

# 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 HINTS**



#### **BROWNING**

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

#### **CLEANING**

Rub poultry with lemon juice before cleaning to eliminate odor.

#### **FREEZING**

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

#### SANDWICHES OR SALADS

Use scissors to cut up turkey or chicken.

#### **SEASONING**

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

#### **STUFFING**

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

#### **WARMING**

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



# **BAKED LEMON CHICKEN**



#### INGREDIENTS

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

#### DIRECTIONS

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



# **BBQ CHICKEN**



#### INGREDIENTS

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

Paprika

Garlic salt

¹¼ to ½ cup sesame oil

#### DIRECTIONS

Place chicken skin down on a pan
Sprinkle with garlic salt and paprika
Broil until crisp
Turn over skin side up
Sprinkle with garlic salt and paprika
Pour small amount of sesame oil over chicken
Broil until crisp
Bake at 350 for 1 hour, less time for chicken thighs



# CHICKEN A LA MAYO



#### INGREDIENTS

Chicken cut up the way you like it

1½ cup mayonnaise

2 garlic cloves, minced

1 lemon squeezed

2 tbsp. fresh rosemary, chopped

1 tsp. salt and 1 tsp. pepper

½ cup grated Parmesan cheese

#### DIRECTIONS

Stir mayonnaise, garlic, rosemary, lemon, salt, pepper in a bowl
Place chicken in a 9 x 13 baking dish
Spread mayonnaise mixture over chicken
Top with Parmesan cheese
Bake at 350 for 1½ hours
Serves 4-6 people



# **CHICKEN PARMESAN**



#### INGREDIENTS

4 chicken breasts
1 cup Italian breadcrumbs
Salt, pepper and garlic salt to taste
2 tbsp. flour
½ lb. butter

4 garlic buds, crushed
1 egg
1 large can tomato sauce
1 package Mozzarella cheese
1 cup fresh Parmesan cheese

#### DIRECTIONS

Wash chicken well

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



Suggestion: Great on top of oil and garlic spaghetti

# CHINESE CHICKEN



#### INGREDIENTS

2 large chicken breasts cut up in cubes

1 onion, cut up

2 green onions, cut up

2 celery stalks, cut up

3 cloves garlic, cut up

1 box mushrooms

1 can water chestnuts

1 cup cashew peanuts

1 cup soy sauce

1 bottle of pre-made sauce to your liking 1 bag bean sprouts

#### DIRECTIONS

In wok, fry onion, celery stalks, garlic, green onions and mushrooms (3 minutes)

Add chicken cubes and let chicken brown
Add water chestnuts and cashew peanuts
Add pre-made sauce and soy sauce
Cover and cook for 15-30 minutes
5 minutes before serving add bean sprouts



Suggestion: Serve with rice

# **CURRIED TURKEY OR CHICKEN**



#### INGREDIENTS

Cut up cooked turkey pieces
or chicken

1½ cups chicken stock soup
1 stalk celery leaves
2 garlic cloves
3 tbsp. curry powder
3 tbsp. butter
1 onion, cut up
1 heart celery, cut up

Pinch parsley

2 tbsp. paprika
½ cup flour
1 cup milk
2 cups heavy whipped cream
1 red pepper, chopped
½ cups almond slivers
1 cup fresh coconut
1 cup raisins

#### DIRECTIONS

In soup pot, sauté celery leaves, garlic cloves, 3 tbsp. curry powder, onion, heart celery in butter until soft
Cover with paprika and flour
Add chicken or turkey cut up pieces
Spice with more curry
Pour in chicken stock, milk and cream
Add chopped red pepper, almond slivers, fresh coconut and raisins

Bring to table for toppings: cashew nuts, coconut, chutney

Cover and cook for 2½ hours



Suggestion: Serve with rice or spaghetti

# FINGER COCONUT CHICKEN



#### INGREDIENTS

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

#### DIRECTIONS

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



Suggestion: Great when served over rice

# **FINGER LEMON CHICKEN**



#### INGREDIENTS

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

#### DIRECTIONS

Wash tender chicken strips well

Melt butter and mix with lemon juice in bowl
Place chicken strips in flat pan

Season with garlic salt on both side of chicken
Pour lemon butter sauce over chicken
Garnish top with chives and lemon slices

Cover with tin foil and bake at 350 for 1 hour

Serves 3 to 4



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

## FRIED LEMON CHICKEN



#### INGREDIENTS

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

#### DIRECTIONS

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



Suggestion: Serve with rice and a green vegetable

# **GARLIC CHICKEN CUBES**



#### INGREDIENTS

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

#### DIRECTIONS

Wash chicken breasts well, pat dry and cut into cubes

Place eggs in bowl and whip

Dip chicken in egg

Place Krusteaz Crumbs in bowl

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

Place coated cubes in a flat roasting pan

Melt butter with crushed garlic buds

Pour over chicken pieces, making sure they are all included

Bake in covered pan at 350 for 1 hour



# **GRILLED ROSEMARY CHICKEN**



#### INGREDIENTS

2 chickens, cut up

3/4 cup good olive oil

1/2 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 1/4 lb. butter, melted 1/4 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
1/4 cup mayonnaise
1/4 pound melted butter or 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



# 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)
1/4 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 HINTS**



#### **ALLOW**

34 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

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
34 cup water
14 tsp. pepper
1 tsp. garlic powder
1 green pepper, cut in chunks
2 onions, cut in rings
2 tbsp. corn starch

