

"A Taste of Teaneck"



The Teaneck Centennial Celebration Cookbook

In honor of our centennial year
A cookbook is presented here
We offer you this recipe book
Whether or not you know how to cook
Some are simple some are not
Some are cold and some are hot
If you love to eat or want to diet
The least you can do, my dears, is try it.

Lillian D. Krugman

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INTRODUCTION

by Dorothy Belle Pollack

Well, here we are, with recipes!
Have fun; enjoy! We aim to please.

We've gathered for you many a dish,
From meats and veggies to salads and fish.

And you will find a true variety;
So cook and eat unto satiety!

SUBSTITUTIONS AND EQUIVALENTS

When A Recipe Calls For	You Will Need
2 Tbsps. fat	1 oz.
1 cup fat	½ lb.
2 cups fat	1 lb.
2 cups or 4 sticks butter	1 lb.
2 cups cottage cheese	1 lb.
2 cups whipped cream	1 cup heavy sweet cream
3 cups whipped cream	1 cup evaporated milk
4 cups shredded American Cheese	1 lb.
1 cup crumbled Blue cheese	¼ lb.
1 cup egg whites	8-10 whites
1 cup egg yolks	12-14 yolks
2 cups sugar	1 lb.
2½ cups packed brown sugar	1 lb.
3½ cups powdered sugar	1 lb.
4 cups sifted-all purpose flour	1 lb.
4½ cups sifted cake flour	1 lb.
3¼ cups unsifted whole wheat flour	1 lb.
2¼ cups cooked macaroni	4 oz. (1 to 1¼ cups) uncooked macaroni
4 cups cooked spaghetti	7 oz. uncooked spaghetti
2 cups cooked noodles	4 oz. (1½ to 2 cups) uncooked noodles
3-4 cups cooked rice	1 cup uncooked rice
1 cup bread crumbs	4 slices bread
1 cup saltine cracker crumbs	28 saltines
1 cup graham cracker crumbs	12 graham crackers
1 cup vanilla wafer crumbs	22 vanilla wafers
1 oz. bitter chocolate	1 square or 4 Tbsps. cocoa + 2 tsps. butter
¼ lb. marshmallows	16 marshmallows
1½-1¾ cups shelled walnuts	1 lb. unshelled walnuts
1 cup blanched whole almonds	5 oz. shelled almonds
1 cup toasted slivered almonds	5 oz. shelled almonds
1 cup chopped walnuts	¼ lb. shelled walnuts
1 cup pecans	3 oz. shelled pecans
1 cup cashew nuts	¼ lb. shelled cashew nuts
1 cup grated coconut	¼ lb. fresh coconut
1 cup cut-up dates	½ lb. dates
2 cups cooked prunes	½ lb. prunes
4 cups sliced apples	4 medium apples
1 lb. apples	3 medium apples
2 cups sliced strawberries	1 pt. strawberries
2 cups pitted cherries	4 cups unpitted cherries
2 cups sliced fresh peaches	2 lbs. or 8 medium peaches
4 cups cranberries	1 lb. cranberries
1 tsp. grated orange	½ orange
6-8 Tbsps. orange juice	1 medium orange
1 cup orange juice	3 medium oranges
1½ tsps. grated lemon rind	1 lemon
3-4 Tbsps. lemon juice	1 lemon
1 cup lemon juice	4-6 lemons
1 cup mashed bananas	3 medium bananas
3 cups seedless raisins	1 lb. raisins

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GUIDELINES FOR USING HERBS AND SPICES

Measure dried herbs. Crush in palm of hand before adding...helps hasten flavor release. If substituting fresh herbs for dried, use 3 or 4 times as much.

Allspice...a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

Basil...the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste; also used in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

Bay Leaves...the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauce and soup. Also use with a variety of meats and fish.

Caraway...the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

Curry Powder...a ground blend of ginger, tumeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken and rice, eggs, vegetables, and curry puffs.

Dill...the small dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni and green apple pie.

Mace...the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

Marjoram...an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

Oregano...the leaf of a sage bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

Paprika...a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressing.

Poppy...the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

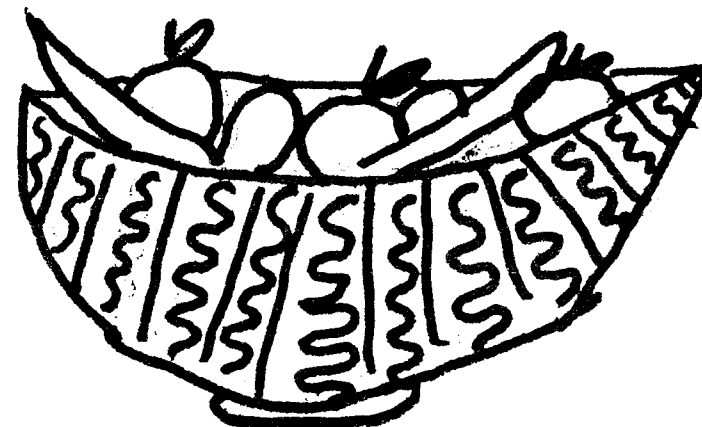
Rosemary...an herb (like a curved pine needle) grown in France, Spain and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

Sage...the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, meat loaf, hamburgers, stews and salads.

Thyme...the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

Tumeric...a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

Appetizers



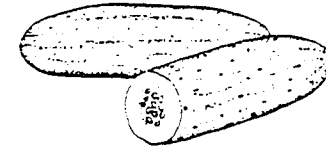
Marissa Kingman

CRAB MEAT DIP

Mrs. Carole Lacher

1 (8 oz.) pkg. cream cheese
1 Tbsp. milk
3 tsp. Worcestershire sauce
1 pkg. Wakefield crab

Drain and flake 1 package of Wakefield crab meat. Add crabmeat to mixture, then add 2 tablespoons of scallions or onions. Put into a greased 8" pan. Bake in 350° oven 15-20 minutes until thoroughly heated.



CUCUMBER AND YOGURT DIP (TZATZIKI)

Irene Kavountzis

2 cups plain yogurt
2 large cucumbers
1 Tbsp. minced garlic
1 Tbsp. white vinegar
2 Tbsp. olive oil
Salt and pepper to taste

Put yogurt in a cheesecloth-lined sieve over a bowl. Drain several hours or overnight in the refrigerator. By Hand: Peel, seed, and coarsely grate cucumbers. Drain well. Add garlic, vinegar, olive oil, salt and pepper to cucumbers and mix well. Add drained yogurt and blend. Serve with crackers, or vegetables. Food Processor: Grate peeled and seeded cucumber; set aside to drain. Add garlic, vinegar, olive oil, salt and pepper. Pulse with a quick on-off. Place in a bowl and combine with cucumber and yogurt.

HOT ARTICHOKE DIP (SPREAD)

Caryn Diuguid

1 (14 oz.) can artichoke
hearts in water
1 cup Kraft Parmesan cheese
Paprika
1 cup Hellman's mayonnaise

Drain and mash artichoke hearts. Add mayonnaise and Parmesan cheese to artichoke hearts and mix together. Spread into quiche dish or pie plate. Sprinkle generously with paprika. Bake in oven at 350° or in microwave on high until dip bubbles. Serve with crackers or breads.

MINCED CLAM CASSEROLE DIP

Marilyn Adler

2 cans minced clams
50 Ritz crackers
1/4 lb. melted butter or
margarine

1 Tbsp. garlic
1 Tbsp. onion
1 Tbsp. oregano

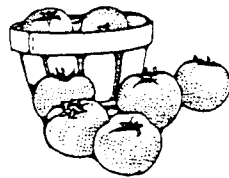
In a bowl, crumble crackers. Add clams with juice. Add remaining ingredients. Put in a casserole. Sprinkle top with additional heavy coating of oregano. Bake at 350° 35-40 minutes in casserole. Can be also baked in individual clam shells or use as dip on Ritz crackers.

TIFFANY'S FRESH SALSA PICANTETiffany Coppolino &
Mom Christine

3 medium fresh tomatoes,
seeded and chopped
1 green bell pepper,
seeded and chopped
1/2 cup chopped onions or
green onions
1 Anaheim chili, chopped

2 Tbsp. chopped fresh cilantro
2 cloves garlic, finely chopped
1 Tbsp. lime juice (or
lemon juice)
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. garlic salt

In medium bowl, combine ingredients; mix well. Cover. Chill. Serve with tortilla chips. Makes 4 cups.

**TACO DIP**

Judd Myerson

8 oz. soft cream cheese
16 oz. sour cream
Salsa sauce (medium or hot)
1/2 bunch chopped scallions

Lettuce, cut very fine
3 chopped tomatoes (squeeze
gently first to remove liquid)
Sharp cheddar cheese, grated

Combine cream cheese and sour cream. Spread evenly on 12-inch pie plate or equivalent. (I use a rectangular casserole dish.) Spread salsa over cream cheese and sour cream. Cover with chopped scallions. Layer chopped tomatoes. Layer cheddar cheese to cover. Cover entire top with shredded lettuce. Can be made the night before. However, for best flavor, serve 2 to 4 hours after preparation. Serve with taco chips.

BLACK HERRING

Sidney & Hilda Belman

1 schmaltz herring
5 walnuts, finely chopped
1/4 cup oil (olive
or safflower)
Juice of 2 lemons
1 lemon, thinly sliced

1/8 tsp. cinnamon
1 cinnamon stick
8 whole cloves plus 1/8 tsp.
mixed spices (bay leaf,
fennel, etc.)

Soak the herring overnight and rinse several times to remove salt. Cut into bite-size pieces and roll each piece in the walnuts to coat evenly and layer in a jar. Marinate for 5-7 days, with occasional tossing, after adding the marinade mixture (all ingredients listed above).

**KECHK (Egypt)**

Bosaina Sadawi

2 cups yogurt
1 cup flour
2 Tbsp. cornstarch (if
you need it)

1/2-3/4 cup chicken broth
or milk (or mixture of both)
Salt and pepper to taste
1 large yellow onion, coarsely
chopped (not fine)

Mix yogurt with flour in a bowl. Cover and keep in warm place. (I place it overnight inside the oven.) In a large pot, on medium heat, mix the broth or milk, or mixture, with the yogurt-flour mixture. Mix either by hand until no more lumps (it is time consuming) or beat with mixer, or better yet, mix in a blender. After all the mixture is homogeneous, add the cornstarch if mixture is still too loose; add salt to adjust seasoning. (It has to be less thick than custard). It has to have a zesty or sour taste (a squeeze of lime or lemon or extra 2 spoons of yogurt can enhance the flavor). Brown the chopped onion in oil (like french fries) and serve over the kechk.

Cut tops from green peppers and hollow out. Use as containers for dips. Peppers add flavor.

SHRIMP & LEEK TART

Yol  Napoliello

<i>Single pie crust</i>	<i>1 lb. medium shrimp, cleaned</i>
<i>6 leeks, thinly sliced</i>	<i>1 cup heavy cream</i>
<i>6 Tbsp. butter</i>	<i>1/8 tsp. nutmeg</i>
<i>1 egg white</i>	<i>1/2 tsp. oregano</i>
<i>4 egg yolks</i>	<i>1/4 tsp. pepper</i>

In large pan, melt 4 tablespoons butter; add leek and cook covered 4 minutes. Set aside. Bake pie crust 10 minutes at 400 . Brush 1 egg white mixed with 1 teaspoon water inside pie crust and bake for 3 minutes; cool. Reduce oven temperature to 375 . Whisk heavy cream, 4 egg yolks, nutmeg and pepper. Layer leek on top of crust and pour custard mixture over. Bake for 15 minutes. Melt butter in pan and cook shrimp and oregano until pink. Arrange shrimp on top of custard. Serve hot.



FISHCAKES (Barbados)

Cheve & J. Horn Greaves

<i>1/2 lb. salted cod fish</i>	<i>1 small onion</i>
<i>2 cups flour</i>	<i>1-1/2 cups oil</i>
<i>3/4 Tbsp. baking powder</i>	<i>1/2 tsp. sugar</i>
<i>2 Tbsp. fresh herbs</i>	<i>1-1/3 cups water</i>
<i>(scallion, thyme, celery,</i>	<i>1/4 tsp. black pepper</i>
<i>parsley)</i>	<i>1/4 tsp. fresh hot pepper</i>

Cover the cod fish in a pot of water and boil for 25 minutes. Drain and run under cool water until fish is cooled. Remove skin and bones and flake fish into small pieces. Add flour, baking powder and sugar. Add water, stirring slowly. Mixture should be soft. Let stand for 1/2 hour. In a deep pot, heat oil. Scoop out small amounts of mixture with spoon and drop into oil. Deep fry over medium fire. Turn several times until dough is cooked (approximately 10 minutes) and cakes are golden brown. Remove and place into paper towel to blot away some excess oil. Serve warm. Makes about 15-20 fish cakes.

