



Cooking  
Casually &  
Quickly

## Information

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

Butter substitute can be used instead of butter.

Salt substitute can be used instead of salt.

Sugar substitute can be used instead of sugar.

Heavy cream can be substituted in soups with milk.

tsp. = teaspoon

tbsp. = tablespoon

lb. = pound

oz. = ounce

Organic food is not necessary but suggested.

Kosher meats are the finest quality.

For vegetarians, though there is a special section for this category, there are many vegetarian recipes throughout the book.

## Awareness

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

## Animal Blessing

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

# COOKING TERMS

**Bake** – to cook in oven in dry heat.

**Baste** – to spoon liquid or fat over food while it cooks.

**Beat** – to mix briskly.

**Blend** – to mix thoroughly and slowly.

**Bread** – to coat food in beaten eggs, then flour and/or breadcrumbs.

**Broil** – to cook under direct heat.

**Chop** – to cut into fine pieces.

**Coat** – to cover with a thin film.

**Cool** – to let stand at room temperature until no longer warm.

**Cream** – to mix until soft and fluffy.

**Deep-Fry** – to cook food in a deep layer of oil.

**Dot** – to scatter bits of butter.

**Dredge** – to coat with flour.

**Flake** – to break lightly into small pieces with a fork.

**Fry** – to cook in hot butter, oil or fat.

**Grind** – to crush in a food blender.

**Mash** – to reduce to a soft pulpy state.

**Mince** – to cut or chop into very small pieces.

**Mix** – to combine two or more ingredients.

**Parboil** – to boil until partially cooked.

**Pare** – to cut off outside covering.

**Puree** – to blend in mixer or blender until completely soft.

**Roast** – to cook by dry heat in an oven.

**Sauté** – to cook in a small amount of fat on low heat.

**Simmer** – to cook in liquid without boiling.

**Stew** – to cook covered for a long time.

**Whip** – to beat rapidly to increase volume.

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# POULTRY

# POULTRY HINTS



## BROWNING

Mix 1 tbsp. paprika with  $\frac{3}{4}$  cup melted butter and rub on chicken or turkey.

## CLEANING

Rub poultry with lemon juice before cleaning to eliminate odor.

## FREEZING

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

## SANDWICHES OR SALADS

Use scissors to cut up turkey or chicken.

## SEASONING

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

## STUFFING

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

## WARMING

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



# BAKED LEMON CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



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



# BBQ CHICKEN



## INGREDIENTS

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

Paprika

Garlic salt

¼ to ½ cup sesame oil

## DIRECTIONS

Place chicken skin down on a pan

Sprinkle with garlic salt and paprika

Broil until crisp

Turn over skin side up

Sprinkle with garlic salt and paprika

Pour small amount of sesame oil over chicken

Broil until crisp

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



# CHICKEN A LA MAYO



## INGREDIENTS

Chicken cut up the way you like it

1½ cup mayonnaise

2 garlic cloves, minced

1 lemon squeezed

2 tbsp. fresh rosemary, chopped

1 tsp. salt and 1 tsp. pepper

½ cup grated Parmesan cheese

## DIRECTIONS

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

Place chicken in a 9 x 13 baking dish

Spread mayonnaise mixture over chicken

Top with Parmesan cheese

Bake at 350 for 1½ hours

Serves 4-6 people



# CHICKEN PARMESAN



## INGREDIENTS

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

## DIRECTIONS

Wash chicken well

Dip chicken in flour, then dip in whipped egg

Put breadcrumbs, salt, pepper and garlic salt in bowl

Cover chicken breasts in breadcrumb mix until they are well covered

Melt butter and mix with crushed garlic buds and tomato sauce

In a flat roasting pan, spread tomato sauce, butter, garlic mix

Place chicken breasts on top of sauce

Cover chicken with mozzarella cheese, sprinkle Parmesan cheese on top

Cover well and cook at 350 for 1 hour

Uncover for 3 minutes to brown cheese covering



*Suggestion: Great on top of oil and garlic spaghetti*

# CHINESE CHICKEN



## INGREDIENTS

2 large chicken breasts cut up in cubes

1 onion, cut up

2 green onions, cut up

2 celery stalks, cut up

3 cloves garlic, cut up

1 box mushrooms

1 can water chestnuts

1 cup cashew peanuts

1 cup soy sauce

1 bottle of pre-made sauce to your liking

1 bag bean sprouts

## DIRECTIONS

In wok, fry onion, celery stalks, garlic, green onions and mushrooms

*(3 minutes)*

Add chicken cubes and let chicken brown

Add water chestnuts and cashew peanuts

Add pre-made sauce and soy sauce

Cover and cook for 15-30 minutes

5 minutes before serving add bean sprouts



*Suggestion: Serve with rice*

# CURRIED TURKEY OR CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Serve with rice or spaghetti*

# FINGER COCONUT CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great when served over rice*

# FINGER LEMON CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



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

# FRIED LEMON CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Serve with rice and a green vegetable*



# GARLIC CHICKEN CUBES



## INGREDIENTS

2-4 chicken breasts

*(depending on the amount of people being served)*

½ lb. butter

4 garlic buds, crushed

Salt and pepper

Krusteaz Bake & Fry Coating

2 eggs

## DIRECTIONS

Wash chicken breasts well, pat dry and cut into cubes

Place eggs in bowl and whip

Dip chicken in egg

Place Krusteaz Crumbs in bowl

Put chicken in bowl, mixed so that the cubes are totally covered

Place coated cubes in a flat roasting pan

Melt butter with crushed garlic buds

Pour over chicken pieces, making sure they are all included

Bake in covered pan at 350 for 1 hour



# GRILLED ROSEMARY CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Can be great barbecued as well*

# HONEY CHICKEN



## INGREDIENTS

Chicken breasts, legs or thighs (*your choice*)

2 eggs

Bowl of breadcrumbs plain or Italian

1 cup of honey (*or more if you desire*)

¼ lb. butter

Garlic salt

Salt and pepper

## DIRECTIONS

Wash chicken well and place in beaten eggs

Add salt, pepper and garlic salt (*or any spice you desire*) to breadcrumbs

Place breadcrumbs on wax paper and roll each piece of chicken  
in crumbs

Pour melted butter on bottom of flat roasting pan

Place chicken in pan

Pour honey over chicken

Bake at 350 for 1 hour or until very crisp



# MAPLE CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with rice*

# SCRUNCHY MUNCHY CHICKEN



## INGREDIENTS

- 4 cut up chicken breasts or package of chicken tenders
- 3 cups bread crumbs or Kellogg crumbs
- 1 box French's Crispy Fried Onions
- Garlic Salt
- $\frac{1}{4}$  cup mayonnaise
- $\frac{1}{4}$  pound melted butter or  $\frac{1}{2}$  cup olive oil

## DIRECTIONS

Wash chicken well

Baste breasts with ample mayonnaise on both sides

Crush Onion rings very well

Mix together crispy fried crushed onions, bread crumbs, garlic salt

One by one, dip chicken, mayonnaise basted pieces in crumb mixture

Make sure they are well coated on both sides

Put melted or oil in 9x11 pan (or any size appropriate to servings)

Place chicken in pan, each piece showing

Bake at 350 for one hour



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

# STUFFED CHICKEN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with rice*

# TENDER TURKEY



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Serve with separate stuffing*





## Beef & Pork



# BEEF & PORK HINTS



## ALLOW

$\frac{3}{4}$  lb. of meat per person.

## BACON

Can be fried or baked in the oven.

## BURNING

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

## FREEZING STEW

Leave out potatoes as they become mushy when freezing.

## MEAT LOAF

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

## SEARING

To brown surface rapidly at high temperature.

## WINE

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



# BEEF BOURGUIGNON



## INGREDIENTS

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

## DIRECTIONS

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



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

# BEEF AND GREEN PEPPERS



## INGREDIENTS

3 slices shoulder steak cut in 2" strips

2 tbsp. oil

3 tbsp. soy sauce

$\frac{3}{4}$  cup water

$\frac{1}{4}$  tsp. pepper

1 tsp. garlic powder

1 green pepper, cut in chunks

2 onions, cut in rings

2 tbsp. corn starch

## DIRECTIONS

Brown meat in oil on both sides

Add soy sauce,  $\frac{1}{2}$  cup water, pepper and garlic powder

Simmer for 1 hour

Brown green pepper and onions in oil in a separate pan,  
then add to meat

Dissolve corn starch in  $\frac{1}{4}$  cup water and add to meat mixture

Stir and cook for 5 minutes



*Suggestion: Serve with rice*

# BEEF GOULASH



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with large egg noodles*

# BEEF OR PORK RIBS



## INGREDIENTS

As many racks of ribs (*pork or beef*) as people being served

½ cup ketchup

¼ cup mustard

1 tbsp. Worcestershire sauce

½ cup soy sauce

½ cup brown sugar

Garlic salt to taste

Salt and pepper to taste

## DIRECTIONS

Wash ribs well

Sprinkle garlic salt, salt and pepper on both sides

Mix in a bowl ketchup, mustard, Worcestershire sauce, soy sauce  
and brown sugar well

Brush under ribs and then cover the top with remaining sauce

Place in broiling pan and broil top until dark brown

Lower oven to 350, and bake uncovered for 30 to 45 minutes

Keep basting ribs



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

# BRISKET



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Leftovers make a great stew*

# CHILI



## INGREDIENTS

2 lbs. ground beef

4 garlic buds

2 onions

¼ cup vegetable oil

1 can kidney beans

1 can black beans

1 can diced tomatoes

4 tbsp. chili powder

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

## DIRECTIONS

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

Then add ground beef and lightly brown

Add diced tomatoes, black beans, kidney beans and spices

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



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

# EASY CORNED BEEF



## INGREDIENTS

1 packaged spiced corned beef

4 carrots

1 cabbage

8 cups water

## DIRECTIONS

Place corned beef in pot with spices in water

Add carrots whole

Add cabbage cut in 8 pieces

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

When ready, remove from water and slice corned beef

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



*Suggestion: Great with home fried potatoes and baked beans*



# HAM



## INGREDIENTS

1 ham with or without bone  
2 cups brown sugar  
1 can coca cola  
1 can sliced pineapple, drained

## DIRECTIONS

Wash ham well  
Baste with brown sugar  
Place pineapple rings on top with toothpicks  
Pour coca cola over ham  
Bake covered at 300 for 2 hours  
Uncover and bake for 30 minutes



