven. Preheat oven to 400°. Bake 35 to 40 minutes. Crust will be a deep golden-brown and loaves will sound hollow when tapped. (If crust is too brown after baking 25 minutes, cover with foil or brown paper.) Turn out of pans onto racks; brush tops with melted butter. Serve warm or cold. Makes 2 loaves.



## *R*YE BREAD

---

*2½ c. warm water, divided*  
*1 env. active dry yeast*  
*1 tsp. sugar*  
*1 c. rye flour*

*1 tsp. caraway seeds (opt.)*  
*1 tsp. salt*  
*¼ c. vegetable oil*  
*4-5 c. flour*

In a bowl, blend yeast, sugar and one-half cup of the warm water. Let stand until bubbly. Add remaining two cups warm water; mix in rye flour, salt, caraway seed and vegetable oil. Stir in enough white flour to make a heavy dough. Turn out on a floured board and knead, adding more flour as needed, until dough is smooth. Place in a greased bowl. Cover and let rise until doubled in bulk. Take dough and knead. Return to bowl, cover and let rise again. Take dough, knead, shape into loaves and place in greased loaf pans. Brush dough with vegetable oil, cover and let rise until double in bulk. Bake at 350° to 375°, one hour or until loaves test done.

## *W*ALNUT BREAD

---

*2 pkgs. active dry yeast*  
*¼ c. warm water (105°-115°)*  
*1 c. skim milk*  
*4 tsp. granulated sugar*  
*1 T. salt*

*2 T. vegetable oil*  
*2 lg. eggs*  
*4½-5 c. all-purpose flour*  
*½ c. walnuts, chopped very fine*

Dissolve yeast in the warm water in a large bowl. Heat milk, sugar and salt until water (105° to 115°). Stir into yeast mixture with oil and eggs. With electric mixer on medium speed, beat in 2 cups flour and the nuts until well blended. Gradually beat in enough remaining flour to make a soft dough. Turn out on lightly floured surface; knead 10 to 15 minutes until smooth and elastic. Place in greased bowl; turn to grease top. Cover and let stand 30 minutes. Turn dough out onto floured board and cut into 6 pieces. With floured hands, shape each into a smooth, round loaf. Place seam side down on a greased baking sheet. Cover; let rise in warm, draft free place, 45 to 60 minutes until doubled. Meanwhile, heat oven to 375°. Bake 25 to 30 minutes until golden brown and loaves sound hollow when tapped. Makes 6 small loaves.

## CHEESE BREAD

---

*2½ c. all-purpose flour*  
*1 T. sugar*  
*1½-2 tsp. black pepper*  
*1 tsp. baking powder*  
*¾ tsp. salt*  
*½ tsp. baking soda*  
*2 beaten eggs*

*1 (8 oz.) plain low-fat yogurt*  
*½ c. cooking oil*  
*¼ c. milk*  
*1 T. spicy Dijon mustard*  
*1 c. shredded cheddar cheese*  
*¼ c. thinly grated green onion*

Preheat oven to 350°. Grease the bottom and ½ inch up the sides of an 8 x 4 x 2-inch loaf pan; set aside. In a large bowl, stir together flour, sugar, pepper, baking powder, salt and soda. Make a well in center of dry mixture; set aside. In a medium bowl, combine eggs, yogurt, oil, milk and mustard. Add to dry mixture along with cheese and green onion. Stir just until moistened. Pour batter into prepared pan and spread evenly. Bake for 45 to 50 minutes. Cool.

## CORNMEAL SPOON BREAD

---

*1 c. yellow or white cornmeal*  
*1 tsp. salt*  
*1 tsp. baking powder*  
*½ tsp. baking soda*

*¼ c. butter, melted*  
*2 c. buttermilk*  
*4 lg. eggs*

Mix dry ingredients together. Blend buttermilk with eggs. Slowly add dry ingredients. Pour hot, melted butter into cornmeal batter. Whisk thoroughly. Place into a deep, buttered 1½-quart baking dish. In preheated oven, bake 30 minutes at 375° until puffed and brown on top. Let stand 5 minutes before serving. This is moister than corn bread; a layer of custard forms between cornmeal and puffed top.

## ANGEL BISCUITS

---

*2½ c. flour*  
*1 tsp. baking powder*  
*1 tsp. salt*  
*¼ c. sugar*

*½ c. shortening*  
*¼ c. warm water*  
*1 pkg. dry yeast*  
*1 c. buttermilk*

Dissolve the yeast in the warm water and set aside. Mix the dry ingredients in order given, cutting in the shortening. Stir in buttermilk, also the water with the yeast in it. Blend thoroughly. Turn dough onto floured board and lightly knead. Roll out about ½ inch thick and cut with biscuit cutter. Place on greased pan. Let biscuit rise slightly. Place into a 400° oven. Bake until lightly browned, 10-15 minutes.

## BAKING POWDER BISCUITS

---

*2 c. flour*  
*3 tsp. baking powder*  
*1 tsp. salt*

*4 T. shortening*  
*1 c. milk*

Mix the flour, baking powder and salt together, cut in shortening until evenly mixed. Add the milk. Stir to blend well. Knead for a minute. Roll out about ½-inch thick and cut with biscuit cutter. Place the biscuits on a greased baking pan. Bake at 400° for 12 to 15 minutes or until lightly browned.

## POTATO ROLLS

---

*1 c. milk*  
*1 env. active dry yeast*  
*2 eggs, beaten*  
*1 tsp. salt*  
*1 heaping c. hot, unsalted, mashed potatoes*

*½ c. sugar*  
*2 T. oil or melted shortening, cooled*  
*4 c. sifted flour (approx.)*  
*Melted butter*

Dissolve yeast in milk. Add balance of ingredients, except melted butter, mixing until smooth. Let rise three hours. Roll out to desired thickness. Use biscuit cutter to cut out rolls. Spread melted butter over each and fold over, pinching dough together. Place in greased pans and let rise until doubled in bulk. Bake at 400° until brown. Brush tops with melted butter.

## *P*ECAN POPOVERS

---

2 T. shortening  
4 eggs  
2 c. milk  
3 T. butter, melted

2 c. all-purpose flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{3}$  c. finely chopped pecans  
1 recipe Honey Butter

Preheat oven to 400°. Using  $\frac{1}{2}$  teaspoon of shortening for each cup, grease the bottom and sides of twelve (6-ounce) custard cups or the cups of popover pans. Or spray cups generously with nonstick spray coating. Place the custard cups on a 15 x 10 x 1-inch baking pan. Set pan aside. In a medium mixing bowl, use a wire whisk or rotary beater to beat eggs, milk and melted butter together until combined. Add flour and salt. Beat until smooth. Stir in pecans. Fill the prepared pans half full with batter. Bake for 40 minutes or until very firm. Immediately after removing popovers from the oven, use the tines of a fork to prick each popover to let the steam escape. Turn off the oven. **For crisper popovers:** Return the popovers to the oven for 5 to 10 minutes or until desired crispness is reached. Remove popovers from cups and serve immediately with Honey Butter. Makes 12 popovers. **Honey Butter:** Stir together  $\frac{1}{2}$  cup butter or margarine, softened and 2 tablespoons honey. Makes  $1\frac{1}{2}$  cups.

## *The Trans-Mississippi Homemaker*

### *B*BREAD

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"Behind the snowy loaf is the mill-wheel; behind the mill is the wheat field; on the wheat field rest sunlight; above the sun is God."

## THREE-HOUR BREAD

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Three quarts Victor flour, 1 quart milk, 1 pint boiling water, table-spoonful sugar and shortening each, 1 dessert spoonful salt, 1 cake Fleischmann's compressed yeast; sift the flour into the bread pan, make a well in the center, pour the boiling water into the milk, adding both to the flour and beating to a stiff batter, when perfectly smooth, add sugar, shortening and yeast, beating hard with a slotted spoon; knead lightly, brush over with butter or lard and set to rise, pour one quart of hot water in the lower pan of the bread raiser; this gives an even, moist temperature in which yeast does it's work. When it doubles it's bulk, it will be ready to mold into pans. Divide into parts; do not knead on the board, but take them up one by one, fold until perfectly smooth; this does not break the air cells formed by the carbon dioxide gas. Let rise until it doubles again, brush over with melted butter; bake 40 minutes.

## WHOLE WHEAT BREAD

---

One quart gluten flour, 3 cups milk, 1 cup hot water, 2 tablespoonfuls N.O. molasses, 2 tablespoonfuls light brown sugar, 1 heaping table-spoonful lard or butter, 1 scant tablespoonful salt, 1 cake Fleischmann's compressed yeast. Sift flour, stir in the moisture, sugar, molasses and shortening; beat well; lastly, add the yeast; stir stiff as can be done with a wooden spoon. Place in a greased pan to rise to double its bulk. Bake 15 minutes longer than a white loaf the same size.

## PLAIN FRITTERS

---

Stir together a pint of Victor flour,  $\frac{1}{2}$  pint cold water, yolks of 4 eggs, 2 tablespoonfuls melted butter,  $\frac{1}{2}$  teaspoonful salt; beat with a Dover egg beater until very light, then fold in the 4 whites which have been beaten very stiff. Deep fat fry. Drain on cheesecloth and serve with fruit syrup.

## *G*ERMAN BREAD

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One pint of milk well-boiled, one teacupful of sugar, two tablespoonfuls of nice lard or butter, two-thirds of a teacupful of baker's yeast. Make a rising with the milk and yeast; when light, mix in the sugar and shortening with flour enough to make a soft dough as can be handled. Flour the pastry board well, roll out about one-half inch thick; put this quantity into two large pans; make about a dozen indentures with the finger on the top; put a small piece of butter in each, and sift over the whole one tablespoonful of sugar mixed with one teaspoonful of cinnamon. Let this stand for a second rising; when perfectly light, bake in a quick oven fifteen or twenty minutes.

## *F*RENCH BREAD

---

Beat together one pint of milk, four tablespoonfuls of melted butter. Or half butter and half lard, half a cupful of yeast, one teaspoonful of salt and two eggs. Stir into this two quarts of flour. When this dough is risen, make into two large rolls and bake as any bread. Cut across the top diagonal gashes just before putting into the oven.

## *F*RENCH CRACKERS

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Six eggs, twelve tablespoonfuls of sweet milk, six tablespoonfuls of butter, half a teaspoonful of soda; mold with flour, pounding and working half an hour; roll it thin. Bake with rather quick fire.

# BUTTER

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Thoroughly scald the churn, then cool well with ice or spring water. Now pour in the thick cream; churn fast at first, then as the butter forms, more slowly; always with perfect regularity; in warm weather, pour a little cold water into the churn, should the butter form slowly; in winter, if the cream is too cold, add a little warm water to bring to the proper temperature. When the butter has come, rinse the sides of the churn down with cold water and take the butter up with the perforated dasher or wooden ladle turning it dexterously just below the surface of the buttermilk to catch every stray bit; and into this plunge the dasher free. When you have collected all the butter, gather behind a wooden butter ladle and drain off the water, squeezing and pressing the butter with the ladle; then pour on more cold water and work the butter with the ladle to get the milk out, drain off the water, sprinkle salt over the butter, a tablespoonful to a pound; work it in a little, and set in a cool place for an hour to harden, then work and knead it until not another drop of water exudes and the butter is perfectly smooth and close in texture and polish; then with the ladle, make up into rolls, little balls, stamped pats, etc.

## Recipe Favorites

## Recipe Favorites





*Festooned Carriage-Flower Day Parade*



# Cakes, Candy & Cookies



## Cakes

### *E*LEGANT PARTY ICE CREAM CAKE

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- |   |   |
|---|---|
| <i>2 c. chocolate wafer crumbs<br/>(about 40)</i> | <i>1½ c. heavy or whipping cream</i>      |
| <i>½ c. butter or margarine, melted</i>           | <i>7 T. confectioners' sugar, divided</i> |
| <i>½ gal. strawberry ice cream,<br/>softened</i>  | <i>4 drops red food coloring</i>          |
| <i>½ gal. vanilla ice cream, softened</i>         | <i>1 (7 oz.) almond paste</i>             |
|   | <i>2 drops green food coloring</i>        |

In small bowl, combine wafer crumbs with butter or margarine; set aside. Line two 9-inch square baking pans with foil; place in freezer 10 minutes. Remove from freezer; pack strawberry ice cream into one pan and vanilla ice cream into the other. Evenly press wafer crumbs into surface of ice cream. Cover and return to freezer until very firm, at least 6 hours. Remove edge of pan. Dip pan into warm water 5 to 10 seconds. Invert strawberry ice cream onto serving plate. Invert vanilla ice cream onto strawberry. Return to freezer until surface is firm. Meanwhile, in mixer bowl, beat cream with 5 tablespoons confectioners' sugar and red food coloring until soft peaks form. Frost cake and return to freezer. In food processor, combine almond paste, remaining confectioners' sugar and green food coloring. Process until well mixed. On lightly sugared surface, knead until smooth and pliable, about 5 minutes. Roll to a 9-inch square, about ⅛-inch thick. Cut into 1-inch strips. Arrange on cake to form ribbon and bowl. Return cake to freezer. Transfer to refrigerator 20 minutes before serving. Serve with strawberry sauce.

# LANE CAKE

---

3 c. flour  
1 T. baking powder  
8 egg whites  
¼ tsp. salt  
2 c. sugar, divided  
1 c. butter or margarine, softened

1 tsp. vanilla  
1 c. milk  
Filling  
Boiled frosting  
Candied fruits (opt.)

Stir together flour and baking powder; set aside. In large bowl of mixer, beat egg whites and salt until foamy; gradually add ½ cup sugar and beat until stiff; set aside. Cream butter, the remaining 1½ cups sugar and vanilla until light; stir in flour mixture alternately with milk until smooth and well blended. Fold in egg white mixture gently, but thoroughly. Divide batter evenly among 3 greased and floured 9-inch layer cake pans. Bake in preheated 350° oven, 20 to 25 minutes until golden brown. Cool pans on rack 5 minutes, then invert on racks and turn layers top side up. Cool thoroughly. To assemble cake: Spread filling between layers. Frost top and sides with boiled frosting. With small spatula make deep swirls in frosting. Decorate with candied fruits.

## *Filling:*

8 egg yolks  
1 c. each sugar & raisins  
1 c. fresh or canned, shredded coconut

½ c. butter or margarine, softened  
¼ c. bourbon

Combine egg yolks, sugar, raisins, coconut and butter in top of double boiler. Cook and stir over simmering water until thick and mixture mounds when dropped from spoon, 15 to 20 minutes. Remove from heat and stir in bourbon. Cool. Frost with Boiled Frosting.



## *B*OILED FROSTING

---

*1½ c. sugar*

*½ tsp. cream of tartar*

*⅛ tsp. salt*

*½ c. hot water*

*4 egg whites (about ½ c.)*

Combine sugar, cream of tartar, salt and water in small saucepan. Cook rapidly without stirring to soft ball stage (240° on candy thermometer), 6 to 8 minutes. Beat egg whites in large bowl of mixer until stiff, but not dry. Pour hot syrup in thin stream into egg whites, beating constantly at high speed until frosting holds stiff peaks, is shiny and smooth.

## *D*EVIL'S FOOD CAKE

---

*1½ c. flour*

*1½ c. sugar*

*1½ c. cold water*

*1 tsp. soda*

*½ c. cocoa*

*1 tsp. baking powder*

*¼ tsp. salt*

*2 eggs*

*½ c. shortening*

Separate 2 eggs, set aside egg whites. Beat egg yolks with sugar, shortening and cocoa, beat until fluffy and dark. Mix dry ingredients together. Alternate flour mixture and water. Fold in beaten egg whites. Pour in 9-inch cake pans that have been greased and floured. Bake at 350° for 35 minutes. Frost with white or chocolate butter cream frosting.



# *P*INEAPPLE ANGEL CAKE

---

Whites of 12 lg. eggs, about 1½ c.      1 c. granulated sugar  
1½ tsp. cream of tartar                      1¼ c. confectioners' sugar  
1½ tsp. vanilla extract                        1 c. cake flour

## *Filling:*

1 (7-oz.) jar macadamia nuts              1 (8-oz.) can crushed pineapple,  
1 c. heavy cream                              drained & patted dry  
3 T. granulated sugar                        1 (8-oz.) can pineapple rings,  
½ tsp. vanilla extract                        drained, opt.

**Prepare cake:** Heat oven to 375°. In large bowl, beat egg whites, cream of tartar and 1½ teaspoons vanilla until soft peaks form. Beat 1 cup granulated sugar, 2 tablespoons at a time, until stiff, glossy peaks form. In medium-size bowl, combine confectioners' sugar and flour; sprinkle mixture one-fourth at a time, over beaten egg whites; fold in each time just until flour mixture disappears. Pour batter into ungreased 10-inch tube pan; bake 35 minutes until top of cake springs back when lightly touched with finger. Invert cake in pan on funnel; cool completely. **Prepare filling:** Reserve 6 whole macadamia nuts for garnish; coarsely chop remaining nuts. In large bowl, beat cream, 3 tablespoons granulated sugar and ½ teaspoon vanilla until stiff peaks form. Reserve ½ cup whipped cream for garnish; fold chopped macadamia nuts and crushed pineapple into remaining cream. Cut cooled cake horizontally in half. Place bottom layer, cut-side up, on serving platter, spread with pineapple-nut filling. Top with remaining cake layer. Garnish with spoonfuls of reserved cream, whole macadamias and pineapple rings, if desired.



# IRRESISTIBLE CHOCOLATE CAKE

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<i>2¼ c. flour</i>	<i>2 c. sugar</i>
<i>1 tsp. baking powder</i>	<i>2 eggs, separated</i>
<i>1 c. boiling water</i>	<i>½ c. dairy sour cream</i>
<i>½ c. (1 stick) butter or margarine</i>	<i>1 tsp. baking soda</i>
<i>3 sq. unsweetened chocolate</i>	

Preheat oven to 350°. Grease bottom and side of a 10-inch springform pan; dust lightly with flour. Sift flour and baking powder onto waxed paper. Pour boiling water over butter and chocolate in a large bowl; let stand 5 minutes until melted; stir to blend. Stir in sugar and vanilla. Beat in egg yolks, one at a time, blending thoroughly. Combine sour cream and baking soda in a bowl; beat into chocolate mixture. Sift in flour mixture, blending thoroughly. Beat egg whites in a small bowl with electric mixer until soft peaks form. Stir egg whites into batter. Pour into prepared pan. Bake in preheated oven for 45 minutes. Cool cake in pan on wire rack 10 minutes; loosen spring from side; remove side of pan; cool cake completely. Frost with chocolate frosting.