#### DIRECTIONS

Brown meat in oil on both sides

Add soy sauce, ½ cup water, pepper and garlic powder

Simmer for 1 hour

Brown green pepper and onions in oil in a separate pan,

then add to meat

Dissolve corn starch in ¼ cup water and add to meat mixture

Stir and cook for 5 minutes



Suggestion: Serve with rice

### **BEEF GOULASH**



#### INGREDIENTS

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

#### DIRECTIONS

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



# **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
1/4 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



# 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
1/4 cup regular mustard
1/4 cup ketchup
1/2 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



# 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
1/4 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

'4 cup ketchup

'4 cup vinegar

1 tsp. Worcestershire sauce

2 tsp. regular mustard

2 tbsp. oil

Salt and pepper to taste

#### DIRECTIONS

Combine all ingredients, except beef, and blend well
Marinate thinly sliced roast beef in marinade for 1 hour
Bake uncovered at 300 for 45 minutes



# **SAVORY STEW**



#### INGREDIENTS

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

2 onions

4 garlic buds

½ bag of small carrots

4 celery stalks

2 stalks of dill (optional)

4-5 potatoes

½ cup vegetable oil or butter

Garlic salt, onion salt pepper

Oregano

1 can peas (optional)

## DIRECTIONS

# If using cooked brisket:

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

Make certain to pour in brisket gravy

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

Cover and cook for 3 hours on low heat

# If using uncooked stew meat:

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



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

# SHEPARD'S PIE



#### INGREDIENTS

2 lbs. lean ground beef or ground chicken

4 onions

3 garlic buds

6-8 potatoes

2 cans corn niblets

Salt, garlic salt, Italian spice and pepper (or any other spice you like)

Peas (optional)

½ cup oil

½ lb. butter

1 cup milk or cream

## DIRECTIONS

Fry garlic buds in ¼ cup oil

Add meat and spices, fry until soft and brown

Boil skinned potatoes until so soft, then put in blender with ¼ lb.

butter, milk or cream and salt to taste.

Whip until very smooth

Fry onions in ¼ cup oil until crispy brown

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

Place spiced, brown meat on top of corn

Place whipped potatoes on top of meat

Place fried onions on top of potatoes

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

Bake uncovered at 300 for 1 hour



# STANDING RIB ROAST



## INGREDIENTS

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

## DIRECTIONS

Wash roast well

Sprinkle with garlic salt, salt and pepper
Cover with mustard

Place cut up onion around sides in pan
Bake at 350 until done



# 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**

#### Sauce

In a bowl combine beef, panko, Add 4 tbsp. butter and flour and parsley, allspice, chopped onion, Mix until well combined small meatballs tbsp butter

whisk until brown garlic powder, pepper, salt, egg Slowly stir in beef broth and heavy cream Roll into 12 large meatballs or 20 Add Worcestershire sauce, Dijon mustard, salt, pepper to taste Fry meatballs in olive oil and 1 When sauce starts to thicken, add meatballs Let simmer for five minutes

Serve over egg noodles or rice



# **SWEET & SOUR MEATBALLS**



#### INGREDIENTS

#### Meatballs

2 lbs. ground beef ½ cup breadcrumbs 2 eggs

Salt and pepper to taste

¼ cup sugar

#### Sauce

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

## DIRECTIONS

Combine ingredients for meatballs and mix well

Form into tiny balls

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

Drop meatballs into boiling sauce and bring to a simmer

Cook for 2-3 hours



Suggestion: Serve with rice

# **TANGY SWEET & SOUR MEATBALLS**



#### INGREDIENTS

1½ lbs. ground beef

1 tsp. salt

¼ tsp. pepper

1 garlic clove, minced

1 egg

2 tbsp. breadcrumbs

1½ cups ketchup

2 cups ginger ale

#### DIRECTIONS

Combine beef, spices, egg and breadcrumbs

Form into balls

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

Drop meatballs into sauce

Cover and simmer for 2 hours





# FISH & SEAFOOD 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



# **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



# FILLET OF SOLE



#### INGREDIENTS

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

## DIRECTIONS

Wash sole well

Cover sole pieces with flour

Dip in whipped egg (1 or 2 eggs)

Dip and cover with breadcrumbs

Add salt and pepper

Place pieces of sole in baking pan

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

Bake at 350 uncovered or covered (depending on crispness you like)

for 1 hour



# **HALIBUT**



### INGREDIENTS

1 lb. halibut
2 onions, cut up
Salt, garlic salt and pepper to taste

4 tbsp. butter Lemon juice to your taste

## DIRECTIONS

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

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

# LOX AND EGGS

3 onions, diced 4 tbsp. butter

3 slices lox, minced 6 eggs, beaten well

## DIRECTIONS

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



Suggestion: Great served with bagels

# SALMON BLACKENED



## INGREDIENTS

4 salmon fillets, skin on

1½ tsp. cumin

½ tsp. paprika

½ tsp. cayenne

½ tsp. garlic powder

½ tsp. onion powder

½ tsp. garlic salt

½ tsp. salt and pepper

1 tbsp. olive oil

2 tbsp. butter

#### DIRECTIONS

Mix all spices together

Pat mixture onto both sides of salmon

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

Place salmon, flesh side down in the hot oil

Fry for 3 minutes

Turn salmon over and fry until skin becomes very crispy



# SALMON LOAF



## INGREDIENTS

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

## DIRECTIONS

Drain the salmon

Mix bread crumbs with milk and egg

Mix salmon with butter and seasonings

Mix all ingredients together

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

Take cover off and continue baking until brown on top



# 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

'4 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



# **TUNA CASSEROLE**



## INGREDIENTS

6 oz. package wide noodles

1 can cream of mushroom soup

3/4 cup milk

1/4 cup onion, chopped

1 large can tuna

1 1/2 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



# **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

DIRECTIONS

¼ cup cold water

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





# **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



# **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



## 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

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



## **MEAT SAUCE**



## INGREDIENTS

2 lbs. ground beef
or ground chicken
Garlic salt, onion salt, parsley,
oregano, celery salt, chili powder, 2
bay leaves, any other spice you like
2 cans tomato sauce
2 cans crushed tomatoes
2 small cans of tomato paste
(any kind you like)