# HOT DOG CASSEROLE



## INGREDIENTS

1 package of kosher hot dogs

1 large can of baked beans

¼ cup regular mustard

¼ cup ketchup

½ cup brown sugar

## DIRECTIONS

Boil hot dogs for 10 minutes

Cut up boiled hot dogs in cubes

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

Pour into casserole pan

Bake covered for 60 minutes



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

# MARVELOUS MEAT LOAF



## INGREDIENTS

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

## DIRECTIONS

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



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

# PEPPER STEAK



## INGREDIENTS

4 pepper steaks

Garlic salt

### Sauce

2 tbsp. chives

4 tbsp. butter, melted

½ tsp. Tabasco sauce

2 tbsp. parsley

1 tbsp. Worcestershire sauce

1 tbsp. lemon juice

## DIRECTIONS

Massage steaks with garlic salt

Fry lightly in butter or oil

Place in pan

Cover with sauce

Bake at 325 for 10 minutes



# RIB STEAK



## INGREDIENTS

As many steaks as people

Garlic salt

Regular mustard

## DIRECTIONS

Wash steak well

Pound each steak with hammer or pounder to tenderize

Sprinkle garlic salt, plentifully on both sides

Cover with mustard on both sides

Broil on both sides, cooking to your liking

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



# ROAST BEEF LEFTOVERS



## INGREDIENTS

Leftover roast beef

¼ cup ketchup

¼ cup vinegar

1 tsp. Worcestershire sauce

2 tsp. regular mustard

2 tbsp. oil

Salt and pepper to taste

## DIRECTIONS

Combine all ingredients, except beef, and blend well

Marinate thinly sliced roast beef in marinade for 1 hour

Bake uncovered at 300 for 45 minutes



# SAVORY STEW



## INGREDIENTS

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

2 onions	4-5 potatoes
4 garlic buds	½ cup vegetable oil or butter
½ bag of small carrots	Garlic salt, onion salt pepper
4 celery stalks	Oregano
2 stalks of dill ( <i>optional</i> )	1 can peas ( <i>optional</i> )

## DIRECTIONS

### If using cooked brisket:

Slowly simmer onions and garlic in butter or oil  
When they are softened, add cut up brisket and mix in  
with onions and garlic

Add cut up carrots, celery, dill and potatoes

Make certain to pour in brisket gravy

If you want to add peas, add them in the last ½ hour

Cover and cook for 3 hours on low heat

### If using uncooked stew meat:

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



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

# SHEPARD'S PIE



## INGREDIENTS

2 lbs. lean ground beef	Salt, garlic salt, Italian spice and
or ground chicken	pepper ( <i>or any other spice you like</i> )
4 onions	Peas ( <i>optional</i> )
3 garlic buds	½ cup oil
6-8 potatoes	½ lb. butter
2 cans corn niblets	1 cup milk or cream

## DIRECTIONS

Fry garlic buds in ¼ cup oil

Add meat and spices, fry until soft and brown

Boil skinned potatoes until so soft, then put in blender with ¼ lb. butter, milk or cream and salt to taste.

Whip until very smooth

Fry onions in ¼ cup oil until crispy brown

Drain corn very well and place in bottom of flat roasting pan

Place spiced, brown meat on top of corn

Place whipped potatoes on top of meat

Place fried onions on top of potatoes

If peas are added, mix them in with meat after meat is cooked

Bake uncovered at 300 for 1 hour





# STANDING RIB ROAST



## INGREDIENTS

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

## DIRECTIONS

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



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

# SWEDISH MEATBALLS



## INGREDIENTS

1 lb ground beef  
¼ cup panko breadcrumbs  
1 tbsp. chopped parsley  
¼ tsp. allspice  
¼ tsp. nutmeg  
½ tsp. garlic powder  
¼ tsp. pepper  
½ tsp. salt  
1 egg

1 tbsp. olive oil  
5 tbsp. butter  
3 tbsp. flour  
2 cups beef broth  
1 cup heavy cream  
1 tbsp. Worcestershire sauce  
1 tsp. Dijon mustard  
¼ cup chopped onion

## DIRECTIONS

### Meatballs

In a bowl combine beef, panko, parsley, allspice, chopped onion, garlic powder, pepper, salt, egg

Mix until well combined

Roll into 12 large meatballs or 20 small meatballs

Fry meatballs in olive oil and 1 tbsp butter

### Sauce

Add 4 tbsp. butter and flour and whisk until brown

Slowly stir in beef broth and heavy cream

Add Worcestershire sauce, Dijon mustard, salt, pepper to taste

When sauce starts to thicken, add meatballs

Let simmer for five minutes

Serve over egg noodles or rice



# SWEET & SOUR MEATBALLS



## INGREDIENTS

### Meatballs

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

### Sauce

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

## DIRECTIONS

Combine ingredients for meatballs and mix well

Form into tiny balls

In a large pot, combine ingredients for sauce and bring to a boil

Drop meatballs into boiling sauce and bring to a simmer

Cook for 2-3 hours



*Suggestion: Serve with rice*

# TANGY SWEET & SOUR MEATBALLS



## INGREDIENTS

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

## DIRECTIONS

Combine beef, spices, egg and breadcrumbs

Form into balls

Combine ketchup and ginger ale in large sauce pot and bring to a boil

Drop meatballs into sauce

Cover and simmer for 2 hours



A close-up photograph of a grilled salmon fillet on a wooden surface. The salmon has distinct grill marks and is accompanied by a grilled lemon half, broccoli, and potatoes. A semi-transparent dark band across the middle of the image contains the text "Fish & Seafood" in white serif font.

# Fish & Seafood

# FISH & SEAFOOD HINTS



## ALWAYS

Have lemon on hand.

## AVOIDING ODORS

Cover fish with browned butter or lemon juice.

## BBQ FISH

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

## COOKING

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

## EASY FISH

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

## FROZEN

Fish need not be thawed before cooking.

## ODOR

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



# BREADED FILLETS OF SOLE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: You can add lemon to butter or oil*

# COCONUT PANCAKE SHRIMP



## INGREDIENTS

1 cup Krusteaz pancake mix

2-3 eggs

½ tsp. salt

2 cups shredded coconut

1 lb. extra-large peeled shrimp, tail on

## DIRECTIONS

Whip eggs with salt

Add 1 cup coconut and 1 cup pancake mix

Dip shrimp, holding it by tail in eggs and then in coconut and pancake mix

Fry in hot oil (around 2 minutes)

When finished, place on baking sheet

Pat dry with paper towel

Cover with remaining coconut and salt





# CRAB ROLLS



## INGREDIENTS

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

## DIRECTIONS

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



# CURRIED CRAB



## INGREDIENTS

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

## DIRECTIONS

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



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

# FILLET OF SOLE



## INGREDIENTS

Fillet of sole slices

4 tbsp. flour

1 or 2 eggs

Breadcrumbs

Lemon

Salt and pepper

4 tbsp. butter

## DIRECTIONS

Wash sole well

Cover sole pieces with flour

Dip in whipped egg (*1 or 2 eggs*)

Dip and cover with breadcrumbs

Add salt and pepper

Place pieces of sole in baking pan

Top each piece with small slice of butter and small slice of lemon

Bake at 350 uncovered or covered (*depending on crispness you like*)  
for 1 hour



# HALIBUT



## INGREDIENTS

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

## DIRECTIONS

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

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

# LOX AND EGGS

## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great served with bagels*

# SALMON BLACKENED



## INGREDIENTS

4 salmon fillets, skin on

1½ tsp. cumin

½ tsp. paprika

½ tsp. cayenne

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. garlic salt

½ tsp. salt and pepper

1 tbsp. olive oil

2 tbsp. butter

## DIRECTIONS

Mix all spices together

Pat mixture onto both sides of salmon

In a large frying pan, heat 1 tbsp. of olive oil with 2 tbsp. butter

Place salmon, flesh side down in the hot oil

Fry for 3 minutes

Turn salmon over and fry until skin becomes very crispy



# SALMON LOAF



## INGREDIENTS

1 large can of red salmon

½ cup of bread crumbs

½ cup of milk or cream

1 egg

1 tbsp. butter

½ tsp. salt

Sprinkle of paprika

## DIRECTIONS

Drain the salmon

Mix bread crumbs with milk and egg

Mix salmon with butter and seasonings

Mix all ingredients together

Place in buttered loaf pan, cover and bake at 350 for 30 minutes

Take cover off and continue baking until brown on top



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

# SALMON WITH DILL SAUCE



## INGREDIENTS

8 large fresh salmon steaks

Lemon juice

### Sauce

½ cup lemon juice

4 sprigs of dill

1 cup mayonnaise

½ cup sour cream

1 tsp. dry mustard

½ tsp. garlic powder

2 tbsp. sugar

## DIRECTIONS

### Sauce

Combine all ingredients and blend

Let stand in refrigerator for several hours

While salmon is cooking, warm up sauce

### Salmon

Brush salmon steaks with lots of lemon juice

Grill over medium heat until cooked through

When salmon is cooked, place on plate

Cover with dill sauce



# SOLE ALMONDINE



## INGREDIENTS

1 lb. fillets of sole

4 tbsp. butter

Garlic powder, paprika, salt, pepper to taste

¼ cup breadcrumbs

3 oz. package of slivered almonds

## DIRECTIONS

Melt butter in 9" x 13" pan in oven at 375 - do not brown

Add almonds, stir to coat and place pan back in oven for 2 minutes  
and then remove almonds from pan

Place fish in pan

Top fish with seasonings, breadcrumbs, almonds and butter

Bake for 20 minutes at 375

This serves 2-3 people



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



# TUNA CASSEROLE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: If desired, add 1 cup peas*

# TUNA MELT



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Bread can be toasted*

# TUNA MOUSSE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with crackers or on a salad*

# WILD WHITEFISH



## INGREDIENTS

2 lbs. Whitefish fillets

Salt and pepper to taste

4 tbsp. butter

1 7 oz. bottle of 7-Up

## DIRECTIONS

Place fish in a greased shallow baking dish

Season and dot with butter

Pour 7-Up over fish

Bake at 400 for 20 minutes

Keep basting



*Suggestion: Great served with rice*

A top-down view of a white ceramic bowl with a brown rim, filled with spaghetti. The spaghetti is mixed with a green pesto sauce, chunks of cooked chicken, and sliced mushrooms. A fresh arugula leaf is placed on top of the spaghetti. The bowl is set on a rustic wooden table with visible grain and knots.

# Pasta & Noodles



# PASTA & NOODLE HINTS



## COOKING

Pasta takes approximately 8-12 minutes.

## ITALIAN PASTA

Was first produced in the early 19th century.