## *Chocolate frosting:*

<i>¾ c. semi-sweet chocolate pieces</i>	<i>1 tsp. vanilla</i>
<i>6 T. heavy cream</i>	<i>1¼ c. confectioners' sugar</i>
<i>2 T. butter or margarine</i>	

Combine chocolate, heavy cream, butter, vanilla and sugar in a medium-size saucepan. Heat slowly, stirring constantly, until butter and chocolate have melted. Remove from heat; beat until mixture thickens slightly. Cool slightly. Frost cake.



## PUDDING CAKE

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<i>1 c. flour</i>	<i>½ c. milk</i>
<i>2 tsp. baking powder</i>	<i>2 T. butter, melted</i>
<i>¼ tsp. salt</i>	<i>1 c. chopped nutmeats, opt.</i>
<i>¾ c. sugar</i>	<i>1 c. brown sugar</i>
<i>2 T. plus ¼ c. cocoa</i>	<i>1¾ c. boiling water</i>

Sift together flour, baking powder, salt, sugar and two tablespoons cocoa. Stir in milk, melted butter and chopped nutmeats. Spread in greased 9-inch square pan. Mix brown sugar with remaining one-fourth cup cocoa and sprinkle over batter. Gently pour boiling water over cake. Bake in 350° oven for 45 minutes. Serve warm. Cut into squares and spoon sauce from pan over cake. If desired, serve with whipped cream.

## CHOCOLATE COOKIE CAKE

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<i>2½ c. whipping cream</i>	<i>1 pkg. chocolate sandwich cookies</i>
<i>¼ c. almond-flavored liqueur or 1</i>	
<i>tsp. almond extract plus 3 T.</i>	
<i>confectioners' sugar</i>	

*For garnish (opt.):*

*Halved strawberries*

*Chocolate sandwich cookies*

Lightly grease a 7-to 8-inch springform pan. Mix whipping cream and liqueur in large bowl. Chill 30 minutes. Coarsely chop cookies and place in a medium-size bowl. Beat cream mixture with electric mixer until stiff peaks form. Add ½ cup to chopped cookies. Mix well. Press one third evenly over bottom of prepared pan. Spoon one third of the remaining whipped cream on top and spread evenly to edges. Crumble half of the remaining cookie mixture evenly over the ice cream. Repeat layers with remaining cream and cookie mixture, ending with cream. Freeze for at least 2 hours or freeze up to 3 days. About 1 hour before serving, run knife around edges of cake to loosen. Remove sides of pan. Place cake in refrigerator about 15 minutes to soften slightly. Garnish with strawberries and cookies.

## BANANA CREAM JELLY ROLL

---

*3/4 c. flour*  
*1 tsp. baking powder*  
*1/4 tsp. salt*  
*4 eggs*

*3/4 c. sugar*  
*1 tsp. vanilla extract*  
*Confectioner' sugar*  
*1 sm. banana*

Preheat oven to 375°. Grease a 15 x 10-inch jellyroll pan; line pan with waxed paper; set aside. In small bowl, mix flour, baking powder and salt. In large bowl, with mixer set on high speed, beat eggs, sugar and vanilla extract until very thick. Gently fold flour mixture into egg mixture. Spread batter evenly in pan; bake 10 minutes or until cake is golden and top springs back when lightly touched with finger. Sprinkle clean cloth towel with confectioners' sugar. When cake is done, immediately invert cake onto towel. Carefully peel waxed paper from cake. Cut off crisp edges from cake. Starting at narrow end, roll cake with towel, jellyroll fashion. Cool cake completely, seam-side down, on wire rack, about 30 minutes. Prepare banana-cream filling: Unroll rolled cake. Spread cake evenly with three-fourths of banana cream filling. Starting from same narrow end, roll cake without towel. Spread remaining filling over cake. Place cake, seam-side down on platter. If not serving jellyroll right away, refrigerate. **To serve:** Slice banana diagonally into 1/8-inch slices; use to garnish top of cake. **Banana cream filling:** In small bowl, combine 1 small banana, diced with 1 teaspoon lemon juice; set aside. In medium bowl, with mixer at high speed, beat 1 cup heavy or whipping cream and 1/3 cup confectioners' sugar until stiff peaks form. Gently fold in banana mixture.

## BANANA CAKE

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*1 1/2 c. sugar*  
*3/4 c. margarine*  
*1 c. mashed bananas*  
*2 eggs, beaten*  
*1 T. lemon juice*  
*1 tsp. vanilla*  
*1 c. sour cream*

*1 c. walnuts*  
*1 1/2 c. flour*  
*1 tsp. soda*  
*1 tsp. baking powder*  
*1/2 tsp. salt*  
*1 c. chopped nuts*

Cream margarine and sugar until light and fluffy. Add eggs, lemon juice and vanilla. Sift dry ingredients. Add to cream mixture. Fold in sour cream and nuts. Pour into greased and floured 9-inch cake pans. Bake at 350° for 25-30 minutes. Frost with butter cream frosting.

## CARROT CAKE

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4 eggs	1 tsp. soda
1½ c. oil	2 tsp. cinnamon
2 c. sugar	1 tsp. vanilla
3 c. carrots, grated finely	1 c. ground nuts
2 c. flour	

Sift dry ingredients. In mixing bowl, mix oil, eggs and sugar. Add carrots. Fold in dry ingredients and ground nuts. Pour into greased 9 x 12-inch pan. Bake at 350° for 45-50 minutes. Frost with Cream Cheese Frosting.

### *Cream Cheese Frosting:*

8-oz. pkg. cream cheese, softened	1 stick butter or margarine
2 tsp. vanilla or almond flavoring	1 lb. powdered sugar

Beat until fluffy and spread on cake.

## APRICOT UPSIDE DOWN CAKE

---

1 can sliced apricots in syrup	½ tsp. salt
¼ c. (½ stick) butter	½ c. milk
⅔ c. firmly packed light brown sugar	¼ c. vegetable shortening
1 c. flour	1 egg
¾ c. sugar	¼ tsp. grated lemon rind
1½ tsp. baking powder	1 tsp. lemon juice
	1 tsp. almond flavoring

Drain sliced apricots, reserving 2 tablespoons syrup. Melt butter in a heavy 10-inch skillet. Stir in brown sugar and the 2 tablespoons syrup; blend thoroughly. Remove from heat. Arrange slices in sugar mixture. Combine flour, sugar, baking powder and salt in a large bowl. Add milk and shortening; beat at high speed with electric mixer, 2 minutes. Add egg, lemon rind, lemon juice and beat another 2 minutes. Pour over apricots in skillet, spreading evenly. Bake in a 350° oven for 40 minutes. Cool on wire rack 5 minutes. Invert into serving plate. Serve warm and garnish with whipping cream.

## *P*INEAPPLE-COCONUT FRUIT CAKE

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<i>1½ c. diced, candied pineapple</i>	<i>1 c. sugar</i>
<i>1½ c. raisins</i>	<i>4 eggs</i>
<i>½ c. diced, candied orange peel</i>	<i>½ c. pineapple juice</i>
<i>7-oz. pkg. flaked coconut</i>	<i>2½ c. flour</i>
<i>1 c. chopped walnuts</i>	<i>1 tsp. baking powder</i>
<i>½ c. butter or margarine</i>	<i>½ tsp. salt</i>

Combine candied pineapple, raisins, candied orange peel, flaked coconut and walnuts. Cream butter or margarine and sugar until fluffy. Add eggs, beating well after each. Stir in pineapple juice. Sift together flour, baking powder and salt. Add to sugar mixture. Fold into fruit mixture. Spoon into seven greased and floured 10 or 12-ounce cans. Bake in 300° oven for 1½ hours. Cool. Remove from cans. Wrap separately in brandy-soaked cheesecloth. Overwrap in foil. Store in cool place at least 2 weeks. Re-moisten once or twice.

## *C*HOCOLATE MOUSSE CAKE

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<i>⅔ c. butter or margarine</i>	<i>2 tsp. vanilla extract</i>
<i>1 c. heavy or whipped cream</i>	<i>¼ tsp. salt</i>
<i>Sugar</i>	<i>½ c. flour</i>
<i>1 c. unsweetened cocoa</i>	<i>White chocolate glaze</i>
<i>6 lg. eggs</i>	

Preheat oven to 325°. Grease bottom only of 9-inch springform pan. In 2-quart saucepan, over low heat, heat margarine, cream and ¾ cup sugar until margarine just melts. Remove from heat; stir in cocoa. Freeze mixture, stirring occasionally, until slightly thickened, about 15 to 20 minutes. In large bowl, beat eggs, vanilla and salt until just mixed. Add flour and ¾ cup sugar. On high speed, beat until very light and fluffy, about 5 minutes. Stir about ¼ of egg mixture into cooled mixture, then fold all of chocolate mixture into remaining egg mixture. Pour batter into pans. Bake 55 to 60 minutes until cake is firm in center. (Cake will be very moist when done.) Run thin-bladed knife around edge of cake to loosen from side of pan. Cool cake completely in pan on wire rack. (Cake will fall and leave a deep indentation.) Remove side of pan. **White chocolate glaze:** In 1-quart saucepan, over very low heat, melt 12 ounces white chocolate (or 2 six-ounce white baking bars), ⅓ cup confectioners' sugar and ¼ cup shortening. Spread over cake. Refrigerate until glaze is firm. Garnish cake with chocolate leaves or curls.

# RUM CAKE

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## *Cake:*

<i>1 c. chopped pecans or walnuts</i>	<i>1/2 c. cold water</i>
<i>1 pkg. yellow cake mix</i>	<i>1/2 c. oil</i>
<i>1 pkg. instant vanilla pudding</i>	<i>1/2 c. dark rum</i>
<i>4 eggs</i>	

## *Glaze:*

<i>1/4 lb. butter</i>	<i>1 c. granulated sugar</i>
<i>1/4 c. water</i>	<i>1/2 c. dark rum</i>

Preheat oven to 325°. Grease and flour bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. For glaze: Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum. **Optional:** Decorate with whole maraschino cherries and border of sugar frosting or whipping cream.



# WALDORF ASTORIA RED VELVET CAKE

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<i>1/2 c. shortening</i>	<i>1 tsp. salt</i>
<i>1 1/2 c. sugar</i>	<i>1 tsp. vanilla</i>
<i>2 eggs</i>	<i>1 c. buttermilk</i>
<i>2 tsp. cocoa</i>	<i>2 1/2 c. sifted cake flour</i>
<i>2 oz. red food coloring (two 1-oz. bottles)</i>	<i>1 1/2 tsp. vinegar</i>
	<i>1 tsp. baking soda</i>

Cream shortening. Add sugar and eggs. Beat well. Make a paste of the cocoa and food coloring; pour into creamed mixture. Blend. Combine salt and vanilla with buttermilk; add to creamed mixture alternately with sifted cake flour. Mix vinegar and baking soda; fold into batter, do not beat. Bake in two greased and floured 9-inch round cake pans at 350° for 30 minutes. Cool and remove cakes from pans.

## *Frosting:*

<i>3 T. flour</i>	<i>1 c. butter</i>
<i>1 c. milk</i>	<i>1 tsp. vanilla</i>
<i>1 c. granulated sugar</i>	

Cook flour and one cup of milk until thick, stirring constantly. Let cool until cold. Cream together sugar, butter and vanilla; add to cold flour mixture. Beat until frosting has consistency to spread. Mixture will look curdled until thoroughly beaten. Completed frosting should look like whipped cream.



## *P*INEAPPLE CAKE

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### *Cake:*

<i>2 eggs</i>	<i>2 c. flour</i>
<i>2 c. sugar</i>	<i>1 T. vanilla</i>
<i>1 can crushed pineapple with juice</i>	<i>1 tsp. soda</i>
<i>1 T. vanilla</i>	

Mix together eggs, sugar and vanilla. Add dry ingredients. Fold in pineapple and nuts. Pour into greased and floured 9 x 13-inch pan. Bake at 375° for 30 minutes.

### *Frosting:*

<i>1 (8-oz.) pkg. cream cheese</i>	<i>2½ c. powdered sugar</i>
<i>1 stick margarine</i>	

Beat until smooth. Frost cooled cake.

## *G*ERMAN CHOCOLATE CAKE

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<i>1 (4-oz.) pkg. sweet chocolate</i>	<i>1 tsp. vanilla</i>
<i>½ c. boiling water</i>	<i>2 c. flour</i>
<i>1 c. (2 sticks) butter or margarine</i>	<i>1 tsp. baking soda</i>
<i>2 c. sugar</i>	<i>½ tsp. salt</i>
<i>4 eggs, separated</i>	<i>1 c. buttermilk</i>

Melt chocolate in boiling water; cool. Cream butter and sugar. Beat in egg yolks. Stir in vanilla and chocolate. Set aside. Mix flour, soda and salt. Beat in flour mixture, alternately with buttermilk. Beat egg whites until stiff peaks form; fold into batter. Pour batter into three 9-inch layer pans, lined with bottoms of waxed paper. Bake at 350° for 30 minutes. Cool 15 minutes; remove and cool on rack. Spread frosting between layers and over top of cake. **Coconut-Pecan Frosting:** Combine 1 cup evaporated milk, 1 cup sugar, 3 slightly beaten egg yolk, ½ cup butter or margarine and 1 teaspoon vanilla in saucepan. Cook and stir over medium heat. Stir in 1⅓ cups coconut and 1 cup pecans. Cool until thick enough to spread.

# CHOCOLATE NUT BUNDT CAKE

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10 T. butter or margarine  
1/4 c. firmly packed light brown  
sugar  
2/3 c. light corn syrup  
1/4 c. heavy cream  
1 c. broken walnuts  
1 3/4 c. flour  
2 tsp. baking powder

1/4 tsp. salt  
1 1/2 c. granulated sugar  
2 eggs, separated  
3 sq. unsweetened chocolate,  
melted  
1 tsp. vanilla  
1 c. milk

Melt 4 tablespoons of the butter or margarine in a small saucepan; stir in brown sugar; heat until bubbly. Stir in corn syrup and cream; heat, stirring constantly to boiling. Add nuts; pour into a generously-buttered 10-inch bundt pan. Let stand while preparing cake batter. Sift flour, baking powder and salt onto waxed paper. Beat remaining butter or margarine until soft in large bowl. Gradually beat in granulated sugar. Beat in egg yolks, chocolate and vanilla until thoroughly combined. Add flour mixture, alternately with milk, beginning and ending with flour. Beat egg whites until stiff in a small bowl; fold into cake batter. Spoon batter evenly over nut mixture in pan. Bake in 350° oven for 45 minutes. Loosen cake from edges with knife; cover pan with serving plate; invert, then lift off pan. Scoop out any nuts and syrup clinging to the pan onto cake. Serve with whipped cream.



# LEMON CAKE

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3 T. fine, dry bread crumbs (for pan)	2 c. sugar
3 c. flour	4 lg. eggs
2 tsp. baking powder	1 c. milk
1/2 tsp. salt	1 T. finely grated lemon peel
2 sticks (1 c.) unsalted butter or margarine	

## Glaze:

1/3 c. fresh lemon juice	2/3 c. sugar
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Heat oven to 350°. Grease a 12-cup bundt or tube pan. Coat with bread crumbs, shaking out excess. Mix flour, baking powder and salt in a medium bowl. In a large bowl, with mixer on medium speed, beat butter and sugar until creamy. Add eggs, one at a time, beating after each. On low speed, add flour mixture alternately with the milk, beating only until blended after each addition. Stir in lemon peel. Scrape batter into prepared pan. Bake 1 hour and 5 to 10 minutes. Cool cake in pan 5 minutes, then cover with a rack and invert. Remove pan, leaving cake upside down on rack. Place over a large piece of foil or waxed paper and prepare glaze. Glaze: Mix lemon juice and sugar. Brush all over hot cake (cake will absorb glaze). Let cool completely before transferring to a cake plate. Optional: Garnish with mint leaves and candy lemon slices.



## CHOCOLATE-RASPBERRY CHEESECAKE

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*1½ c. firmly crushed graham  
crackers*  
*¼ c. sifted powdered sugar*  
*⅓ c. butter, melted*  
*2 c. fresh or frozen loose-pack  
raspberries, thawed*  
*½ tsp. granulated sugar*  
*3 (8-oz.) pkgs. cream cheese,  
softened*

*14-oz. can sweetened condensed  
milk*  
*4 eggs*  
*1 tsp. vanilla*  
*1 c. semi-sweet chocolate pieces (6  
oz.), melted & cooled*

Preheat oven to 350°. For crust: Combine crushed crackers and powdered sugar; stir in melted butter. Press onto bottom and about 2 inches up sides of a 9-inch springform pan. Set aside. In a small bowl, stir together 1 cup of the raspberries and the granulated sugar. Set aside. For filling: In a large mixing bowl, beat cream cheese and condensed milk with an electric mixer until combined. Add eggs and vanilla; beat just until combined. Divide batter in half. Stir melted chocolate into half of the batter. Pour chocolate batter into crust-lined pan. Stir raspberry-sugar mixture into remaining batter. Spoon raspberry batter over chocolate batter. Place pan on a shallow baking pan. Bake for 50 to 60 minutes or until center appears nearly set when pan is gently shaken. Cool in pan on wire rack for 15 minutes. Loosen crust from sides of pan. Cool 30 minutes. Remove sides of pan; cool cake completely. Cover, chill at least 4 hours. Serve with remaining raspberries.

## BUTTER CREAM FROSTING

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*2 c. powdered sugar*  
*1 stick butter, softened*

*2-3 T. milk*  
*1 tsp. vanilla*

In mixing bowl, beat butter and vanilla. Slowly add powdered sugar and milk, alternating first powdered sugar, then milk. Mix until desired consistency.

## CHOCOLATE BUTTER CREAM FROSTING

*2 c. powdered sugar*

*1 stick butter, softened*

*2-3 T. coffee, brewed*

*3 T. cocoa*

*1 tsp. vanilla*

In mixing bowl, beat butter, cocoa and vanilla until smooth. Slowly add powdered sugar and coffee alternately. Mix until desired consistency.

## CREAM CHEESE FROSTING

*2½ c. powdered sugar*

*8-oz. pkg. cream cheese, softened*

*½ c. butter, softened*

*1 tsp. vanilla or almond flavoring*

Beat until fluffy and spread on cake.