2 onions
5 garlic buds
3 stalks celery
5 carrots
½ cup vegetable oil
1 to 2 boxes of any kind of spaghetti or noodles

## DIRECTIONS

Cook ground beef in vegetable oil in large pot, can also use butter
Blend onions, garlic buds, celery and carrots in blender
Add to ground beef and blend in together
Pour in tomato sauce, tomato paste, and crushed tomatoes
Add all spices (to your own taste)

Place on low heat and cook for 3 to 4 hours, stirring every hour or
put on very low heat and cook for 5 hours

Serve with Parmesan cheese



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

# NOODLES À LA BASIL CAN BE VEGETARIAN



## INGREDIENTS

1 large can stewed tomatoes whole
2 medium cans tomato sauce
2 small cans tomato paste
1 half bag carrots, cut up
4 onions
6 garlic buds
½ cup olive oil

1 full package of fresh basil
(the more basil, the better)
Salt, pepper, garlic salt, oregano,
chili, Italian seasoning, dill,
thyme to taste
3 lbs. ground meat (optional)
2 boxes of any kind of noodles

## DIRECTIONS

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

When liquified, pour and mix into meat mixture
If vegetarian, just pour this into oil and heat
Add tomato sauce and paste
Mix well and add spices
Let cook on very low heat for 3 hours



Suggestion: Can add any kind of spices

# PASTA À LA COLOR VEGETARIAN



## INGREDIENTS

Any kind of pasta, except wide noodles

1 box of cherry tomatoes (red)

2 bunches of green onions, chopped (green)

1 package of fresh mushroom (brown)

1 onion, cut up (white)

4 garlic cloves

½ cup sesame oil

½ cup butter

Garlic salt, salt and pepper to taste

Parmesan or Asiago cheese

## DIRECTIONS

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



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

## SHRIMP LINGUINE



#### INGREDIENTS

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

## DIRECTIONS

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



## SPAGHETTI L'AUBERGINE VEGETARIAN



## INGREDIENTS

1 eggplant, cut in 1" cubes

½ cup onion, chopped

2 garlic cloves

2 tbsp. parsley

1 can tomatoes

1 can tomato paste

½ cup tomato sauce

½ cup mushrooms

Fresh oregano

Salt and pepper to taste

1 tbsp. sugar

½ cup oil

Parmesan cheese

1 to 2 boxes of any kind of pasta or noodles

## DIRECTIONS

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



## SPAGHETTI LASAGNA Can Be Vegetarian



## INGREDIENTS

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

#### DIRECTIONS

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



# SWEETENED NOODLES VEGETARIAN



## INGREDIENTS

1/4 lb. butter, melted
1 cup sugar
1/2 box raisins
3 apples, sliced
1/2 cup sour cream
1/2 cup milk
1 12 oz. package noodles, cooked
4 eggs, beaten

## DIRECTIONS

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



# VEGETARIAN LASAGNA VEGETARIAN



## INGREDIENTS

4 cups cottage cheese
4 cups Mozzarella cheese
2 cups cream cheese
34 cup Parmesan cheese, grated
34 cup milk
1/2 cup onion, minced

Basil, garlic salt, oregano to taste

2 cups broccoli

1 cup carrots, shredded

1 cup mushrooms, sliced

1 package lasagna noodles

## DIRECTIONS

Mix well all cheese and milk, except Parmesan

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

Spread a little cheese mixture on bottom of baking pan

Add a layer of boiled noodles

Continue to layer cheese and vegetable mixture with noodles

Layer of cheese mixture must be top layer

Sprinkle with Parmesan cheese

Bake at 350 for 50 minutes



# **VEGETARIAN PASTA**

## **VEGETARIAN**



### INGREDIENTS

5 tomatoes or

2 boxes of small tomatoes

2 onions

4 garlic buds

2 stalks celery

5 carrots

1 bunch dill

Cilantro (if desired)

2 cans tomato sauce

2 cans diced tomatoes

2 small cans tomato paste

½ cup sugar

½ cup butter

Salt, pepper, onion salt, garlic

salts, chili powder, oregano,

Italian seasoning, a bay leaf,

chives, celery salt, or whatever

spice you like

## DIRECTIONS

Puree all vegetables in the blender

Melt butter in large pot

Add all ingredients to pot, including spices to your taste

Cook on low heat for 3-4 hours



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



# **VEGETABLE HINTS**



## **COOKING TIME FOR VEGETABLES IN SALTED WATER**

Asparagus	10-15 minutes
Broccoli (ends down)	
Brussel Sprouts	8-10 minutes
Carrots	10-12 minutes
Cauliflower	
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	
Leeks	15-25 minutes
Onions	
Peas	10-12 minutes
Potatoes	
Spinach	3-5 minutes
Squash	

## 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
1/4 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

34 cup breadcrumbs

1/2 cup flour

1 egg, beaten

Salt, pepper, garlic powder and onion powder to taste

Oil for frying

1/4 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



# 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

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



# **CORN PUDDING**



## INGREDIENTS

2 cans creamed corn
2 cans corn niblets, drained
3 eggs, whipped
2 tbsp. flour
3 tbsp. sugar
1/4 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