## OIL

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

## SALT

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

## SERVINGS

1 box spaghetti serves four adult people.

## SPICES

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

## TESTING PASTA

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

## TYPES OF PASTA

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



# BOLOGNESE SAUCE



## INGREDIENTS

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

## DIRECTIONS

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



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

# GARLIC BUTTER PASTA

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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



# GNOCCHI

## CAN BE VEGETARIAN



### INGREDIENTS

2 lbs. potatoes, peeled

2 eggs

2¾ cups flour

½ tsp. salt

Butter to your choice

Cut up parsley

### DIRECTIONS

Boil peeled, cut potatoes in salted water

Mash potatoes well

Mix together boiled mashed potatoes, flour and egg in large bowl

Form into small balls

Bring a pot of salted water to a boil

Drop gnocchi in water and cook until balls come to the top

Butter and salt to taste

Garnish with cut up parsley



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

# LASAGNA



## INGREDIENTS

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

## DIRECTIONS

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



# MARINARA SAUCE

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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

# MEAT SAUCE



## INGREDIENTS

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

## DIRECTIONS

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



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

# NOODLES À LA BASIL

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

In a large pot, fry lightly 2 cut up onions and meat until a little brown  
In the blender, liquify large can tomatoes, garlic buds, carrots, 2 onions  
and basil

When liquified, pour and mix into meat mixture

If vegetarian, just pour this into oil and heat

Add tomato sauce and paste

Mix well and add spices

Let cook on very low heat for 3 hours



*Suggestion: Can add any kind of spices*

# PASTA À LA COLOR

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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

# SHRIMP LINGUINE



## INGREDIENTS

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

## DIRECTIONS

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



# SPAGHETTI L'AUBERGINE

## VEGETARIAN



### INGREDIENTS

1 eggplant, cut in 1" cubes

½ cup onion, chopped

2 garlic cloves

2 tbsp. parsley

1 can tomatoes

1 can tomato paste

½ cup tomato sauce

½ cup mushrooms

Fresh oregano

Salt and pepper to taste

1 tbsp. sugar

½ cup oil

Parmesan cheese

1 to 2 boxes of any kind of pasta or noodles

### DIRECTIONS

Peel eggplant and cut in 1" cubes

In a pan, add all ingredients together and simmer on stove for 2 hours

Pour on top of pasta

Top pasta with lots of Parmesan cheese





# SPAGHETTI LASAGNA

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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

# SWEETENED NOODLES

## VEGETARIAN



### INGREDIENTS

¼ lb. butter, melted  
1 cup sugar  
½ box raisins  
3 apples, sliced  
½ cup sour cream  
½ cup milk  
1 12 oz. package noodles, cooked  
4 eggs, beaten

### DIRECTIONS

Add all ingredients, except eggs  
Mix well  
Add eggs  
Bake at 350 for 40 to 45 minutes



# VEGETARIAN LASAGNA

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

Mix well all cheese and milk, except Parmesan

Mix well broccoli, carrots, onions and mushroom with cheese mixture

Spread a little cheese mixture on bottom of baking pan

Add a layer of boiled noodles

Continue to layer cheese and vegetable mixture with noodles

Layer of cheese mixture must be top layer

Sprinkle with Parmesan cheese

Bake at 350 for 50 minutes



*Suggestion: Decorate with tomato slices and basil*

# VEGETARIAN PASTA

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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



# Vegetable Side Dishes



# VEGETABLE HINTS



## COOKING TIME FOR VEGETABLES IN SALTED WATER

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

## COOKING TIME FOR VEGETABLES SAUTÉ OR BAKED

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



# BREADED BROCCOLI



## INGREDIENTS

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

## DIRECTIONS

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



# BREADED EGGPLANT



## INGREDIENTS

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

## DIRECTIONS

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





# BROCCOLI À LA CRÈME



## INGREDIENTS

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

## DIRECTIONS

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



# BROILED TOMATOES



## INGREDIENTS

As many tomatoes as people

Breadcrumbs

Garlic salt

Butter

## DIRECTIONS

Cut tomatoes in half

Sprinkle with garlic salt

Sprinkle with breadcrumbs

Put dab of butter on each slice of tomato

Broil for 2-3 minutes



*Suggestion: When serving, place a little parsley on top*

# CANDIED YAMS

## AND WE MEAN CANDIED



### INGREDIENTS

6 large sweet potatoes, peeled

1 whole box of brown sugar

1 cup white sugar

1 lb. butter

1 egg

2 tsp. vanilla

Salt to taste

### DIRECTIONS

Boil and mash sweet potatoes

Add all other ingredients to mashed sweet potatoes

Blend very well

Bake at 350 until golden brown



# CAULIFLOWER PANCAKES



## INGREDIENTS

1 bunch cauliflower

1 egg

4 tbsp. breadcrumbs (*any kind*)

Salt and pepper to taste

$\frac{1}{3}$  cup oil

## DIRECTIONS

Boil cauliflower in unsalted water until tender

Mash and add remaining ingredients, except oil

Drop from tip of a large spoon into hot oil

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

Brown on both sides



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

# CORN FRITTERS



## INGREDIENTS

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

## DIRECTIONS

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



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

# CORN PUDDING



## INGREDIENTS

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

## DIRECTIONS

Mix all ingredients in large bowl  
Place in 9" x 13" pan  
Cover  
Bake at 350 for 1 hour

For added flavor, top pudding with Durkee Onion Rings  
Uncover for last 7 minutes so onion rings get crispy



# CREAMED CAULIFLOWER



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: When serving, sprinkle with a little paprika*

# CREAMED SPINACH



## INGREDIENTS

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

## DIRECTIONS

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





# CRISPY BRUSSEL SPROUTS



## INGREDIENTS

Brussel Sprouts

*(depending on how many people you are serving)*

Garlic salt

½ cup vegetable oil

## DIRECTIONS

Wash Brussel sprouts very well and take off any dark skin

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

Place on flat pan

Broil for 7 minutes

Or

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



# FRIED CAULIFLOWER



## INGREDIENTS

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

## DIRECTIONS

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



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

# GREEN BEANS ALMONDINE



## INGREDIENTS

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

## DIRECTIONS

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



# GREEN BEANS À LA BECHAMEL



## INGREDIENTS

1 lb. or 1 bag green beans

¼ lb. butter

3 tbsp. flour

2 cups milk

Salt and pepper to taste

## DIRECTIONS

Par boil green beans so they are not soft

### Bechamel Sauce

In a saucepan melt butter

Add flour, stirring constantly

When flour and butter are mixed, add milk, salt and pepper

Stir constantly until the sauce becomes thickened

Add green beans to sauce, blending them well

Cover on low for 15 minutes



# HOME FRIED POTATOES



## INGREDIENTS

8 potatoes

4 onions

2 cups oil

## DIRECTIONS

Cut potatoes in small pieces with skin left on

Cut onion into small pieces

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

When oil is heated, add remaining potatoes and onions

Keep turning and fry until crispy

When finished place on paper towel and pat dry

Salt lightly and serve



# KASHA AND BOW TIES



## INGREDIENTS

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

## DIRECTIONS

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



# MASHED POTATOES



## INGREDIENTS

2 lbs. potatoes, peeled and cut into chunks

1½ cups heavy cream

1 egg

4 tbsp. butter, cut into cubes

Salt and pepper to taste

Fresh chives, minced

## DIRECTIONS

Boil potatoes until soft

In blender, place potatoes with rest of ingredients, except chives

Blend until creamy and smooth

Place potatoes back in pot, constantly stirring for 2-3 minutes

When done, place on plate and scatter chives on top



*Suggestion: Delicious with fried onions on the top*

# POTATOES À LA CRÈME



## INGREDIENTS

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

## DIRECTIONS

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





# POTATO PANCAKES



## INGREDIENTS

8 potatoes, peeled and uncooked

3 eggs

Salt and pepper to taste

1 onion, grated

1 cup matzah meal or breadcrumbs

Oil for frying

## DIRECTIONS

Peel and grate uncooked potatoes

Drain all water

Add eggs, salt, matzah meal (*or breadcrumbs*) and onion

Mix well

Spoon into heated frying pan and fry until very crispy

Place on paper towel when done to remove excess oil



# POTATO STUFFING



## INGREDIENTS

1 box fresh mushroom

7 onions, chopped

¼ lb. butter

3 lbs. potatoes

1 egg, beaten

Salt and pepper to taste

## DIRECTIONS

Sauté onions and mushrooms in butter

Boil potatoes and mash

Add egg to mashed potatoes, blending in

Add cooked onions and mushrooms

Add seasonings to taste

Place covered in roasting pan and bake for 5-10 minutes



# SPINACH DOLLED UP



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: If vegetarian, bacon can be omitted*

# SQUASH



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: If desired, can add ¼ cup heavy cream*

# STUFFED TOMATOES



## INGREDIENTS

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

## DIRECTIONS

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



# SWEET CARROTS



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Can add a can of cut up pineapple drained*

# SWEET POTATO DISH



## INGREDIENTS

4-6 sweet potatoes

*(depending on how many people you are serving)*

$\frac{1}{4}$  to  $\frac{1}{2}$  cup butter

*(depending on how many potatoes you use)*

Salt and pepper

1 cup heavy cream, half and half or milk

1 bag small marshmallows

1 can crushed pineapple, drained

Salt and pepper

## DIRECTIONS

Peel and boil sweet potatoes until soft

Puree in blender

Add melted butter, cream *(or milk or half and half)*

Salt and pepper to taste

Add can of drained pineapple

Place in pan

Top with marshmallows

Bake at 350 until marshmallows are crisp



*Suggestion: If desired, can add  $\frac{1}{4}$  cup whipped cream on top*

# ZUCCHINI ITALIANO



## INGREDIENTS

1 onion, diced  
1 cup celery, diced  
1 garlic clove, minced  
1/3 cup oil  
2 zucchinis, sliced  
2 tomatoes, diced  
1 green pepper, diced  
Salt and pepper to taste  
1/2 cup breadcrumbs  
1/2 cup Parmesan cheese

## DIRECTIONS

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





A heart-shaped metal container is filled with two types of rice. The left half is filled with brown rice, and the right half is filled with white rice. The container is placed on a wooden surface. The text "Rice Variety" is overlaid in the center of the heart.

# Rice Variety

# RICE HINTS



## COOKING RICE

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

## FREEZING RICE

Do not freeze rice as it tends to harden.

## MICROWAVE

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

## PERFECT RICE

Use snug cover on pot.