Tiny Meatballs: Prepare desired recipe of meatballs. Form into 1" balls. Cook. Serve on toothpicks.

TUNA MOUSSE

Janet Abbott

Heat 1 can condensed tomato soup to boil. Add 1 pack gelatin. Remove from heat. Add 8 ounces room temperature cream cheese, and 1 cup mayonnaise; mix until well blended. Mix together two 7-ounce cans of tuna, stalk of celery, chopped, chopped onion (optional), salt and pepper to taste, 1 tablespoon of lemon juice and dash of Worcestershire sauce. Mix in cooled tomato mixture. Pour into mold which has been rinsed with ice cold water. Chill overnight. You can line mold with mayonnaise (I always do). Serve with crackers or crudites.

FRESH CRANBERRY RELISH

Elaine Fondiller

<i>1 (12 oz.) bag fresh</i>	<i>1/2 cup crushed pineapple*</i>
<i>cranberries</i>	<i>1/2 cup raisins</i>
<i>2 Red Delicious apples</i>	

(*If you use canned pineapple, use the kind packed in its own juice and drain before measuring, but save the juice if you're using a blender instead of a food processor.) Sort the cranberries and discard any soft ones. Rinse well and drain. Process in food processor or blender until coarsely chopped - if you use a blender, add a little of the pineapple so it will blend well. Set aside. Peel and core apples, cut into sections and process until coarsely chopped. Add apple, pineapple, and raisins to cranberries and mix well. Refrigerate at least several hours before serving. Makes about 4 cups.



GRANDMA FRANCES' ZUCCHINI APPETIZERS

The Crownover Family

<i>3 cups thinly sliced zucchini</i>	<i>1/2 tsp. salt</i>
<i>1 cup Bisquick baking mix</i>	<i>1/2 tsp. oregano</i>
<i>1/2 cup grated Parmesan cheese</i>	<i>1 clove garlic, finely chopped</i>
<i>1/2 cup finely chopped onion</i>	<i>1/2 cup vegetable oil</i>
<i>2 Tbsp. parsley</i>	<i>4 eggs</i>

Mix all ingredients in a large bowl. Heat oven to 350  and grease rectangular pan (13"x9"x2"). Mix all ingredients well and spread in pan. Bake until brown - 30 minutes. When cool, cut into 1"x2" squares. Serve hot or cold.

TIHUI'S "GUACAMOLE ESPECIAL"

Maria Tihui Sanjurjo-Loyola

<i>1 large ripe avocado</i>	<i>1/2 lemon juice</i>
<i>1/2 cup chopped cilantro</i>	<i>Salt to taste</i>
<i>3/4 cup chopped onion</i>	<i>Pepper to taste</i>
<i>1 cup chopped tomato</i>	<i>Chopped jalapeño peppers</i>
<i>Olive oil to taste</i>	<i>(optional)</i>

Mix together (no blender, please!). Chill for 1/2 hour. (Tip: Put avocado pit in the guacamole mix. This will make it stay fresh much, much longer.) Serve with tacos or fried tortillas, Doritos, or appetizer or salad, etc.



VEGETARIAN SPRING ROLLS

Louise Lasota

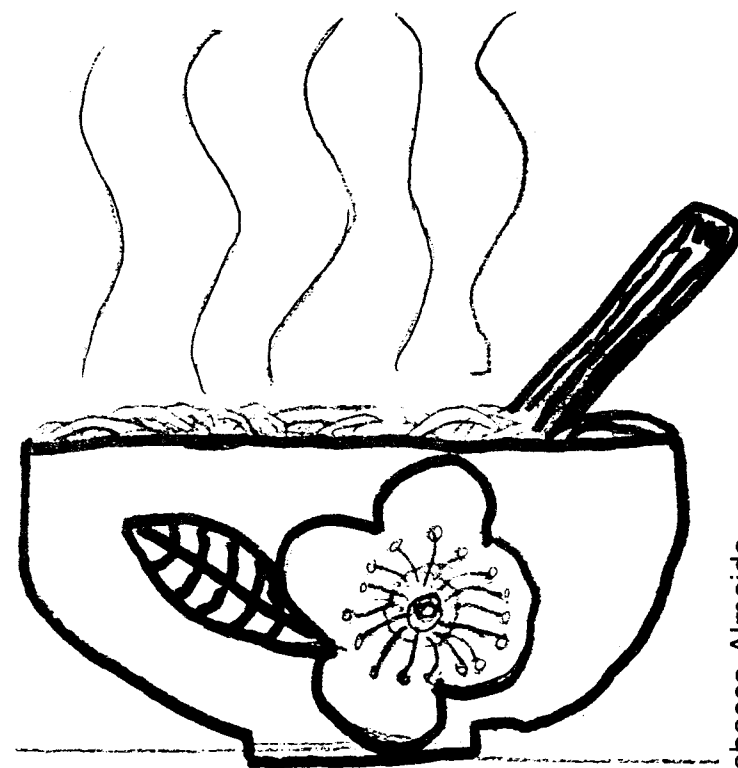
Even kids love this!

<i>2 pkgs. spring roll skins</i>	<i>1 cup broccoli florets, chopped</i>
<i>(thin, 25 each pkg.)</i>	<i>3 Tbsp. safflower oil</i>
<i>2 lbs. firm tofu, crumbled</i>	<i>3 Tbsp. sesame oil</i>
<i>1 cup frozen peas</i>	<i>1/4 cup light soy sauce</i>
<i>1 cup frozen corn</i>	<i>2 tsp. Chinese mustard (optional)</i>
<i>1 small onion, minced</i>	<i>1 egg, scrambled</i>
<i>2 scallions, minced</i>	

Heat safflower oil in wok. Add onions and scallions. Cook until soft; do not brown. Add peas, corn, broccoli. Stir until vegetables are cooked. Broccoli should be bright green and not overcooked. Add tofu and stir. Add sesame oil and soy sauce. Stir. Add mustard if desired. Cook for 10 minutes. Let vegetable mixture. Let sit for 20 minutes. When cool, drain in colander. While vegetables are cooling, remove skins from bag. If frozen, let thaw at room temperature. Cover with slightly damp cloth to prevent drying. Lay skin on table so corners are up and down, like a diamond. Put about 2 tablespoons of mixture on bottom 1/3 of skin. Keep mixture in a tight pile. Roll by bringing bottom corner up and wrap mixture tightly. Roll up to about 2/3 to the top. Bring left corner toward middle. Bring right corner toward middle. Brush a little egg on the 3 edges. Finish rolling to the top. The roll should be about 3 inches wide. Repeat process for remaining skins. Grease cookie sheet(s) with oil and brush a little oil on each spring roll. Bake at 450° for 40 minutes or until golden brown. **Note:** Leftover mixture can be added to cooked rice for a stir-fried rice.

ADDITIONAL RECIPES

Salads, Soups



Rebecca Almeida

AVOCADO SALAD

Edith Johnson, God mother
of Abigail Cope

2 pkgs. lime jello
2 avocados
1 Tbsp. finely chopped
onion (optional)

1/4 cup finely chopped green
pepper or stuffed olives
1/2 cup mayonnaise

Prepare jello as directed and let cool. Mash avocados, add celery, olives or onion and salad dressing. Blend well and stir jello into the mixture. Place in individual molds. Serves 12.



CHICKEN COUSCOUS SALAD

Janet Abbott

3 whole chicken breasts,
skinned and halved
2-1/2 14 oz. cans
chicken broth
1 (10 oz.) box quick
cooking couscous
1 tomato, chopped

3 green onions, chopped
3/4 cup drained canned
chick peas
1/2 red bell pepper, cut
into 1" julienne
1/2 cup dried currants
1/4 cup chopped fresh parsley

Combine chicken and broth in large skillet. Simmer until chicken is springy to the touch and cooked through. Remove chicken from broth and cool slightly. Reserve broth. Bone chicken and shred meat coarsely. Transfer to large bowl. See couscous box for instructions on couscous - use reserved broth instead of water. Transfer cooked couscous after waiting period to bowl with chicken. Add tomato, green onions, chick peas, bell pepper, currants and parsley. Mix well.

Dressing

6 Tsp. fresh lemon juice
6 Tbsp. olive oil
1/4 tsp. ground cumin
1/4 tsp. curry powder

1 drop hot pepper sauce
Pinch garlic powder
Salt and freshly ground pepper
1/2 cup toasted pine nuts

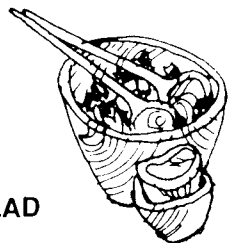
Blend all ingredients except pine nuts in small bowl. Season with salt and pepper. Add dressing to couscous and toss to combine. Refrigerate at least one hour. (Can be prepared one day in advance. It is even better then.) Mix in nuts and serve.

CHILLED ONION COMPOTE

Shirley Colloff

2 lbs. peeled, sliced onions
6 Tbsp. olive oil
1 cup dry white wine
1 cup raisins
1/4 cup tomato paste
1 clove garlic, minced
1 bay leaf
1/2 tsp. thyme
1 Tbsp. white wine vinegar
Cayenne
Salt, pepper

Cook onions in oil until golden. Add remaining ingredients. Simmer 30 minutes. Stir frequently. Cover and cool. Keeps two weeks in refrigerator. Serves 6.



COLD RICE SALAD

Joan Bianchi

3 cups cooked rice
1 green pepper, diced
1/2 cup chopped red onion
1/4 cup stuffed green olives, sliced
1/4 cup black olives, sliced
1 tsp. dried or 2 Tbsp. fresh basil
1 tsp. Dijon mustard
2 Tbsp. balsamic wine vinegar
7 Tbsp. olive oil
Salt and pepper to taste

Combine mustard and vinegar. Sprinkle over salad. Toss salad and sprinkle with oil. Toss again. If desired, add more vinegar, oil or both.

CRANBERRY SALAD MOLD

Susan Daniels

1 small pkg. raspberry jello
1 small can crushed pineapple
1 can whole cranberry sauce
1/2 pint sour cream
Chopped walnuts (about 1 cup)

Dissolve jello with 1 cup hot water. Add 1/2 cup cold water. Add pineapple (drained). Add cranberry sauce. Mix well. Refrigerate until slightly thickened. Add nuts. Put in a circular ring mold. Pour half into mold. Spoon in sour cream. **DO NOT TOUCH** sides of mold, center of jello mixture only. Add rest of jello mixture, filling in sides and top. Chill till firm. Can be made 2-3 days ahead.

CUMIN CARROT SALAD

Anne Bonny

2 lbs. carrots, sliced diagonally 1/2" thick
1/4 cup cumin
1 cup olive oil
1 cup balsamic vinegar
8 cloves garlic, quartered
1 bunch parsley, chopped

Steam carrots 6-7 minutes until just done. Combine other ingredients for marinade. Place carrots and marinade in bowl. Cover and refrigerate mixture for at least 24 hours.

HEARTY TUNA SALAD

Donna Goldman

6 oz. medium pasta shells
1 can water packed tuna, drained and rinsed
1 can kidney beans, drained and rinsed
1-1/2 cups shredded cabbage
1/3 cup chopped red pepper
Red onion rings
3 Tbsp. olive oil
3 Tbsp. lemon juice
1 Tbsp. dill weed
2 tsp. Dijon mustard
1 large clove garlic, minced
1/4 tsp. pepper
Lettuce leaves
2 tomatoes, cut in wedges

Cook shells, following package directions. Drain; rinse under cold water; drain again. Flake tuna; combine with beans, onions, cabbage and red pepper in large bowl. Mix together oil, lemon juice, dill, mustard, garlic and pepper in small bowl. Add dressing and cooked shells to tuna-vegetable mixture. Toss gently to blend. Cover bowl and chill. Serve on lettuce with tomato wedges on the side.



JERRY'S OUTSTANDING POTATO SALAD

Jerry Chervony

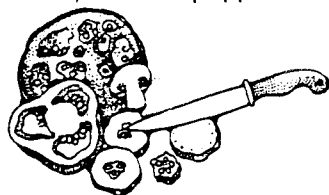
5 lbs. red potatoes, cut in pieces
1 lb. crispy bacon, crumbled (reserve some for top)
2 cups mayonnaise
1/2 cup cider vinegar
1 tsp. paprika
1 large bunch scallions, chopped (reserve some for top)

Place cut potatoes in roasting pan and cover with olive oil to coat. Brown in 375° oven until well browned. While potatoes are cooling, mix bacon, mayonnaise, vinegar, paprika and scallions. Pour dressing over warm potatoes and mix gently. Spoon potatoes into serving bowl and decorate top with reserved bacon and scallions; sprinkle a little paprika. Serve warm.