# **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



## **GREEN BEANS ALMONDINE**



## INGREDIENTS

1 onion, diced 4 tbsp. butter 1 lb. green beans 1/4 cup almonds, sliced 1 tbsp. salt 1/4 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 potatoes4 onions2 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



# 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



# **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



## 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



## **SWEET POTATO DISH**



#### INGREDIENTS

4-6 sweet potatoes

(depending on how many people you are serving)

¼ to ½ cup butter

(depending on how many potatoes you use)

Salt and pepper

1 cup heavy cream, half and half or milk

1 bag small marshmallows

1 can crushed pineapple, drained

Salt and pepper

### DIRECTIONS

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



## **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





## 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.





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

## German Rice

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

## **Indian Rice**

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

### **Indonesian Rice**

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





## **Italian Rice**

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

## Japanese Rice

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

## **Mexican Rice**

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

## **Onion Rice**

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





## Philippine Rice

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

## Spanish Rice

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

## Thai Rice

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

## Vegetable Rice

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





## 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



## **CHICKEN SOUP**



#### INGREDIENTS

2 large chicken breasts
Chicken bouillon powder
6-8 cups water
2 cups carrots
4 celery stalks, cut up

1 onion, cut up
4 garlic buds
2 stalks of fresh dill
Seasoning of salt, garlic salt,
garlic powder and pepper

#### DIRECTIONS

Cut up chicken into quarter pieces

Place in water and boil

When boiling, skim the top to take off the fat from the chicken

Turn stove on to low heat

Add chicken bouillon

Add cut up carrots, celery, onion and garlic

Place full heads of dill

Add seasoning to taste

Let simmer for 2 hours



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

# CORN CHOWDER VEGETARIAN



### INGREDIENTS

2 onions, diced

3 tbsp. butter

2 tbsp. flour

2 cups water

4 potatoes, peeled and sliced

2 cans corn niblets

3 cups milk

Salt and pepper to taste

## DIRECTIONS

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



# CREAM OF ASPARAGUS SOUP CAN BE VEGETARIAN



### INGREDIENTS

1 lb. asparagus cut into 2 lengths

1 onion, chopped

2 tbsp. butter

2 tbsp. flour

4 cups chicken broth or vegetable broth

½ cup heavy cream

Salt and pepper to taste

### DIRECTIONS

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



# CREAM OF CARROT SOUP CAN BE VEGETARIAN



#### INGREDIENTS

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

### DIRECTIONS

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



# CREAM OF MUSHROOM SOUP CAN BE VEGETARIAN



## INGREDIENTS

1½ cups chicken or vegetable broth

1½ tbsp. flour

1½ tbsp. butter

1 box fresh mushrooms

1 tbsp. lemon juice

1 bunch green onions

2 onion, chopped

2 garlic cloves

Salt, pepper and garlic salt to taste

1 pint heavy cream

## DIRECTIONS

Pour lemon juice over mushrooms

Brown onions, garlic, green onions and mushrooms

in butter until soft

Add flour and stir

Add chicken broth, cream and seasoning

Blend well

Simmer for 40 minutes



Suggestion: When serving add a teaspoon of crème frais

# CREAM OF SWEETENED SQUASH SOUP CAN BE VEGETARIAN



#### INGREDIENTS

1 large squash, baked

1 onion

¼ lb. butter

Salt and pepper to taste

1 tsp. nutmeg

1 tsp. cinnamon

½ tsp. turmeric

1 pint whipped cream

3 cups chicken or vegetable stock

½ cup maple syrup

1 cup brown sugar

#### DIRECTIONS

On low heat, sauté onion in butter

Add chicken or vegetable stock

Mash baked squash and add to soup

Add brown sugar, maple syrup, nutmeg, cinnamon, turmeric,

salt and pepper

Blend with hand mixer or put in blender

Add pint of whipped cream

Cook on very low heat for 45 minutes

- do not allow to boil



Suggestion: When serving add a teaspoon of crème frais

# CAULIFLOWER CHEESE SOUP CAN BE VEGETARIAN



### INGREDIENTS

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

## DIRECTIONS

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



# FRENCH ONION SOUP VEGETARIAN



#### INGREDIENTS

2 packages dry onion soup mix
4 medium onions
3 tbsp. butter
Dried French bread slices (or any kind of bread you like)
½ 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



# VEGETABLE SOUP VEGETARIAN



### INGREDIENTS

4 potatoes, peeled

2 onions

4 carrots

4 celery stalks

1 dill stalk

4 garlic buds, minced

2 tbsp. butter

Any other vegetables you want to add

4- 6 cups chicken or vegetable stock

(depending on how many vegetables you use)

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

## DIRECTIONS

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



# VEGETABLE CREAMED SOUP VEGETARIAN



#### INGREDIENTS

4 potatoes, peeled

2 onions

4 carrots

4 celery stalks

1 dill stock

2 apples, peeled

2 tbsp. butter

1 pint heavy cream

Any other vegetable you want to add

4- 6 cups chicken or vegetable stock

(depending on how many vegetables you use)

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

#### DIRECTIONS

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

Place back in pot and add 1 pint heavy cream

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



# VICHYSSOISE - POTATO-LEEK SOUP CAN BE VEGETARIAN



### INGREDIENTS

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

#### DIRECTIONS

Wash leeks very well and cut off green stems and slice
Wash and skin potatoes and cut up in 8 pieces
Cut up onion