## REHEATING

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

## WHITE RICE

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

## VARIETIES

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





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

### **Brazilian Rice**

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

### **Burmese Rice**

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

### **Chinese Rice**

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

### **Chicken Fried Rice**

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







## Curry Rice

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

## German Rice

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

## Indian Rice

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

## Indonesian Rice

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





### Italian Rice

Cook rice in vegetable stock. Then add  $\frac{1}{4}$  cup Parmesan cheese, 2 tbsp. butter,  $\frac{1}{8}$  tsp. paprika, salt and pepper to taste. Bake at 300 for 1 hour.

### Japanese Rice

Mix together  $\frac{1}{2}$  cup vinegar,  $\frac{1}{2}$  cup sugar, 1 tsp. salt. Pour over cooked rice. As a dip, mix together soy sauce and horseradish.

### Mexican Rice

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

### Onion Rice

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





### **Philippine Rice**

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

### **Spanish Rice**

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

### **Thai Rice**

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

### **Vegetable Rice**

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





# Soups

# SOUP HINTS



## ADD

Rice to any soup, yummy.

## CHEESE

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

## COOKING

The longer it cooks, the better it tastes.

## CRÈME FRAIS

Is great with any cream soup.

## PEAS

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

## FREEZING

Leave room for expansion at top of container.

## GARNISHES

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

## SPICES

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



# BEAN AND BARLEY SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

6 pieces flanken (*short ribs - optional*)

1 bone marrow

4 cups water

½ cup white barley

½ cup lima beans

3 carrots, cut up

1 onion, cut up

2 celery stalks, cut up

Salt, pepper, garlic and onion salt to taste

### DIRECTIONS

Boil flanken and bone marrow in water, skimming top

Add rest of ingredients

Simmer for 3 hours



# BEAN'N HAM SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



*Suggestion: Great when served with garlic croutons*

# CHICKEN SOUP



## INGREDIENTS

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

## DIRECTIONS

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



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

# CORN CHOWDER

## VEGETARIAN



### INGREDIENTS

2 onions, diced  
3 tbsp. butter  
2 tbsp. flour  
2 cups water  
4 potatoes, peeled and sliced  
2 cans corn niblets  
3 cups milk  
Salt and pepper to taste

### DIRECTIONS

Sauté onions in butter and stir in flour  
Add water and potatoes  
Cover and cook until potatoes are soft  
Add corn and milk  
Simmer for 5 minutes



# CREAM OF ASPARAGUS SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



# CREAM OF CARROT SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



# CREAM OF MUSHROOM SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



*Suggestion: When serving add a teaspoon of crème frai*

# CREAM OF SWEETENED SQUASH SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



*Suggestion: When serving add a teaspoon of crème fraîs*



# CAULIFLOWER CHEESE SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



# FRENCH ONION SOUP

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



# ITALIAN SOUP



## INGREDIENTS

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

## DIRECTIONS

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



# MINESTRONE SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



*Suggestion: Can also add any kind of cooked pasta*

# PUMPKIN SOUP

## VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



# PUMPKIN SQUASH SOUP

CAN BE VEGETARIAN



## INGREDIENTS

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

## DIRECTIONS

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



# SQUASH CREAMED SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



*Suggestion: Lovely dabbed with crème fraise when serving*

# VEGETABLE SOUP

## VEGETARIAN



### INGREDIENTS

4 potatoes, peeled

2 onions

4 carrots

4 celery stalks

1 dill stalk

4 garlic buds, minced

2 tbsp. butter

Any other vegetables you want to add

4- 6 cups chicken or vegetable stock

*(depending on how many vegetables you use)*

Salt, pepper, garlic salt, onion salt or any other spice you want to add

### DIRECTIONS

Prepare 4-6 cups of chicken or vegetable stock in large pot

Cut all vegetables into small pieces

Add 2 tbsp. butter

Place vegetables into stock and season to taste

Cook for 3 hours, constantly stirring





# VEGETABLE CREAMED SOUP

## VEGETARIAN



### INGREDIENTS

4 potatoes, peeled

2 onions

4 carrots

4 celery stalks

1 dill stock

2 apples, peeled

2 tbsp. butter

1 pint heavy cream

Any other vegetable you want to add

4- 6 cups chicken or vegetable stock

*(depending on how many vegetables you use)*

Salt, pepper, garlic salt, onion salt or any other spice you want to add

### DIRECTIONS

Boil vegetables and apples in vegetable stock, then put all ingredients into blender and liquefy, except heavy cream

Place back in pot and add 1 pint heavy cream

Cook on low heat for 30 minutes more -**do not allow to boil**



# VICHYSOISE - POTATO-LEEK SOUP

## CAN BE VEGETARIAN



### INGREDIENTS

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

### DIRECTIONS

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



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

A close-up photograph of a plate of food. The main dish is a breaded and fried item, possibly a vegetable cutlet, topped with a layer of melted white cheese and sprinkled with black pepper. To the left is a side salad with green leafy vegetables and orange carrot sticks. Above the salad is a small metal bowl containing a dark sauce. In the upper right corner, a piece of a golden-brown bread roll is visible.

# Vegetarian Dishes

# VEGETARIAN DISH HINTS



## BAKED POTATOES

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

## CABBAGE

Drop a walnut into boiling water to eliminate odor.

## CARROTS

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

## DILL

Store in tightly closed jar to keep fresh.

## GRATED POTATOES

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

## MASHED POTATOES

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

## MUSHROOMS

Fresh mushroom must be cooked immediately after washing.



# CHEESE PIE



## INGREDIENTS

4 cups corn flakes crumbled

1 cup flour

½ cup brown sugar

1 tsp. baking powder

½ cup butter, melted

2 lbs. dry cottage cheese or ricotta cheese

¾ cup white sugar

¼ tsp. salt

1 tsp. vanilla

1 tsp. lemon juice

4 eggs

## DIRECTIONS

Mix first 5 ingredients together and place in baking pan, leaving ½ cup  
Then, beat together until smooth eggs, dry cottage cheese or ricotta  
cheese, white sugar, 1 tbsp. of flour, salt, vanilla, and lemon juice

Place mixture on top of corn flake mixture

Place ½ cup of corn flake mixture on top of cheese mixture

Bake covered at 325 for 1 hour and then at 350 for 15 minutes



# CHINESE TOFU



## INGREDIENTS

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

## DIRECTIONS

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



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

# CURRY CRAZE



## INGREDIENTS

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

## DIRECTIONS

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



# EGGPLANT PARMESAN



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Delicious with oil and garlic pasta*



# EGGPLANT SOUFFLÉ



## INGREDIENTS

- 1 medium size eggplant
- 3 tbsp. butter
- 2 tbsp. flour
- 1 cup milk
- $\frac{3}{4}$  cup breadcrumbs
- 1 onion, grated
- 1 tbsp. ketchup
- 2 eggs, separated
- 1 cup mozzarella cheese, grated (*or any cheese you prefer*)
- Salt, pepper or any other spice you prefer

## DIRECTIONS

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



# MUSHROOM MADNESS



## INGREDIENTS

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

## DIRECTIONS

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



# POTPOURRI POTATOES



## INGREDIENTS

4-6 potatoes

*(depending on how many people you are serving)*

4-6 carrots

2 onions

2 garlic buds

Garlic salt

Paprika

Pepper

½ cup vegetable or sesame oil

## DIRECTIONS

Cut up all vegetables and place in flat roasting pan

Cover vegetables with seasoning and oil

Mix well

Cover pan with tin foil

Bake for 1½ hours at 350

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



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

# SPINACH CASSEROLE



## INGREDIENTS

2 lbs. fresh or frozen spinach

½ lb. cream cheese

½ lb. butter

Salt and pepper to taste

1 cup breadcrumbs

## DIRECTIONS

Wash spinach and cook for 5 minutes in salted water

Drain and chop

Mix spinach with cream cheese, ¼ lb. melted butter and seasonings

Place in casserole dish

Melt remaining butter and toss with breadcrumbs

Sprinkle over casserole

Bake at 350 for 30 minutes, until bubbly and lightly browned



# STRING BEAN STIR FRY



## INGREDIENTS

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

## DIRECTIONS

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



# VEGETABLE HEAVEN



## INGREDIENTS

1 large cauliflower  
1 cup carrot, diced and parboiled  
4 potatoes, boiled and cubed  
 $\frac{1}{3}$  cup butter  
 $\frac{1}{3}$  cup flour  
 $\frac{3}{4}$  tsp. salt  
Salt and pepper to taste  
1 cup peas, fresh or frozen, thawed  
 $\frac{1}{2}$  cup mushrooms  
2 cups grated cheese (*of your choice*)

## DIRECTIONS

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





# Desserts



# DESSERT HINTS



## APPLES

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

## BANANAS

To prevent discoloration, sprinkle banana slices with lemon juice.

## CEREALS

Crumbled makes extra good toppings for desserts.

## CHOCOLATE

Melts in microwave in approximately 1½ minutes.

## JELLO

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

## WHIPPING CREAM

First chill bowl and beaters.

## WHIPPING CREAM

½ pint whipping cream yields 2 cups when whipped.