PENNE WITH PLUM TOMATOES AND CUCUMBERS IN BASIL VINAIGRETTE

- | | |
|--|---|
| 2 lbs. plum tomatoes, cut into 1/2" cubes (about 3 cups) | 1 small cucumber, pared, halved lengthwise, seeds removed, and sliced into half moons |
| 1/2 cup olive oil | |
| 1/4 cup chopped fresh basil | |
| 2 Tbsp. white wine vinegar | 1/2 cup chopped roasted red bell peppers |
| 1/2 tsp. salt | |
| 1 lb. penne or other long tubular pasta | |

Combine the tomatoes, oil, basil, vinegar, and salt in a large bowl. Cook the pasta in plenty of boiling salted water until al dente, or firm to the bite, about 10 minutes; drain. Combine the pasta, tomato mixture, cucumber, red onion, and red pepper; toss to blend. Serve at room temperature.



TOMATO SALAD IN A BREAD BOWL

Hillary Levine

The keys to this Italian-inspired salad are the ripest red tomatoes and a round, crusty peasant bread. Have plenty of salad available in the kitchen to refill the bread "bowl."

- | | |
|---|--|
| 1 large round crusty peasant bread (about 1-1/2 lbs.) | 1 cup pitted black olives, coarsely chopped |
| 1 large hot-house cucumber, peeled | 1 tsp. finely minced garlic |
| 8 large ripe plum tomatoes, cut into 8 pieces each | 1 cup fresh basil leaves, washed and slivered |
| 1 yellow bell pepper, cleaned and cut into 1/4" dice | Coarse salt and coarsely ground black pepper, to taste |
| 1/2 cup thinly slivered red onion | 1/4 cup extra-virgin olive oil |
| | 2 Tbsp. red-wine vinegar |

Cut a thin slice off top of the bread. Carefully cut out most of the inside of the bread, leaving a shell. Tear insides into large, irregular pieces; toast lightly under broiler. Set aside. Cut cucumber into 1/2-inch chunks and place in a bowl. Add tomatoes, yellow pepper, olives, onion, garlic add basil. Season with salt and pepper; toss. Before serving, add the toasted bread. Drizzle olive oil and vinegar over salad and toss gently. To serve, carefully fill hollowed bread with the salad. Serves 8. Per serving: 350 calories, 11 g fat, 3 mg cholesterol.

SALMON MOUSSE

Caryn Diuguid

- | | |
|-------------------------------------|-------------------------------|
| 2 Tbsp. unflavored gelatin | 1 tsp. paprika |
| 1/2 cup hot water | 2 Tbsp. Durkee's Famous Sauce |
| 2 Tbsp. lemon juice | 1 small onion, diced |
| 1 (15 oz.) can pink salmon, drained | 1 cup mayonnaise |
| 1 tsp. dill weed | 1 cup sour cream |

Combine and dissolve unflavored gelatin, hot water, and lemon juice. In a blender add all remaining ingredients. Add gelatin mixture to blender. Blend until mixture pours. Pour into 5-cup mold and chill until firm.



BARBARA'S SIMPLY DELICIOUS MACROBIOTIC CABBAGE SOUP

Barbara Blumberg

- | | |
|---|--|
| 1 butternut squash (to make vegetable stock for soup) | Corn kernels from 1-1/2 ears fresh corn |
| 2 cups chopped green cabbage | 1 tsp. safflower or corn oil |
| 1 medium-size turnip, chopped into cubes | 1 clove garlic, minced |
| 4-5 cups butternut squash vegetable stock | Sea salt to taste (approx. 2 finger pinches) |

Bring water to a boil. Add chopped butternut squash. (Butternut is a hard small-medium size pumpkin shaped squash. It is dark green on the outside and bright orange on the inside. It is also very sweet and you must use a good quality knife to cut through it.) Simmer for 20 minutes. While squash is cooking, stir-fry cabbage and turnip in oil until lightly cooked. When squash is done, remove with a slotted spoon and set aside, then add stir-fry, minced garlic, and kernels from ears of corn. (It is best to use a sharp vegetable knife to remove the kernels. To add extra sweetness to the soup, use the dull edge of the knife to remove the pulp from the corn. Just rub the dull side of knife along the pulp of the corn cob. Makes sure to remove kernels and pulp over the soup pot to minimize mess.) Simmer all ingredients for 15 minutes longer. Season with sea salt to taste at the end of cooking time. Use the boiled butternut squash as a side to accompany the soup. To make a complete meal, also make brown rice and lightly steamed kale or collard greens.

BORSHT

Sara Pfeiffer

5 medium beets	1/4 cup cabbage
6 large carrots	1 cup beef broth
2 large onions	1/4 cup red wine
2 cloves garlic	Fresh dill
Kosher salt	Fresh pepper

In large pot of boiling water, place peeled, diced vegetables, and spices. Simmer 1 hour until soft. Place in blender. Reserve some vegetables for soup. Place vegetables back in main soup. Add the beef broth, red wine, fresh dill and sliced cooked cabbage. Reheat. Serve with sour cream.



GAZPACHO

Susan Lesh

4 cups tomato juice	1 clove garlic, crushed
1 small onion, well minced	Dash ground cumin
2 cups freshly diced tomatoes	1/4 cup chopped parsley
1 cup minced green pepper	2 Tbsp. olive oil
1 cucumber, diced	Salt and black pepper to taste
2 scallions, chopped	2 Tbsp. fresh basil, chopped
Juice of 1/2 lemon + lime	2 Tbsp. fresh tarragon, chopped
2 Tbsp. wine vinegar	Dash Tabasco sauce
1 cup chopped celery	

Combine all ingredients and chill for at least 2 hours. (Soup can be puréed, if desired.)

GOLDEN CHICKEN SOUP

Edna Wintner

This golden soup was my mother's recipe. The addition of veal bones is my contribution.

2 large bunches dill	2 stalks celery
1 large bunch parsley	Pepper and salt
1 large onion	2 cloves garlic
6 carrots	1 whole chicken
5 large veal bones	

Wash all the vegetables to be used in the soup, then wrap them all with sewing cotton so that they remain in one large bunch. When the soup is ready to be removed from the stove, you need only lift the bunch of vegetables with one large spoon. The onion must be placed alone and removed before it falls apart. Allow the soup to cool, then place in the refrigerator overnight. The following day, you will be able to skim a sheet of fat from the top. You may add matzo balls or noodles.

FRIDAY NIGHT CHICKEN SOUP WITH KREPLACH (Meat Filled Dumplings)

Leah Slivko

Soup

4-1/2 to 5 lb. chicken, skinned	2 stalks celery
4-5 quarts water	1 turnip
1 large onion	1 parsnip
3 carrots	Parsley & dill
	1 Tbsp. salt



Place cut up chicken, including gizzard, heart and neck in pot of water. Add salt and boil. Once water begins to boil, lower flame and skim carefully. Add vegetables and continue to cook at low flame for 45 minutes. Serves 8-10.

Kreplach Dough

2 cups flour	2-3 tsp. water
2 eggs	

Kreplach Filling

1-1/2 cups finely chopped boiled chicken	1 small onion, chopped
2 broiled chicken livers	1 Tbsp. minced parsley

Sift flour into mixing bowl or kneading board. Make well in the center and add eggs and water to form a ball of dough. Knead until dough is smooth and elastic. Roll out thin. Cut into 2" squares. Blend together all filling ingredients in order given and place a teaspoon of filling in each square. Fold over to make triangles. Pinch side down with a fork. Drop in a pot of boiling water and cook for 10-15 minutes. Yields 24-36. Serve in soup.

RED CABBAGE SOUP

Lillian Krugman

2 lbs. red cabbage, shredded	3 cooking apples, diced
1 large onion, chopped	6 cups beef stock
1/4 cup cider vinegar	1 cup yogurt
3 Tbsp. honey	Chopped parsley
1/3 cup raisins	

In large soup pot, combine stock, cabbage, apples and onions. Bring to boil. Reduce heat, cover and simmer 1/2 hour. Stir in honey, raisins and vinegar; cook 15 minutes. Serve each plate with a spoonful of yogurt and sprinkle with parsley. Serves 6-8.

VEGETABLE-BLACK BEAN SOUP

Steven Fischler

*2/3 to 1 of 15 oz. can
black beans*

3 cups vegetable broth

1-1/2 cups chopped tomatoes

1 small onion, minced

2 pieces celery, minced

2 cloves garlic, minced

1/2 cup parsley, chopped fine

Juice of 1/2 lemon

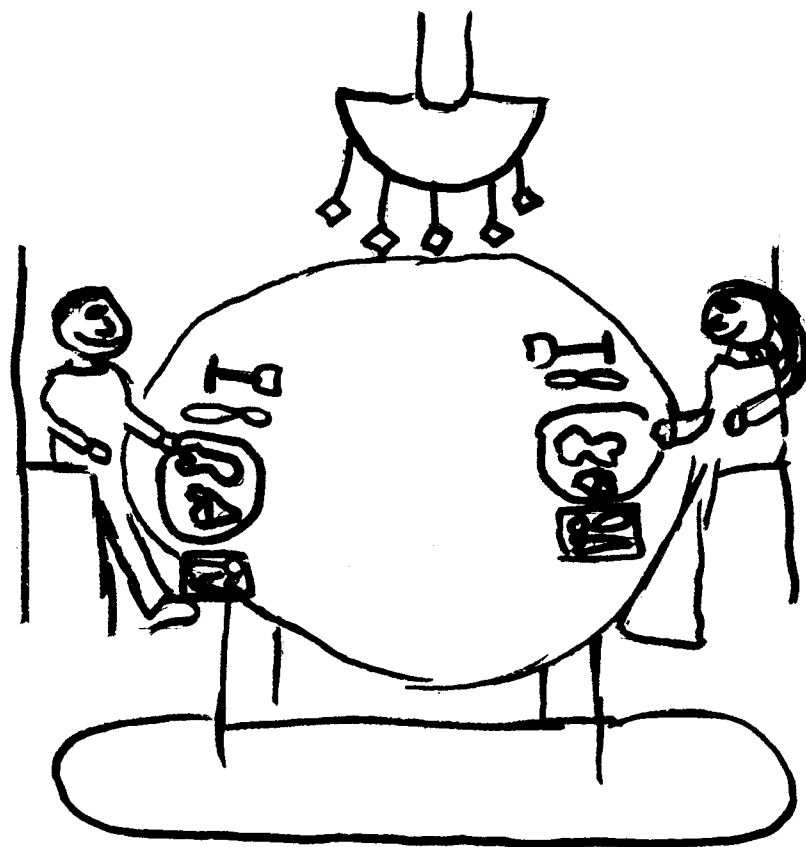
Salt and pepper to taste

Sauté onion, celery and garlic for 4 to 5 minutes. Add parsley and sauté 1 minute more. Add beans, tomatoes, and vegetable broth; heat thoroughly and simmer for 10 minutes. Add lemon juice and salt and pepper to taste. Serve with crusty bread.



ADDITIONAL RECIPES

Vegetables, Noodles, Pasta, Rice



Alexis Herman

BROCCOLI CASSEROLE

Joan Stephens

<i>2 pkgs. frozen, chopped broccoli, cooked & drained</i>	<i>3/4 cup mayonnaise 1 medium onion, chopped</i>
<i>1 can cream of mushroom soup</i>	<i>1/2 cup Ritz cracker crumbs</i>
<i>2 eggs</i>	<i>1 stick butter</i>
<i>4 oz. sharp cheddar, grated</i>	

Mix all ingredients except Ritz crumbs. Pour into medium sized, well buttered baking dish. Sprinkle top with crumbs. Bake at 350° for 30 minutes or in microwave; covered, at 60% power for 10 minutes. Let stand 5 minutes before serving.

**BUTTERNUT SQUASH WITH
PRALINE TOPPING**

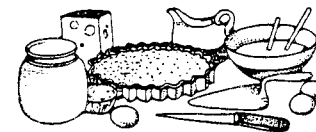
Caryn Diuguid

	<u><i>Squash</i></u>
<i>3 lbs. butternut squash (fresh)</i>	<i>Dash pepper</i>
<i>4 Tbsp. butter/margarine</i>	<i>2 eggs</i>

Cut up squash; boil until soft and drain. Add butter, pepper and slightly beaten eggs. Pour into soufflé dish.