Place onion, leeks and potatoes in chicken or vegetable broth and bring to boil

Simmer until all vegetables are soft
Put soup in blender and blend very well
Place back in pot and pour in heavy cream and butter
Add salt and pepper

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



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



## **VEGETARIAN 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
⅓ 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



## **CURRY CRAZE**



### INGREDIENTS

1 cup carrots, parboiled and diced
1 cup green beans, boiled
3 potatoes, boiled and diced
½ cauliflower, boiled and cut up
1 cup onions, chopped
1 cup tomatoes, pureed
1 cup cottage cheese
½ cup raisins
½ cup cashew nuts
½ cup pineapple, cut up

1 cup peas
2 tbsp. ginger
1 tbsp. flour
1 tsp. chili powder
1 tsp. coriander
1/4 tsp. turmeric
2 tbsp. curry powder
1 cup yogurt
2 cups water
Salt and pepper to taste
Oil for frying

## DIRECTIONS

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



## EGGPLANT PARMESAN



#### INGREDIENTS

1 large eggplant
1 cup breadcrumbs
1 tsp. garlic salt
Salt and pepper to taste
1 egg
1 large can tomato sauce
1 package Mozzarella cheese
1/4 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

34 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



## 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

½ cup butter

½ cup flour

¾ tsp. salt

Salt and pepper to taste

1 cup peas, fresh or frozen, thawed

½ cup mushrooms

2 cups grated cheese (of your choice)

### DIRECTIONS

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





## **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
½ 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



# **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



## **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



## **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

34 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



# **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

1/8 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



## CHEESECAKE DYNAMITE



#### INGREDIENTS

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

#### DIRECTIONS

#### Crust

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

### Filling

Blend until smooth and creamy, pour on top of crust Bake at 375 for 25 minutes

### **Topping**

Blend together well, pour on top of cooled filling
Bake at 375 for 5-8 minutes
Refrigerate overnight for firmness



## **CHOCOLATE FUDGE**



### INGREDIENTS

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

#### DIRECTIONS

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



Suggestion: If desired, add nuts

## **CINNAMON TWISTS**



#### INGREDIENTS

3 eggs
1 cup sugar
34 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



## **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 chips2 cups graham cracker crumbs1 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
34 cup heavy whipped cream mixed with 14 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 ½ 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 flour2 tbsp. brown sugar½ 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





## **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



## **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

²⁄₃ 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



## **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

34 cup sugar

2 tbsp. cinnamon

1/4 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
½ cup brown sugar
1 28 oz. can pineapple rings
Maraschino cherries
1 cup white sugar

2 eggs
3 tsp. baking powder
2 cups flour
2/3 cup milk
3/4 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



# SIMPLY FABULOUS CHOCOLATE CAKE



### INGREDIENTS

3 eggs

1½ cups sugar

2 tsp. vanilla extract

2 cups flour

1 cup sour cream

½ cup mayonnaise

34 lb. melted milk chocolate

1/3 cup coconut oil

¼ cup milk

1 cup cocoa powder

¼ tsp. baking soda

½ tsp. salt

1½ cups hot water

#### DIRECTIONS

Beat eggs and sugar until light and fluffy 5-8 minutes Add vanilla and beat again

Add sour cream and mayonnaise and beat again until smooth Melt chocolate, coconut oil and milk until smooth

Add to eggs and sugar

Blend together all dry ingredients

Pour 1/3 dry ingredients to the wet ingredients

Once combined, add 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
½ 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



### 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 <sup>3</sup>/<sub>4</sub> 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





### **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
²/₃ cup corn syrup
½ cup heavy cream (can use half and half)

### DIRECTIONS

Melt butter in saucepan

Add brown sugar and corn syrup, stirring until completely mixed

While stirring, bring mixture to boil over medium heat

Boil gently for 8 minutes

Remove pan and allow to cool somewhat

Stir in heavy cream

Refrigerate any unused sauce



## **CALM CHOCOLATE ICING**



### INGREDIENTS

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

### DIRECTIONS

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

### **CARAMEL SAUCE**

### INGREDIENTS

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

#### DIRECTIONS

Melt and stir butter and brown sugar in medium saucepan over medium heat

Whisk in heavy cream

Stir until sugar is dissolved and sauce is smooth

(approximately 3 minutes)



# **CHOCOLATE ICING**



### INGREDIENTS

3½ cups powdered sugar

¼ cup soft butter

4 oz. unsweetened chocolate, melted or ½ cup cocoa

1½ tsp. vanilla

¼ tsp. salt

⅓ cup milk or heavy cream

### DIRECTIONS

Melt chocolate and butter together

Add all other ingredients

Beat until smooth

After chocolate icing is spread, grate more chocolate on top

Yields enough for a large cake or double layer cake



## **COCOA GLAZE**



### INGREDIENTS

3 tbsp. water

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

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Yields enough for a large cake or double layer cake



## **CREAM CHEESE ICING**



### INGREDIENTS

1 8 oz. cream cheese ½ cup butter

3 cups powdered sugar 3 tsp. vanilla

### DIRECTIONS

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

### **CREAMY MOCHA FROSTING**

### INGREDIENTS

½ cup butter 3 cups powdered sugar

3 tbsp. cocoa 4 tbsp. strong coffee

### DIRECTIONS

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



## **GLAZES**



### INGREDIENTS

1 cup powdered sugar 2 tbsp. milk or water Add any other flavor you wish such as Lemon - 1 tbsp. lemon juice

Orange - 1 tbsp. orange juice Coconut - 1 tbsp. coconut milk Strawberry - 1 tbsp. crushed strawberries

#### DIRECTIONS

Mix together and pour over cake or cupcakes

### **LEMON ICING**

### INGREDIENTS

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

¼ cup lemon juice ½ tsp. grated lemon rind

### DIRECTIONS

Cream butter

Add remaining ingredients

Mix until fluffy

After applying to cake, grate lemon rind on top

Yields enough for a large cake or double layer cake



# MOCHA WHIPPED CREAM ICING



### INGREDIENTS

1½ pints heavy cream

2 tbsp. instant coffee

2 tbsp. powdered sugar

### 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

½ 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
½ 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





### **COOKIE HINTS**



#### **BAKED COOKIES**

Can stay frozen for up to 6 months.