# ALMOND SQUARES



## INGREDIENTS

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

## DIRECTIONS

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



# ALMOND TORTE



## INGREDIENTS

1 roll pure almond paste, cut in small pieces

½ cup sugar

1 stick butter at room temperature

3 eggs at room temperature

¼ tsp. almond extract

½ cup cake flour

## DIRECTIONS

In electric mixer on low speed, blend almond paste, sugar and butter

Continue mixing, adding one egg at a time

Add almond extract

Mix on high until batter is light and fluffy

Gently fold in flour until blended

Bake at 350 in greased and floured pan for 30-35 minutes



*Suggestion: This is an old tradition cake called Frangipane Cake*

# APPLE BREAD PUDDING



## INGREDIENTS

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

## DIRECTIONS

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



# APPLE CRUNCH



## INGREDIENTS

8 apples, peeled and cut up

½ cup cinnamon sugar (*mix cinnamon and sugar together*)

¼ cup lemon juice

1 cup flour

½ cup brown sugar

½ cup butter, softened

## DIRECTIONS

Peel and cut up apples

Mix well with cinnamon sugar mix and lemon juice

Place in baking pan

Mix together butter, brown sugar and flour until crumbly

Place on top of apples

Bake at 425 for 30 minutes



*Suggestion: Great to serve hot with vanilla ice cream*

# BAKED APPLES



## INGREDIENTS

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

## DIRECTIONS

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



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

# BERRY COBBLER



## INGREDIENTS

4 to 5 cups any berry you prefer or a mixture of berries

1 cup sugar

2 tbsp. cinnamon

6 tbsp. butter

$\frac{3}{4}$  cup flour

1½ cups brown sugar

## DIRECTIONS

Mix berries well with sugar and cinnamon and place in 9" pan

Mix together butter, flour, brown sugar and pat over berries

Bake at 350 for 1 hour or until berries bubble at the top



*Suggestion: Also great with peaches*

# BREAD PUDDING



## INGREDIENTS

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

## DIRECTIONS

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



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

# BREAD PUDDING À LA GRANDMA



## INGREDIENTS

6 cups warm milk

6 eggs

1 cup sugar

1 tbsp. cinnamon

1 tsp. vanilla

6 slices bread

Coconut and raisins (*optional*)

## DIRECTIONS

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

Beat eggs, sugar, cinnamon and vanilla together

Add warm milk

Pour over bread

Sprinkle amount of optional ingredients over top

Bake at 350 for 1 hour





# BROWNIES



## INGREDIENTS

2 oz. unsweetened chocolate

¼ lb. butter

1 cup sugar

2 eggs, well beaten

½ cup flour

⅛ tsp. salt

1 tsp. vanilla

2 tbsp. powdered sugar

½ cup nuts, raisins, chopped, or shredded coconut (*optional*)

## DIRECTIONS

Melt chocolate and butter

Mix with all ingredients

Pour in greased 8" square baking pan

Bake at 350 for 30 minutes

Sprinkle top with powdered sugar



# CHEESECAKE



## INGREDIENTS

1 8 oz. cream cheese

1 16 oz. sour cream

5 eggs

½ tsp. vanilla

1 cup sugar

1 tbsp. lemon juice

## DIRECTIONS

Beat cream cheese, sour cream and eggs

Add sugar, vanilla and lemon juice, mixing well

Pour into an 8" square baking pan or spring-form pan at

325 for 40 minutes

Turn oven off and leave for 1 hour



*Suggestion: When cool, you can add strawberries, or any other berry.*

*Mix berries with a little sugar and water*

# CHEESECAKE DYNAMITE



## INGREDIENTS

### Crust

Crumbs from 16  
graham crackers  
½ stick butter  
1 tbsp. honey  
1 tbsp. flour

### Filling

1 16 oz. cream cheese  
⅓ cup sugar  
4 eggs  
1 tsp. vanilla  
2 tbsp. lemon juice

### Topping

1 pint sour cream  
½ cup sugar  
1 tsp. vanilla

## DIRECTIONS

### Crust

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

### Filling

Blend until smooth and creamy, pour on top of crust

Bake at 375 for 25 minutes

### Topping

Blend together well, pour on top of cooled filling

Bake at 375 for 5-8 minutes

Refrigerate overnight for firmness



# CHOCOLATE FUDGE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: If desired, add nuts*

# CINNAMON TWISTS



## INGREDIENTS

3 eggs  
1 cup sugar  
 $\frac{3}{4}$  cup oil  
2 tsp. baking powder  
3 cups flour  
1 cup cinnamon sugar

## DIRECTIONS

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



# COCONUT ROLLS



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Can add cut up Maraschino Cherries*

# DEEP DISH APPLE PIE



## INGREDIENTS

7 cups apples, peeled and sliced

1 cup sugar

½ cup flour

2 tbsp. flour

½ tsp. nutmeg

½ tsp. cinnamon

¼ lb. butter

2 tbsp. lemon juice

## DIRECTIONS

Mix ½ cup sugar, 2 tbsp. flour, nutmeg and cinnamon  
and coat apples with it

Place apples in 9" pan

Crumble butter, ½ cup sugar, ½ cup flour and lemon juice

Cover apples with crumbles

Cover tightly

Bake at 425 for 1 hour



# GRAHAM SQUARES



## INGREDIENTS

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

## DIRECTIONS

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

# JELLO RASPBERRY SWEET CREAM

## INGREDIENTS

- 1 6 oz. package raspberry Jello
- 2 cups boiling water
- $\frac{3}{4}$  cup heavy whipped cream mixed with  $\frac{1}{4}$  cup cold water
- 1 box fresh raspberries

## DIRECTIONS

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





# JELLO - SOUR CREAM DESSERT



## INGREDIENTS

1 3 oz. pkg. Jello (*any flavor you like*)

1 cup graham wafer crumbs

1 pint sour cream

1 egg

1 tsp. vanilla

½ cup sugar

## DIRECTIONS

Prepare Jello according to package instructions

Chill until partially set

Place ⅓ cup graham wafer crumbs at the bottom of 9" greased pan

Blend well sour cream, egg, vanilla and sugar

Pour half of sour cream mixture over crumbs

Pour half of Jello over the sour cream mixture

Repeat

Top with crumbs

Chill for 3 hours



# MONKEY BROWNIES



## INGREDIENTS

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

## DIRECTIONS

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



# RASPBERRY SIDEWALK



## INGREDIENTS

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

## DIRECTIONS

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



# RICE PUDDING



## INGREDIENTS

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

## DIRECTIONS

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



# SWISS CHOCOLATE TORTE



## INGREDIENTS

### Cake:

3 eggs, separated

1½ cups sugar

½ cup oil

4 oz. unsweetened chocolate

½ cup warm water

1¾ cups flour

3 tsp. baking powder

1 cup milk

### Sweetened Whipped Cream:

1 pint whipping cream

½ cup powdered sugar

1 tsp. vanilla

## DIRECTIONS

In a large bowl, beat egg yolks with sugar and oil  
Combine chocolate and water and melt over low heat

Add to batter

Add dry ingredients and milk alternately to batter

Mix until blended

Beat egg whites until stiff

Fold into batter

Place in 3 8" round pans

Bake at 350 for 25 to 30 minutes

Cool completely and remove from pans

Spread sweetened whipped cream over all layers and stack

Refrigerate



# YUM YUM SQUARES



## INGREDIENTS

### Base:

1¼ cups flour  
2 tbsp. brown sugar  
½ cup butter

### Topping:

1½ cups brown sugar  
1 cup coconut  
½ cup cherries, cut up  
½ cup nuts, chopped  
2 eggs  
1 tsp. vanilla

## DIRECTIONS

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

Pat into a lightly greased 9" square baking pan

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

Spoon over base

Bake at 325 for 45-50 minutes

Cool and cut into squares



A round chocolate cake is presented on a light-colored wooden cake stand. The cake is covered in a thick, glossy chocolate glaze that has been drizzled over the top and down the sides, creating a series of thick, dripping strands. The top surface of the cake is decorated with a wavy, rippled pattern of the same chocolate. The cake stand is made of wood with a visible grain and sits on a dark, rustic wooden surface. The background is a soft, out-of-focus blue-grey color.

# Cakes

# CAKE HINTS



## BAKING

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

## BROWNING

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

## CHOCOLATE

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

## GREASE

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

## MIX

Dry ingredients alternately with liquid before beating.

## PRE-MADE CAKE MIXES

Are usually very delicious, fast and easy.

## WARNING

Never eat pre-made, uncooked dough.





# BANANA CAKE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Delicious with lemon icing*

# BLUEBERRY CAKE



## INGREDIENTS

### Cake:

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

### Topping:

1 cup sour cream  
½ cup sugar  
2 tbsp. cinnamon

## DIRECTIONS

### Cake:

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

### Topping:

Heat and spread over cake when cake is finished baking



# BLUEBERRY COFFEE CAKE



## INGREDIENTS

### Cake:

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

### Topping:

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

## DIRECTIONS

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



# CARROT CAKE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with cream cheese icing*

# CHOCOLATE SLIVERED WHITE CAKE



## INGREDIENTS

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

## DIRECTIONS

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

### Topping:

- Toblerone chocolate icing



# COCONUT BUTTER CAKE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Delicious with lemon frosting*

# COFFEE CAKE



## INGREDIENTS

### Cake:

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

### Topping:

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

## DIRECTIONS

Beat butter, sugar, eggs and vanilla until light and fluffy

Dissolve baking soda in sour cream and add to batter

Add flour, baking powder and salt, blend well

Pour ½ batter into 9" pan

Make topping and sprinkle ½ over batter

Pour remaining batter over topping and then pour topping over batter

Bake at 350 for 50 minutes or until coffee cake is done



# HONEY CAKE



## INGREDIENTS

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

## DIRECTIONS

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



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



# PINEAPPLE UPSIDE-DOWN CAKE



## INGREDIENTS

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

## DIRECTIONS

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



# POPPY SEED CAKE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with lemon or orange icing or glaze*

# SIMPLY FABULOUS CHOCOLATE CAKE



## INGREDIENTS

3 eggs	$\frac{1}{3}$ cup coconut oil
1 $\frac{1}{2}$ cups sugar	$\frac{1}{4}$ cup milk
2 tsp. vanilla extract	1 cup cocoa powder
2 cups flour	$\frac{1}{4}$ tsp. baking soda
1 cup sour cream	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup mayonnaise	1 $\frac{1}{2}$ cups hot water
$\frac{3}{4}$ lb. melted milk chocolate	

## DIRECTIONS

Beat eggs and sugar until light and fluffy 5-8 minutes  
Add vanilla and beat again  
Add sour cream and mayonnaise and beat again until smooth  
Melt chocolate, coconut oil and milk until smooth  
Add to eggs and sugar  
Blend together all dry ingredients  
Pour  $\frac{1}{3}$  dry ingredients to the wet ingredients  
Once combined, add  $\frac{1}{3}$  hot water  
Repeat and blend until smooth  
Bake at 350 in a greased pan or two pans for 25-30 minutes  
Great with any icing



# SPICY SPONGE CAKE



## INGREDIENTS

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

## DIRECTIONS

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



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

# SPONGE CAKE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Great with any frosting*

# STRAWBERRY SHORTCAKE



## INGREDIENTS

### Cake:

2 cups sugar  
6 eggs  
½ lb. butter  
2 cups milk

3½ cups flour  
4 tsp. baking powder  
¼ tsp. salt  
1 tsp. vanilla

### Topping:

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

## DIRECTIONS

### Cake:

Beat sugar, eggs, butter and vanilla until light and fluffy

Add milk alternately with dry ingredients

Mix until blended

Pour into a prepared 9" x 13" pan

Bake at 350 for 30 minutes

### Topping:

Wash and hull strawberries

Sprinkle with sugar and let sit in bowl at room temperature  
while cake is baking

Mix whipped cream with ½ cup sugar and 1 tsp. vanilla and whip

When cake is cooled, top cake with whipped cream mixture

Place strawberries on top of whipped cream

Put in refrigerator for 1 hour before serving



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

# VANILLA CAKE



## INGREDIENTS

### Cake:

1½ cups flour  
1 tsp. baking powder  
½ tsp. baking soda  
¾ cup sugar

½ cup oil

1 tsp. vanilla

¾ cup milk

½ cup yogurt

pinch of salt

### Frosting:

2½ cups whipping cream

8 oz. cream cheese or

Mascarpone cheese

1 cup sugar

1 tsp. vanilla

## DIRECTIONS

### Cake:

Sift flour, baking powder, baking soda and salt

In a bowl mix oil, yogurt, vanilla and sugar and until smooth

Add half of the dry mixture and ¼ cup milk, mix

Add the remaining dry mixture and ¼ cup milk, mix

Add more milk if needed

Put cupcake liners and fill them half full with batter

Bake in a pre-heated oven at 350 for 20-25 minutes

### Frosting:

Whip cream cheese with sugar until smooth

Add cream slowly and whip until stiff peaks form

Put in refrigerator for 1 hour before serving





A close-up photograph of several swirls of icing. The image is dominated by two colors: a rich, dark brown chocolate icing and a bright white icing. The swirls are piped in a circular, rosette-like pattern. The chocolate swirls are in the foreground and background, while the white swirls are interspersed between them. The lighting is soft, highlighting the texture of the icing. A semi-transparent horizontal band runs across the middle of the image, containing the word "Icings" in a white, serif font.