## WHITE CHOCOLATE FILLING FOR CAKES

*8 oz. white baking chocolate,  
chopped*

*2 c. heavy cream*

In double boiler, over hot, not boiling water, mix chocolate with ¼ cup heavy cream. Heat until chocolate is smooth. Remove from heat and pour into bowl. With mixer on high, stir in remaining cream. Beat until filling is stiff. Spread between cooled cake layers.

## *The Trans-Mississippi Homemaker Cakes*

**To test oven temperature:** The heat should be tested before cake is put in, which can be done by throwing on the floor of the oven a tablespoonful of new flour. If the flour takes fire, or assumes a dark-brown color, the temperature is too high, and the oven must be allowed to cool; if the flour remains white after the lapse of a few seconds, the temperature is too low. When the oven is of the proper temperature, the flour will slightly brown and look slightly scorched. Cakes should be kept in tight tin cake pans or in earthen jars in a cool, dry place.

**Note:** To remove cake from a tin after it is baked, so that it will not crack, break or fall, first butter the tin well all around the sides and bottom; then cut a piece of letter-paper to exactly fit the tin, butter that on both sides, placing it smooth on the bottom and sides of the tin.

### *A* CAKE BASKET

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Three eggs,  $\frac{1}{2}$  cup of butter, 2 cups of sugar, 1 cup of milk, 3 cups of flour, 2 teaspoonfuls of baking powder, any preferred flavor. Grease the outside of a quart bowl and place, inverted in center of large, round pan. Pour the batter around it and bake; when done, remove the bowl, turn out the cake, put on a handle cut from a strip of pasteboard. Ice the whole. Twine the handle with smilax and fill the basket with bonbons or fancy cakes. Pretty for a child's party.

### *L*ILLIE'S CAKE

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One half cup butter, 2 cups of sugar, 1 cup of milk, 2 cups of flour, well sifted with three teaspoonfuls of baking powder, 1 teaspoonful of vanilla,  $\frac{1}{2}$  teaspoonful of almond extract, lastly the whipped whites of eight eggs. Bake in five layers. **Filling:** One quart of whipped cream, flavored with rose, in which is mixed two cups of blanched English walnuts, cut fine. Ice with boiled icing flavored with lemon. Strew the top with blanched almonds while the frosting is soft. Very fine.

## *A*K-SAR-BEN CAKE

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One cup butter with 2 cup light brown sugar, 9 eggs well beaten,  $\frac{3}{4}$  cup sour milk,  $\frac{1}{2}$  teaspoon soda, nearly 4 of flour, flavor with one teaspoonful lemon and vanilla extracts. Have ready 1 pound of seedless raisins and currants, washed, dried and slightly floured and  $\frac{1}{4}$  pound citron cut fine. Put a layer of cake batter in pan, then a layer of fruit and so on until all is used, having a layer of batter on top. Bake in a moderate oven two hours and while still warm, pour over it half a pint of port wine.

## *A*NGEL CAKE

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Put into one tumbler of flour one teaspoonful of cream of tartar, then sift it five times. Sift also one glass and a half of white powdered sugar. Beat to a stiff froth the whites and carefully, adding three table-spoonfuls of vanilla extract. After this, add the flour, stirring quickly and lightly. Pour it into a clean, bright tin, cake-dish, which should not be buttered or lined. Bake at once in a moderate oven, about forty minutes, testing it with a broom splint. When done, let it remain in the cake-tin, turning it upside down, with the sides resting on the top of two saucers, so that current of air will pass under and over it.

## *V*ARIEGATED CAKES

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One cup powdered sugar, one-half cup of butter, creamed with sugar, one-half cup of milk, four eggs, the whites only, whipped light, and two and one-half cups of prepared flour. Bitter almond flavoring, spinach juice and cochineal. Cream the butter and sugar; add the milk, flavoring the whites and flour. Divide the batter into three parts. Bruise and pound a few leaves of spinach into a thinly muslin bag until you can express the juice. Put a few drops of this into one portion, color another with cochineal, leaving the third white. Put a little of each into small, round pans or cups, giving a light stir to each color as you add the next. This will vein the cakes prettily. Put the white between the pink and green, that the tints may show better. If you can get pistachio nuts to pound up for the green, the cakes will be much nicer. Ice on sides and top.

## *F*ROSTING

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For ornamenting the cake, the icing may be tinged any color preferred. For pink, use a few drops of the cochineal, for yellow a pinch of saffron, dissolved; for green, the juice of some chopped spinach. Whichever is chosen, let the coloring be first mixed with a little colorless spirit, and then stirred into the white icing until the tint is deep enough. To ornament the cake with it: Make a cone of stiff writing paper, and squeeze the colored icing through it, so as to form leaves, beading or letters, as the case may be. It requires nicety and care to do it with success.

## *B*OILED FROSTING

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To one pound of finest, pulverized sugar, add three wine-glassfuls of clear water. Let it stand until it dissolves; then boil it until it is perfectly clear and threads from the spoon. Beat well the whites of four eggs. Pour the sugar into the dish with the eggs, but do not mix them until the syrup is lukewarm; then beat all well together for one half hour. Season to your taste with vanilla, rose water or lemon juice. The first coating may be put on the cake as soon as it is well mixed. Rub the cake with a little flour before you apply the icing. While the first coat is drying, continue to beat the remainder; you will not have to wait long if the cake is set in a warm place near the fire. This is said to be a most excellent recipe for icing.

## *P*LAIN CHOCOLATE ICING

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Put into a shallow pan four tablespoonfuls of scraped chocolate and place it where it will melt gradually, but not scorch; when melted, stir in three tablespoonfuls of milk or cream, and one of water; mix all together and add one scant teacupful of sugar; boil about five minutes and while hot and when the cakes are nearly cold, spread some evenly over the surface of one of the cakes; put a second one on top, alternating to mixture and cakes; then cover top and sides and set in a warm oven to harden. All who have tried recipe after recipe, vainly hoping to find one where the chocolate sticks to the cake and not to the fingers, will appreciate the above. In making those most palatable of cakes, Chocolate Eclairs, the recipe just given will be found very satisfactory.

# ALMOND FROSTING

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The whites of three eggs, beaten up with three cups of fine, white sugar. Blanch a pound of sweet almonds, pound them in a mortar with a little sugar, until a fine paste, then add the whites of eggs, sugar and vanilla extract. Pound a few minutes to thoroughly mix. Cover the cake with a very thin coating of this, set in a cool oven to dry, afterwards cover with plain icing.

## *Candy*

### CARAMEL DIVINITY ROLL

---

<i>2 c. sugar</i>	<i>1/2 c. finely chopped red &amp; green candied cherries</i>
<i>1/2 c. light brown sugar</i>	<i>1 (14-oz.) pkg. caramels</i>
<i>1/2 c. water (for divinity)</i>	<i>1 T. water (for caramels)</i>
<i>2 egg whites</i>	<i>1 (6-oz.) can pecans, chopped</i>
<i>1/4 tsp. salt</i>	

Combine sugar, corn syrup and water in a medium-size, heavy saucepan. Heat quickly to boiling, stirring often. Reduce heat to medium; cook, without stirring to 260° on a candy thermometer. (A teaspoonful of syrup will form a hard ball when dropped in cold water.) When syrup reaches 250°, beat egg whites and salt until they stand in firm peaks in a large bowl of electric mixer. Beating constantly, pour hot syrup very slowly into egg whites. Continue beating until mixture is very stiff (about 7 minutes). Stir in candied fruits until well distributed. Turn out mixture onto a buttered cookie sheet; divide in half; shape each half into a roll 2-inches wide and 9-inches long. Allow to dry on cookie sheet about one hour. Melt caramels with water in the top of a double boiler, over hot water, stirring several times. Spread pecans on a large sheet of waxed paper. Working with one roll at a time, spread with caramel mixture; roll in pecans to coat well. Wrap each roll in foil or plastic; store at room temperature. Cut about 1/4-inch thick slices.

## CHERRY MASH CANDY

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2 c. sugar  
 $\frac{2}{3}$  c. evaporated milk  
18 lg. marshmallows  
 $\frac{1}{2}$  c. butter  
 $\frac{3}{4}$  c. peanut butter

5-oz. pkg. cherry chips  
12-oz. pkg. chocolate chips  
1 tsp. vanilla  
1 sm. pkg. crushed, salted peanuts

Bring sugar, milk, marshmallows, butter and salt to a boil over medium heat. Boil five minutes. Remove from heat and add cherry chips and vanilla. Pour into a buttered 9 x 13-inch pan. Cool. Melt chocolate chips, peanut butter and crushed peanuts in double boiler. Spread over cherry mix and chill. Cut into squares or any desired shape.

## TRUFFLES

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7 oz. almond paste  
 $\frac{1}{2}$  c. heavy cream  
 $4\frac{1}{2}$  oz. toasted almonds

8 oz. chocolate squares  
1 T. amaretto liqueur or  $\frac{1}{2}$  tsp.  
almond extract

Cut almond paste in pieces. Put in heavy saucepan, add cream and cook over very low heat, stirring until smooth. Add chocolate and stir until well blended. Cool to room temperature. Stir in extract. Chill about 2 hours, then form into  $\frac{3}{4}$ -inch balls. **Coating variations:** Sifted, unsweetened cocoa powder, confectioners' sugar, chopped toasted nuts, or dip in melted chocolate. Keep refrigerated.



## GUM DROPS

---

1 pkg. powdered fruit pectin  
 $\frac{3}{4}$  c. water  
 $\frac{1}{2}$  tsp. baking soda  
1 c. sugar  
1 c. light corn syrup

2 tsp. imitation strawberry  
extract  
Red food coloring  
Sugar

Combine fruit pectin, water and baking soda in a medium-size saucepan. (This mixture will foam.) Combine sugar and corn syrup in large saucepan. Place both saucepans over high heat. Cook, stirring alternately, until the foam disappears from the fruit pectin mixture and the sugar mixture boils rapidly, about 5 minutes. Pour fruit pectin mixture into boiling sugar mixture in a thin stream, until all pectin is added. Boil mixture, stirring constantly, 1 minute longer. Remove saucepan from heat. Stir in strawberry extract a few drops of red food coloring. Immediately pour mixture into an 8 x 8 x 2-inch pan. For fancy shapes: Spoon mixture into tiny tart or hors d'oeuvres pans. Allow to stand at room temperature (do not refrigerate) 3 hours or until candy is cool and firm. Cut gum drop mixture into fancy shapes with small cutters or cut into cubes with a knife dipped in warm water. Roll in granulated sugar.

Variation: Substitute food coloring and flavoring as desired.

## DIVINITY

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4 c. sugar  
1 c. corn syrup  
1 c. water  
3 stiffly beaten egg whites

1 tsp. vanilla  
 $\frac{1}{2}$  c. nuts (opt.)  
Maraschino cherries, drained &  
chopped (opt.)

Cook syrup, sugar and water to 235° on candy thermometer. Pour  $\frac{1}{3}$  of this mixture slowly into beaten egg whites, beat till creamy. Cook remaining syrup to 250°. Add to first mixture, beat till stiff peaks form. Add nuts and vanilla. Pour into pan or drop by teaspoon on waxed paper.

## *P*EANUT BUTTER FUDGE

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*1 c. sugar*  
*1 c. light brown sugar*  
*1/4 tsp. salt*  
*1/2 c. milk*

*1 c. miniature marshmallows*  
*1/2 c. peanut butter*  
*1 tsp. vanilla*

In saucepan, combine sugars, salt and milk. Cook to 240°. Remove from heat and add marshmallows, peanut butter and vanilla. Beat with a wooden spoon several minutes until thick and creamy and gloss disappears. Spread in a buttered 8-inch square pan. Cut in squares.

## *O*UTSTANDING FUDGE

---

*4 c. sugar*  
*1 lg. can evaporated milk*  
*1/4 lb. butter*  
*1 lg. pkg. chocolate chips*

*1 pt. marshmallow creme*  
*1 tsp. vanilla*  
*Nuts, opt.*

On medium heat, cook sugar, butter and milk. Bring to a boil, stirring constantly until soft ball stage, 236°. Remove from heat. Add chocolate chips, vanilla and nuts (if desired). Pour into buttered dish. Cool.



## *N*O-COOK FONDANT

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<i>1/4 c. (1/2 stick) butter</i>	<i>1 lb. confectioners' sugar</i>
<i>1/4 c. light brown sugar</i>	<i>1 tsp. vanilla</i>
<i>1/4 tsp. salt</i>	

### *Variations:*

<i>1/2 tsp. mint extract</i>	<i>2 tsp. grated lemon peel plus 2 T.</i>
<i>2 tsp. grated orange peel plus 2 T.</i>	<i>lemon juice</i>
<i>orange juice</i>	<i>Assorted food coloring</i>

Combine butter, corn syrup and salt in a medium-sized bowl. Stir in 1 pound confectioners' sugar, vanilla or other flavoring and food coloring. Knead in enough additional sugar by hand until well blended, firm and smooth. Shape into balls or patties or follow variations. Place on cookie sheet to dry and become firm. Store in airtight container in refrigerator. **Mint pinwheels:** Prepare fondant with mint extract. Divide fondant in half. Into half, knead in green food coloring. With rolling pin, roll each half separately between two pieces of waxed paper to an 8-inch squares. Remove top paper. Place white layer over green. Press firmly together. Cut square in half to form two 8 x 4-inch rectangles. Starting from long edge, roll up fondant jellyroll style. Wrap rolls in waxed paper, chill until firm. Remove paper, cut each crosswise into 1/4-inch slices. Reshape into perfect rounds; let dry.

## *P*EANUT BRITTLE

---

<i>2 c. sugar</i>	<i>2 tsp. baking soda</i>
<i>1 c. light syrup</i>	<i>1 tsp. vanilla</i>
<i>2 c. raw peanuts</i>	<i>1/2 c. water</i>
<i>2 T. butter</i>	

Bring 1/2 cup water, 2 cups sugar and corn syrup to a boil. Stir until dissolved. Cook to 238°, add peanuts and cook slowly over low heat until mixture turns golden brown. Take off heat. Add 2 tablespoons butter, soda and 1 teaspoon vanilla. Stir quickly. Spread on two buttered cookie sheets. Spread thin.

## CHOCOLATE TOFFEE

---

*1 c. brown sugar, finely packed*      *1/8 tsp. salt*  
*1 c. sugar, granulated*                *1/2 c. butter*  
*1/3 c. dark syrup*                        *6 oz. chocolate chips*  
*1/2 c. water*                                *1/2 c. nuts, chopped fine*

Combine sugars, syrup, water and salt in heavy pan. Blend and cook to 245°. Add butter and cook to 290°. Stir to prevent burning. Pour into two greased cookie sheets. Spread out thin. Spread with chocolate chips while toffee is still warm. Sprinkle on nuts. Break in pieces when cool.

## PEANUTTY CHOCOLATE PINWHEELS

---

*2 c. semi-sweet chocolate chips*      *1 T. butter or margarine*  
*3/4 c. canned sweetened condensed*    *1 c. confectioners' sugar*  
*milk*                                        *3 T. milk*  
*3/4 c. creamy peanut butter*          *1 tsp. vanilla extract*

Combine chocolate chips and sweetened condensed milk. Cook over low heat, stirring constantly until melted and smooth. Remove from heat; cool slightly. Spread evenly into a 12 x 9-inch rectangle on waxed paper; set aside. In a small mixer bowl, combine peanut butter and butter. Add confectioners' sugar, milk and vanilla, beating until well combined. Roll into a 12 x 9-inch rectangle on a sheet of waxed paper. Invert peanut butter onto chocolate; remove top sheet of waxed paper. From long end, roll up jellyroll style. Wrap; chill until firm. Slice into 1/4-inch slices.

## WHITE CHOCOLATE CREAM FUDGE

---

3 c. sugar

1 c. evaporated milk

$\frac{3}{4}$  stick butter

1 pt. jar marshmallow creme

12 oz. white chocolate, cut in sm. pieces

1 c. chopped pecans

1 sm. jar maraschino cherries,  
drained on paper towel

Bring sugar, milk and butter to boil over low heat, stirring constantly. Cook to 237°. Remove from heat and add marshmallow creme, white chocolate, nuts and cherries. Stir until marshmallow creme and chocolate are melted. Pour into 13 x 9-inch buttered pan. Cool before cutting.

## CHOCOLATE COVERED CHERRIES

---

1 lb. powdered sugar

$\frac{1}{3}$  c. white corn syrup

1 tsp. vanilla

1 stick margarine

2-lb. pkg. chocolate almond bark

2 jars maraschino cherries, well-drained

Mix all ingredients except cherries and chocolate; knead until smooth. Freeze for 10-15 minutes. Wrap mixture around drained cherries and freeze 15-20 minutes. Melt bark in top of double boiler and dip cherries, using a fork. Place cherries on cold cookie sheet or aluminum foil to cool. Place in airtight container and keep in cool place for one or two weeks. Sugar mixture will form a sauce around the cherry.



## WONDER CREAM TAFFY

---

1 c. sugar  
1/4 c. water  
1/8 tsp. salt

1/8 tsp. baking soda  
1/4 c. heavy cream

Butter or coat a large cookie sheet with vegetable cooking spray. Chill well to help syrup cool quickly. Combine sugar, water, salt and baking soda in a medium-size heavy saucepan. Heat to boiling over medium heat, stirring constantly. With a damp pastry brush, wipe the sugar crystals from the side of the pan as mixture cooks. Rinse brush often. Continue cooking until candy thermometer registers 250° (hard ball). Add cream, 1 tablespoon at a time, so boiling does not stop. (Mixture will turn tan in color.) Pour candy in thin ribbons onto cold cookie sheet. Let stand until cool, about 5-10 minutes. Butter hands. Pick ribbons up. If you can't, cool longer. Pull candy between hands until it becomes pale tan and stiff, twisting as you pull. Twist into 1/2-inch thick rope; cut with buttered scissors into 1 1/2 inch pieces onto cookie sheet. Let stand several hours or until texture changes from chewy to creamy. Store in airtight container.