#### **BAKING**

Cookies bake quickly so do not leave oven.

#### **BEST RESULTS**

Cookie sheets should be very clean.

#### **BROWN SUGAR**

Keep a brown sugar softener in container.

#### PREVENT OVER-BROWNING

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

#### **STORE**

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

### **UNBAKED**

Cookie dough can stay frozen for up to 9 months.



## **ALMOND SLICE COOKIES**



### INGREDIENTS

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

### DIRECTIONS

Cream butter with sugars

Add egg and almonds and mix well

Blend in dry ingredients

Mold into long roll

Chill

Cut into thin slices with sharp knife Place on greased cookie sheet Bake at 375 for 10 minutes Yields 5 dozen



# **BRANDY SNAP COOKIES**



### INGREDIENTS

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

### DIRECTIONS

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



# **BUTTER BALL COOKIES**



### INGREDIENTS

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

### DIRECTIONS

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



# **CHERRY DELIGHT COOKIES**



#### INGREDIENTS

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

### DIRECTIONS

Blend all ingredients in a bowl (excluding cherries)

Shape into 1" balls

Place on an ungreased baking sheet about 1½" apart

Flatten balls lightly with a fork

Place a cherry on top of each cookie, letting some cherry juice

drip on to cookie

Bake at 300 for 20 to 25 minutes

Yields about 4 dozen cookies



## **CHOCOLATE CHIP COOKIES**



#### INGREDIENTS

12 tbsp. soft butter

½ cup white sugar

½ cup brown sugar

1 egg

1 tsp. vanilla

1½ cups flour

½ tsp. baking soda

¼ tsp. salt

6 oz pkg. chocolate chips

### DIRECTIONS

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



# **COCONUT COOKIES**



### INGREDIENTS

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

### DIRECTIONS

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



# **FARMER'S POTPOURRI COOKIES**



### INGREDIENTS

1 cup butter

1 tsp. vanilla

1 cup sugar

1 cup brown sugar

1 egg

1 cup oil

1 cup rolled oats

1 cup crushed cornflakes

½ cup shredded coconut

3½ cups flour

1 tsp. baking soda

1 tsp. salt

### DIRECTIONS

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



## **HONEY COOKIES**



### INGREDIENTS

1 cup dark honey
1 cup sugar
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 ¼" pieces
Place on cookie sheet
Bake at 325 until edges are gold brown
When baked, sprinkle with powdered sugar



## **OATMEAL COOKIES**



### INGREDIENTS

1 cup butter

1 cup sugar

1 cup brown sugar

2 eggs

1 tsp. vanilla

2 cups flour

2½ cups oatmeal

½ tsp. salt

1 tsp. baking powder

1 tsp. baking soda

### DIRECTIONS

Cream together butter and sugars
Add eggs and vanilla
Put oatmeal in blender until powdered
Mix together all dry ingredients
Mix all ingredients together
Make golf ball size cookies
Place 2" apart on ungreased cookie sheet

Bake at 375 for 10-12 minutes



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

# **PEANUT BUTTER COOKIES**



## INGREDIENTS

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

#### DIRECTIONS

Blend together all ingredients

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

Bake at 350 for 12 minutes

Yields 2-3 dozen cookies



# **POPPY SEED COOKIES**



## INGREDIENTS

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

# DIRECTIONS

½ cup sugar

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



# **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





# 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



# 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



# **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

<sup>2</sup>/<sub>3</sub> cup sugar

5 tbsp. cornstarch

¼ tsp. salt

3 cups milk

3 egg yolks, lightly beaten

1 tbsp. butter

1½ tsp. vanilla

4 bananas, sliced

1 pint sweetened whipped cream

## DIRECTIONS

Combine sugar, cornstarch, salt and milk in saucepan,

adding milk gradually

Blend until smooth

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

Boil for 1 minute and remove from heat

Slowly stir in beaten egg yolks

Blend in butter and vanilla

Let cool completely

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

Pour in filling

When cool, top with sweetened whipped cream

and garnish with banana slices

Refrigerate



Suggestion: Can use a frozen pie crust

# **BLUEBERRY PIE**



#### INGREDIENTS

Pastry for 2 pie crusts
4 cups berries
1 cup sugar
1 tsp. lemon juice
½ cup flour
topping:
¼ cup sugar

## DIRECTIONS

Prepare pie crusts and line pan with bottom crust
Combine berries with lemon juice, sugar and flour
Place in pie shell
Cover with top crust and cut in some slits
Seal and flute sides

(to flute is to take crust to edges and press down with thumb)
Moisten crust with water and sprinkle evenly with sugar
Bake at 425 for 45-55 minutes



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

# **CHERRY PIE**



## INGREDIENTS

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

## DIRECTIONS

Prepare pie crusts and line pan with bottom crust
Pour cherry pie filling mixed with lemon juice into crust
Cover with top crust and cut a few slits in it
Seal and flute sides
(to flute is to take crust to edges and press down with thumb)