# Icings



# ICING HINTS



## CHOCOLATE

When melting chocolate, melt with butter.

## COCONUT

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

## DECORATING

Place cake on Lazy Susan before icing it.

## ICED CAKE

Before cutting, dip knife in cold water first.

## JUICES

Always give icing a better flavor.

## SPREADING

Icing spreads easier with a knife dipped in cold water.

## WHIPPING CREAM

Gives icing a lighter, fluffier texture.



## BANANA ICING



### INGREDIENTS

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

### DIRECTIONS

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

## BUTTER ICING

### INGREDIENTS

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

### DIRECTIONS

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



# BUTTERSCOTCH SAUCE



## INGREDIENTS

½ cup butter  
1 cup firmly packed brown sugar  
⅔ cup corn syrup  
½ cup heavy cream (*can use half and half*)

## DIRECTIONS

Melt butter in saucepan  
Add brown sugar and corn syrup, stirring until completely mixed  
While stirring, bring mixture to boil over medium heat  
Boil gently for 8 minutes  
Remove pan and allow to cool somewhat  
Stir in heavy cream  
Refrigerate any unused sauce



## CALM CHOCOLATE ICING



### INGREDIENTS

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

### DIRECTIONS

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

## CARAMEL SAUCE

### INGREDIENTS

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

### DIRECTIONS

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



# CHOCOLATE ICING



## INGREDIENTS

3½ cups powdered sugar

¼ cup soft butter

4 oz. unsweetened chocolate, melted or ½ cup cocoa

1½ tsp. vanilla

¼ tsp. salt

⅓ cup milk or heavy cream

## DIRECTIONS

Melt chocolate and butter together

Add all other ingredients

Beat until smooth

After chocolate icing is spread, grate more chocolate on top

Yields enough for a large cake or double layer cake



## COCOA GLAZE



### INGREDIENTS

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

### DIRECTIONS

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

## COCONUT ICING

### INGREDIENTS

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

### DIRECTIONS

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



# CREAM CHEESE ICING



## INGREDIENTS

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

## DIRECTIONS

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

# CREAMY MOCHA FROSTING

## INGREDIENTS

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

## DIRECTIONS

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



## GLAZES



### INGREDIENTS

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

### DIRECTIONS

Mix together and pour over cake or cupcakes

## LEMON ICING

### INGREDIENTS

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

### DIRECTIONS

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





# MOCHA WHIPPED CREAM ICING



## INGREDIENTS

1½ pints heavy cream  
2 tbsp. powdered sugar

2 tbsp. instant coffee

## DIRECTIONS

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

# ORANGE ICING

## INGREDIENTS

½ cup butter  
3 cups powdered sugar  
2 tbsp. heavy cream

¼ cup orange juice  
½ tsp. grated orange rind

## DIRECTIONS

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



# RICH CHOCOLATE FROSTING



## INGREDIENTS

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

## DIRECTIONS

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



# SALTED CARAMEL ICING



## INGREDIENTS

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

## DIRECTIONS

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



## SOUR CREAM ICING



### INGREDIENTS

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

### DIRECTIONS

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

## SUGAR ICING

### INGREDIENTS

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

### DIRECTIONS

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



# TOBLERONE CHOCOLATE ICING



## INGREDIENTS

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

## DIRECTIONS

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

# WHIPPED CREAM TOPPING

## INGREDIENTS

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

## DIRECTIONS

Whip all ingredients together until smooth and fluffy  
Always refrigerate



A round chocolate cake sits on a wooden surface, decorated with white frosting and chocolate shavings. The word "Cookies" is overlaid in white text. In the background, a bowl of white powder and a whisk are visible.

# Cookies

# COOKIE HINTS



## BAKED COOKIES

Can stay frozen for up to 6 months.

## BAKING

Cookies bake quickly so do not leave oven.

## BEST RESULTS

Cookie sheets should be very clean.

## BROWN SUGAR

Keep a brown sugar softener in container.

## PREVENT OVER-BROWNING

Use two cookie sheets, one on top of the other.

## STORE

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

## UNBAKED

Cookie dough can stay frozen for up to 9 months.



# ALMOND SLICE COOKIES



## INGREDIENTS

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

## DIRECTIONS

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





# BRANDY SNAP COOKIES



## INGREDIENTS

½ cup molasses

½ cup butter

½ cup sugar

1 cup flour

½ tsp. baking powder

¼ tsp. baking soda

## DIRECTIONS

Heat molasses, butter and sugar

Boil for 2 minutes

Stir dry ingredients into mixture

Drop very small spoonful's and far apart on greased cookie sheet

Bake at 325 and watch closely not to burn

Be careful in removing from pan so as not to snap

Yields 4 dozen



# BUTTER BALL COOKIES



## INGREDIENTS

¼ lb. soft butter

¼ cup brown sugar

1 egg, separated

½ tsp. vanilla

1 cup flour

## DIRECTIONS

Blend butter, brown sugar, egg yolk and vanilla

Stir in flour

Roll into 1" balls

Dip in slightly beaten egg white

Roll in whatever choice you like, such as coconut,  
nuts, cinnamon, crushed cherries

Bake at 375 for 10-12 minutes

Yields 2 dozen



# CHERRY DELIGHT COOKIES



## INGREDIENTS

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

## DIRECTIONS

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



# CHOCOLATE CHIP COOKIES



## INGREDIENTS

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

## DIRECTIONS

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



# COCONUT COOKIES



## INGREDIENTS

¼ lb. soft butter

¼ cup brown sugar

1 egg, separated

½ tsp. vanilla

1 cup flour

½ cup coconut

## DIRECTIONS

Blend butter, sugar, egg yolk and vanilla

Stir in flour

Roll into 1" balls

Dip in slightly beaten egg white

Roll in coconut

Place on an ungreased baking sheet

Bake at 375 for 10 to 12 minutes

Yields 2 dozen cookies



# FARMER'S POTPOURRI COOKIES



## INGREDIENTS

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

## DIRECTIONS

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



# HONEY COOKIES



## INGREDIENTS

1 cup dark honey  
1 cup sugar  
1/3 cup oil  
1 egg  
1/3 cup water  
4 cups flour  
1 tsp. baking soda  
1/2 tsp. salt  
2 tbsp. cinnamon  
1 tsp. clove

## DIRECTIONS

Bring to boil sugar, honey and oil  
Cook for 5 minutes, stirring occasionally  
Beat egg and add water  
Mix flour, spices and baking soda  
Add everything to honey mixture  
Roll into a long roll and cut into 1/4" pieces  
Place on cookie sheet  
Bake at 325 until edges are gold brown  
When baked, sprinkle with powdered sugar



# OATMEAL COOKIES



## INGREDIENTS

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

## DIRECTIONS

Cream together butter and sugars

Add eggs and vanilla

Put oatmeal in blender until powdered

Mix together all dry ingredients

Mix all ingredients together

Make golf ball size cookies

Place 2" apart on ungreased cookie sheet

Bake at 375 for 10-12 minutes



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



# PEANUT BUTTER COOKIES



## INGREDIENTS

1 cup peanut butter

1 cup butter

1 cup sugar

1 cup brown sugar

2 eggs

1 tsp. vanilla

2½ cups flour

1 tsp. baking soda

½ tsp. salt

## DIRECTIONS

Blend together all ingredients

Place 1 tsp. of batter onto cookie sheet 2" apart

Bake at 350 for 12 minutes

Yields 2-3 dozen cookies



# POPPY SEED COOKIES



## INGREDIENTS

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

## DIRECTIONS

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



# SHORTBREAD COOKIES



## INGREDIENTS

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

## DIRECTIONS

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



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

# SWEDISH BUTTER COOKIES



## INGREDIENTS

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

## DIRECTIONS

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





# Pies

# PIE HINTS



## CRUSTS

Should be cooled before pouring in filling.

## FROZEN

Most store-bought frozen pies are quite delicious.

## MERINGUE

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

## PIE DOUGH

Do not over-handle as it will toughen.

## SERVINGS

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

## SPRINKLE

Fine breadcrumbs on bottom crust to avoid fruit pies leaking.