## CHOCOLATE TAFFY

---

1 1/4 c. sugar  
3/4 c. light brown sugar  
1/3 c. cocoa  
1/8 tsp. salt

2 tsp. white vinegar  
1/4 c. evaporated milk  
1 T. butter

Butter 9-inch square pan; set aside. In heavy 2-quart saucepan, stir together sugar, corn syrup, cocoa, salt and vinegar. Cook over medium heat, stirring constantly until mixture boils; add evaporated milk and butter. Continue cooking, stirring occasionally, to 248° (firm ball stage) or until syrup, when dropped into very cold water, forms a firm ball that does not flatten when removed from water. Pour mixture into prepared pan. Cool until lukewarm. Butter hands; immediately stretch taffy, folding and pulling until light in color and hard to pull. Place taffy on table; pull into 1/2-inch wide strips. Cut into 1-inch pieces with buttered scissors. Wrap individually in waxed paper.

## CREAM CHEESE MINTS

---

4 oz. cream cheese  
2 c. confectioners' sugar

Coloring & flavoring as desired  
Granulated sugar

Knead the mixture until of a pie dough consistency. Pinch off a small piece, form into a small marble-sized ball and roll in granulated sugar. Press the candy into a soft rubber mold or use small cookie or canape cutters.

## SPUN SUGAR

---

2 c. sugar  
1/2 c. corn syrup

1/4 c. plus 1 T. water  
1 drop oil of peppermint

Combine all ingredients in heavy saucepan. Cook over medium heat to 310°, without stirring. Remove from heat; let syrup cool slightly. **To spin sugar:** Cover a work surface with parchment paper. In one hand, hold two forks back to back and dip tines into sugar mixture. Rapidly wave forks back and forth over parchment paper to form threads. Repeat with remaining sugar. Gather lacy strands into smooth mounds the size of serving containers. Eat like candy or use for nests for ice cream, candy, etc. Keep spun sugar in airtight containers.

## *The Trans-Mississippi Homemaker Candy*

## FONDANT FOR ALL FRENCH CANDIES

---

Two cups of granulated sugar, 1 tablespoonful glucose, 1 cup water, let boil until when dropped in water will form a ball on end of spoon, remove from stove and when nearly cool, whip until pure white and stiff, then take in hands and knead until smooth and you are ready for any of the following receipts, using any flavoring desired or any coloring.

## RAINBOW CANDIES

---

Take equal size pieces of fondant and flavor one piece with chocolate, one with raspberry and the other white and flavor with vanilla, place one on top of the other, after having flattened them out and when cool, slice a quarter of an inch thick.

## CHOCOLATE CREAMS

---

Mold into any desired shape your fondant, and when cold have ready melted into double boiler a half pound of confectioners' chocolate, dip in creams with a hat pin and place on oil paper with a nut on each. Different nuts or fruits can be molded in the creams before dipping.

## WHITE TAFFY

---

Two cups granulated sugar, 1 cup of water, 1 tablespoonful of vinegar, 1 scant teaspoon of butter, little pinch of cream tartar, boil until when put in water it becomes brittle, turn into buttered tins and when cool pull; be careful not to put spoon in after it dissolves or it will grain.

## CHOCOLATE FUDGES

---

One teacup of granulated sugar,  $\frac{1}{2}$  teacup of milk, 1 teaspoon of butter, stir well together and put on to boil, do not stir while boiling, boil till it begins to drip slowly from spoon. Have ready two squares of grated chocolate; a few minutes before removing from fire, add the butter, when removed for the fire quickly stir in the chocolate and vanilla flavoring, stir until creamy, and turn on buttered dish.

## MAPLE ROLL

---

Two cups of granulated sugar, 1 cup of maple syrup, 1 tablespoon of glucose, let boil three minutes, remove from stove and when nearly cool, whip until stiff, then take up in hand and knead until perfectly smooth and add 1 cup of English walnuts, make into roll and when cold, slice down.

## RISSES

---

Beat the whites of 4 small eggs to a high, firm froth, stir into it a half pound of pulverized sugar, flavor with essence of lemon or rose, continue to beat until very light, then drop half the size of an egg, a little more than an inch apart on well buttered letter paper, lay the paper on half inch board and place in moderate oven, watch, and as soon as they begin to look yellowish, take them out.

## FLUFFY RUFFLES

---

One-half cup corn syrup,  $\frac{1}{2}$  cup water, 2 cups sugar, boil together until it begins to get a little hard (try some in cold water). Stir flavoring in. Have the whites of 2 eggs, beaten stiff and when syrup is ready, pour slowly into the eggs, beating all the time. Beat until it begins to get hard, then pour in a butter pan. Put in nuts if you like.

# Cookies

## MONTE CARLOS

---

### *Cookies:*

*3/4 c. butter, softened*

*1/2 c. sugar*

*1 egg*

*1 tsp. vanilla*

*2 c. flour*

*1 1/2 tsp. baking powder*

*1/2 tsp. salt*

Combine butter, sugar, egg and vanilla in a large mixing bowl. Stir in flour, baking powder and salt; add to butter mixture. Shape dough into balls and place on greased cookie sheet and flatten with a fork. Bake at 350° for 15-20 minutes.

### *Cream filling:*

*1/4 c. butter*

*3/4 c. powdered sugar*

*2 tsp. milk*

*1/2 tsp. vanilla*

Beat all ingredients till well blended. Place 1 teaspoon of preserves and one teaspoon of cream filling on half of the cookies. Top with remaining cookies.

## MEXICAN WEDDING COOKIES

---

*1/2 c. butter*

*1/2 c. margarine*

*1/2 c. confectioners' sugar*

*2 c. flour*

*1/4 tsp. salt*

*1/2 c. nuts, finely chopped*

*1 tsp. vanilla*

Cream butter, sugar and vanilla till fluffy. Stir in flour, salt and ground nuts. Roll dough into balls. Bake at 350° for 8-10 minutes. Roll in confectioners' sugar while cookies are still warm.

# CHERRY SWEETHEARTS

---

1 c. butter, softened  
1 c. granulated sugar  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. vanilla extract  
2 eggs

$\frac{1}{2}$  tsp. ground nutmeg  
3 c. all-purpose flour  
 $\frac{2}{3}$  c. finely chopped maraschino  
cherries, blotted very well on  
paper towels

## Glaze:

$\frac{1}{2}$  c. powdered sugar  
3-4 T. maraschino cherry juice  
About 30 maraschino cherries,  
halved & blotted well on paper  
towels

About  $\frac{1}{2}$  c. cherry jam (finely  
chop any lg. pieces of cherry)

In a large mixing bowl, beat butter, sugar and salt until light and fluffy. Add vanilla, then add eggs, one at a time, beating well after each addition. Stir in nutmeg, then flour,  $\frac{1}{2}$  cup at a time, blending well. Stir in cherries. Form dough into a ball; wrap and refrigerate 1-2 hours. Preheat oven to 350°. Grease 4 large baking sheets. On a well-floured surface, roll dough into a round circle,  $\frac{1}{8}$ -inch thick. Cut out dough using a floured 2 $\frac{1}{2}$ -inch scalloped cutter, pressing it down firmly. Arrange rounds 1 inch apart in prepared baking sheets. Bake 13 to 16 minutes or until pale golden brown. Cool on racks. Prepare glaze by combining powdered sugar with mixture. Spoon teaspoon of glaze over tops of half of cookies, spreading to within  $\frac{1}{2}$  inch of edge. Let glaze set 4 to 5 minutes, then place maraschino cherry half in center of each glazed cookie. Let glaze set completely. Spread thin layer of cherry jam over bottoms of remaining cookies. Top with glazed cookies, forming a sandwich. Store in airtight container at room temperature 1 week; freeze for longer storage.



## COCONUT MACAROONS

---

1 (7-oz.) pkg. shredded coconut  
 $\frac{1}{3}$  c. flour  
 $\frac{1}{8}$  tsp. salt

$\frac{2}{3}$  c. unsweetened condensed milk  
(not evaporated milk)  
1 tsp. vanilla

Preheat oven to 350°. Grease two large cookie sheets. Combine coconut, flour and salt in a medium-sized bowl. Stir in condensed milk and vanilla until ingredients are thoroughly moistened. Drop dough in teaspoonfuls, about 1 inch apart on prepared cookie sheets. Bake in preheated oven for 35 minutes or until golden brown. Remove to wire racks with a spatula; cool.

## BUTTER COOKIES

---

1 c. sugar  
2 c. butter  
4 eggs

1 tsp. vanilla  
4 c. flour

In a large mixing bowl, cream the butter and sugar until light and smooth. Gradually beat eggs into cream mixture. Add vanilla and then flour. Gather the dough into a ball, wrap in plastic wrap and chill in the refrigerator for a couple of hours or overnight. Heat oven to 350°. Grease baking sheets. On a floured surface, roll out the dough to  $\frac{1}{8}$  inch thickness. Cut out shapes with floured cookie cutters. Bake 8-10 minutes. Cool on wire racks. For decoration, frost cookies or sprinkle on colored sugars.

## ALMOND COOKIES

---

1 c. shortening  
1 c. sugar  
1 egg  
2 T. almond extract

1 T. honey  
 $1\frac{1}{2}$  tsp. baking soda  
1 c. whole, blanched almonds

Preheat oven to 350°. Grease 2 large cookie sheets. In large mixer bowl, cream shortening and sugar. Add egg, almond extract and honey and beat until light and fluffy. Combine flour and baking soda; gradually add to creamed mixture until well blended. Roll into balls the size of a walnut. Flatten cookies. Place almond in centers. Bake 7-8 minutes. Do not brown.

## APPLE-BUTTER TARTLETS

---

*1/2 c. shortening*

*3/4 c. sugar*

*2 eggs*

*2 T. heavy cream*

*1 tsp. vanilla extract*

*2 1/2 c. flour*

*1/4 tsp. baking soda*

*1/4 tsp. salt*

*Thick apple butter*

Cream shortening and sugar until fluffy. Beat in eggs, then cream and vanilla extract. Mix flour, baking soda and salt; gradually beat into creamed mixture. Chill at least 1 hour. Preheat oven to 350°. Roll out to 1/8 inch thickness on floured surface. Cut with large, round, fluted cutter. Place rounded teaspoon of apple butter on each half of the rounds. Make small holes in remaining rounds and place over filled rounds. Press edges together with fork. Place 1 1/2 inches apart on ungreased cookie sheets. Bake 15 minutes or until lightly browned. Remove from sheets and cool on wire racks.

## CHERRY, COCONUT COOKIES

---

*1 c. lightly salted butter or  
margarine, at room temp.*

*1 c. granulated sugar*

*2 T. milk*

*1 tsp. vanilla extract*

*2 1/2 c. flour*

*3/4 c. finely chopped red & green  
cherries*

*1/2 c. finely chopped pecans*

*3/4 c. sweetened shredded or flaked  
coconut*

In a large bowl, mix butter and sugar. When creamy, beat in milk and vanilla. Stir in flour, one fourth at a time, mixing well after each addition. Mix in cherries and pecans. Divide dough in half and shape each half into a cylinder 10 inches long and about 2 inches in diameter. Roll each in coconut; then wrap in waxed paper and chill until firm, 2 hours or longer. Heat oven to 375°. Slice dough into 1/4 inch thick rounds and place 1 inch apart on ungreased baking sheets. Bake 10 to 12 minutes, until edges are lightly browned. Transfer to wire racks to cool.

## LACY-ROLL-UPS

---

*1/4 c. lightly salted butter*  
*2/3 c. firmly packed light brown sugar*  
*1/4 c. shortening*

*1/2 c. light corn syrup*  
*1 c. all-purpose flour*  
*1 c. finely chopped pecans*  
*Whipped cream*

Preheat oven to 350°. Grease cookie sheets. Bring butter, brown sugar, shortening and corn syrup to a boil. Remove from heat and immediately blend in flour and pecans. Drop by level teaspoons 3 inches apart onto prepared sheets. Bake 8 minutes. Remove immediately and roll around a wooden spoon handle. Fill with whipped cream.

## PERFECT PEANUT BUTTER COOKIES

---

*1/2 c. butter or margarine*  
*1/2 c. creamy or chunk-style peanut butter*  
*1/2 c. granulated sugar*  
*1/2 c. light brown sugar, firmly packed*

*1 lg. egg*  
*3/4 tsp. vanilla extract*  
*1 1/4 c. flour*  
*3/4 tsp. baking soda*  
*1/4 tsp. salt*

Heat oven to 375°. In large bowl, with electric mixer, beat butter, peanut butter, granulated sugar and brown sugar until light and fluffy. Beat in egg and vanilla until thoroughly blended. In small bowl, combine flour, baking soda and salt; beat into butter mixture until blended. Roll heaping teaspoonfuls of dough into balls; place 2 inches apart on ungreased cookie sheets. Using bottom of glass, press each ball into 1/4 inch thick circle. Bake 5 to 8 minutes until lightly browned. Remove cookies to wire rack to cool.

## SOFT GINGER COOKIES

---

<i>2¼ c. flour</i>	<i>¾ c. margarine, butter or shortening</i>
<i>1 tsp. ground ginger</i>	<i>1 c. sugar</i>
<i>1 tsp. baking soda</i>	<i>1 egg</i>
<i>1 tsp. ground cinnamon</i>	<i>¼ c. molasses</i>
<i>½ tsp. ground cloves</i>	<i>2 T. sugar</i>
<i>¼ tsp. salt (opt.)</i>	

Combine flour, ginger, soda, cinnamon, cloves and salt; set aside. In a large mixing bowl, beat margarine, butter or shortening with an electric mixer. Gradually add the 1 cup sugar, beat till fluffy. Add egg and molasses; beat well. Stir dry ingredients into beaten mixture. Roll in the 2 tablespoons sugar and place on an ungreased cookie sheet about 2½ inches apart. Bake in a 350° oven about ten minutes or till light brown and still puffed. Let stand for 2 minutes before transferring to a wire rack to cool.

## OATMEAL RAISIN COOKIES

---

<i>1 c. shortening</i>	<i>2½ tsp. cinnamon</i>
<i>1½ c. sugar</i>	<i>½ tsp. salt</i>
<i>2 eggs</i>	<i>2 c. oatmeal</i>
<i>1 c. raisins, cooked in 1 c. water</i>	<i>1 tsp. vanilla</i>
<i>1 tsp. baking soda</i>	<i>½ c. nuts (opt.)</i>
<i>2 c. flour</i>	

Dissolve baking soda in raisin juice. Save 5 tablespoons juice from cooked raisins. Cream shortening, sugar, eggs and add raisins and juice. Add dry ingredients and vanilla. Drop by tablespoons on greased cookie sheet. Bake at 350° for 10-12 minutes.

## *D*ATE PINWHEEL COOKIES

---

### *Filling:*

*2½ c. chopped dates*                      *1 c. water*  
*1 c. sugar*                                      *1 c. nuts*

Cook till thick, 10-15 minutes; set aside.

### *Batter:*

*1 c. shortening*                              *4 c. flour*  
*1 c. sugar*                                      *½ tsp. soda*  
*1 c. brown sugar*                              *4 tsp. milk*  
*3 eggs*    *1 tsp. vanilla*

Mix shortening, sugars, eggs, milk and vanilla until creamy. Then add dry ingredients. Blend well. Divide dough into fourths and roll out. Spread with date mixture. Roll up jellyroll fashion, wrap in foil and freeze. Bake at 375° for 8-10 minutes.

## *E*LEGANT BROWNIES

---

### *Brownies:*

*1 c. sugar*                                      *1 can chocolate syrup*  
*½ c. butter*                                      *½ c. nuts (opt.)*  
*4 eggs*    *1 c. flour*

Cream butter and sugar. Add the well beaten eggs. Blend in chocolate syrup. Mix in flour, then nuts. Bake at 350° for 30 minutes. Cool.

### *Icing:*

*1½ c. sugar*                                      *6 T. milk*  
*6 T. butter*                                      *1 c. chocolate chips*

Boil sugar, butter and milk exactly one minute. Remove from heat. Add chocolate chips. Beat till thick. Spread on brownies.

## LEMON BARS

---

1 c. flour

1/4 c. powdered sugar

1/4 c. butter

2 lg. eggs

3/4 c. sugar

2 T. flour

2 T. lemon juice

1 1/2 tsp. grated lemon peel

Combine 1 cup flour and 1/4 cup powdered sugar. Cut in 1/3 cup softened butter. Put in 8-inch pan. Bake 15 minutes at 350°. In bowl with whisk, beat 2 eggs, 3/4 cup sugar, 2 tablespoons flour, 2 tablespoons lemon juice and 1 1/2 teaspoons grated lemon peel. Pour over baked crust. Bake 15 minutes longer. Sprinkle with powdered sugar.

## PUMPKIN CHEESECAKE BARS

---

2 c. flour

3/4 c. firmly packed brown sugar

1 1/2 c. chopped pecans or walnuts,  
divided

1/2 c. butter, melted

3 eggs

2 tsp. vanilla extract, divided

8 oz. cream cheese, softened

1 1/2 c. half & half cream

1/2 c. maple syrup

1 (16-oz.) can pumpkin

2 tsp. pumpkin pie spice

Preheat oven to 350°. Grease a 15 1/2 x 10 1/2-inch jellyroll pan. In medium bowl combine flour, brown sugar, 1/2 cup nuts and butter until crumbly. Beat in 1 egg and 1 teaspoon vanilla; mix well. Press into bottom of jellyroll pan. Bake 15 minutes. Meanwhile, in large mixer bowl, beat cream cheese until fluffy. Beat in remaining 2 eggs, cream, maple syrup, pumpkin, pumpkin pie spice and remaining vanilla until smooth. Pour over prepared crust; sprinkle on remaining nuts. Bake 30 to 35 minutes or until set. Cool to room temperature. Cut into bars. Store in refrigerator.

## RASPBERRY MERINGUE BARS

---

*3/4 c. shortening*

*1/4 c. sugar*

*1/4 tsp. salt*

*1/4 tsp. almond extract*

*2 eggs, separated*

*1 1/2 c. flour*

*1 c. red raspberry preserves*

*1/2 c. sugar*

*1/2 c. coconut*

Preheat oven to 350°. Cream shortening, salt and 1/4 cup sugar until fluffy; blend in almond extract, egg yolks. Mix in flour. Pat dough into ungreased 13 x 9 x 2-inch pan. Bake 15 minutes. Spread hot crust with preserves, then coconut. Beat egg whites until foamy; gradually beat in 1/2 cup sugar until stiff peaks form. Spread over preserves. Bake 20 minutes until meringue is lightly brown. Cool completely on rack. Cut into 2 dozen bars.