(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



# **CRUSTLESS PUMPKIN PIE**



#### INGREDIENTS

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

# DIRECTIONS

Beat eggs lightly

Add honey, spices, pumpkin and mix well

Add milk and blend in thoroughly

Pour into 9" round buttered pan

Bake at 325 for 1 hour

Chill and cover with sweetened whip cream

Sprinkle top of whipped cream with nutmeg



# **EASY CHOCOLATE CREAM PIE**



## INGREDIENTS

1 box chocolate pudding (not instant)

1 prepared pie crust

1 pint heavy cream

2 tbsp. sugar

1 tsp. vanilla extract

1 unsweetened chocolate square

## DIRECTIONS

Bake prepared pie crust

Make chocolate pudding, following directions on box

Pour into baked pie crust

Refrigerate

Prepare whipping cream, adding sugar and vanilla
When pudding is hardened, cover with whipping cream
Grate chocolate square over whipping cream



# **LEMON MERINGUE PIE**



#### INGREDIENTS

1 pastry pie crust, baked

1½ cups sugar

½ cup cornstarch

1½ cups water

3 eggs, separated

1 tbsp. butter

4 tbsp. lemon juice

1 tbsp. grated lemon rind

6 tbsp. sugar

#### DIRECTIONS

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

Cook over medium heat, stirring constantly until mixture comes to a boil Slowly stir beaten egg yolks into hot mixture and boil for 1 minute longer Remove from heat and blend in butter and lemon juice Pour hot mixture into baked pie shell

# Meringue

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

Beat until stiff

Pile meringue over hot filling Bake at 400 for 8 to 10 minutes When cooled, grate lemon rind over meringue



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

# **NUT AND RAISIN PIE**



## INGREDIENTS

1 cup sugar

3/4 cup brown sugar

4 tsp. flour

1/2 tsp. salt

1 cup any kind of nut you desire, chopped

(walnuts, almonds, pecan etc.)

1 unbaked 9" pie shell

1/2 cup raisins

3 eggs

2/3 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

(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

Seal and flute sides



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



# 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

1/4 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

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

#### DIRECTIONS

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



# **BANANA BRAN BREAD**



## INGREDIENTS

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

# DIRECTIONS

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



# **BANANA MUFFINS**



# INGREDIENTS

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

# DIRECTIONS

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



# **BLUEBERRY MUFFINS**



## INGREDIENTS

½ cup butter, softened

1 cup sugar

1 large egg

1 tsp. vanilla

2 tsp. baking powder

¼ tsp. salt

2 cups flour

½ cup milk

2½ cups blueberries, mashed with folk 1 tbsp. sugar and ¼ tsp. nutmeg mixed together

## DIRECTIONS

Beat butter and sugar until creamy
Add eggs and vanilla, continue beating
Add baking powder and salt
Add flour, milk and blueberries
Scoop batter into muffin cups and sprinkle with sugar/nutmeg mix
Bake at 375 for 25-30 minutes



# **BLUEBERRY PANCAKES**



## INGREDIENTS

2 eggs
3 tbsp. sugar
3/4 tsp. salt
11/2 cups flour
21/4 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



# **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



# **BUTTERMILK BISCUITS**



## INGREDIENTS

2 cups flour
1 tsp. salt
2 tbsp. sugar
2 tsp. baking powder
¼ tsp. baking soda
4 tbsp. butter
2/3 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

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

# DIRECTIONS

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



# **POPOVERS**



## INGREDIENTS

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

## DIRECTIONS

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



# PUMPKIN BREAD



## INGREDIENTS

1½ cups sugar

¼ tsp. baking powder

1 tsp. salt

1½ cups flour

1 tsp. baking soda

½ tsp. cloves, cinnamon and nutmeg

½ cup oil

1 can pumpkin

½ cup water

2 eggs

# DIRECTIONS

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





## 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
1/4 cup shallots, diced
1/2 onion, grated
Salt and pepper to taste
1/2 cup mayonnaise

#### DIRECTIONS

Mix all ingredients well Chill thoroughly



## **CHINESE CHICKEN SALAD**



#### INGREDIENTS

### **Dressing:**

½ tsp. dry mustard

1 tbsp. sugar

2 tsp. soy sauce

1 tbsp. sesame oil

¼ cup oil

3 tbsp. vinegar

Combine and shake well

#### Salad:

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

#### DIRECTIONS

Add dressing to salad and toss well



## **CUCUMBER SALAD**



#### INGREDIENTS

## **Dressing**

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

#### Salad

1 fresh dill chopped up 2 cucumbers thinly sliced

#### DIRECTIONS

Mix all ingredients well Chill thoroughly



## EGG SALAD



#### INGREDIENTS

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

#### DIRECTIONS

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



## **FABULOUS HEALTH SALAD**



#### INGREDIENTS

4 endives, torn up

1 cup chilled cooked cauliflower, cut up in small pieces

1 onion, diced

1 cucumber, thinly sliced

3 tomatoes, cut in wedges

#### DIRECTIONS

Combine ingredients in order given
Chill thoroughly
Serve with desired dressing



## FRUIT SALAD



#### INGREDIENTS

1/4 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



## 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 ½ cup celery, diced ¼ cup shallots, diced ½ onion, grated

1 tbsp. lemon juice Salt and pepper to taste ½ cup mayonnaise

#### DIRECTIONS

Mix all ingredients well Chill thoroughly

## WALDORF SALAD

#### INGREDIENTS

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

#### DIRECTIONS

Mix all ingredients Chill thoroughly





## 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

34 cup ketchup 1/2 cup sugar 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
2 garlic cloves, minced
4 tbsp. lemon juice
1 tbsp. Dijon mustard
Salt and pepper to taste
1½ cups vegetable oil
2 tbsp. anchovies (optional)