	<u><i>Topping</i></u>
<i>1/2 cup dark brown sugar</i>	<i>1/2 - 1 tsp. cinnamon</i>
<i>3 Tbsp. softened butter or margarine</i>	<i>1/2 cup chopped pecans</i>

Mix together topping ingredients. Spread on top of cooked butternut squash. Bake at 350° for 30 minutes uncovered.

**BROCCOLI OR SPINACH QUICHE**

Sheree Levison

<i>1 box frozen broccoli or spinach</i>	<i>1 cup cottage cheese</i>
<i>2-3 eggs</i>	<i>3 Tbsp. flour</i>
<i>1 cup shredded cheddar cheese</i>	<i>Salt/pepper if desired</i>
	<i>Frozen pie crust</i>

Cook broccoli or spinach. Mix all ingredients in a large bowl. Pour into a pie crust. Bake for 30 minutes at 350°.

COUSCOUS PILAF

Margaret Aalees

In a chicken broth base with sautéed leeks, currants and pinenuts.

2 pkgs. *Near East Couscous* 4-1/2 cups *College Inn*
(All Natural) chicken broth
4 Tbsp. butter or margarine

To make the basic couscous recipe follow the instructions on the package, using the above ingredients to make the couscous mixture.

3 Tbsp. oil 1 small jar pinenuts
2 leeks Salt and freshly ground black
1 cup currants pepper to taste

To make pilaf mixture, cut the end of leek just at the roots and wash well in cold water (this is to remove the grit from the center of the inside leaves). Preheat the oven to 350° and lightly toast the pinenuts on a small cookie sheet in the oven for about 10 minutes. Remove from the oven and reserve until you have completely made the couscous. Wash and cut the cleaned leek into small pieces; about 1/4 inch slices. Sauté in a small frying pan with the currants until the leek has become soft and limp-like. Save until you have the couscous prepared. In a large saucepan with a lid, prepare the couscous as directed on the package. (We are doubling the recipe, for the 8-10 servings, so just follow the simple instructions on the side of the package.) Substitute the chicken broth for the water, because it is more flavorful. Couscous doesn't take very long to make, only about 8 minutes. After the couscous has been prepared, add the sautéed leeks, currants and toasted pinenuts to the couscous, and gently toss well. Season with a dash of salt and freshly ground black pepper. Serve hot with your main dish of poultry or meat. Serves 8-10.

EGGPLANT PARMESAN

Christine Oliver

1 large eggplant, peeled and
sliced (1/4" pieces) 1 quart marinara sauce
Breadcrumbs, flour Parmesan cheese and/or
2 eggs, beaten mozzarella cheese, grated

Dip eggplant slices in flour, beaten egg and breadcrumbs. Fry in oil till golden, turning over once. Drain on paper towels or grocery brown bags. In deep casserole pan, layer eggplant, drizzling sauce and cheeses in between. Sprinkle cheese over top layer. Bake for 20 minutes at 350°. Serves 4-6.

ESCAROLE AND BEANS

Terry Westby

1 large head escarole 3 cloves garlic, chopped
1 (19 oz.) can cannellini 1 small celery heart, chopped
beans (white kidney beans) (stalks and leaves)

Thoroughly wash escarole leaves. Cut in half and cook until tender in boiling water. Sauté garlic and chopped celery in olive oil. Drain escarole and add garlic and celery. Add beans. Simmer about 15 minutes. Serve with Italian bread.

IRISH POTATO CASSEROLE

Arlene Pancza-Graham

Non-stick cooking spray 1 lb. boiling potatoes,
6 cups (about 3/4) shredded pared and thinly sliced
green cabbage 3/4 cup chicken broth
1 large onion 2 oz. (1/2 cup) shredded low-fat
1/4 lb. Irish bacon, cubed cheddar cheese
2 Tbsp. chopped parsley Freshly ground black
1/4 tsp. thyme pepper to taste

Spray inside of a 3-quart casserole. Layer with half of cabbage and onions; sprinkle with half of bacon. Sprinkle with half of parsley, thyme and pepper. Arrange half of the potatoes over cabbage layer. Repeat layers, ending with potatoes. Pour chicken broth over and then sprinkle cheese over the top. Cover and bake in a 350° oven for 45 minutes. Uncover; bake 15 minutes more or until top is brown. Makes 4-6 servings.



SPICY KOREAN BEAN CURD DISH

Hyon O'Brien

2 pkgs. bean curd 1 Tbsp. soy sauce
2 stalks scallions, cut up 1 Tbsp. sesame oil
1 tsp. chili powder 1 tsp. garlic powder
1 Tbsp. sugar 1 cup vegetable oil

Cut bean curd into rectangular shapes 1/2-inch thick. In a skillet, pour the vegetable oil and brown bean curd cubes on both sides; put browned cubes into a pot. In a bowl, mix together scallions, chili powder, sugar, soy sauce, sesame oil and garlic powder. Pour this mix over the browned bean curd; bring it to a boil, then simmer for 15 minutes. Serves 6.

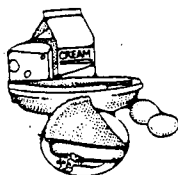
SPINACH PIE

Katy Konstantaras

1/3 cup olive oil, butter
or margarine
1 small bunch scallions,
green parts chopped
2-1/2 to 3 lbs. spinach
1 small bunch fresh
parsley, chopped

1 small bunch dill, chopped
Salt and pepper
1/2 lb. feta cheese, crumbled
3-4 eggs, lightly beaten
6 Tbsp. melted butter
Bread crumbs, if necessary
5-6 commercial sheets,
unrolled flat

Heat the oil in a large pan and sauté the scallion until soft. Meanwhile, pan the spinach (cook it without adding water, drain thoroughly) or salt and rinse. Squeeze out excess liquid. Add the spinach to scallion and stir in the parsley, dill and a little salt and pepper. Cook gently for 10 minutes, then cool. Using a wooden spoon, stir in the feta and eggs. Butter a 9"x13"x3" baking pan and spread 3 commercial sheets, brushing each with butter. Pour in the spinach filling, then cover with the remaining 3 commercial sheets, brushing with butter. Bake in 350° oven for 45 minutes or until the top is golden and flaky. **Note:** Use some nutmeg. Use grated cheese instead of feta and be discreet with the salt if the cheese is salty.



SPINACH QUICHE

Rhoda L. Zelezny

1 pkg. frozen chopped spinach
3 eggs
1 cup milk
1/2 cup grated Parmesan
cheese
1 (15 oz.) container ricotta
cheese
Salt, pepper
1 small onion
1 pkg. frozen pie crusts
(see instructions on pkg.)

Sauté onion in margarine. Mix into well drained cooked spinach; add salt and pepper. In another bowl, mix ricotta cheese, eggs, milk, Parmesan cheese. Combine 2 bowls. Pour into baked pie crusts. Bake at 350° for 50-60 minutes, until top is firm. Makes 2 pies.

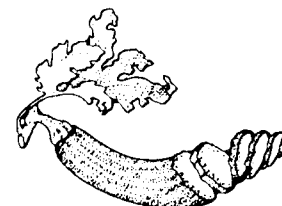
Onions won't cause tears if they are well chilled. Store in covered containers in the refrigerator.

GREEK SPANAKORIZO SPINACH AND RICE

Sophie Marcopul

2 large onions, finely chopped
3/4 cup olive oil
1 tsp. tomato paste
1 lb. spinach, torn in pieces
or 2 pkgs. frozen spinach
1 cup water (about)
Salt and pepper
2 sprigs mint (optional)
1/2 cup raw rice

Sauté onions in oil until soft. Add tomato paste and spinach and stir. Add water to cover and bring to a boil. Add seasonings and stir. Sprinkle rice on top. Do not stir. Cover and simmer about 20 minutes or until rice is cooked. (Normally served as a hot side dish but is also excellent cold.)



VEGGIE BAKE

Marilyn Adler

2 medium potatoes
1 lb. zucchini
1 onion
4 eggs
1 stick margarine, melted
1-1/4 cups bread crumbs*
3/4 Tbsp. salt
1/4 tsp. pepper
3 large carrots

Grate potato, zucchini, onion, and carrots. Add eggs, margarine, bread crumbs, salt and pepper. Bake in greased casserole for 1 hour at 350°. Serves 4-6 as a side dish. (* Matzo meal can be substituted for bread crumbs.)

ZUCCHINI QUICHE

Laura Lieberman

3 cups finely diced zucchini
1 medium onion, finely diced
1 cup Bisquick
1/2 cup Parmesan cheese
1/2 cup oil
4 eggs, beaten
Basil
Parsley
Pepper

Place in bowl and mix together. Pour into greased 9" pie plate. Bake about 40 minutes in 350° oven. (Use mushrooms, if desired.)

BUBBY FAIGIE'S ZUCCHINI-MUSHROOM QUICHE

Susan Goldman

<i>1/2 cup minced onion</i>	<i>1/4 cup oil</i>
<i>3 cups sliced zucchini</i>	<i>4 eggs, well beaten</i>
<i>1/2 cup chopped mushrooms</i>	<i>1/2 cup Parmesan cheese</i>
<i>2 medium tomatoes, chopped</i>	<i>1/2 cup shredded cheddar cheese</i>
<i>1 cup Bisquick</i>	<i>Salt, pepper, garlic powder to taste</i>
<i>1/2 tsp. oregano</i>	
<i>2 tsp. parsley or chives</i>	

Mix all ingredients, except the eggs, in a large bowl. Add well-beaten eggs to this mixture. Pour all into a greased 9" pie plate. Bake at 350° for 45 minutes. Cover quiche for first 1/2 hour of baking. Leave uncovered for last 15 minutes. Enjoy!

ANGEL HAIR WITH VEGETABLES

C. Jean Knight Donlan

<i>1 can whole peeled tomatoes</i>	<i>1 box angel hair pasta</i>
<i>1 can artichokes (in water)</i>	<i>Salt and pepper to taste</i>
<i>1 box frozen peas</i>	<i>1 Tbsp. oregano</i>
<i>1 small onion, chopped</i>	<i>1 Tbsp. basil</i>
<i>Garlic powder or minced garlic to taste</i>	<i>Olive oil to sauté onion</i>

Cook onion in olive oil until soft. Over medium heat, add tomatoes, peas and drained artichokes. Let simmer for approximately 25 minutes; add oregano, basil and garlic. Let cook for another 5-10 minutes. Spoon over pasta.



BLINTZ SOUFFLE

Caryn Diuguid

<i>12 cheese blintzes, defrosted</i>	<i>1/4 cup sugar</i>
<i>1/2 lb. butter/margarine</i>	<i>1 tsp. vanilla</i>
<i>4 eggs, separated</i>	<i>1/2 tsp. salt</i>
<i>16 oz. sour cream</i>	<i>1/4 tsp. cinnamon</i>

Beat egg whites until stiff and set aside. Melt butter/margarine in large deep casserole or soufflé dish. Layer blintzes in dish. Beat egg yolks, sour cream, sugar, vanilla, salt, and cinnamon until well blended. Fold in egg whites. Pour mixture over blintzes. Bake at 350° for 30 minutes. Top will be well browned.

GERMAN LASAGNA ?!?!*

Pamela Gossard

<i>2 Tbsp. salad oil</i>	<i>2-1/2 cups canned tomatoes</i>
<i>1/2 cup minced onion</i>	<i>1/4 tsp. oregano</i>
<i>1 lb. ground beef (or turkey)</i>	<i>1 (8 oz.) can tomato sauce</i>
<i>2 cloves garlic</i>	<i>1/2 cup grated Parmesan cheese</i>
<i>1/4 tsp. pepper</i>	<i>1/2 lb. lasagna noodles</i>
<i>3 Tbsp. minced parsley</i>	<i>3/4 lb. sliced Swiss cheese</i>

Cook noodles as directed on box. Rinse and keep in cold water until ready to layer. Sauté onions in salad oil. Add beef. Add garlic, spices, tomatoes, tomato sauce and 2 tablespoons Parmesan cheese. Simmer covered, for 30 minutes. Alternate layers, beginning and ending with sauce. Sprinkle with remaining cheese. Bake 30-40 minutes in 350°, until bubbling. (*My mom, being of German descent, found regular lasagna (with mozzarella and ricotta cheeses) too rich and lacking zip. Therefore, this version was created. I've served this to many guests (Italians included) who love it but advise me "just don't call it lasagna.")