## CHOCOLATE-FILLED BON BONS

---

*3/4 c. shortening*

*1/2 c. granulated sugar*

*1/4 c. firmly packed brown sugar*

*1 egg*

*2 tsp. vanilla extract*

*1/2 tsp. almond extract*

*1 3/4 c. flour*

*1/2 tsp. baking powder*

*1/2 tsp. salt*

*1/2 c. finely chopped pecans*

*4 doz. milk chocolate kisses*

Preheat oven to 350°. In large mixing bowl, cream shortening and sugar until light and fluffy. Add egg and extracts. Beat well. Add flour, baking powder, salt, and nuts; mix until blended. Roll dough into 1-inch balls. Press each ball around a candy kiss, completely enclosing the kiss. Bake 12 to 15 minutes on ungreased cookie sheets. Makes about 4 dozen.

## LINZER COOKIES

---

*1 c. lightly salted butter or margarine, at room temp.*

*1 c. confectioners' sugar*

*1 c. flour*

*1 c. coarsely ground hazelnuts*

*2 tsp. vanilla extract*

*2 tsp. cinnamon*

*Raspberry jam*

Cream butter and 1 cup confectioners' sugar until fluffy. Beat in flour, hazelnuts, vanilla extract and cinnamon. Cover and refrigerate one hour. Shape dough into small balls; place 1½ inches apart on ungreased cookie sheet. Flatten slightly. Bake at 350° 10 to 12 minutes. Cool 1 to 2 minutes on sheets, then remove to wire racks and cool completely. Spread half the cookies with teaspoon of jam; top with remaining cookies. Sprinkle with additional confectioners' sugar.

## CHEESE CAKE BARS

---

*⅓ c. butter, softened*

*⅓ c. firmly packed light brown sugar*

*1 c. flour*

*½ c. chopped walnuts or pecans*

*½ c. granulated sugar*

*8-oz. pkg. cream cheese, softened*

*1 egg*

*2 T. milk*

*1 T. lemon juice*

*½ tsp. vanilla extract*

Preheat oven to 350°. Lightly grease 8-inch baking pan. To make crumb mixture for bottom crust and topping, cream butter with brown sugar until fluffy; cut in flour and nuts. Reserve 1 cup of mixture for topping. Press remainder into bottom of prepared pan. Bake 12 to 15 minutes until lightly browned. To make filling: Blend sugar with cream cheese until smooth. Beat in egg, milk, lemon juice and vanilla extract. Spread filling over baked crust. Top with remaining crumb mixture. Bake 25 minutes. Chill and cut into squares.

# *The Trans-Mississippi Homemaker* *Cookies*

## *HARD GINGER COOKIES*

---

One cup cold water, ½ cup each of butter and lard, 1 of molasses, 1 of browned sugar, 1 tablespoon of ginger, 1 level tablespoon of baking powder; add flour until stiff enough to roll out thin. Bake in quick oven.

## *FAVORITE COOKIES*

---

One cup of butter, one and a half cups of sugar, one half cup of sour milk, one level teaspoonful of soda, a teaspoonful of grated nutmeg. Flour, enough to roll; make quite soft. Put a tablespoonful of fine sugar on a plate and dip the tops of each as you cut them out. Place on buttered tins and bake in a quick oven, a light brown.

## *FRUIT COOKIES*

---

One cupful and a half of sugar, one cupful of butter, one half cup of sweet milk, one egg, two teaspoonfuls of baking powder, a teaspoonful of grated nutmeg, three tablespoonfuls of English currants or chopped raisins. Mix soft and roll out, using just enough flour to stiffen sufficiently. Cut out with a large cutter, wet the tops with milk, and sprinkle sugar over them. Bake on buttered tins in a quick oven.

## *CRISP COOKIES*

---

One cup of butter, two cups of sugar, three eggs, well beaten, a teaspoonful of soda and two of cream of tartar, spoonful of milk, one teaspoonful of nutmeg and one of cinnamon. Flour enough to make a soft dough just stiff enough to roll out. Try a pint of sifted flour to begin with, working it in gradually. Spread a little sweet milk over each, and sprinkle with sugar. Bake in a quick oven a light brown.

## LEMON COOKIES

---

Four cups of sifted flour or enough for a stiff dough; one teacupful of butter, 2 cups of sugar, the juice of one lemon and the grated peel from the outside, three eggs, whipped very light. Beat thoroughly each ingredient, adding after all is in a half teaspoonful of soda, dissolved in a tablespoonful of milk. Roll out as any cookies, and bake a light brown. Use no other wetting.

## ALMOND MACAROONS

---

Half a pound of sweet almonds, a coffee-cupful of white sugar, the whites of two eggs; blanch the almonds and pound them to a paste; add to them the sugar and the beaten whites of eggs; work the whole together with the back of a spoon, then roll the mixture in your hands in balls about the size of nutmeg, dust sugar over the top, lay them on a sheet of paper at least an inch apart. Bake in a cool oven a light brown.

## CHOCOLATE MACAROONS

---

Put three ounces of plain chocolate in a pan and melt on a slow fire; then work it to a thick paste with one pound of powdered sugar and the whites of three eggs; roll the mixture down to the thickness of about one-quarter of an inch; cut it in small, round pieces with a paste-cutter, either plain or scalloped; butter in a pan slightly, and dust it with flour and sugar in equal quantities; place it in the pieces of paste or mixture and bake in a hot, but not too quick oven.

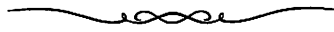


*Grand Court*

PIES, PASTRY & DESSERTS



# *Pies & Desserts*



## *Pies*

### *F*RENCH SILK PIE

---

*1 c. whipping cream*  
*6 oz. semi-sweet chocolate pieces*  
*1/3 c. butter*  
*1/3 c. sugar*  
*2 beaten egg yolks*

*3 T. creme de cacao or whipping cream*  
*1 (8-or 9-in.) baked pastry shell*  
*Whipped cream or pressurized whipped dessert topping (opt.)*

In a heavy 2-quart saucepan, combine the 1 cup whipping cream, chocolate pieces, butter and sugar. Cook over low heat, stirring constantly, till chocolate is melted. Remove saucepan from heat. Gradually stir about half of the hot mixture into the beaten egg yolks. Return egg mixture to saucepan. Cook over medium-low heat, stirring constantly, until mixture is slightly thickened. Remove saucepan from heat. Stir in creme de cacao or whipping cream. Place saucepan in a bowl of ice water; stir occasionally until mixture becomes hard to stir. Transfer chocolate mixture to a medium mixing bowl. Beat the cooled chocolate mixture until light and fluffy. Spread filling in a baked pastry shell. Cover and chill until set. Garnish with whipped cream and chocolate curls.

# DREAM APRICOT PIE

---

## Filling:

<i>17-oz. can apricot halves packed in heavy syrup</i>	<i>2 tsp. grated lemon peel</i>
<i>2 env. unflavored gelatin</i>	<i>1 tsp. vanilla extract</i>
<i>½ c. granulated sugar</i>	<i>1½ c. heavy cream</i>
	<i>¼ c. apricot preserves, softened</i>

## Topping:

<i>1 c. heavy cream</i>	<i>1 T. apricot-flavored brandy or 1</i>
<i>¼ c. apricot preserves, softened</i>	<i>tsp. grated lemon peel</i>
<i>1 T. confectioners' sugar</i>	<i>Sliced, canned apricots (opt.)</i>

**Filling:** Drain apricot halves, reserving ½ cup syrup. In food processor or blender, process apricots to fine purée; set aside. In saucepan, sprinkle gelatin over reserved apricot syrup; let stand about 5 minutes to soften. Add sugar; cook over low heat about 1 minute, stirring constantly just until gelatin and sugar are completely dissolved. Remove from heat; stir in reserved apricot purée, grated lemon peel and almond extract. Transfer mixture to large bowl; refrigerate about 15 minutes until mixture mounds slightly when dropped from spoon, stirring occasionally. Meanwhile, in medium-sized bowl, beat 1½ cups cream until soft peaks form; fold gently, but thoroughly into apricot mixture. Spread ¼ cup preserves over bottom of cooled crust; pour in filling. Refrigerate at least 3 hours or overnight. **Prepare topping:** In medium-sized bowl, with electric mixer at high speed, beat 1 cup cream until soft peaks form; fold in ¼ cup preserves, confectioners' sugar and apricot brandy. Swirl topping over pie; decorate with sliced apricots, if desired.



## PRALINE PUMPKIN PIE

---

2 eggs  
2 c. pumpkin  
1 c. brown sugar

1½ c. milk  
1 tsp. cinnamon  
½ tsp. nutmeg

In a large mixing bowl, blend eggs, sugar, pumpkin and milk. Add spices. Set aside.

### *Praline layer:*

½ c. caramel topping

½ c. toasted pecans

Pour praline layer in unbaked pie shell. Pour on pumpkin mixture. Bake at 350° for 50-55 minutes. Cool pie.

### *Topping:*

3-oz. pkg. cream cheese  
1 sm. ctn. whipped topping

¼ tsp. nutmeg

Beat cream cheese until fluffy. Add whipped topping and nutmeg. Spread over pie, sealing to edge of crust.

## CARAMEL-APPLE PIE

---

½ pkg. pie crust mix  
1½ sugar  
¼ c. flour

1½ tsp. cinnamon  
6 c. peeled & sliced apples

Combine apples, flour, sugar and cinnamon. Place in prepared pastry shell.

### *Crumb topping:*

1 c. flour  
½ c. brown sugar

½ c. butter

Mix and sprinkle over filling. Bake at 400° for 50 to 60 minutes. Mix 1 cup caramel apple dip with 3 tablespoons milk and drizzle on pie after it is cooled.

## LEMON MERINGUE PIE

---

<i>1 c. sugar</i>	<i>1 T. butter</i>
<i>1/4 c. cornstarch</i>	<i>3 egg whites</i>
<i>1 1/2 c. cold water</i>	<i>1/3 c. sugar</i>
<i>3 egg yolks, slightly beaten</i>	<i>1 baked pie crust</i>
<i>1/4 c. lemon juice, zest of 1 lemon</i>	

In medium saucepan, combine sugar and cornstarch. Gradually stir in water until smooth. Blend in egg yolks, stirring constantly, bring to a boil over medium heat. Stir in zest of one lemon, 1/4 cup lemon juice and tablespoon of butter. Spoon hot filling into crust. In a small mixing bowl, beat egg whites at high speed until foamy. Beat in 1/3 cup sugar until stiff peaks form. Spread over hot filling, sealing to crust. Bake at 350° for 15-20 minutes.

## FLORIDA KEY LIME PIE

---

### *Crust:*

<i>1 1/4 c. graham cracker crumbs, about 5 double crackers</i>	<i>2 T. granulated sugar</i>
	<i>1/3 c. butter or margarine, melted</i>

### *Filling:*

<i>Yolks of 5 lg. eggs</i>	<i>2 T. coarsely grated lime peel</i>
<i>1/2 c. freshly squeezed lime juice</i>	<i>2 1/2 c. heavy cream</i>
<i>1/3 c. granulated sugar</i>	<i>1 sm. lime, sliced, opt.</i>
<i>1/8 tsp. salt</i>	

**Prepare crust:** Heat oven to 375°. In 9-inch pie plate, combine graham cracker crumbs and 2 tablespoons sugar; stir in butter until blended. Press mixture firmly over bottom and sides of pie plate; bake 10 minutes until browned. Cool. **Filling:** In top of double boiler, using wire whisk, beat egg yolks, lime juice, 1/3 cup sugar and salt until well blended. Set over simmering water, cook about 5 minutes, stirring until mixture is thick. Remove from heat; stir in 1 tablespoon grated lime peel. Refrigerate mixture until cool. Meanwhile, in large bowl with electric mixer at medium speed, beat cream until soft peaks form. Set 1 cup whipped cream aside for garnish; fold cooled lime mixture into remaining cream. Spoon filling into prepared crust; refrigerate at least 2 hours until set. **To serve:** Spoon remaining whipped cream over top of pie; sprinkle cream with remaining 1 tablespoon lime peel. Garnish with lime slices.

# BUTTERSCOTCH PIE

---

*1½ c. brown sugar*  
*3 T. water*  
*3 c. milk*  
*7 T. flour*

*3 egg yolks*  
*4 T. butter*  
*¾ tsp. vanilla*

Cook the brown sugar and water together until a syrup is formed. Put in the top of a double boiler and place over boiling water. Add some of the cold milk to the flour until it makes a thin, smooth paste. Combine the beaten egg yolks with the remainder of the milk and add these two mixtures, one at a time to the syrup, stirring constantly. Let cook over a surface burner, stirring until it has thickened and is smooth. Add the butter and flavoring last. When the mixture has become thickened, put it in a 9½-inch baked pastry shell and cover with meringue.

## *Meringue:*

*3 egg whites*  
*¼ tsp. salt*  
*6 T. sugar*

*½ tsp. vanilla*  
*½ tsp. almond extract*

Add the salt to the egg whites and beat until stiff. Fold the sugar gradually into them and add the flavoring. Spread this meringue on the top of the filling and place in the oven at 350° for 15 to 20 minutes.



# CREAM PIE

---

*3 1/3 c. milk*

*4 T. flour*

*2 T. cornstarch*

*3 egg yolks*

*1 c. sugar*

*1/8 tsp. salt*

*3 T. butter*

*1 tsp. vanilla*

Mix the flour and cornstarch with 1/3 cup of the cold milk, mix to a thin, smooth paste. Then scald the remaining milk. Beat the egg yolks, add the sugar and salt. Add a small amount of the scalded milk to the flour paste. Add some to the egg and sugar mixture. Pour each mixture slowly into the scalded milk. Stir together to prevent lumping and cook until thick. Remove from the fire, add the butter and flavoring. Pour into a 9 1/2-inch baked pastry shell. Cover with a meringue and brown at 350° for 15 to 20 minutes.

**Variations:** For coconut cream pie add 1 cup of coconut to the cream or sprinkle coconut on meringue before baking. For banana cream pie: Slice banana that has been coated with lemon juice. Line pie crust with the bananas and pour on cream mixture.



# RASPBERRY BAKED ALASKA

---

1 pkg. pie crust mix  
2 T. sugar (for pastry)  
1 egg, beaten  
2 T. cornstarch  
2 T. raspberry flavor liqueur or 2  
T. white wine  
1 c. bottled red raspberry syrup

Red food coloring  
1 qt. vanilla ice cream  
4 egg whites  
1/4 tsp. cream of tartar  
1/4 tsp. salt  
1/2 c. sugar (for meringue)

Prepare pie crust. Prick bottom of pastry with a fork. Bake at 400° for 15 minutes or until pastry is golden; cool completely on wire rack. While pastry bakes: combine cornstarch and raspberry liqueur or white wine in a small saucepan; stir in raspberry syrup. Cook, stirring constantly until mixture thickens. Remove from heat; tint red with a few drops red food coloring. Cool sauce completely. Drizzle several spoonfuls of raspberry sauce onto the bottom of the cooled pastry. Scoop on the ice cream with a large serving spoon; drizzle more sauce over, continue layering sauce and ice cream, ending with ice cream. Press down slightly on all layers. Freeze while making meringue. Beat egg whites with cream of tartar and salt until doubled in volume in a medium-sized bowl. Beat in the 1/2 cup sugar, 1 tablespoon at a time, until meringue stands in firm peaks. Frost ice cream completely with a thick coating of meringue, being sure to spread meringue onto pastry edge and making deep swirls. Freeze until serving time. Bake at 475° for 3 minutes, or until meringue is light brown. Drizzle with remaining sauce.

# MINCE APPLE-RAISIN PIE

---

1 pkg. mincemeat  
3 1/2 c. apples, sliced  
1 c. raisins  
2 T. butter

3 T. flour  
2 1/2 c. sugar  
3 c. water  
Prepared pie crust

**Precook filling:** Cook apples, raisins, mincemeat, sugar and water until apples are soft. Thicken with the 3 tablespoons of flour. Pour in pie crust. Dot with butter. Transfer top crust on pie. Bake at 350° until crust is light brown.

## LATTICE PEACH PIE

---

*1/2 c. sugar*

*3 T. flour*

*1/2 tsp. ground cinnamon*

*1/2 tsp. salt*

*6 lg. ripe peaches*

*1 T. lemon juice*

*1/4 tsp. almond extract*

*1 pkg. pie crust mix*

*Milk or water*

*Sugar*

Combine sugar, flour, cinnamon and salt in a small bowl. Drop peaches into boiling water for 15 seconds; drain; peel; halve, pit and slice into a large bowl. Sprinkle with lemon juice and almond extract; toss to coat. Add sugar mixture; mix gently. Prepare pie crust, fit into 9-inch pie plate. Trim edge to a 1-inch overhang. Spoon in filling. Roll out remaining pastry to an 11-inch round; cut into 10 strips. Weave strips over top of pie, pressing strips firmly to bottom crust. Turn edges under flush with rim; press to make a stand-up edge; flute. Brush pastry with milk or water, sprinkle with sugar. Bake in 425° oven for 15 minutes. Lower heat to 350°; bake 35 minutes longer or until pastry is golden brown.

## VANILLA OR CHOCOLATE CRUMB CRUST

---

*1 1/2 c. finely, crushed vanilla wafers or for chocolate use chocolate wafers*

*1/2 c. finely chopped pecans*

*1 T. sugar*

*1/3 c. melted butter*

Stir until moistened. Press in a 9-inch pie plate. Bake at 375° for 8 to 10 minutes.

## MARSHMALLOW CREME MERINGUE

---

*3 egg whites*

*Dash salt*

*1 c. marshmallow creme*

Beat egg whites and salt until soft peaks form. Gradually add marshmallow creme, beating until stiff peaks form. Spread over pie filling, sealing to edge of crust. Bake at 350°, 12 to 15 minutes or until lightly browned. Cool.

## STREUSEL TOPPING FOR PIES

---

1 c. flour

½ c. brown sugar

½ c. butter, softened

Blend thoroughly and sprinkle over top of pie. For variation: Substitute white sugar.

## 9-INCH PAT-IN-THE-PAN PIE CRUST

---

1 c. flour

½ c. soft butter

¼ c. finely chopped pecans

¼ c. confectioners' sugar

Heat oven to 400°. With hands, mix all ingredients to a soft dough. Press firmly and evenly against bottom and side of 9-inch pie pan. Bake 12 to 15 minutes or until light brown. Cool.

## PIE CRUST

---

1½ c. flour

½ tsp. salt

½ c. shortening

4 or 5 T. ice water

Sift the salt with the flour. The fat should be worked into this, care being taken not to soften it more than is necessary. Use a fork or two knives to cut it in. When the fat has been worked in until it is of uniform size, add the cold water, slowly until the mixture becomes a stiff dough, which will hold together in one ball.