### DIRECTIONS

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



## **CHICKEN OR BEEF GRAVY**



#### INGREDIENTS

¼ cup butter or margarine
¼ cup flour
2 cups chicken or beef stock

1 egg yolk, slightly beaten Salt and pepper to taste

#### DIRECTIONS

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

## **DILL SAUCE**

#### INGREDIENTS

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

#### DIRECTIONS

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



## **HEAVENLY CREAMED TOMATO SAUCE**



#### INGREDIENTS

1 large can of crushed tomatoes 1 package frozen diced onions or 4 cut up onions

¼ pound butter 1 pint heavy cream Salt and pepper to taste

#### DIRECTIONS

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

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

## HOLLANDAISE SAUCE

2 egg yolks, lightly beaten 2 tbsp. lemon juice

¼ lb. cold butter ¼ tsp. salt

## DIRECTIONS

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



Suggestion: Great over eggs or vegetables

## **MUSTARD-SOY DRESSING**



#### INGREDIENTS

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

#### DIRECTIONS

Combine all ingredients and blend well
Chill thoroughly

Suggestion: Great to put on fish or meat when broiling

## PEANUT SAUCE

#### INGREDIENTS

1 small onion, finely diced 2 garlic cloves, minced 1 tbsp. brown sugar 2 tbsp. peanut oil

1 cup chicken stock
1 cup chunky peanut butter
2 tsp. soy sauce
1 tbsp. lemon juice

#### DIRECTIONS

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



## **TANGY SEAFOOD SAUCE**



#### INGREDIENTS

½ cup ketchup ½ cup chili sauce 3 tbsp. prepared horseradish 1½ tsp. Worcestershire sauce2 tbsp. lemon juice¼ tsp. salt and pepper

#### DIRECTIONS

Combine all ingredients and mix well
Chill thoroughly

## **TARTAR SAUCE**

#### INGREDIENTS

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

#### DIRECTIONS

Combine all ingredients and mix well
Chill thoroughly



## **TURKISH BOLOGNESE SAUCE**



#### INGREDIENTS

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

#### DIRECTIONS

Heat olive oil and add ground beef
Add salt, pepper, brown sugar, cumin, onion and garlic powder
Stir well

Add soy sauce and stir
Add paprika paste and stir
Add 2 jars of pasta sauce and stir
Add more olive oil if needed so as not to stick
Let simmer for at least 1½ hours



## **TURKEY GRAVY**



#### INGREDIENTS

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

#### DIRECTIONS

In a saucepan, mix cornstarch, drippings and salt and pepper until smooth

Gradually whisk in broth and milk or half and half Bring to a boil, stirring constantly

Cook for 2 minutes or until thickened



## YOGURT DILL SAUCE



#### INGREDIENTS

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

#### DIRECTIONS

Combine all ingredients and mix well Refrigerate for 1 hour





## MISCELLANEOUS HINTS



#### **BAKING SODA**

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

#### **BOWLS**

Place a damp towel under bowl to avoid slipping.

#### **FRYING**

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

#### **JAMS**

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

#### **RIND**

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

#### **SALT**

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

#### **UNRIPE FRUIT**

Keep at room temperature until ripened.



## **ANY KIND OF JAM**



#### INGREDIENTS

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

#### DIRECTIONS

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

Pour berries into pot

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

Boil rapidly for 7-8 minutes

Pour into sterile jar



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

## **AVOCADO APPETIZER**



#### INGREDIENTS

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

#### DIRECTIONS

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



## **BABY PIZZAS**



#### INGREDIENTS

6 small English muffins, halved
1 8 oz. can tomato sauce
1 tsp. salt

1/4 tsp. pepper
1/2 tsp. oregano
1/2 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



## **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



## **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



## **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 2/3 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 ½ 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



## **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
½ 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

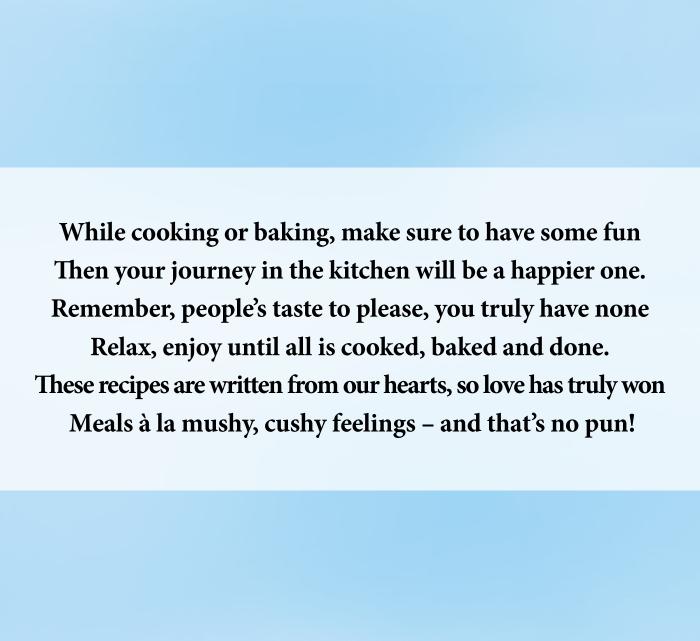


# Notes (b)



## Notes



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