SPINACH LASAGNA WITH UNCOOKED NOODLES

Robin Bernstein

<i>1 lb. ricotta cheese</i>	<i>1/8 tsp. pepper</i>
<i>1-1/2 cups shredded mozzarella cheese</i>	<i>3/4 tsp. oregano</i>
<i>1 egg</i>	<i>4 cups spaghetti sauce or 1 (30 oz.) jar</i>
<i>1 (10 oz.) pkg. frozen chopped spinach, thawed & drained</i>	<i>1/2 lb. lasagna noodles</i>
	<i>1 cup water</i>

Preheat oven to 350°. In a large bowl, combine ricotta cheese, 1 cup mozzarella cheese, egg, spinach, salt, pepper and oregano. In a 13"x9"x2" pan, layer about 1 cup of sauce, 1/3 of the uncooked noodles and 1/2 the cheese mixture. Repeat. Top with remaining noodles and sauce. Sprinkle top with remaining mozzarella. Pour 1 cup of water around the edges of the pan and cover tightly with aluminum foil. Bake for about 1-1/4 hours until the noodles in the center are as cooked as you like them.

Add 1 tablespoon of oil to water when boiling pasta. This will prevent boiling over.

LAZY PIEROGIES (DUMPLINGS)

Eleonore Olszewski

1 lb. farmer cheese 50 gr. butter or margarine
3 eggs 20 gr. bread crumbs
150 gr. flour Salt

Stir cheese, 20 gr. of butter or margarine and yolks smoothly. Beat whites (hard), mix with cheese, and add flour and salt, making a dough. On board sprinkled with flour, form a thick roll (1-1/2" in diameter), flatten and cut obliquely in pieces 2 to 2-1/2 inches long. Put the dumplings in lightly salted boiling water. Boil 1 minute (until they rise to the surface). Take out with strainer on a plate. Baste with melted butter mixed with bread crumbs (brownish).

**NOODLE PUDDING**

Laura K. Gurvis

1/2 lb. medium noodles 1/4 cup milk
1 lb. cottage cheese 1/4 lb. margarine, melted
1 pint sour cream 6 eggs
1/2 lb. cream cheese 1 tsp. vanilla
1/2 cup sugar

Cook noodles and drain. In a large bowl, put eggs and sugar and mix. Add cream cheese, milk, sour cream, cottage cheese, melted margarine, and vanilla. Mix well (don't beat). Add noodles. Bake 1 hour at 350° in a 9"x13-1/2" pan.

Topping

3 cups corn flakes 1 cup brown sugar
1/4 lb. margarine

Melt margarine and brown sugar. Add corn flakes until well coated. Put on top of pudding and bake about 10 minutes.

NOODLE PUDDING SUPREME

Isabelle Hermalyn

1 lb. broad noodles, 1 cup melted butter or
cooked and drained margarine
5 eggs 1 pinch salt
3/4 cup sugar 1 can Comstock apples
1/2 cup milk with spices
1/2 pint sour cream

Mix all ingredients except eggs and apples. Separate yolks from whites. With whites make snow. Mix 1 can of apples and the snow. Pour into a greased pan and sprinkle with crushed corn flakes on top. Bake for 1 hour at 350°.

NOODLE SMETANA (CASSEROLE)

Hungarian Origin

Lisa Gray

12 oz. cooked broad noodles 1-1/2 lbs. chopped turkey
1/2 lb. low fat cottage cheese 1-1/4 cups tomato sauce
1/2 pint low fat sour cream 1/2 lb. mushrooms
or plain yogurt Parmesan cheese, grated
1/2 cup scallions or chives Salt and pepper to taste

Blend the first four ingredients. Brown meat in a non-stick pan. Drain any fat. Simmer with tomato sauce and mushrooms, covered, for 10 minutes. In a greased casserole or lasagna dish, layer the noodle mixture, then meat mixture; top with layer of noodle mixture. Sprinkle with Parmesan cheese and bake at 350° for 30 minutes.

**SOBA NOODLES WITH SAUTÉED MUSHROOMS**

Steven Fischler

This recipe makes enough sauce for one package of Soba; usually it's around 12 ounces.

Sauce

3-4 Tbsp. soy sauce 1 Tbsp. sesame oil with hot
(low-sodium) pepper (or 1 Tbsp. roasted
Juice of 1/2 lime sesame
3 Tbsp. rice wine vinegar oil and hot pepper to taste)
3 Tbsp. vegetable oil 1 clove garlic, crushed
1/2 tsp. black bean paste 1 Tbsp. grated ginger
(optional)

Mix all of the above ingredients in a measuring cup or bowl.

Vegetables

4 scallions, sliced lengthwise 2 oz. shitake mushrooms, sliced
& cut into 2" pieces 4 oz. mushrooms, sliced
2 carrots, sliced into 2 Tbsp. vegetable oil
2" slivers

Sauté the carrots for a minute or two, then add mushrooms and cook for a minute or two. Finally, add scallions. Sauté for another minute. Pour in the sauce and cook at high heat for 1 minute.

Noodles

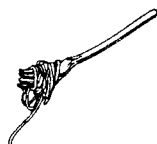
Meanwhile, cook the Soba in boiling water for 5-6 minutes and drain. Place in large serving bowl and pour on sauce/vegetable mixture; serve.

POLENTA

Marie L. MacLachlan

<i>1 cup yellow cornmeal</i>	<i>Flour to dredge</i>
<i>3/4 cup cold water</i>	<i>2 Tbsp. butter</i>
<i>3-1/4 cups boiling water</i>	<i>3/4 cup Pecorino cheese</i>
<i>2 tsp. salt</i>	

Heat oven to 350°. Grease loaf pan. Mix cornmeal and 3/4 cup water in 2-quart pan. Stir in 3-1/4 cups hot water and salt. Cook, and keep stirring until thick. Spread in loaf pan, cover and refrigerate until firm. Unmold and cut polenta in 1/2 inch slices; coat with flour. Heat butter in pan and cook slices on each side until brown. Serve warm with fresh pork, or Italian sauce and cheese.



VEGETABLES AND PASTA SUPREME

Dr. Albert Stabile

<i>Mushrooms</i>	<i>Pasta</i>
<i>Arugula</i>	<i>Radicchio</i>
<i>Onion</i>	<i>Garlic</i>
<i>Salt and pepper</i>	<i>Olive oil</i>
<i>Basil</i>	<i>Crushed red pepper</i>
<i>Tomato paste</i>	<i>Crushed tomatoes</i>
<i>Fresh plum tomatoes</i>	<i>Oregano</i>
<i>Red wine</i>	<i>Romano/Parmesan cheese</i>
<i>Balsamic vinegar</i>	

Place olive oil in saucepan with chopped garlic and chopped onion. Sauté onion and garlic until translucent, then add tomato paste, crushed tomatoes, chopped plum tomatoes, basil, salt, pepper, oregano, red wine and crushed red pepper. Let cook on low heat with cover on pan for 45-60 minutes. Put olive oil in saucepan with garlic, and add radicchio, balsamic vinegar, mushrooms and arugula. Cover pan and let simmer on low heat for 15 to 20 minutes. When vegetables are translucent, add them to the tomato sauce and continue to simmer on low heat for approximately 10 to 15 minutes. Put hot water on stove and bring to boil. Add pasta and let cook for 15 to 20 minutes. Taste pasta after 10 to 12 minutes for consistency - al dente is preferable. Add a few drops of olive oil to water to prevent sticking and stir every 4 to 5 minutes. When done, drain pasta and place in pasta bowl. Pour 3/4 of the sauce over pasta and mix. Sprinkle cheese over pasta and sauce. Serve with remaining sauce at table.

FRESH TOMATO SAUCE

Bernadette Negrin

<i>3 or 4 large ripe tomatoes,</i>	<i>Salt</i>
<i>1/4" dice</i>	<i>Fresh pepper</i>
<i>1/4 cup finely chopped</i>	<i>3 dashes Sunshine sauce</i>
<i>red onion</i>	<i>(optional)</i>
<i>1/4 cup chopped fresh basil</i>	<i>1 lb. small tubular pasta,</i>
<i>3 Tbsp. olive oil</i>	<i>e.g. ditalini, tubetti,</i>
<i>2 cloves garlic, crushed</i>	<i>small elbows</i>

Boil water. Combine all of above except pasta and let stand at room temperature. Cook pasta. Rinse and drain. Place pasta on dishes and spoon sauce over. Grate fresh Parmesan cheese and/or pepper on top. Note: Use only fresh summer tomatoes or the effort will not be worth it.



MARINARA SAUCE

Christine Oliver

<i>3 cans crushed tomatoes</i>	<i>1 tsp. salt</i>
<i>10-12 cloves garlic, chopped</i>	<i>1/2 tsp. crushed red pepper</i>
<i>1 heaping Tbsp. oregano</i>	<i>1-1/2 Tbsp. olive oil</i>

In deep frying pan, sauté garlic in oil just till golden. Add spices; cook 1 minute. Add tomatoes; mix in. Cover pan. Simmer on medium-high heat 20-25 minutes, stirring often. Serve with eggplant parmesan, or stir in cleaned and deveined shrimp last 5 minutes of cooking time for shrimp marinara, or serve atop linguini cooked al dente and plenty of freshly grated Parmesan cheese.

BROCCOLI AND RICE CASSEROLE

Linda Johannsen

<i>2 cups cooked rice (still hot)</i>	<i>1/4 lb. butter, cut in pieces</i>
<i>2 (12 oz.) pkgs. cooked</i>	<i>2 tsp. minced onion</i>
<i>chopped broccoli (also hot)</i>	<i>1 small jar Cheese Whiz</i>
	<i>Soup</i>

In a large bowl, combine soup, butter, onion and Cheese Whiz. Add rice and broccoli and mix to melt butter and cheese. Place in casserole dish and bake at 350° for 25 minutes.

YELLOW RICE & BEANS

Rivera-Kron Family

3 cloves garlic (or
more to taste)

1 large onion

3/4 cup corn oil

1 or 2 tomatoes

1 can pigeon peas

1 pkt. Sazon

Olives to taste

1 large red pepper

Meat (optional)

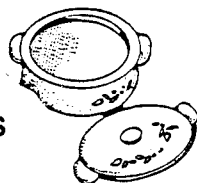
Salt to taste

Adobo to taste

4 cups raw rice

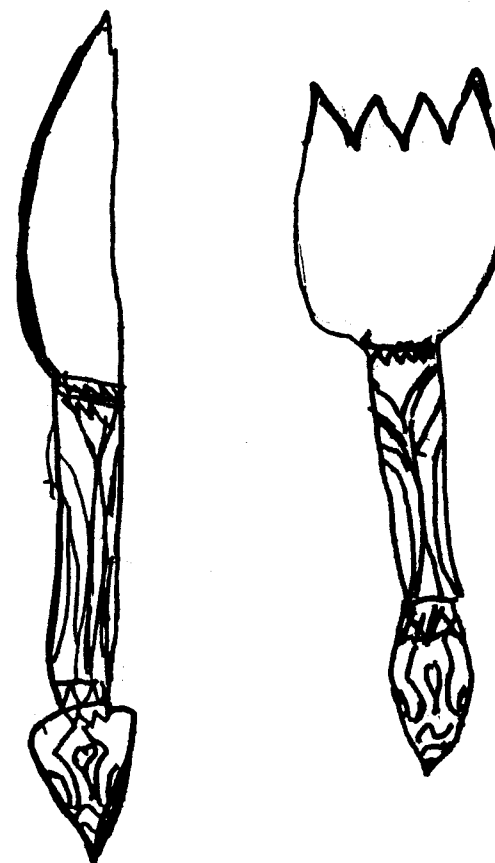
Boiled water, 1/2" above rice
level in pot

Crush garlic with salt into a paste. Chop onion. Pour oil into a large pot and heat. Sauté onion and garlic in pot. Add sliced tomatoes to pot. Add pigeon peas to pot. Add Sazon (con culantro y achiote). Cook 10 minutes over low heat. Add olives, chopped red pepper, meat (optional), salt and Adobo. Stir in rice. Pour boiling water into pot, 1/2 inch above the level of the rice. Stir. Cover pot when the water has boiled away. Stir occasionally while cooking, 25 minutes, or until the rice is done. Serve and enjoy.



ADDITIONAL RECIPES

Fish, Eggs, Cheese



Shadae Martin

BAKED BLUE FISH

Frank J. Graham

A recipe by way of Cautaumet Fish on Cape Cod for New Jersey bluefish.

<i>1 bluefish, cleaned and deboned</i>	<i>1/2 cup mayonnaise</i>
<i>1/2 cup sour cream</i>	<i>1 Tbsp. chives</i>
	<i>1 tsp. lemon juice</i>

Preheat oven to 350°. Combine the above ingredients and spread evenly across the top of the bluefish fillets, covering them completely. Bake for about 25 minutes.