## *The Trans-Mississippi Homemaker Pies*

Pie! The historical dainty of our heroic ancestry is distinctly American! A dome of flakey brownness, a heart of mingled flavors sweet, a foundation firm and crisp "like mother used to make", a dream of epicurean bliss, a patriotic repast.

## FINE PUFF-PASTE

---

Into one quart of sifted flour, mix two teaspoonfuls of baking powder and a teaspoonful of salt; then sift again. Measure out one teacupful of butter and one of lard, hard and cold. Take the lard and rub into the flour until a very fine, smooth paste. Then put in just enough ice water, say half a cupful, containing a beaten white of egg, to mix a stiff dough. Roll it out into a thin sheet, spread with one-fourth of the batter; sprinkle over with a little flour, then roll up closely in a long roll, like a scroll, double the ends toward the center, flatten and reroll, then spread again with another quarter of the butter. Repeat this operation until the butter is used up. Put it on an earthen dish, cover it with a cloth and set it in a cold plate, in the ice-box in summer; let it remain cold; an hour or more before making out the crust. Tarts made with this paste cannot be cut with a knife when fresh; they go into flakes at the touch. You may roll this pastry in any direction, from you, towards you, sideways, anyway it matters not, but you must have nice flour, ice water and very little of it and strength to roll it, if you would succeed.

## MINCE MEAT

---

Two pounds of lean beef, 1 pound beef suet, 5 pounds apples, 2 pounds raisins (part of them chopped, 2 pounds Sultana raisins, 2 pounds currants, all to be chopped), add  $\frac{1}{2}$  pound citron or candied lemon peel, sliced thin,  $2\frac{1}{2}$  pounds brown sugar, 2 tablespoonfuls cinnamon, 1 of cloves, 1 of allspice, 1 of fine salt, 1 nutmeg, 1 quart cider, 1 pint molasses. Mix and cook till the apples are done.

## CHERRY PIE

---

One quart of cherries, one cupful of sugar. Stone the cherries and use immediately. Put part of the sugar on under crust with a little flour. Add the cherries, then rest of the sugar. Sprinkle with flour and put on top crust.

## Desserts

### RASPBERRY PHYLLO POCKETS

---

1 (10-oz.) purchased pound cake  
 $\frac{1}{3}$  c. seedless raspberry jam,  
melted  
 $\frac{1}{2}$  pt. raspberries  
8 sheets frozen phyllo dough,  
thawed according to pkg.  
directions

$\frac{1}{2}$  c. (1 stick) butter, melted  
 $\frac{1}{2}$  c. confectioners' sugar  
4 oz. bittersweet chocolate, finely  
chopped

Cut cake horizontally into four  $\frac{1}{3}$ -inch thick slices. Cut each into two  $2\frac{1}{2}$ -inch circles. Brush jam over circles. Place 5 berries on each round. Place phyllo dough on clean, flat work surface. Cover with damp cloth. Remove one sheet; brush lightly with butter, starting from center, working toward edges, coating completely. Dust with 2 tablespoons confectioners' sugar. Cut in half crosswise; stack 2 halves at slight angle. Place cake in center. Divide chocolate into eighths; sprinkle a portion on cake. Fold phyllo up around cake; pinch together at top. Brush tops and sides with butter. Place in freezer while assembling 7 more. Heat oven to 400°. Grease baking sheet. Place pockets on baking sheet. Bake in 400° oven until the phyllo begins to brown, 6 to 8 minutes. Remove from oven. Dust with remaining confectioners' sugar. Serve warm.



# ALMOND CREAM-PUFF RING

---

1 c. water

1/2 c. butter or margarine

1/4 tsp. salt

1 c. all-purpose flour

4 eggs

Almond Cream Filling

Chocolate Glaze

In 2-quart saucepan, over medium heat, heat water, butter or margarine and salt until butter melts and mixture boils. Remove saucepan from heat. With wooden spoon, vigorously stir in flour all at once until mixture forms a ball and leaves the sides of saucepan. Add eggs to flour mixture, one at a time, beating after each addition, until mixture is smooth and satiny. Cool mixture slightly. Preheat oven to 400°. Lightly grease and flour large cookie sheets. Using 7-inch plate as guide, trace a circle in flour on cookie sheet. Drop batter by heaping tablespoons into ten mounds, inside circle, to form a ring. Bake ring 40 minutes or until golden. Turn off oven; let ring remain in oven 15 minutes. Remove ring from oven; cool on wire rack. When cool, with long serrated knife, slice horizontally in half. Prepare Almond Cream Filling; spoon into bottom of ring. Replace top of ring. Refrigerate. Prepare Chocolate Glaze. Spoon glaze over top of ring. Makes 10 servings. **Almond-Cream Filling:** Prepare one 3½ to 3¾-ounce package vanilla-flavor instant pudding and pie filling as label directs but use only 1¼ cups milk. Fold in cup heavy whipped cream, whipped and 1 teaspoon almond extract. **Chocolate Glaze:** In heavy 1-quart saucepan, over low heat, heat ½ cup semi-sweet-chocolate pieces with 1 tablespoon butter or margarine, 1½ teaspoons milk and 1½ teaspoons light corn syrup until smooth, stirring occasionally.



# CHOCOLATE STRAWBERRY SHORT CAKE

---

*1½ c. flour*  
*½ c. sugar*  
*3 tsp. baking powder*  
*¼ tsp. salt*  
*3 T. cocoa*

*⅔ c. cold, unsalted butter*  
*⅔ c. milk*  
*⅔ c. semi-sweet chocolate morsels, chopped*

In mixing bowl, combine flour, sugar, cocoa powder, salt and baking powder. Mix well, cut in butter, add chopped chocolate morsels and milk. Stir gently until dry ingredients are moistened. Spread batter in greased 8-inch round cake pan. Bake at 400° for 25 minutes. Cool. With serrated knife, slice cake in half horizontally. Place cut side up on serving plate. Put another ½ shortcake aside.

## *Whipped filling:*

*1 c. heavy cream*  
*2 T. confectioners' sugar*  
*½ tsp. vanilla*

*2 pt. fresh strawberries*  
*¼ c. sugar*

In a large bowl, combine cream, confectioners' sugar and vanilla. Beat with mixer at high speed until stiff peaks form. In separate bowl, mix 2 pints fresh, sliced strawberries and 4 cups granulated sugar; stir until sugar is dissolved. Layer ½ whipped topping on shortcake, top with 3 cups of sweetened strawberries. Place remaining shortcake layer, cut side down. Use remaining whip cream mixture on top. Arrange remaining strawberries over whip cream. **Optional:** Drizzle chocolate sauce on assembled shortcake.





## CHERRY DANISH

---

1 (8-oz.) pkg. cream cheese, at room temp.

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

2 T. all-purpose flour

2 tsp. grated lemon rind

1 T. fresh lemon juice

1 tsp. vanilla

2 (8-oz.) pkgs. refrigerated crescent roll dough

$\frac{3}{4}$  of (21-oz.) can cherry pie filling

1 egg, lightly beaten with 1 T.

water

$\frac{1}{4}$  c. sliced almonds

Stir together cream cheese, sugar, flour, lemon rind, lemon juice and vanilla in a medium-sized bowl with a wooden spoon until well-blended and smooth. Heat oven to 375°. Unroll 1 package of dough and separate dough into 4 rectangles. On a lightly floured work surface, cut each rectangle crosswise in half to make 2 squares from each rectangle. Pinch together any perforations or holes in dough. Then stretch the 2 opposite corners of each square slightly to lengthen the dough and form the flaps that will enclose the filling. Then transfer to ungreased baking sheet. Spoon 1 tablespoon of cheese filling diagonally onto center of each square, at right angle to stretched corners. Top with about 1 tablespoon cherry pie filling. Fold one of the flaps across mixture. Fold other flap across, overlapping first flap. Brush each Danish with egg and water mixture. Sprinkle with some of the almonds. Continue making more Danishes with remaining crescent roll dough, cheese filling and cherry pie filling, including the second package of dough. Bake in 375° oven, 15 to 18 minutes or until golden. Remove to wire rack to cool.



## FUNNEL CAKES

---

<i>1 c. plus 2 T. all-purpose flour</i>	<i>1/8 tsp. salt</i>
<i>3/4 c. milk</i>	<i>1 egg</i>
<i>1 tsp. baking powder</i>	<i>2 T. confectioners' sugar</i>
<i>1 tsp. almond extract</i>	<i>Salad oil</i>

In skillet, over medium heat, heat about 3/4-inch salad oil to 325° on deep-fat thermometer. Meanwhile, in medium bowl, with wire whisk, mix flour with milk, baking powder, almond extract, salt, egg and sugar. Holding narrow-spouted funnel (1/2 inch spout), closed with finger; pour 1/4 cup batter into funnel. Over hot oil, carefully remove finger to let batter run out in a stream, while making a spiral about 6 inches in diameter. Fry 3 to 5 minutes until golden brown, turning once with tongs. Drain well on paper towels. Keep warm. Repeat with remaining batter, stirring well before pouring. Sprinkle funnel cakes lightly with confectioners' sugar. Serve warm.

## CHOCOLATE SORBET

---

<i>1 c. sugar</i>	<i>2 c. water</i>
<i>1/2 c. unsweetened cocoa powder</i>	<i>2 T. light corn syrup</i>
<i>Pinch salt</i>	

Whisk sugar, cocoa powder and salt in heavy, medium saucepan to blend. Gradually whisk in 2 cups water. Mix in corn syrup. Stir over medium heat until sugar dissolves (do not boil). Refrigerate mixture until cold, about 2 hours. **To make sorbet:** Transfer mixture to 13 x 9-inch glass baking dish. Freeze mixture until firm, stirring occasionally about 5 hours. Break sorbet into large pieces and transfer to processor. Purée sorbet until smooth and creamy. Spoon sorbet into container; cover and freeze until firm. Let sorbet stand at room temperature 5 minutes before serving.

## APRICOT MOUSSE

---

*1 can apricot halves*  
*Water*  
*2 (3-oz.) pkgs. apricot flavored gelatin*

*1 c. plain yogurt*  
*2 c. whipped topping*

Drain apricots, reserving syrup. Add water to syrup to measure 1 cup. Set aside. Reserve 6 apricot halves for garnish; purée remainder in blender or food processor. Set aside. Dissolve gelatin in 1½ cups boiling water. Add apricot syrup. Chill until consistency of thick egg white, 45 minutes to 1 hour. Stir in puréed apricots and yogurt until well blended. Mold. Chill until firm. Unmold. Garnish with pressurized whipped topping and reserved apricot halves, cut into quarters.

## CHOCOLATE BOMBE

---

*1 c. sm. almond macaroons (amaretto)*  
*¼ c. rum*  
*½ c. coarsely chopped filberts*

*1 qt. chocolate ice cream*  
*½ tsp. ground cinnamon*  
*Sweetened whipped cream*  
*Chocolate curls*

Place macaroons in a shallow bowl. Pour rum evenly over them. Let stand about 30 minutes. Spread filberts in a shallow baking pan. Toast at 350° until lightly browned, about ten minutes. Let stand until cool. Let ice cream stand at room temperature until slightly softened. Mix in cinnamon, then fold in filberts. Spoon a third of the ice cream into a 5-cup ice cream mold or round metal bowl. Add half of the macaroons, another third of the ice cream, remaining macaroons, then the last half of the ice cream. Cover and freeze until firm, at least 3 hours. Unmold ice cream onto a chilled serving plate. Garnish with sweetened whipped cream and chocolate curls.

## *S*TRAWBERRY CHEESECAKE TRIFLE

---

2 (8-oz.) *pkgs. cream cheese*  
2 c. *confectioners' sugar*  
1 c. *dairy sour cream*  
 $\frac{1}{2}$  tsp. *vanilla extract*  
 $\frac{1}{4}$  tsp. *almond extract*  
 $\frac{1}{2}$  pt. *whipping cream*  
 $\frac{1}{2}$  tsp. *vanilla extract*  
1 T. *sugar*

1 *angel food cake, torn into bite-size pieces*  
2 qt. *fresh strawberries, thinly sliced*  
3 T. *sugar*  
3 T. *almond-flavored liqueur or almond extract to taste*

In a large bowl, cream together cream cheese and sugar; add sour cream, vanilla and almond extract. Set aside. In a small, deep bowl, whip the cream, vanilla and sugar. Fold whipped cream into cream cheese mixture. Add cake pieces; set aside. Combine strawberries, sugar and almond liqueur/extract. Layer together in large glass bowl, starting with strawberries, then adding cake mixture. Continue layering; finish with strawberries. Cover with plastic wrap; chill well.

## *S*TRAWBERRY CREAM CHEESE ICE CREAM

---

8-oz. *pkg. cream cheese, softened*  
7-oz. *jar marshmallow creme*

1 pt. *strawberries, mashed*  
1 c. *whipping cream*

Combine cream cheese and marshmallow creme in large bowl of electric mixer, mixing until well blended. Add strawberries and whipped cream; mix well. Pour into 9-inch square pan. Freeze until almost firm. Coarsely chop mixture; spoon into chilled bowl. Beat with electric mixer until smooth; freeze until firm. Place in refrigerator 20 to 30 minutes before serving.

## ALMOND GELATIN

---

1 env. unflavored gelatin  
1/4 c. water  
1 (8-oz.) pkg. cream cheese,  
softened  
1/2 c. sugar  
1 tsp. almond extract

1 c. milk  
1 (16-oz.) can sliced peaches,  
drained  
1 c. frozen whipped dessert  
topping, thawed

Combine gelatin and water in a small saucepan. Let stand 5 minutes. Cook over low heat until gelatin has dissolved. Set aside. Beat together cream cheese, sugar and almond extract in a mixing bowl. Add milk and beat until smooth. Stir in gelatin mixture. Chill until mixture is partially set (about 15 minutes). Meanwhile, chop 1 cup of the peaches. Reserve remaining peach slices for garnish. Fold chopped peaches and dessert topping into gelatin mixture. Pour into a 6-cup mold. Chill for 4 hours or until firm. Unmold gelatin onto serving plate and garnish with reserved peach slices.

## FROZEN PINEAPPLE MOLD

---

1 (1 lb. 4-oz.) can sliced pineapple  
1 c. salad dressing  
1/4 c. honey

1 c. quartered maraschino cherries  
2/3 c. slivered almonds, toasted  
2 c. whipping cream, whipped

Drain pineapple, reserving 1/4 cup syrup. Combine salad dressing, reserved syrup, cherries, almonds and honey; fold in whipped cream. Alternate layers of salad dressing mixture and sliced pineapple in 2-pound coffee can. Cover with plastic wrap; freeze. To unmold: Run knife around inside of can, cut bottom from can and leave in, wrap can in warm, wet towel and push bottom to slide out. Sprinkle with additional almonds. Slice and serve on dessert plates.

## *F*ROSTED CRANBERRY SQUARES

---

1 (13½-oz.) can crushed pineapple      1 (16-oz.) can cranberry sauce  
2 (3-oz.) pkgs. lemon gelatin          1 (8-oz.) ctn. whipped topping  
1 c. 7-Up or water                          ½ pkg. cream cheese (4 oz.)  
½ c. pecans, chopped

Drain pineapple, add water to syrup to make 1 cup. Heat liquid until it boils. Dissolve gelatin into hot liquid. Cool. Add 7-Up or water. Chill until almost set. Blend drained pineapple and cranberry sauce. Fold into the gelatin mixture. Pour into 9 x 12-inch dish. Fold softened cream cheese and whipped topping together. Spread on top of set gelatin. Sprinkle nuts on top.

## *C*HOCOLATE PEARS

---

6 pears, peeled with stems intact      1½ c. seedless raspberry sauce  
½ vanilla bean, split                      1 pkg. semi sweet chocolate  
½ c. sugar

In a large saucepan, add water, pears, vanilla bean and sugar. Bring to a boil, then simmer until pears are tender, 20-30 minutes. Cool. Melt chocolate slowly in heavy saucepan and cover pears completely with chocolate. Cool. Mix raspberry sauce with 3 tablespoons of white wine. Pool on individual dessert plates, placing pear in center, sprinkle with fresh raspberries. Serves 6.

## *B*ANANA FRITTERS

---

½ c. milk    Pinch salt  
2 tsp. melted butter                      6 med. bananas, firm  
1 egg    5 T. sugar  
¾ c. flour                                        Vegetable oil  
½ tsp. baking powder

Pour oil into fry pan. Heat oil to 375°. Beat milk, egg and melted butter until blended. Add flour, baking powder and salt to milk mixture. Peel bananas, cut each in 3 pieces. Coat bananas completely with batter. Fry until golden brown. Drain on paper towel. Sprinkle sugar on top-coat fritter.

## SNOWY SHOWY MERINGUE

---

4 egg whites  
2 c. confectioners' sugar

$\frac{1}{2}$  tsp. cream of tartar  
 $\frac{1}{4}$  tsp. salt

Separate whites from yolks. Bring whites to room temperature. Beat whites until frothy, add cream of tartar and salt. Continue beating until soft peaks form. Add sugar slowly. Beat until stiff peaks form. In preparing design, draw desired pattern on brown paper. Then lightly oil and flour paper and set on ungreased cookie sheet. Pipe or spoon meringue into desired shape on top of paper. Bake at 250° for 1 hour. If meringue begins to brown, turn off oven. Leave meringue in turned off oven for at least one hour or overnight. In making design, you can make them as large as a dinner plate or in small baskets or any preferred design. Fill with fruit, sherbet, puddings, etc.

## LACY DESSERT BASKETS

---

$\frac{3}{4}$  c. quick-cooking rolled oats  
 $\frac{1}{2}$  c. sugar  
 $\frac{1}{3}$  c. flour  
 $\frac{1}{4}$  tsp. baking powder

6 T. butter or margarine, melted  
2 T. milk  
2 T. light corn syrup

Blend all ingredients in mixing bowl. Drop by level measuring-tablespoonfuls onto well-greased cookie sheet, leaving plenty of space between (4 to a sheet). With back of spoon spread each to form a 3-inch cookie. Bake in preheated 375° oven, 6 minutes or until caramel colored. Cool only  $\frac{1}{2}$  minute. Working quickly, remove each cookie with long, flexible spatula and place on inverted 6-ounce custard cup; mold with hands to form basket. (If cookies harden before they are shaped, return to oven for 1 minute.) Cool baskets before removing from cups. To serve: Fill baskets with ice cream, whip cream or fruit. Makes 18.