## TOPPING

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



# PIE PASTRY



## INGREDIENTS

½ cup butter

¼ cup shortening, such as Crisco or margarine

3 tbsp. sugar

2 cups flour

## DIRECTIONS

Cream butter, shortening and sugar

Blend in flour

Shape into a ball

Divide into 2 equal parts

Roll out

Press in the bottom of ungreased pie pan going up the sides

Bake at 475 for 8 to 10 minutes



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

# APPLE PIE



## INGREDIENTS

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

## DIRECTIONS

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



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



# APPLE CRUNCH PIE



## INGREDIENTS

6 apples, peeled and sliced

½ cup sugar

½ cup sour cream

1 unbaked pie shell

1 cup brown sugar

1 cup flour

¼ cup softened butter

2 tsp. cinnamon

## DIRECTIONS

Combine apples, sugar and sour cream

Place in pie shell

Combine brown sugar, flour, butter and cinnamon

Mix with fingers until crumbly

Sprinkle over apples

Bake at 425 for 20 minutes

Reduce heat to 375 and bake for 30 more minutes



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

# BANANA CREAM PIE



## INGREDIENTS

1 pastry baked pie crust	3 egg yolks, lightly beaten
2/3 cup sugar	1 tbsp. butter
5 tbsp. cornstarch	1 1/2 tsp. vanilla
1/4 tsp. salt	4 bananas, sliced
3 cups milk	1 pint sweetened whipped cream

## DIRECTIONS

Combine sugar, cornstarch, salt and milk in saucepan,  
adding milk gradually  
Blend until smooth

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

Boil for 1 minute and remove from heat

Slowly stir in beaten egg yolks

Blend in butter and vanilla

Let cool completely

Place banana slices in pastry shell, putting some to the side

Pour in filling

When cool, top with sweetened whipped cream  
and garnish with banana slices

Refrigerate



*Suggestion: Can use a frozen pie crust*

# BLUEBERRY PIE



## INGREDIENTS

Pastry for 2 pie crusts

4 cups berries

1 cup sugar

1 tsp. lemon juice

$\frac{1}{3}$  cup flour

**topping:**

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

## DIRECTIONS

Prepare pie crusts and line pan with bottom crust

Combine berries with lemon juice, sugar and flour

Place in pie shell

Cover with top crust and cut in some slits

Seal and flute sides

*(to flute is to take crust to edges and press down with thumb)*

Moisten crust with water and sprinkle evenly with sugar

Bake at 425 for 45-55 minutes



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

# CHERRY PIE



## INGREDIENTS

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

## DIRECTIONS

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



# CHOCOLATE COFFEE CHIFFON PIE



## INGREDIENTS

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

## DIRECTIONS

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



# CHOCOLATE CREAM PIE



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Can use a frozen pie crust*

# CRUSTLESS PUMPKIN PIE



## INGREDIENTS

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

## DIRECTIONS

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



# EASY CHOCOLATE CREAM PIE



## INGREDIENTS

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

## DIRECTIONS

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





# LEMON MERINGUE PIE



## INGREDIENTS

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

## DIRECTIONS

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

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

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

Remove from heat and blend in butter and lemon juice

Pour hot mixture into baked pie shell

### Meringue

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

Beat until stiff

Pile meringue over hot filling

Bake at 400 for 8 to 10 minutes

When cooled, grate lemon rind over meringue



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

# NUT AND RAISIN PIE



## INGREDIENTS

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

## DIRECTIONS

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



# PEACH PIE



## INGREDIENTS

Pastry for 2 pie crusts

8-10 peaches

¼ cup flour

1 cup sugar

**topping:**

¼ cup sugar

## DIRECTIONS

Line pie pan with crust

Peel and cut up peaches

Mix with sugar and flour

Place on top of crust

Cover with top crust and cut a few slits in it

Seal and flute sides

*(to flute is to take crust to edges and press down with thumb)*

Moisten crust with water and sprinkle evenly with sugar

Bake at 425 for 45-55 minutes



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

# RHUBARB PIE



## INGREDIENTS

Pastry for 2 pie crusts  
2 lbs. rhubarb, cut in 1" pieces  
2 cups sugar  
1/3 cup flour  
1 tbsp. butter  
1 tbsp. water

## DIRECTIONS

Prepare pastry and line pie pan with bottom crust

Mix rhubarb with sugar and flour

Place in pie shell

Dot with butter

Cover with top crust and cut a few slits in it

Seal and flute sides

*(to flute is to take crust to edges and press down with thumb)*

Moisten crust with water and sprinkle evenly with 3 tbsp. sugar

Bake at 425 for 40-50 minutes



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

A tall stack of pancakes is presented on a rustic wooden plate. The top pancake is heavily dusted with white powdered sugar, which has settled into the creases and edges. The pancakes themselves are a golden-brown color, with some darker, caramelized spots visible on the edges of the lower layers. The stack is quite thick, suggesting many individual pancakes. The background is dark and out of focus, with some hints of purple and green, possibly from flowers or other kitchen items. The lighting is warm and focused on the stack, creating a cozy and appetizing atmosphere.

# Pancakes, French Toast, Muffins & Bread

# PANCAKES, MUFFINS, FRENCH TOAST & BREAD HINTS



## BLUEBERRIES

Mix with a little flour before adding to dough.

## BREAD

Is less subject to mold if stored in refrigerator.

## GLAZED CRUST

Brush with beaten egg yolk before baking.

## MUFFINS

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

## PANCAKES

Should be done in a hot frying pan.

## RAISINS

Heat raisins before adding to muffins or breads.

## ROLLS

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



# AFRICAN BENNE CAKES



## INGREDIENTS

¼ cup softened butter

1 cup brown sugar

1 egg, beaten

1 tsp. vanilla

1 tsp. freshly squeezed lemon juice

½ cup flour

½ tsp. baking powder

¼ tsp salt

1 cup toasted sesame seeds

*(spread seeds on cookie sheet and toast until light brown 8-10 minutes)*

## DIRECTIONS

Cream butter and sugar until fluffy

Add egg, vanilla and lemon juice

Mix dry ingredients together and add in butter mixture

Stir in sesame seeds

Place 1 tsp. of batter on buttered cookie sheet, 2" apart

Bake at 325 for 15 minutes or until the edges are lightly brown

Yields 3 dozen



# BAKED FRENCH TOAST



## INGREDIENTS

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

## DIRECTIONS

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





# BANANA BREAD



## INGREDIENTS

1 ¼ cups sugar  
½ cup butter  
2 eggs  
4 ripened bananas  
½ cup buttermilk  
1 tsp. baking soda  
1 tsp. vanilla  
2 ½ cups flour  
1 tsp. salt

## DIRECTIONS

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



*Suggestion: Can add raisins or blueberries*

# BANANA BRAN BREAD



## INGREDIENTS

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

## DIRECTIONS

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



# BANANA MUFFINS



## INGREDIENTS

½ cup sugar

1 egg

½ cup oil

4 ripened bananas

1 ¾ cups flour

2 tsp. baking powder

¼ tsp. baking soda

½ tsp. salt

## DIRECTIONS

Beat sugar, egg, oil and bananas

Add dry ingredients and mix well

Bake in greased muffin tins at 400 until brown



# BLUEBERRY MUFFINS



## INGREDIENTS

½ cup butter, softened

1 cup sugar

1 large egg

1 tsp. vanilla

2 tsp. baking powder

¼ tsp. salt

2 cups flour

½ cup milk

2½ cups blueberries, mashed with folk

1 tbsp. sugar and ¼ tsp. nutmeg mixed together

## DIRECTIONS

Beat butter and sugar until creamy

Add eggs and vanilla, continue beating

Add baking powder and salt

Add flour, milk and blueberries

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

Bake at 375 for 25-30 minutes



# BLUEBERRY PANCAKES



## INGREDIENTS

2 eggs  
3 tbsp. sugar  
 $\frac{3}{4}$  tsp. salt  
1½ cups flour  
2¼ tsp. baking powder  
1 cup buttermilk (*or more to your taste*)  
3 tbsp. butter, melted  
1 cup fresh or frozen thawed blueberries

## DIRECTIONS

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



*Suggestion: Great when edges are crispy*

# BRAN MUFFINS



## INGREDIENTS

3 cups bran or all bran

1 cup boiling water

½ cup sugar

½ cup oil

2 eggs

2½ cups flour

2½ tsp. baking soda

1 tsp. salt

2½ cups buttermilk

## DIRECTIONS

Mix 1 cup bran in boiling water

Blend sugar and oil

Add eggs

Add remaining dry ingredients, alternating with buttermilk

Add bran mixed with water

Bake at 400 for 30 minutes – test with toothpick



*Suggestion: Can add raisins or blueberries*

# BUTTERMILK BISCUITS



## INGREDIENTS

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

## DIRECTIONS

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



# CREPES



## INGREDIENTS

1½ cups flour

2 tbsp. sugar

½ tsp. baking powder

½ tsp. salt

2 cups milk

2 eggs

4 tbsp. butter

## DIRECTIONS

Mix flour, sugar, baking powder and salt

Add remaining ingredients and blend well

Butter pan

Use soup spoon for pancake size

Pour in pan and fry until brown then turn over

Fillings can be any fruits, mushrooms, tomatoes, ham,  
anything to your liking

Pour on top of crepe and fold over



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



# GARLIC BREAD



## INGREDIENTS

1 loaf sourdough French bread

¼ lb. butter

5 garlic cloves, chopped

Parmesan cheese

## DIRECTIONS

Slice loaf lengthwise

Mix butter with garlic cloves

Spread butter on slices

Sprinkle with Parmesan cheese

Broil for 2 minutes or until brown, not burned



# GINGER BREAD



## INGREDIENTS

1  $\frac{2}{3}$  cups flour  
1  $\frac{1}{4}$  tsp. baking soda  
2  $\frac{1}{2}$  tsp. ground ginger  
1 egg, beaten  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup molasses  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  cup oil, preferably safflower oil

## DIRECTIONS

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



# POPOVERS



## INGREDIENTS

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

## DIRECTIONS

With electric mixer on medium speed, beat eggs until frothy

Beat in milk and butter

Reduce speed to low and add flour and salt

Divide batter in generously greased 8 7oz. ovenproof custard cups

Place cups on a baking pan or use a nonstick popover pan

Bake at 375 for 10 minutes



# PUMPKIN BREAD



## INGREDIENTS

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

## DIRECTIONS

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



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



# Salads

# SALAD HINTS



## ALWAYS

Cut lettuce by hand, not knife.

## CARROTS

Peel under water to not stain fingers.

## LETTUCE

Eliminate rusty lettuce leaves by wrapping in paper towel.

## ONIONS

Will not cause tears if they are well chilled.