BAKED FISH WITH FRESH TOMATOES & HERBS

Victoria Wells

<i>3 lbs. fresh fish (any kind - filets)</i>	<i>Fresh tomatoes, seeded and chopped</i>
<i>1/4 cup chopped fresh parsley</i>	<i>Bread crumbs</i>
<i>1/4 cup chopped fresh basil</i>	<i>2 Tbsp. freshly grated</i>
<i>2-3 cloves garlic, chopped</i>	<i>Parmesan cheese</i>
<i>1 cup onions, chopped</i>	<i>Olive oil</i>

Cook onions and garlic until tender in olive oil. (Dish will be layered onions, tomatoes, herbs, fish.) Place a small amount of onion on bottom of pan. Place chopped tomatoes and herbs on top. Place fish filets. Place rest of onions, herbs and tomatoes on top of fish. Top with bread crumbs and cheese. Bake 30-40 minutes at 350° or until fish is done.

BAKED STUFFED LOBSTERS

June Kapell

<i>4 (1-1/4 to 1-1/2 lbs.) lobsters</i>	<i>4 Tbsp. melted butter or margarine</i>
<i>1 box Ritz crackers</i>	<i>2-3 Tbsp. dry sherry</i>

Have lobsters split and cleaned at market. Preheat oven to 400° or light charcoal or gas grill. Remove rubber bands from claws. Crumb crackers in processor or with rolling pin. Mix with melted butter (margarine) and sherry and fill lobster cavity loosely. Crack small feet and lay them across stuffing. Place on cookie sheet or roasting pan and bake for about 1/2 hour until bright red. Time will vary according to size. Serve with more melted butter or margarine and lemon wedges.

CARP JEWISH STYLE

Eleonore Olszewski

Carp (2 to 2-1/2 lbs.)
2 large carrots
1 large parsnip
4 large onions

Salt, sugar, 4 bay leaves,
allspice, cloves
Almonds, raisins (handful)
Black pepper
1 Tbsp. butter or margarine

Clean and scale carp. Cut in 2-1/2 inch slices. Rinse and salt. Boil vegetables and all other ingredients for about 1/2 hour. Put the slices of carp in the decoction and simmer 2 hours. After cooking, leave the fish in the decoction until cold. When cold, take out on a dish (in a shape of a fish). Drain the decoction; pour liquid over the fish, and leave the rest in the bowl in the refrigerator. Decorate the dish with sliced carrots, almonds, raisins and green parsley.



CIOPPINO

Arleen Pancza-Graham

A slightly different version than Artie Baretta serves in his Cedar Lane restaurant.

3 Tbsp. olive or salad oil	1/2 tsp. crushed red pepper
2 large onions, chopped	1 lb. fresh cod fillets, cut into cubes
2 green peppers, chopped	1 lb. fresh scallops
3 large cloves garlic, minced	1 lb. fresh medium shrimp, cleaned
1/2 cup minced parsley	2 dozen littleneck clams in shells
1 (6 oz.) can tomato paste	2 lbs. fresh or frozen Alaska King crab legs, cut into pieces
2 (28 oz.) cans tomatoes	
1 (8 oz.) bottle clam juice	
1-1/2 cups dry white wine	
1 Tbsp. basil	
2 bay leaves, crumbled	

In 8-quart stock pot or Dutch oven, heat oil. Add onions, green pepper and garlic and sauté 10 minutes until tender. Add parsley and remaining ingredients except fish and shellfish. Heat to boiling. Reduce heat to low; cover and simmer 30 minutes, stirring occasionally. Add cod and scallops and simmer 5 minutes. Add shrimp and simmer 3 minutes more or until shrimp curl. Add clams and crab and cook until clams open, about 2 minutes. Serve with salad and garlic bread. Makes about 12 servings.

CRAB LOUIS

Phyllis DiCorcia

1 egg yolk
2 tsp. prepared mustard
1/2 tsp. Worcestershire sauce
2 tsp. red wine vinegar
1 lb. lump crab meat
(sea legs)
with cartilage removed

1/2 cup vegetable oil
1 Tbsp. chili sauce
1/4 cup finely chopped
scallions
4 large stuffed green
olives, chopped
Salt and pepper

Put yolk in mixing bowl. Add mustard, Worcestershire sauce and vinegar. Beat with wire whisk. Add oil gradually, beating rapidly. When thickened and smooth, add chili sauce, scallions and olives. Mix; add salt and pepper. Add crab meat and mix gently. Garnish with egg slices, if desired.



CAPPELINI CON CRAB

Chef Aret Cakir

Avanti Restaurant, thank you!

1 lb. cappellini dry pasta, cooked al dente	6 fresh asparagus spears, cut diagonally in 1" pieces
1 clove garlic, peeled and diced fine	1 red bell pepper, roasted and peeled, sliced julienne
1 bulb shallot, peeled, and diced fine	1/2 cup sliced wild mushrooms such as shitake
3/4 - 1 cup pure Maryland lump crabmeat (picked through)	1/2 cup fresh tomato sauce
6 large artichoke hearts, quartered (fresh, canned or frozen)	2 cups rich flavored chicken stock or canned broth (low salt)
2 Tbsp. virgin olive oil	Salt and pepper to taste

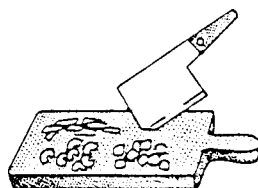
In a large hot frying pan, over low heat, sauté garlic and shallots in 2 tablespoons oil; do not brown. Add mushrooms; sauté a minute. Add asparagus; sauté again for just a minute to combine flavors. Add the red bell pepper last; toss and add tomato sauce and chicken stock. Simmer covered for 5 minutes. Uncover and add artichoke hearts and lump crabmeat. Simmer for 10 minutes uncovered. Season to taste. Pour over cappellini al dente for a light brothy dish.

RED SNAPPER PROVENCALE

Rachel A. Bartoletta

1 medium onion, finely chopped 2 Tbsp. tomato paste
2 cloves garlic, minced 1/2 tsp. basil & oregano
1 Tbsp. olive oil 1/4 tsp. salt
1 zucchini, julienned 1/8 tsp. black pepper
2 medium tomatoes, diced 1/8 tsp. thyme
2 Tbsp. chopped parsley 1 lb. red snapper fillets

Sauté onion and garlic in oil for 5 minutes. Stir in zucchini, tomatoes, parsley, tomato paste and seasonings. Simmer for 15 minutes. Pour half of the sauce on bottom of 8" square baking dish. Top with fillets and remaining sauce. Cover with foil and bake in 350° oven for 25-30 minutes or until fish flakes. Per serving: calories 173; total fat 5 gr.; saturated fat 0 gr; cholesterol 52.0 mg; sodium 284 mg.



SALMON CAKES

Claudja Barry

4 tsp. olive oil 1 lb. cooked salmon,
2 small leeks coarsely chopped
1-1/2 chopped mushrooms 1/4 cup chopped onions
1/2 cup cornmeal 2 tsp. salt
2 eggs, beaten Ground pepper to taste

Heat olive oil in a skillet; add onions and leeks and cook until soft. Stir in mushrooms until soft. In a bowl, mix cooked mushrooms, salmon, eggs, onions, pepper, leeks and cornmeal. Form mixture into salmon cakes about 1/2" thick. Coat a large non-stick skillet with oil. Cook salmon cakes until lightly browned. Makes 4-5 servings.

If barbecuing fish steaks, first grease the grill. Cooking time is seven to ten minutes for the first side, and five minutes for the second side. Baste with a sauce while cooking.

SALMON QUICHE

Barbara A. Heise

1 cup wheat flour 3 eggs, beaten
(whole wheat) 1 cup sour cream
2/3 cup shredded cheddar 1/4 cup mayonnaise
cheese 1/2 cup cheddar cheese
1/4 cup chopped almonds 1 Tbsp. grated onion
1/2 tsp. salt 1/4 tsp. dried dillweed
1/4 tsp. paprika 3 drops hot pepper sauce
6 Tbsp. cooking oil (bottled)
1 large can salmon

Mix flour, 2/3 cup shredded cheddar cheese, almonds, salt and paprika. Stir in oil. Press on bottom and sides of 9" pie pan. Reserve 1/2 cup. Bake at 400° for 10 minutes. Remove and reduce heat to 325°. Drain salmon, reserving liquid. Add water to make 1/2 cup. Flake salmon, remove bones and skin, set aside. Blend eggs, sour cream, mayonnaise, and rest of salmon liquid. Stir in salmon, 1/2 cup cheddar cheese, grated onion and dillweed; add hot sauce. Spoon into crust. Sprinkle with reserved crust mixture and bake at 325° for 45 minutes or till firm in center.



SALMON TETRAZZINI

Audrey Connelly

1/3 cup oil (no-cholesterol 2-1/2 cups salmon liquid,
type) mushroom liquid & skim milk
1/3 cup chopped onion 4 oz. can mushrooms
1/3 cup chopped green pepper (drain & save liquid)
1/4 cup flour 1 lb. can salmon (drain
1/2 tsp. salt and save liquid)
1/4 tsp. pepper 2 Tbsp. grated Parmesan cheese
1/4 tsp. nutmeg 2 Tbsp. dry bread crumbs
2 cups cooked spaghetti Parsley for garnish

Preheat oven to 350°. In medium saucepan, sauté onion and green pepper in hot oil. Stir in flour and seasonings until smooth. Add salmon liquid, mushroom liquid and enough milk to measure 2-1/2 cups of liquid. Stir over medium heat until thickened. Combine half the sauce with cooked spaghetti and drained mushrooms and place in bottom of 2-quart casserole. Stir salmon into remaining sauce. Pour over spaghetti mixture. Sprinkle Parmesan cheese and bread crumbs over top. Bake at 350° about 25 to 30 minutes. Garnish with parsley. Makes 6 servings. **Note:** For salmon lovers - easy to prepare - most items are shelf items. Delicious and dietetic. Also for those who think they're not salmon lovers. Canned red salmon best; remove round bones first.

FRIED SALMON WITH TAI TAI SAUCE

Cathy Wang Bicofsky

3 salmon steaks (1" thick)	1/2 tsp. garlic powder
6 oz. Ruby Red Tropicana	1/4 tsp. fresh ground pepper
Orange Juice	1/2 tsp. soy sauce
1 Tbsp. Old Bay Seasoning	1 Tbsp. olive oil
1/2 tsp. fresh ground ginger	3 tsp. corn oil (for frying)

Rinse salmon steak and pat dry with paper towel. Set aside. In mixing bowl, whisk the next seven ingredients until well mixed. Marinate salmon in mixture for 1/2 hour. (Turn salmon once during 1/2 hour.) Preheat non-stick frying pan. Add corn oil. Remove salmon from marinade and set marinade aside. Place salmon in pan and fry for 3 minutes on each side. Add marinade to salmon, cover and bring to a boil. Cook for 2 minutes more and remove from frying pan. Serve immediately on warmed plate.

PINK SALMON CAKES

Joan W. Cohen

1 large can salmon	2 Tbsp. flour
1 medium size onion, chopped fine	1/2 tsp. baking soda
1/4 green pepper, chopped very fine	Dash salt and pepper
	Dash paprika
	Wesson vegetable oil

Combine all the ingredients to form about 8 croquettes and fry in very small amount of oil in pan on a medium flame. **Serving Suggestions:** (1) Serve with a garden salad for a delightful treat. (2) When served at dinnertime, can be served with white rice and chopped tomato with a little chopped green pepper for a spicier taste.



Allyson Athay

SHRIMP PESTO PASTA

1 lb. frozen, cooked medium shrimp	1 pkg. any kind pasta (we like peppered cheese ravioli)
4 Tbsp. fresh pesto	2 Tbsp. cream
2 Tbsp. butter	1/2 cup fresh grated Romano cheese
1 onion	
2 Tbsp. minced garlic	

Sauté onion in butter. Add pesto, garlic and shrimp and turn heat to low. Prepare pasta of choice according to directions. Add pasta to shrimp and add cream to coat pasta. Top with Romano cheese and serve with fresh sourdough bread.

SAUTÉED SCALLOPS AND SHRIMPS

Margaret Aalees

Served on a bed of mixed greens with a shallot and tarragon vinaigrette.