## DESSERT PIZZA

---

- 1 (20-oz.) pkg. refrigerated cookie dough, any flavor
- 3 c. thawed whipped topping
- 2 c. assorted fruit, such as sliced banana or kiwi, fresh or thawed frozen strawberry slices, halved grapes, drained, canned peach slices or crushed pineapple

Heat oven to 350°. Press dough evenly into 12-inch pizza pan. Bake 15 to 20 minutes or until golden brown. Cool in pan on wire rack. Place cookie crust on serving plate. Spread whipped topping on cookie crust. Garnish with fruit. Serve immediately or refrigerate until ready to serve.

## STREUSEL COFFEE CAKE

---

### *Topping:*

- 1 c. sugar
- 2 tsp. cinnamon
- $\frac{2}{3}$  c. brown sugar

Mix and set aside.

### *Cake:*

- 1 c. butter
- 1 tsp. baking soda
- 1 c. sugar
- $\frac{1}{2}$  tsp. salt
- 2 eggs
- 1 c. sour cream
- 2 c. flour
- 1 tsp. vanilla

Blend butter, sugar and eggs. Add dry ingredients. Fold in sour cream and vanilla. Grease a 9 x 13-inch pan. Spread half of the batter in pan and sprinkle on half of the topping. Put on remaining batter, then the last of the topping. Bake at 350° for 30 minutes.

# STRAWBERRY/RHUBARB COFFEE CAKE

---

## *Filling:*

<i>4½ c. rhubarb, chopped</i>	<i>3 T. lemon juice</i>
<i>24 oz. frozen, sliced strawberries, thawed</i>	<i>1½ c. sugar</i>
	<i>½ c. cornstarch</i>

## *Cake:*

<i>3 c. flour</i>	<i>1 c. butter, softened</i>
<i>1 c. sugar</i>	<i>1 c. buttermilk</i>
<i>1 tsp. baking powder</i>	<i>2 eggs, slightly beaten</i>
<i>1 tsp. salt</i>	<i>1 tsp. vanilla</i>

## *Topping:*

<i>¾ c. sugar</i>	<i>¼ c. butter</i>
<i>½ c. flour</i>	

**Filling:** Combine fruits in saucepan and cook, covered over medium heat for 5 minutes, stirring occasionally. Add lemon juice, sugar and cornstarch. Cook, stirring for 5 minutes or until thickened. Cool. **To make cake:** Combine flour, sugar, baking powder and salt in large bowl; cut in butter until mixture is crumbly. Beat together buttermilk, eggs and vanilla; add to the flour mixture. Spread one-half of batter in greased 13 x 9-inch baking pan. Spread fruit over batter. Spoon remaining batter in small mounds on top of filling. Mix topping ingredients until crumbly; sprinkle over all. Bake at 375° for 45 minutes.



# ORANGE GLAZED CARROT BREAD

---

*2½ c. sugar*

*4 eggs*

*½ c. oil*

*⅓ c. buttermilk*

*1 tsp. lemon extract*

*1 tsp. soda*

*2 tsp. baking powder*

*3½ c. grated carrot*

*3 c. flour*

*1½ tsp. cinnamon*

Thoroughly mix sugar and eggs. Add buttermilk and lemon extract. Mix dry ingredients and slowly fold into cream mixture. Add carrots and blend well. Pour into two bread pans lined with greased and floured waxed paper. Bake at 350° for 45 to 55 minutes. While warm, make holes in bread with fork. Pour on glaze.

*Glaze:*

*1 c. sugar*

*1 can frozen orange juice, thawed  
(undiluted)*

Boil together and pour over baked bread.



## HAWAIIAN BANANA BREAD

---

2 c. flour  
1 tsp. baking powder  
½ tsp. baking soda  
¼ tsp. salt  
½ c. butter, softened  
1½ c. sugar  
2 slightly beaten eggs

1 tsp. vanilla  
1 c. mashed, ripe bananas (about 3  
bananas)  
½ c. chopped pecans  
1 (8-oz.) pkg. cream cheese  
1 egg  
½ c. coconut

Preheat oven to 350°. Grease bottom and ½-inch up sides of two loaf pans; set aside. Combine flour, baking powder, baking soda, salt and cinnamon; set aside. In a large bowl, beat butter. Add ½ cup of the sugar, the 2 eggs and vanilla; beat until combined. Add dry mixture and mashed bananas alternately to beaten mixture until combined. Stir in pecans. In a medium bowl, beat cream cheese, remaining egg and remaining ¼ cup sugar until almost smooth. Stir in coconut. Pour one-fourth of the banana batter into each loaf pan. Spoon one-fourth of the cream cheese mixture over each loaf. Using a spatula, cut through the batter to marble. Repeat the two layers as above but do not marble. Bake about 50 minutes or until a toothpick inserted in center comes out clean. Cool in pans on wire rack for 10 minutes. Remove loaves from pans. Cool completely. Makes 2 loaves.

## STRAWBERRY BREAD

---

½ c. butter or margarine  
1 c. sugar  
½ tsp. almond extract  
2 eggs, separated  
2 c. flour

1 tsp. baking powder  
1 tsp. soda  
1 tsp. salt  
1½ c. crushed or chopped fresh  
strawberries

Cream together butter, sugar and almond extract. Beat in egg yolks, one at a time. Sift together flour, baking powder, baking soda and salt. Add flour mixture alternately with strawberries to creamed mixture. Beat egg whites until stiff. Fold into strawberry mixture. Line a 9 x 5-inch loaf pan with greased waxed paper. Turn batter into pan. Bake at 350° for 50 to 60 minutes or until bread tests done. Cool 15 minutes of rack. Remove from pan and cool. Makes one loaf.

## MONKEY BREAD

---

2 loaves frozen sweet roll dough,  
thawed  
 $\frac{2}{3}$  c. white or brown sugar

1 tsp. cinnamon  
 $\frac{1}{4}$  c. butter, melted

Combine sugar and cinnamon. Set aside. Cut each loaf into 12 to 16 irregular slices. Roll out dough to  $\frac{1}{4}$  inch thickness; with cookie cutters, cut dough into heart, scalloped diamonds or any shape desired. Dip slices in melted butter; then in sugar/cinnamon mixture. Place in well-greased bundt or tube pan. Cover and let rise in a warm place until doubled, 1 to 2 hours. Bake in a 350 oven for 30 to 40 minutes until golden brown. Invert on serving plate and serve while warm.

## EASY CARAMEL ROLLS

---

2 pkgs. frozen dinner rolls  
1 pkg. butterscotch pudding, not  
instant pudding  
1 stick margarine

1 c. brown sugar  
1 c. nuts  
2 tsp. cinnamon

Grease 9 x 13-inch pan. Sprinkle nuts in pan. Place frozen rolls on top. In saucepan, bring to boil butterscotch pudding, margarine, brown sugar and cinnamon. Cool. Pour over rolls and refrigerate overnight. Bake in morning at 350° for 30 minutes. Invert pan on serving plate.

## SUNRISE MUFFINS

---

2 c. flour  
1 c. sugar  
2 tsp. baking powder  
2 tsp. cinnamon  
 $\frac{1}{2}$  tsp. baking soda  
 $\frac{1}{4}$  tsp. salt  
2 c. shredded carrots

1 c. finely chopped apples  
 $\frac{1}{2}$  c. raisins  
 $\frac{1}{2}$  c. coconut  
3 eggs  
 $\frac{3}{4}$  c. cooking oil  
2 tsp. vanilla

Mix dry ingredients, then add apples, carrots, raisins, nuts and coconut. In a separate bowl, stir eggs, oil and vanilla together. Add the liquid mixture with the flour mixture. Do not overmix. Bake in muffin pan, lined with paper cups. Bake at 350° for 30 minutes.

## STEAMED CHERRY PUDDING

---

*Butter*

*1¼ c. sugar, divided*

*3 lg. eggs*

*1 c. scalded milk*

*1 T. vanilla*

*16-oz. loaf white bread, crust removed, cut into ¾-in. cubes*

*2½ c. pitted sour cherries, fresh or frozen*

*1 c. heavy cream, whipped*

Thoroughly butter a one-quart decorative pudding or cake mold, including the top of the mold. Sprinkle with one-fourth cup sugar. Whisk together the eggs and one cup sugar until thick and pale yellow. Add the scalded milk and vanilla and continue whisking until thoroughly mixed. Layer the bread and cherries into the mold, starting and finishing with the bread. Pour the egg-milk mixture over the bread and cherries. Cover the mold with its top. If using a cake mold, cover tightly with foil and secure with string. Place the mold on a rack inside a large pot. Fill the pot with enough boiling water to come halfway up the side of the mold. Cover the pot, place over medium heat and steam the pudding for one hour. Remove the mold from the pot and allow to cool. Turn out the pudding onto a decorative platter or cooled cake pedestal. Garnish with softly whipped cream.

## CHOCOLATE BREAD PUDDING

---

*4 oz. unsweetened chocolate*

*½ c. semi-sweet chocolate pieces*

*2 T. butter*

*7 eggs*

*3 c. whipping cream*

*½ c. sugar*

*1 tsp. ground cinnamon*

*1 tsp. vanilla*

*6 c. dry ½-in. French bread cubes*

In a large, heavy saucepan, melt chocolates and butter over low heat, stirring until melted. In a large mixing bowl, beat together eggs, cream, sugar, cinnamon and vanilla until just combined. Gradually add milk mixture to melted chocolate, stirring constantly. Fold in bread. Pour into greased baking dish. Bake in a 325° oven for about 1½ hours or until a knife inserted near the center comes out clean. Cool slightly. Serve with whipped cream or ice cream, if you like.

# *The Trans-Mississippi Homemaker*

## *Desserts*

### *N*EST OF EASTER EGGS

---

Soak 1 ounce gelatin in 1 pint cold water; put 5 ounces sugar into one quart sweet cream and flavor with vanilla. Melt gelatin over boiling water and stir into the cream. Take egg shells that have just a small hole in the top and have been thoroughly washed out; fill with the cream and stand aside to harden. Take strips of lemon peel and cook until tender; put on sieve to drain and get cold. Make a lemon jelly and color with saffron. When ready to serve, break the lemon jelly and put in a dish, peel the eggs and lay in the nest, put the lemon strip around the outside to represent straws.

### *M*LTON PUDDING

---

One pint stale bread crumbs, 1 quart sweet milk, 2 eggs, 2 ounces grated chocolate, 3 tablespoonful sugar, saltspoonful salt, saltspoonful ground cinnamon; put the bread, milk, cinnamon and chocolate in a bowl and soak two hours; beat together eggs, sugar and salt, then add the bread and milk. Pour in a pudding dish, bake in slow oven forty minutes, and serve with egg sauce. Beat the whites of 2 eggs stiff and add a little at a time, 1 cup powdered sugar; when smooth, add 1 tablespoonful vanilla and the yolks of two eggs; beat a minute, then stir 1 cup whipped cream or 3 tablespoonfuls milk. Serve at once.

### *C*OCCOANUT ICE-CREAM

---

One quart of cream, one pint of milk, three eggs, one cupful and a half of sugar and one of prepared coconut, the rind and juice of a lemon. Beat together the eggs and grated lemon rind, and put with the milk in the double boiler. Stir until the mixture begins to thicken. Add the coconut and put away to cool. When cool, add the sugar, lemon juice and cream. Freeze.

## SAVORY BISCUITS OR LADY FINGERS

---

Put nine tablespoonfuls of fine, white sugar into a bowl and put the bowl into hot water to heat the sugar; when the sugar is thoroughly heated, break nine eggs into the bowl and beat them quickly until they become a little warm and rather thick; then take the bowl from the water and continue beating until it is nearly or quite cold; now stir in lightly nine tablespoonfuls of sifted flour; then with a paper-funnel, or something of the kind, lay this mixture out upon papers, in biscuits, three inches long and half an inch thick, in the form of fingers; sift sugar over the biscuits and bake them upon tins to a light brown; when they are done and cold, remove them from the papers, by wetting them on the back; dry them and they are ready for use. They are often used in making charlotte russe.

## RAISED DOUGHNUTS

---

Old fashioned raised doughnuts are seldom seen, now-a-days, but are easily made. Make a sponge as for bread, using a pint of warm water or milk and a large half cupful of yeast; when the sponge is very light, add half a cupful of butter or sweet lard, a coffee-cupful of sugar, a teaspoonful of salt and one small teaspoonful of soda, dissolved in a little water, one tablespoonful of cinnamon, a little grated nutmeg; stir in now two well-beaten eggs, add sifted flour until it is the consistency of biscuit dough, knead it well, cover and let rise; then roll the dough out into a sheet half an inch thick cut out with very small biscuit cutter or in strips half an inch wide and three inches long, place them on greased tins, cover them well and let them rise before frying them. Drop them in very hot lard, raised cakes require longer time than cakes made with baking powder. Sift powdered sugar over them as fast as they are fried, while warm. Our grandmothers put allspice into these cakes; that however is a matter of taste.

## FLOATING ISLANDS

---

Beat the yolks of five eggs and the whites of two very light; sweet with five tablespoonfuls of sugar and flavor to taste. Stir them into a quart of scalded milk and cook it until it thickens. When cool, pour it into a glass dish. Now whip the whites of the three remaining eggs to a stiff froth; adding three tablespoonfuls of sugar and a little flavoring. Pour this froth over a shallow dish of boiling water; the steam passing through it cooks it; when sufficiently cooked, enough apart so that the little white islands will not touch each other. By dropping a teaspoonful of bright jelly on the top or center of each island, is produced a pleasing effect; also by filling wine glasses and arranging them around a standard adds much to the appearance of the table.

## JELLY KISSES

---

Kisses, to be served for dessert at a large dinner, with other suitable confectionery, may be varied in this way: having made the kisses, heap them in the shape of half an egg, placed upon stiff-letter paper lining the bottom of a thick baking pan; put them in a moderate oven until the outside is a little hardened; then take off carefully, take out the soft inside with the handle of a spoon and put it back with the mixture, to make more; then lay the shell down. Take another and prepare it likewise; fill the shells with currant jelly or jam; join two together, cementing them with some of the mixture; so continue until you have enough. Make kisses, coconut drops and such like, the day before they are wanted. This recipe will make a fair-sized cake-basket full. It adds much to their beauty when served up to tint half of them pale pink, then unite white and pink. Serve on high glass dish.

## STRAWBERRY WATER ICE

---

One quart strawberries, one pound sugar, one quart of water, juice of two lemons. Add sugar and lemon juice to the strawberries, wash them and let stand one hour; strain through a fine sieve; add the water and freeze.

## *P*URE ICE-CREAM

---

Genuine ice-cream is made of the purée of sweet cream in this proportion: two quarts of cream, one pound of sugar, beat up, flavor and freeze. For family use: Select one of the new patent freezers, as being more rapid and less laborious for small quantities than the old style turned entirely by hand. All conditions being perfect, those with crank and revolving dashers effect freezing in eight to fifteen minutes.

### Recipe Favorites

## Recipe Favorites



*Band Shell-Fireworks*



# Hors D'oeuvres

---

## SCALLOPS

---

*2 lbs. scallops*  
*1/2 c. melted butter*  
*1/2 tsp. garlic salt*

*1/4 c. lemon juice*  
*1/4 c. sherry*  
*Bread crumbs*

Mix together butter, garlic, salt and lemon juice. Pour over scallops and marinate one hour. Drain and reserve marinade. Broil scallops 4 inches from broiler until lightly browned. Add sherry and spoon over scallops. Sprinkle with bread crumbs. Broil 1-2 minutes. Serve with toothpicks.

## CRAB STUFFED MUSHROOMS

---

*1/2 c. crab meat, drained & flaked*  
*1/2 pkg. (4 oz.) cream cheese,*  
*softened to room temp.*  
*1/2 tsp. Worcestershire sauce*

*1 T. chopped green onion*  
*1/2 lb. fresh mushrooms, cleaned,*  
*with stems removed*  
*1/2 c. shredded cheddar cheese*

In mixing bowl, combine all ingredients, except for mushrooms and cheddar cheese. Stuff mushroom caps with crab. Bake at 350° for 15 minutes; add cheddar cheese and bake another five minutes until cheese is melted.

# ANTIPASTO

---

2 (6-oz.) jars marinated  
artichokes

½ lb. fresh mushrooms, cleaned &  
halved

1 can black olives

1 jar green olives

1 jar sm. pickled peppers

1 jar pimento

½ lb. Italian salami, cut into  
bite-size pieces

½ lb. provolone cheese, cut in  
chunks

Drain the liquid from all the jars, except the two jars of artichokes. In a large bowl, empty the artichokes and marinate. Combine all the other ingredients. Stir gently. Refrigerate overnight. Serve with bread.

# SWEDISH MEATBALLS

---

*Butter*

1 med. onion, minced

3 lbs. ground beef

2 c. fresh bread crumbs

⅛ tsp. ground mace

2 eggs

2 c. half & half

*Salt*

¼ c. flour

1 tsp. sugar

⅛ tsp. pepper

1 c. water

*Chopped parsley for garnish*

In skillet over medium heat, in 2 tablespoons hot butter, cook onion until tender. In large bowl, mix onion, ground beef, bread crumbs, mace, eggs, ¾ cup half-and-half and 2 teaspoons salt. Shape beef mixture into 1-inch meatballs. In same skillet over medium-high heat, in 2 tablespoons of hot butter, cook meatballs until browned on all sides, removing meatballs to bowl as they brown and adding more butter if necessary. Into drippings in skillet, stir flour, sugar, pepper and ½ teaspoon salt until blended. Gradually stir in water and remaining 1¼ cups half-and-half, stirring to loosen brown bits from bottom of skillet; cook, stirring constantly, until mixture is thickened and boils. Return meatballs to skillet; simmer, covered about 15 minutes to blend flavors, stirring occasionally. Spoon meatballs into chafing dish. Sprinkle with chopped parsley. Makes 24 hors d'oeuvres or 12 main dish servings.