## PEELING FRUIT

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

## POTATOES

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

## TOMATOES

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





# BEAN SALAD



## INGREDIENTS

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

## DIRECTIONS

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



# CHICKEN SALAD



## INGREDIENTS

2 cups cooked chicken, diced

1 cup celery, diced

¼ cup shallots, diced

½ onion, grated

Salt and pepper to taste

½ cup mayonnaise

## DIRECTIONS

Mix all ingredients well

Chill thoroughly





# CHINESE CHICKEN SALAD



## INGREDIENTS

### Dressing:

½ tsp. dry mustard

1 tbsp. sugar

2 tsp. soy sauce

1 tbsp. sesame oil

¼ cup oil

3 tbsp. vinegar

Combine and shake well

### Salad:

1 head of lettuce, shredded

3 green onions, chopped

3 celery stalks, sliced

½ cup watercress, chopped

2 cups cooked cold chicken

½ cup almonds, sliced

## DIRECTIONS

Add dressing to salad and toss well



# CUCUMBER SALAD



## INGREDIENTS

### Dressing

1 1/4 cup wine vinegar  
2 tbsp. water  
1 tsp. salt  
1 tsp. pepper  
2 tbsp. maple syrup or honey

### Salad

1 fresh dill chopped up  
2 cucumbers thinly sliced

## DIRECTIONS

Mix all ingredients well  
Chill thoroughly



# EGG SALAD



## INGREDIENTS

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

## DIRECTIONS

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



# FABULOUS HEALTH SALAD



## INGREDIENTS

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

## DIRECTIONS

Combine ingredients in order given  
Chill thoroughly  
Serve with desired dressing



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

# FRUIT SALAD



## INGREDIENTS

¼ of a cut-up melon, honeydew, cantaloupe

2 apples, chopped

2 bananas, sliced

5 tangerines or oranges, peeled and chopped

1 tbsp. lemon juice

1 tbsp. orange juice

2 tbsp. sugar

1 tsp. vanilla

½ tbsp. cinnamon

## DIRECTIONS

Put fruit in a serving bowl

Sprinkle with juices, sugar, vanilla and cinnamon

Stir gently

Yields six cups



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

# GREEK SALAD



## INGREDIENTS

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

## DIRECTIONS

Mix all ingredients



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

# POTATO SALAD



## INGREDIENTS

8 medium potatoes, peeled

6 eggs

2 shallots, diced

2 stalks celery, diced

½ cup mayonnaise

Salt and pepper to taste

Paprika as a garnish

## DIRECTIONS

Boil peeled potatoes until potatoes are tender

Boil eggs until hard

Cut potatoes and eggs into small chunks

Mix with rest of ingredients

Garnish with paprika

Salt and pepper to taste

Chill



# SPRING SALAD



## INGREDIENTS

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

## DIRECTIONS

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





# TUNA SALAD



## INGREDIENTS

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

## DIRECTIONS

Mix all ingredients well  
Chill thoroughly

# WALDORF SALAD

## INGREDIENTS

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

## DIRECTIONS

Mix all ingredients  
Chill thoroughly





# Sauces & Dressings

# SAUCE & DRESSING HINTS



## APPETIZERS

Sauces make great appetizers with crackers or vegetables.

## BLENDING

When blending, make certain all ingredients are very smooth.

## CHILLED

All cold dressings should be very well chilled.

## GREEN PEPPERS

Are great when scooped out and filled with sauces.

## DRESSING

Means to 'dress up'.

## SLOW HEAT

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

## STIRRING

Sauces that need to be cooked should be constantly stirred.



## ANCHOVY SAUCE



### INGREDIENTS

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

### DIRECTIONS

Put all ingredients in blender and whip

*Suggestion: Fabulous on all vegetables*

## BECHAMEL SAUCE

### INGREDIENTS

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

### DIRECTIONS

Melt butter in small pot

When melted, spoon in flour and mix well

Add salt and pepper to taste

Add 2 cups milk and stir constantly until thickened



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

## BARBECUE SAUCE



### INGREDIENTS

$\frac{3}{4}$  cup ketchup  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup soy sauce  
1 garlic clove, minced

### DIRECTIONS

Mix all ingredients together and let stand for 10 minutes

## CAESAR SALAD DRESSING

### INGREDIENTS

2 egg yolks	1 tsp. Worcestershire sauce
2 garlic cloves, minced	4 tbsp. lemon juice
1 tbsp. Dijon mustard	Salt and pepper to taste
1 $\frac{1}{2}$ cups vegetable oil	2 tbsp. anchovies ( <i>optional</i> )

### DIRECTIONS

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



# CHICKEN OR BEEF GRAVY



## INGREDIENTS

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

## DIRECTIONS

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

# DILL SAUCE

## INGREDIENTS

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

## DIRECTIONS

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



# HEAVENLY CREAMED TOMATO SAUCE



## INGREDIENTS

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

## DIRECTIONS

In large pot fry onions in butter until soft (lower heat)

Add can of crushed tomatoes, salt and pepper

Let slow boil for 5 minutes

Add heavy cream and stir

Whip with hand beater until smoother and creamy

Put on low heat for 15 to 20 minutes

Pour over any kind of cooked noodles you prefer

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

# HOLLANDAISE SAUCE

## INGREDIENTS

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

## DIRECTIONS

Combine all ingredients and place in pot or double boiler

Cook slowly, stirring constantly until thick



*Suggestion: Great over eggs or vegetables*

## MUSTARD-SOY DRESSING



### INGREDIENTS

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

### DIRECTIONS

Combine all ingredients and blend well

Chill thoroughly

*Suggestion: Great to put on fish or meat when broiling*

## PEANUT SAUCE

### INGREDIENTS

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

### DIRECTIONS

Sauté onion, garlic and brown sugar in peanut oil

Add chicken stock and peanut butter

Remove and add soy sauce and lemon juice





# TANGY SEAFOOD SAUCE



## INGREDIENTS

1/3 cup ketchup	1 1/2 tsp. Worcestershire sauce
1/2 cup chili sauce	2 tbsp. lemon juice
3 tbsp. prepared horseradish	1/4 tsp. salt and pepper

## DIRECTIONS

Combine all ingredients and mix well  
Chill thoroughly

# TARTAR SAUCE

## INGREDIENTS

1/4 cup mayonnaise  
1 garlic clove, minced  
1 tbsp. parsley, chopped  
1 sweet pickle, minced (*any kind of sweet pickle*)  
or 1/2 cup sweet relish

## DIRECTIONS

Combine all ingredients and mix well  
Chill thoroughly



# TURKISH BOLOGNESE SAUCE



## INGREDIENTS

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

## DIRECTIONS

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



# TURKEY GRAVY



## INGREDIENTS

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

## DIRECTIONS

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



# YOGURT DILL SAUCE



## INGREDIENTS

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

## DIRECTIONS

Combine all ingredients and mix well  
Refrigerate for 1 hour



*Suggestion: Great over fish or chicken*

A collage of various food items. In the center is a glass bowl filled with sliced white cheese. To the top left is a plate of cheese topped with a dark berry sauce. To the top right is a plate of sliced tomatoes and green peppers. To the bottom left is a glass of orange juice and a bowl of dark red jam. To the bottom right is a plate of sliced cucumbers and green herbs. The word "Miscellaneous" is overlaid in the center in a white serif font.

# Miscellaneous

# MISCELLANEOUS HINTS



## BAKING SODA

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

## BOWLS

Place a damp towel under bowl to avoid slipping.

## FRYING

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

## JAMS

When finished cooking, place in sterilized jars, fill to  $\frac{1}{4}$  inch from top. Then put wax paper on top of jam.

## RIND

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

## SALT

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

## UNRIPE FRUIT

Keep at room temperature until ripened.



# ANY KIND OF JAM



## INGREDIENTS

5 cups of any kind of berry, peaches, apples

4 cups sugar

1 tbsp. lemon juice

## DIRECTIONS

Place sugar on a cookie sheet and heat in oven for 10 minutes

Pour berries into pot

Slowly bring to a boil and add heated sugar and lemon juice

Boil rapidly for 7-8 minutes

Pour into sterile jar



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

# AVOCADO APPETIZER



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Serve with favorite crackers, also good in salad*



# BABY PIZZAS



## INGREDIENTS

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

## DIRECTIONS

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



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

# BROWN SUGAR PECANS



## INGREDIENTS

1 package whole pecans

¼ pound butter

1 cup brown sugar

## DIRECTIONS

Melt butter in fry pan on low temperature

When butter is hot, add brown sugar

When brown sugar is completely mixed with butter

Add pecans

Fry on low temperature, constantly stirring until pecans are cooked  
(approximately 10 minutes)

When finished just place pecans on platter

Can stay fresh for at least 4 days



*Suggestion: Great with salad or topping for brownies*

# CANDIED PECANS



## INGREDIENTS

2½ cups pecans

2½ cups sugar

½ cup water

2 tbsp. kosher salt

## DIRECTIONS

Preheat oven at 275

Line cookie sheet with parchment paper

Stir pecans, sugar and ½ cup water in a pot

Boil for 4 minutes

Drain pecans, making certain liquid does not solidify

Spread pecans, not touching on cookie sheet

Sprinkle with salt

Bake for 15 minutes or until glossy

Can store in container for 1 week



*Suggestion: Fabulous on all vegetables*

# CHOPPED LIVER



## INGREDIENTS

1 lb. fresh chicken livers

2 hardboiled eggs

4 medium onions

Salt, garlic salt and pepper to taste

½ cup oil

## DIRECTIONS

Wash chicken livers very well

Place on cookie sheet and bake at 350 until brown

When cooked, puree chicken livers and boiled eggs in Cuisinart

Fry onions in oil until very crispy

Fold half of onions into pureed chicken livers and boiled eggs

Add salt, pepper and garlic salt to taste

Spread chopped liver into flat bowl

Spread remaining fried onions over top of chopped liver



*Suggestion: Wonderful on crackers or in a sandwich*

# COCKTAIL WIENERS



## INGREDIENTS

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

## DIRECTIONS

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

# COLE SLAW

## INGREDIENTS

1 small cabbage	2 tbsp. vinegar
4 carrots	¾ cup mayonnaise
1 cup raisins	3 tbsp. sugar
1 garlic clove	1 tsp. salt

## DIRECTIONS

Grate cabbage and carrots  
Add remaining ingredients and mix thoroughly



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

# CROUTONS



## INGREDIENTS

4 cups old bread cut in squares

¼ pound melted butter

3 minced garlic buds

3 tsp. rosemary

Salt to taste

## DIRECTIONS

Melt butter in microwave

Add salt, minced garlic buds, rosemary and mix well

Cut up bread (best with French bread) and put in bowl

Pour seasoned butter over bread in bowl and toss very well

Use 9 x 11 pan and cover with parchment paper

Pour bread crumbs into pan, spacing them evenly

Bake at 350 for one hour, turning them until crisp and brown

Could take less time depending on how many croutons you have



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

# SMASHED POTATOS



## INGREDIENTS

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

## DIRECTIONS

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



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

# TOMATO RELISH



## INGREDIENTS

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

## DIRECTIONS

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



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



# TURKEY STUFFING



## INGREDIENTS

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

## DIRECTIONS

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



*Suggestion: Can also put in turkey*

## NOTES

[illegible]

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

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