1/2 lb. bay scallops	2 large shallots, finely chopped
16 large shrimps, cleaned and deveined	4 plum tomatoes, skinned, seeded and puréed
2 extra large eggs, lightly beaten	1 cup beef stock
2 sticks unsalted butter, melted and clarified	4 Tbsp. tarragon vinegar
2 cups fresh bread crumbs	2 Tbsp. chopped parsley
Salt and pepper to taste	2 cups mesclun greens or boston lettuce, or red leaf lettuce

Prepare to melt the butter, and clarify it by removing the foam from it. Reserve for the cooking of the scallops and shrimps. Lightly beat the eggs and season with some salt and pepper. Dredge the scallops and shrimps in the egg mixture, and then in the bread crumbs. Make sure that the bread crumbs firmly coat the raw scallops and shrimps. In a frying pan, heat some of the clarified butter, and lightly brown the scallops and shrimps on both sides on medium heat for about 2 minutes. They should be a chalky white color for the scallops and opaque and pink for the shrimps. Don't overcook the seafood. When they are browned, place on a plate, and reserve the scallops and shrimps until you are ready to place them on a bed of mixed greens. To make the vinaigrette sauce, add some more clarified butter to the frying pan and sauté the shallots until they become transparent. Add the tarragon vinegar and deglaze the pan. Scrape off the brown residue of the browned bread crumbs, then add the tomato purée with the beef stock and reduce it by half the amount. Add the chopped parsley to the sauce and adjust the seasonings. Reserve the sauce to spoon over the seafood. Place some mixed greens on a small salad dish, and place some of the cooked scallops and two shrimps, per serving, in the center of the arrangement. Spoon the sauce over the scallops and shrimps and serve warm. Serves 8.



BREAKFAST SOUFFLÉ

Karen Woldahl

2 lb. pork sausage, browned	4 slices bread, cubed
1 dozen eggs, slightly beaten	2 tsp. dry mustard
2 cups grated cheddar cheese	1 tsp. salt
4 cups milk	

In a 13"x9" baking pan or dish combine all ingredients and refrigerate overnight covered with Saran Wrap. Bake at 350° for 1 hour, covered with tin foil for the first half hour and uncovered for the remaining half hour. Enjoy.

WONDERFUL BRUNCH BLINTZ SOUFFLÉ

Bea Westin

12 frozen blintzes
(cherry or blueberry)
6 eggs
2 tsp. vanilla
1/2 tsp. salt

4 Tbsp. orange juice
1/4 lb. melted butter
14 oz. sour cream
4 Tbsp. sugar

Separate and arrange blintzes in a greased 9"x13" pan. Beat eggs and add other ingredients. Pour over blintzes and soak overnight in refrigerator. When ready, bake at 350° for 45 minutes. Serve hot.

MOM'S MACARONI AND CHEESE

June Lilienthal

Family dish. Mom was Florence Murphy of 80 Sherwood Avenue, a longtime resident.

1 lb. elbow, rigati or ziti
1 small Velveeta cheese
1/2 stick butter

1 stick sharp cheddar
(8 to 10 oz.)
2 small cans tomato juice

Cook and drain pasta. Cut up Velveeta into small dice. Grate sharp cheddar; reserve some. Combine all ingredients in pot. Put all ingredients into casserole or 9"x13" dish; top with grated cheddar and bake at 350° until cheese is bubbly.



NOODLE PUDDING

Mrs. Carole Lacher

8 oz. broad egg noodles
2 eggs
1/2 cup sugar
1/4 lb. butter

3 Tbsp. sour cream
8 oz. cottage cheese
3/4 cup raisins
Cinnamon

Preheat oven to 350°. Boil and drain noodles. Beat eggs, sugar, butter, sour cream and cottage cheese. Add noodles and mix thoroughly. Butter baking dish slightly and fill. Sprinkle with cinnamon. Bake 1 hour. Serves 6.

VARIATIONS ON A PANCAKE THEME

Daniel Rosenblum

This basic recipe allows room for improvisation. It can also be low in fat, if you use skim milk, and no oil. My favorite version uses whole wheat pastry flour, molasses instead of sugar, and vanilla, with the rest varying.

2-1/4 cups sifted whole
wheat pastry flour*
1/4 tsp. salt (or less or
more as you prefer)
2 Tbsp. (or less) sugar, if
you're not using molasses
Spices (optional): use any
combination of following:
1/4 tsp. ground nutmeg
1/4 tsp. ground cloves
1/4 tsp. ground cardamom
1/4 tsp. ground allspice
1/4 - 1/2 tsp. ground ginger
1/2 tsp. ground cinnamon
2 eggs, beaten

1 to 1-1/3 cups skim or whole
milk (less for breadier,
almost scone-like, pancakes,
more for thinner ones)
2 Tbsp. molasses (only if
you don't use sugar)
1 tsp. vanilla extract (opt)
2 Tbsp. light cooking oil
(soy, safflower, canola,
etc.) or melted butter (not
needed if you use a
nonstick griddle)
1 to 1/2 cup fresh blueberries
or raspberries or 1/2 cup
raisins or 1/2 cup chopped
unsalted nuts (optional)
4 tsp. (1 Tbsp. + 1 tsp.)
double acting baking powder

(*Available in health food stores. Or use 2 cups ordinary whole wheat flour [which will result in heavier pancakes] or 2 cups all-purpose unbleached white flour.) Sift together dry ingredients except baking powder. In another bowl, mix the beaten eggs and the milk. Whisk or beat the liquid ingredients into the flour mixture until smooth. Add molasses, vanilla and shortening and mix well. Add fruit or nuts if you're using them and mix. Add the baking powder and mix just until completely dissolved; do not keep mixing past this point. You can let this stand for a few minutes and it will rise somewhat, but this is not necessary-it might, though make for slightly fluffier pancakes if you do. Drop by tablespoons or double tablespoons onto a hot griddle, lightly oiled unless it's nonstick or well-seasoned. Let cook until bubbles start to break on top and edges begin to get slightly dry. Flip and cook on the other side until done (about half as long as on the first side). If they are not going to be eaten immediately, put the pancakes on a drying rack. Don't stack them. If you let them dry for an hour or two they'll freeze well and can be reheated in a toaster.



PIZZA CASSEROLE

Mrs. Carole Lacher

- | | |
|--|---|
| <i>1-1/2 cups elbow macaroni</i> | <i>4 oz. (about 1 cup) shredded mozzarella cheese</i> |
| <i>1 (8 oz.) jar pizza sauce</i> | <i>1/4 lb. sliced pepperoni, cut into quarters</i> |
| <i>1 (8 oz.) carton ricotta cheese</i> | <i>1 Tbsp. grated Parmesan cheese</i> |
| <i>1/2 cup chopped onion</i> | |

Heat oven to 350°. Cook macaroni according to package directions. Drain. In 2-quart casserole, combine all ingredients except Parmesan cheese; blend well. Sprinkle Parmesan cheese over top. Cover; bake for 30 to 35 minutes or until thoroughly heated.

STUFFED CHERRY TOMATOES

Janelle Heise

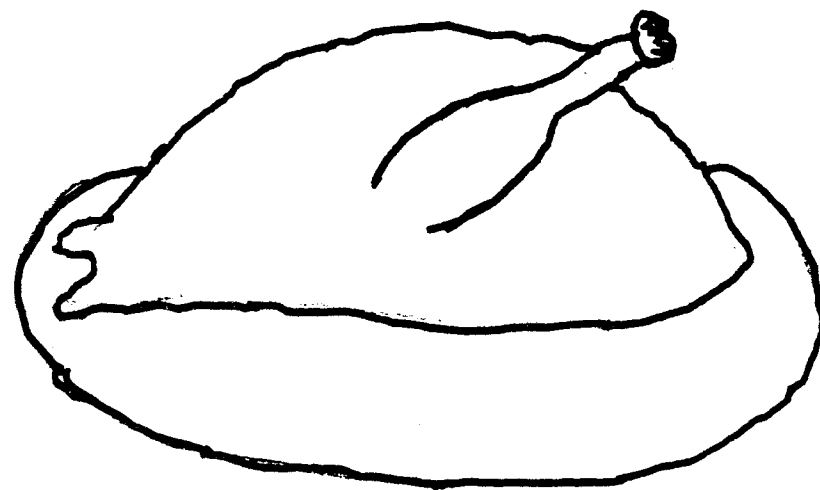
- | | |
|------------------------|----------------|
| <i>Cherry tomatoes</i> | <i>Parsley</i> |
| <i>Farmer cheese</i> | |

Fill cherry tomatoes with farmer cheese. Garnish with parsley.



ADDITIONAL RECIPES

Meat, Poultry



Matthew Hanlon

BEEF CARBONNADE

Shirley Colloff

4 large onions, sliced
4 cloves garlic, sliced
3 lbs. cubed beef
2 Tbsp. oil
1/3 cup flour

1 can beer
1/4 tsp. thyme
1/4 tsp. nutmeg
1/4 tsp. pepper
Salt (optional)

Sauté onions and garlic in oil in heavy pot. Remove from pot. Flour beef and brown in same pot. Return onions and garlic. Add remaining ingredients. Cover and simmer 1-1/2 to 2 hours. Serves 6-8.

**BOB'S EX-MOTHER-IN-LAW'S
QUICK GOULASH**

Bob Griffin

1-1/2 lbs. ground beef
1/2 medium onion, chopped
1 large stalk celery (1/4 cup)
1 clove garlic, chopped
1/4 cup green pepper,
chopped (optional)

1 tsp. paprika
3 cans tomato soup
2 cups potatoes, diced
1/4" cubes
1 medium can regular cut
green beans
Salt and pepper

Brown the beef, onions, celery, garlic and paprika in a large skillet or pot (add a little oil if the beef is very lean). Add potatoes and soup and simmer about 15 minutes until potatoes are done, stirring often (the tomato soup will stick to the bottom of the pot and burns easily). Add green beans and continue simmering until potatoes are cooked and the beans are heated through. Serve as a one dish meal with Italian bread, a salad and hot or mild (sweet) cherry peppers on the side. **Note:** I made this for a troop of boy scouts (quadrupled the recipe) on a camping trip and had the boys' mothers calling for the recipe for 2 weeks after. It doesn't freeze well because of the potatoes, but it definitely is better on the 2nd day after the flavors blend.

FRANKFURTER GULASH

Martha Schlesinger

1 or 2 onions
3 medium potatoes
3 frankfurters

1 tsp. red powdered paprika
1 cup boiling water

Fry the onions until light brown. Add paprika for 1 minute. Add 1 cup or more boiling water. Add potatoes (white or red), cut up in quarters or smaller. Cut frankfurters in small pieces; add to the potatoes 10 minutes before potatoes are soft. You can put the onions through a sieve before you add the potatoes. If you wish, add a little salt or a bouillon cube; it depends on how salty the franks are. Serves 3.

LAZY STUFFED CABBAGE

Sondra Klein

1 large onion
1 large cabbage
1-1/2 lbs. chopped meat
3/4 cup raw rice
4 cans Sauce Arturo
2 large cans jellied
cranberry sauce

In large pot, brown onion in a little oil. Cut up cabbage in large strips, add to pot, cover and cook cabbage down. Prepare chopped meat to taste and add rice. Make meat balls. To cooked cabbage, add cranberry sauce and Sauce Arturo; mix thoroughly. Add meat balls on top, cover and cook about 1-1/2 hours.



LOUISE'S DIVINE POT ROAST

Diane Chervony

Rump roast
1 onion, cut in eighths
2 large bay leaves
1 can Franco American Gravy
Gravy Master
Cornstarch

Trim beef of fat. Place fat in Dutch oven on stove and heat until fat liquid covers bottom of pot. (If fat doesn't melt, add vegetable oil.) Add beef to pot and brown on each side. Add onions and brown, then add water to almost cover meat. Add bay leaves. Cook 2-1/2 to 3 hours until tender. Add can gravy. If gravy is not thick, add cornstarch and water. Add Gravy Master to darken.

MEAT LOAF

Barbara Ostroth

1-2/ to 2 lbs. ground turkey
or ground beef
1/2 cup barbecue sauce
1/4 cup Worcestershire sauce
1 egg
1-1/2 cups oatmeal
1-1/2 cups Italian bread
crumbs

Mix ingredients together in large bowl. Press firmly into large loaf pan. Bake for 50 minutes at 400°. (Pour off grease as the meat loaf cooks.)

ORIENTAL-JEWISH BRISKET OF BEEF WITH CRANBERRY SAUCE

Cathy Wang Bicofsky

This dish is particularly good for people who must limit their intake of salt and spices.

3 lbs. trimmed brisket of beef
1 cup sake rice wine
1 can cranberry sauce
(berries, not jelly)

Place cranberry sauce, sake and brisket of beef into cooking pot. Cover and simmer over medium heat for 90 minutes. Remove meat from pot, let cool for 5 minutes and slice. Serve hot with remaining sauce.



SAUCY PEPPER STEAK

Renée Harcsztark

2 lbs. shoulder steak,
1/4" strips
1/4 cup oil
1 cup boiling water
1/2 pkg. onion soup mix
1 tsp. sugar
1/4 tsp. powdered ginger
1 green pepper
1 onion
1 tomato
Mushrooms (optional)
2 Tbsp. cornstarch

Brown steak in oil in a large frying pan. Combine soup mix, water, sugar, soy sauce and ginger. Pour over meat and simmer on low heat until the meat is tender; approximately 1 hour. Cut vegetables and put aside. Dissolve cornstarch in cold water and pour over tender meat. Stir until the sauce thickens. Add vegetables and simmer 5-10 minutes more.