# MACHOS

---

1 lb. ground beef  
½ c. chopped onion  
½ pkg. taco seasoning mix  
4 T. green chili salsa  
1 can refried beans  
1 c. jalapeño dip  
1 c. shredded lettuce  
1 lg. tomato, diced  
4 green onions, chopped

1 can ripe olives, drained & sliced  
1 can diced green chilies,  
drained & rinsed  
2 avocados, diced  
1 c. sour cream  
1½ c. grated cheddar cheese  
1½ c. Monterey Jack cheese  
Tortilla chips

In large skillet, cook ground beef and onion. Drain off fat. Add taco seasoning and chili salsa and set aside. Cream together refried beans and bean dip. Spread mixture in a 13 x 9-inch casserole, top with meat mixture and cheeses. Bake at 350° for 25 minutes or until cheese has melted. Remove from oven and top casserole with lettuce, tomato, green onions, ripe olives, chilies, avocado and sour cream. Serve with tortilla chips.

# EGG ROLLS

---

2 med. carrots, finely shredded (1  
c.)  
1 c. fresh or frozen whole kernel  
corn  
1 c. fresh or frozen chopped  
broccoli  
½ c. sliced, fresh mushrooms  
½ c. chopped, fresh bean sprouts  
½ c. chopped celery

1 c. coarsely chopped, cooked,  
peeled shrimp  
1 T. soy sauce  
¼ tsp. garlic powder  
12 egg roll wrappers  
1 beaten egg white  
1 tsp. water  
Cooking oil for deep-fat frying

In a skillet, cook carrots, corn, broccoli, mushrooms, bean sprouts and celery in butter or margarine, about 8 minutes or until vegetables are almost tender. Stir in shrimp, soy sauce and garlic powder. Place about ¼ cup of the shrimp mixture on each egg roll wrapper. Fold in two opposite sides. Starting from an unfolded side, roll as for jellyroll. Seal edges with a mixture of egg white and 1 teaspoon water. Fry in deep, hot oil (365°) for 1½ to 2 minutes. Drain on paper toweling. Serve with bottled sweet-sour sauce and hot mustard sauce, if desired. Makes 12.

## *P*ASTRAMI PIZZA

---

<i>1/4 c. margarine or butter, melted</i>	<i>8 oz. sliced pastrami</i>
<i>1/2 tsp. dried basil, crushed</i>	<i>1 (6-oz.) can tomato paste</i>
<i>1/4 tsp. dried oregano, crushed</i>	<i>1/3 c. chili sauce</i>
<i>1/8 tsp. pepper</i>	
<i>1 loaf French bread, split lengthwise</i>	

Stir together melted margarine, basil, oregano and pepper. Brush over cut sides of bread halves. Place bread on large baking pan. Top both loaf halves with pastrami slices. In a small bowl, stir together tomato paste, chili sauce, green pepper, olives and green onions. Spread over pastrami. Bake in 400° oven for 15 minutes. Top with mozzarella cheese, tomato and Parmesan cheese. Return to oven. Bake for 3 to 5 minutes more or until cheese melts. Slice each half into 8 pieces.

## *M*ARINATED VEGETABLES

---

<i>1 pkg. Ranch salad dressing mix</i>	<i>2 carrots, peeled, cut in bite-size pieces</i>
<i>1 c. mayonnaise</i>	<i>Cherry tomatoes</i>
<i>1 c. sour cream</i>	<i>Mushrooms</i>
<i>1 lb. broccoli flowerets</i>	

In large bowl, mix package of dressing with sour cream and mayonnaise. Pour mixture over vegetables. Cover and refrigerate overnight.

## *F*LORENTINE DIP

---

<i>1 round loaf of sour dough bread</i>	<i>1 pkg. vegetable soup mix</i>
<i>1 c. sour cream</i>	<i>2 green onions, chopped</i>
<i>1 c. mayonnaise</i>	<i>1 pkg. frozen, chopped spinach</i>

Hollow out center of bread, leaving 1-inch shell. Use center cubes for dipping. Combine all ingredients and refrigerate overnight. To serve: Fill bread loaf with sour cream mixture. Serve with bread cubes and fresh vegetables. Makes 3 cups.

## *H*OT BEAN DIP

---

1 can jalapeño bean dip  
8 oz. sour cream  
1 (8-oz.) pkg. cream cheese,  
softened to room temp.  
½ pkg. taco seasoning mix  
⅛ tsp. Tabasco  
3 oz. Monterey Jack cheese, grated

4 oz. cheddar cheese, grated  
1 ripe avocado, diced  
1 tomato, diced & drained  
¼ c. green pepper, diced  
½ c. black olives, sliced  
Tortilla chips

Mix bean dip, sour cream, cream cheese, taco seasoning mix and Tabasco and spread into baking dish. Top with grated cheese. Bake at 350° for 15-20 minutes until heated. Remove from oven. Top with avocado, tomato, green pepper and olives. Dip with tortilla chips.

## *M*ARSHMALLOW FRUIT DIP

---

2 (8-oz.) pkgs. cream cheese  
1 (13-oz.) jar marshmallow creme  
1 tsp. cinnamon

1 tsp. nutmeg  
1 tsp. vanilla

Mix until smoothly blended. Serve with fruit of your choice.

## *S*ALMON LOG

---

1 can salmon, drained & flaked  
¼ tsp. liquid smoke  
1 (8-oz.) pkg. cream cheese  
1 T. lemon juice

2 tsp. horseradish  
¼ tsp. salt  
1 c. walnuts or pecans

Mix all ingredients. Chill one hour. Shape mixture into log, roll in nuts. Refrigerate several hours. Serve with crackers.

## CHICKEN LIVER PATE

---

<i>3/4 c. chicken livers</i>	<i>1 tsp. salt</i>
<i>1 onion, minced</i>	<i>1/2 tsp. ground cinnamon</i>
<i>3/4 c. butter</i>	<i>1/4 tsp. thyme</i>
<i>3 T. brandy (opt.)</i>	<i>1/8 tsp. cloves</i>
<i>1/2 cooked, chopped chicken</i>	<i>1/8 tsp. white pepper</i>

In a large skillet, cook chicken livers and onion in  $\frac{1}{4}$  cup butter, cook until lightly browned. Add brandy, using a food processor, add liver mixture, cooked chicken and seasoning, mix thoroughly. Add  $\frac{1}{2}$  cup remaining butter; process until fluffy. Place in bowl, cover and chill several hours or overnight.

## TORTILLA ROLL UPS

---

<i>4 (12-in.) flour tortillas</i>	<i>1/2 c. celery, diced</i>
<i>2 (8-oz.) pkgs. cream cheese</i>	<i>1/2 c. red pepper, diced</i>
<i>1 pkg. Ranch dressing mix</i>	<i>1 can black olives, sliced</i>
<i>2 green onions, minced</i>	

Mix cream cheese, Ranch dressing, green onion. Spread over tortilla. Sprinkle on celery, red pepper and olives. Roll up tortillas. Refrigerate 2 hours. Cut off dry ends and cut into  $1\frac{1}{2}$  slices.

## CHEESE RINGS

---

<i>2 c. flour</i>	<i>1/2 c. grated Monterey Jack, Swiss or Parmesan cheese</i>
<i>1 c. butter</i>	<i>1 egg white</i>
<i>1/2 c. whipping cream</i>	
<i>2 tsp. vinegar</i>	

Combine flour and butter in mixing bowl. Cut butter into flour. Mix in cream and vinegar. Stir in cheese and form into ball. Roll dough into a lightly floured surface. Cut into rings using a doughnut cutter. Place rings and centers on ungreased baking sheet. Brush tops with egg white. Sprinkle with additional cheese. Bake at  $450^{\circ}$  for about 10 minutes.

## PECAN SPREAD

---

*4 slices bacon*  
*1 pkg. cream cheese, softened*  
*1 c. sour cream*  
*1/4 c. minced onion*

*1/4 c. minced celery*  
*1/4 c. chopped pecans*  
*1/2 tsp. salt*

Cook bacon; crumble, blend sour cream and cream cheese together. Stir in rest of the ingredients. Mix thoroughly. Serve with crackers.

## CURRY DIP

---

*1 c. sour cream*  
*5 T. mayonnaise*  
*1 tsp. curry powder (or to taste)*  
*1/8 tsp. ground red pepper*

*1 T. catsup*  
*1/4 tsp. Worcestershire*  
*Dash salt*  
*1 clove garlic, minced*

Stir together sour cream, mayonnaise, curry powder, red pepper, catsup, Worcestershire, salt and garlic until blended. Cover and refrigerate. Serve with crisp vegetables.

## GREEN GODDESS DIP

---

*3/4 c. mayonnaise*  
*3/4 c. sour cream*  
*1 can anchovy fillets, drained & finely chopped*  
*1 T. vinegar*

*1 clove garlic, minced*  
*1/4 tsp. salt*  
*1/8 tsp. pepper*  
*Snipped chives*  
*Snipped parsley*

Combine all ingredients; cover and refrigerate. Makes 2 cups.

## MUSHROOM SPREAD

---

*1 lb. mushrooms, sliced*                      *1/4 tsp. seasoned salt*  
*2 T. butter*                                      *1/2 c. cheddar cheese, grated*  
*10 strips cooked, crumbled bacon*      *1 1/2 c. mayonnaise*  
*1/2 onion, minced*

In skillet, sauté mushrooms. Combine mayonnaise, onion, bacon, salt and mushrooms. Spread in dish. Cover with cheddar cheese. Bake at 350° for 15 to 20 minutes. Serve with bread or crackers.

## CHEESE WAFERS

---

*1 c. cheddar or Jarlsberg cheese*  
*Fresh parsley, chives or herbs of*  
*choice*

Place 1 or 2 parsley leaves or pieces of chives at least 2 inches apart on nonstick baking sheet. Top each herb with 1 tablespoon shredded cheese. Bake 6 to 8 minutes until firm. Using wide spatula, remove to warm rack to cool.

## CRUSTADES

---

*24 slices thin bread, crusts*                      *Softened butter*  
*trimmed*

Soften butter. Roll out bread to flatten slightly, with cookie cutter or biscuit cutter. Cut bread into 2 1/2-inch rounds and butter both sides. Place into miniature muffin tins so edges ruffle. Place choice of filling in center. Bake at 325° for 15 to 20 minutes or until lightly browned. These may also be baked empty at 375° for 5 to 8 minutes or until golden brown, then fill with filling of choice.

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# Cooking Tips

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



# Herbs & Spices

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

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

**Bay Leaves** Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

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

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

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

**Curry Powder** Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

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

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

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



# Herbs & Spices

- Marjoram** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots, and fruit desserts.
- Oregano** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- Parsley** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- Saffron** Orange-yellow in color, this spice flavors or colors foods. Use in soup, chicken, rice and breads.
- Sage** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- Tarragon** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- Thyme** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.



# Baking Breads

## Hints for Baking Breads

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

## Rules for Use of Leavening Agents

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

## Proportions of Baking Powder to Flour

biscuits	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oil	.....to 1 cup flour use 1 tsp. baking powder
muffins	.....to 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popovers	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
waffles	.....to 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

## Proportions of Liquid to Flour

drop batter	.....to 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
pour batter	.....to 1 cup liquid use 1 cup flour
soft dough	.....to 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff dough	.....to 1 cup liquid use 4 cups flour

## Time and Temperature Chart

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

# Baking Desserts

## Perfect Cookies

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

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

## Perfect Pies

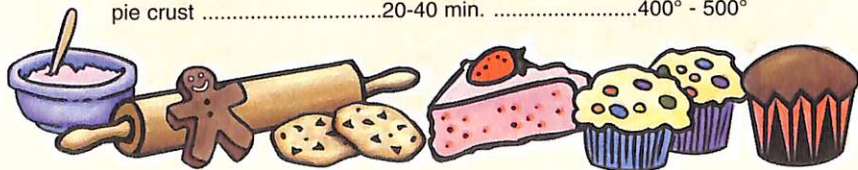
1. Pie crust will be better and easier to make if all the ingredients are cool.
2. The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
3. Folding the top crust over the lower crust before crimping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

## Perfect Cakes

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

## Time and Temperature Chart

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



# Vegetables & Fruits

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

## Drying Time Table

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

# Vegetables & Fruits

## Buying Fresh Vegetables

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

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

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

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

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

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

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

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

## Buying Fresh Fruits

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

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

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

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

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

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



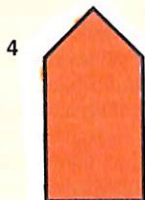
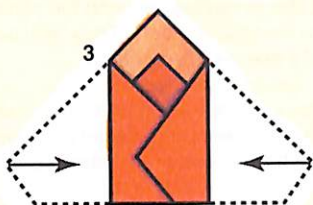
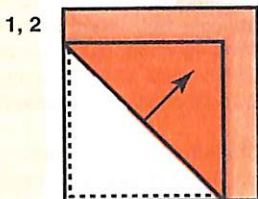
# Napkin Folding

## General Tips:

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

## Shield

Easy fold. Elegant with monogram in corner.



### Instructions:

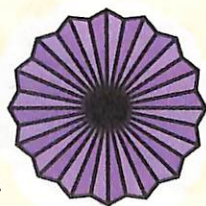
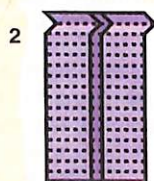
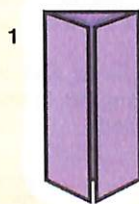
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

## Rosette

Elegant on plate.

### Instructions:

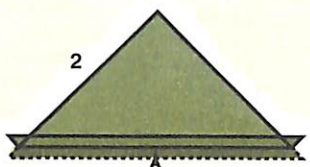
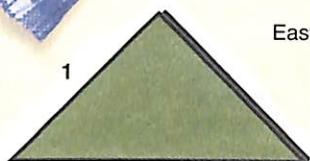
1. Fold left and right edges to center, leaving  $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.



# Napkin Folding

## Candle

Easy to do; can be decorated.



### Instructions:

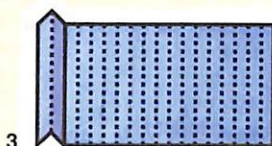
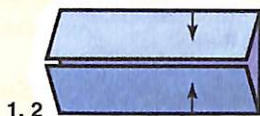
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

## Fan

Pretty in napkin ring or on plate.

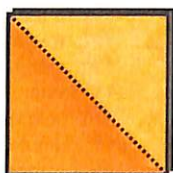
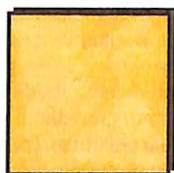
### Instructions:

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



## Lily

Effective and pretty on table.



### Instructions:

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

# Measurements & Substitutions

## Measurements

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

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

## Substitutions

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

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



# Equivalency Chart

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

# Food Quantities

## For Large Servings

### Beverages:

	25 Servings	50 Servings	100 Servings
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

### Desserts:

layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

### Ice cream:

brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

### Meat, poultry or fish:

fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

### Salads, casseroles:

baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

### Sandwiches:

bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



# Microwave Hints

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave on high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon, 45-60 seconds.
3. To melt chocolate, place 1/2 pound in glass bowl or measuring cup. Melt uncovered at 50% power for 3-4 minutes; stir after 2 minutes.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. A 4 1/2 ounce carton of whipped topping will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center, but it will blend well when stirred. Do not over thaw!
6. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
7. Heat hot packs. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
8. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
9. To make dry bread crumbs, cut 6 slices of bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
10. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave for 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
11. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
12. Stamp collectors can place a few drops of water on a stamp to remove it from an envelope. Heat in the microwave for 20 seconds, and the stamp will come off.
13. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
14. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan to enhance the looks and eating quality. Pour in batter and microwave as recipe directs.
15. Do not salt foods on the surface as it causes dehydration and toughens food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
16. Heat left-over custard and use it as frosting for a cake.
17. Melt marshmallow cream. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
18. To toast coconut, spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes. Watch closely, as it quickly browns.
19. To melt crystallized honey, heat uncovered jar on high for 30-45 seconds. If jar is large, repeat.
20. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

# Calorie Counter

## Beverages

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

## Breads

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

## Cereals

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

## Crackers

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

## Dairy Products

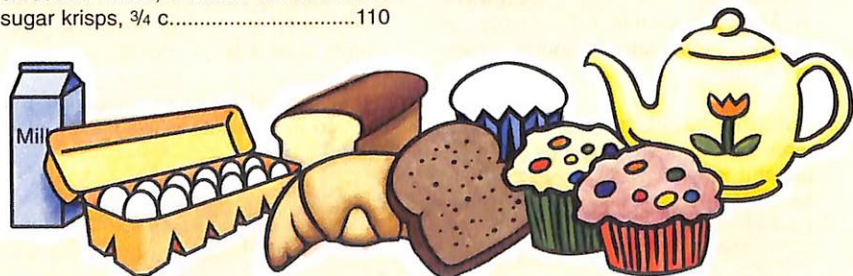
butter or margarine, 1 T. ....	100
cheese, American, 1 oz. ....	100
camembert, 1 oz. ....	85
cheddar, 1 oz. ....	115
cottage cheese, 1 oz. ....	30
mozzarella, 1 oz. ....	90
parmesan, 1 oz. ....	130
ricotta, 1 oz. ....	50
roquefort, 1 oz. ....	105
Swiss, 1 oz. ....	105
cream, light, 1 T. ....	30
heavy,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

## Eggs

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

## Fish and Seafood

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



# Calorie Counter

## Fruits

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

## Meat and Poultry

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

## Nuts

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

## Pasta

macaroni or spaghetti, cooked, 3/4 c. ....	115
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## Salad Dressings

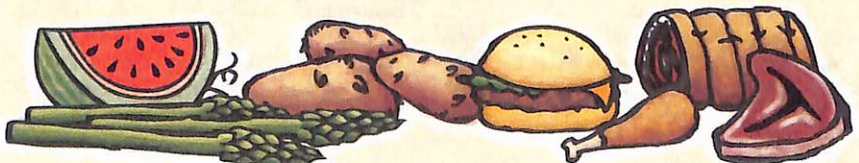
blue cheese, 1 T. ....	70
French, 1 T. ....	65
Italian, 1 T. ....	80
mayonnaise, 1 T. ....	100
olive oil, 1 T. ....	124
Russian, 1 T. ....	70
salad oil, 1 T. ....	120

## Soups

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

## Vegetables

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





# Cooking Terms

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

**Au jus:** Served in its own juices.

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

**Bisque:** A thick cream soup.

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

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

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

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

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

**Dredge:** To coat lightly with flour, cornmeal, etc.

**Entree:** The main course.

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

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

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

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

**Meunière:** Dredged with flour and sautéed in butter.

**Mince:** To chop food into very small pieces.

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

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

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

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

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

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

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

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

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

**Toss:** To combine ingredients with a repeated lifting motion.

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

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