STUFFED PEPPERS

Alice Spivack

4 or 5 green peppers
1 lb. ground beef
1 to 1-1/2 cups rice
3-4 cups red sauce
Sugar (pinch)
Salt/pepper to taste

Clean out and wash peppers. Cook rice. Brown and drain meat. Mix meat and rice with salt and pepper to taste. Stuff peppers with mixture. Place peppers in pot, facing up and touching. Cover with red sauce. Add pinch of sugar. Cover and cook on medium flame till soft. Cut open peppers, pour on sauce and enjoy.

SWEET AND EASY BRISKET

Stephanie Hudis

3-4 lb. brisket
3 Tbsp. sugar
2 Tbsp. oil
1 Tbsp. soy sauce

Water
Salt/pepper to taste
*Chicken may be substituted
for brisket

Using a skillet, brown the sugar in the oil until sugar turns golden. Sear the meat on both sides, being sure to quickly cover the skillet so oil will not splatter. Add salt and pepper to taste. Add water if necessary. Cook on low heat until meat is almost done. Add soy sauce and simmer another 10 minutes.



SWEET N' SOUR MEATBALLS

Hillary Levine

1 (16 oz.) can strained
cranberry sauce
1 (15 oz.) can tomato sauce
1 lb. ground veal
1 egg
Flavored bread crumbs

Mix meat and egg together. Add enough bread crumbs to form desired meatball consistency. In covered saucepan, mix cranberry and tomato sauce. Cranberry will melt. Make small meatballs and drop gently into sauce. Cover pan, lower heat and simmer 1 hour. Good today, great tomorrow.

"TATER-TOT" CASSEROLE

Rose Adkins

1 lb. chopped chuck
1 pkg. frozen mixed vegetables
(thawed) or 1 can mixed
vegetables
1 can cream of mushroom soup
1 small box frozen
Tater Tots

Preheat oven to 350°. Put vegetables in casserole dish. Spread meat over vegetables. Pour soup over meat. Arrange Tater Tots over top. Bake in preheated oven for 1 hour.

TORTILLA (GROUND BEEF OMELET)



Bing Kovach

1 Tbsp. cooking oil
1 Tbsp. finely minced garlic
1/2 cu diced onion
1/4 cup diced tomatoes
1 lb. ground beef
1-1/2 tsp. salt

1/4 tsp. pepper
1 cup diced potatoes
1 tsp. finely minced parsley
1 cup water
3 eggs, well beaten

In a large skillet, heat oil and sauté garlic, onion, and tomatoes. Garlic is done when brown and onion when transparent. Stir in ground beef and cook 5 minutes or until brown. Pour off excess fat. Season with salt and pepper. Add potatoes, parsley and water. Cover and cook 15 minutes or until potatoes are tender and most of the water has evaporated. Cool. Add beaten eggs to meat mixture. Heat just enough oil to cover the bottom of a medium skillet. Pour in the mixture and cook over medium heat for 2-5 minutes on one side. Flip the omelet and cook on other side for 2-3 minutes. Serve with tomato catsup. Serves 2-4.

UNSTUFFED CABBAGE

Stephanie Hudis

3-4 lbs. chopped meat
seasoned to taste
1 liter ginger ale
2 cups ketchup
1 head cabbage, chopped

Prepare chopped meat, seasoning to taste. Make into medium size meatballs. Place shredded cabbage into large pot and place meatballs on top. In a large bowl, mix ketchup and ginger ale together; pour over cabbage and meatballs. Cook on low heat until meatballs are cooked and cabbage is tender.

SAVORY MARINADE

Dr. Charles Collins

1/2 cup corn oil
1/3 cup soy sauce
1/4 cup lemon juice
2 Tbsp. prepared mustard
2 cloves garlic, minced or
pressed
1/2 tsp. ground ginger
1/4 tsp. pepper

Combine all ingredients in blender. For marinade over meat (1-1/2 to 3 pounds). Cover and refrigerate for several hours or overnight. Remove meat from marinade and broil or grill, brushing with marinade when the meat is turned. Excellent for London broil, flank steak, or chicken.

CHINESE SPARERIBS

Roz Yager Kupferman

My son's favorite and the favorite of his peers at Oberlin College, 1985-89.

*Any size rack pork or
beef ribs
3 cloves garlic, sliced*

*Fresh ginger slices
1/2 cup Kikkoman soy sauce
1/2 cup honey*

Marinate ribs in mixture of remaining ingredients. Bake 1 hour. Serve with duck sauce, rice and Chinese beer.



GRANDMA PREVEY'S TOURTIERE (FRENCH CANADIAN PORK PIE)

Helen Hurlbat

*2 cups flour
1 tsp. salt*

*1/2 cup lard
1/3 cup water (approximate)*

Sift flour and salt into bowl. Add lard and mix with fingers until mixture is like dry bread crumbs. Make a well in the mixture and add most of the water. Mix with fingers until mixture forms a ball, adding more water if necessary. (Note: After adding the water, mix just enough to be able to form into a ball. Excessive mixing after adding the water makes a tough crust.) Place half of the ball of dough on a lightly floured pastry board. Roll from center with lightly floured rolling pin until it is half the size of a 9" pie plate. Turn over onto lightly re-floured pastry board. Continue rolling until the diameter of the crust is 2 inches larger than that of the pie tin.

*1 lb. lean ground pork
1/2 - 1 cup water (approx.)
1 tsp. chopped yellow onion*

*3/4 tsp. ground cinnamon
3/4 tsp. ground cloves
2-3 sliced dry bread*

Put lean ground pork in cold frying pan. Add enough water to simmer. Simmer uncovered. Add onion, cinnamon, cloves, salt and pepper. Simmer (not frying) uncovered for 20 minutes, stirring occasionally. While simmering, take the dry bread and break up into little pieces. Add 5 minutes before meat has finished simmering; this should absorb all the moisture. (Note: Surface of the pastry board must be kept lightly floured to prevent the crust from sticking. It will probably be necessary to turn the crust over and dust the pastry board with flour several times.) When the crust is the correct diameter, slip it over the rolling pin and then gently into the pie pan. Trim edge of crust by running a knife around edge of pan. Place filling in pan. Roll out the remaining crust as above. Cut small gashes in the crust center for the escape of steam. Moisten lower crust edge with water. Place crust on top of filling. Trim to 1/2 inch beyond the rim. Flute with fingers, making a tight seal. Bake 30-45 minutes at 400°.

TOTALLY DIFFERENT SPAGHETTI SAUCE

Kit Stansbury

*3 (12 oz.) cans tomato paste
9 cans water
3 or 4 large onions,
chopped fine
1 Tbsp. cinnamon
1 Tbsp. allspice
1 Tbsp. nutmeg
1 Tbsp. cloves*

*2 lbs. ground meat
1 clove garlic or 1 tsp.
garlic powder
1/4 cup sugar
2 Tbsp. salt
Small amount cayenne pepper
(to taste)*

Make medium sized meatballs. Combine all ingredients, including meatballs, and simmer slowly all day. Sauce will be thick, and a little bit goes a very long way.



KHORESH-E BÂDEMJÂN (EGGPLANT STEW)

Bahi S. Williams

*3 medium eggplants
1 lb. stew beef or lamb,
cut in 1 "cubes (optional)
2 Tbsp. butter or margarine
1 large onion, halved
and sliced
2-1/2 cups water
1/2 tsp. salt*

*1/8 tsp. pepper
1/8 tsp. turmeric
1/8 tsp. cinnamon
(if using meat)
1/4 cup shortening or
vegetable oil
4 large tomatoes
2 Tbsp. tomato paste
dissolved in 1/4 cup water*

Peel eggplants; cut lengthwise in 1/2" slices. Sprinkle both sides of each slice lightly with salt (to prevent eggplants from soaking up too much oil while browning). Set aside. If making with meat, sprinkle meat with cinnamon; brown in butter or margarine. Add onion and sauté with meat. If not using meat, sauté onion in butter or margarine. Transfer to a 3-quart pot. Add water and spices; bring to a boil. Lower heat to medium-low and simmer until meat is tender, about 30 minutes. Meanwhile, pat eggplants dry with paper towel. Brown on both sides with 1 tablespoon at a time of the shortening or oil (add more shortening or oil as needed, since eggplants vary in amount of oil they absorb). Add eggplants to pot with meat and/or onion and water. Arrange tomatoes skin side up on top of eggplants. Pour over tomato paste; cover and simmer over medium-low heat for 30 minutes. Serve over plain rice. Makes 4-6 servings.

HAM STEAKS WITH MADEIRA AND MUSTARD SAUCE

Catherine T. Lloyd

Fast and simple.

2 ham steaks (1-1/4 lb.)
2 apples McIntosh (1 lb.)
3 Tbsp. butter
2 Tbsp. finely chopped shallots

4 Tbsp. Madeira wine
1 tsp. tomato paste
1 tsp. Dijon style mustard

Remove any excess fat from each ham steak. Cut the apples into quarters. Cut away and discard the cores. Peel the quarters. Use 2 skillets preferably nonstick, large enough to hold the ham pieces. Heat 1 tablespoon butter in each skillet. Add 1 tablespoon shallots to each skillet. Cook briefly, stirring and add 1 ham steak to each. Arrange 1 quartered apple around each steak. Spoon half the Madeira over the apples in each skillet. Cover closely and cook 5 minutes. Transfer the ham steaks to a hot platter and arrange the partly cooked apples around the meat. Pour the cooking liquid from one skillet into the other skillet; add the remaining 2 tablespoons wine, tomato paste, and mustard. Stir to blend; bring to a simmer. Swirl in the remaining tablespoon of butter and pour the sauce over the ham and apples. Yield: 4 servings.



MARINATED PORK CHOPS

Katy Caceres

3/4 cup orange juice
2 Tbsp. soy sauce
1 tsp. sugar
1 clove garlic, minced
1/2 tsp. pepper

1/4 tsp. thyme
8 lean pork chops, 1/2" thick
2 Tbsp. butter
Vegetable oil

In bowl, mix orange juice, soy sauce, sugar, garlic, pepper and thyme. Score chops in cross-wise directions 1/8-inch deep on both sides with sharp knife. Place in single layer in non-aluminum pan or dish. Pour marinade over chops and marinate 30 minutes to 2 hours in refrigerator. Heat butter with oil to measure 1/8 inch deep in large heavy skillet. Over high heat, cook chops 3 minutes on each side or until browned. Pour off excess oil. Reduce heat, add marinade and simmer covered, 8 to 10 minutes, or until chops are tender and no pink remains. Transfer chops to platter. Boil pan juices uncovered until reduced to 1/3 cup. Serve with chops.

MENUDO (Diced Pork with Potatoes and Chick Peas)

Bing Kovach

2-1/2 cups diced pork
2 cups water
2 Tbsp. vegetable or corn oil
2 Tbsp. minced garlic
1/4 cup chopped onion
1/2 cup cubed red ripe tomatoes

1 cup diced pork liver
Salt to taste
1/2 cup pimiento
2 cups diced potatoes
1/3 cup chick peas, boiled and peeled

In a medium pot, cook the pork in water until tender. Save 1/2 cup broth. In a medium skillet, heat oil and sauté garlic, onion and tomatoes until garlic is brown, onion is transparent and tomatoes are soft. Add diced pork and liver. Sauté for 5 minutes. Add 1/2 cup pork broth. Season with salt. Add pimiento for color. Add potatoes and chick peas. Simmer for 10 minutes longer. Serve hot.



EMBUTIDO (Ground Pork Roll)

Bing Kovach

1-1/2 lbs. ground pork
1 cup bread crumbs, soaked in 1/2 cup evaporated milk
2 pepperoni sausages, finely chopped
2 eggs, beaten

3 Tbsp. sweet pickle relish
3 Tbsp. minced seedless raisins
Salt and freshly ground pepper to taste
1 small liver or tomato paste

Mix together all ingredients except the salt and pepper and liver or tomato paste. Roll into a log shape and wrap in aluminum foil. Secure both ends. Bake at 350° for 1 hour. Unwrap and transfer the pork roll to a platter. In a small pot, boil the broth in which the pork roll was baked. Thicken with liver or tomato paste and season with salt and pepper. Slice pork roll and pour sauce over it.

PORK CHOPS AND SAGE

Albert Stabile Jr.

6 cloves fresh garlic, chopped
1 bunch fresh sage
4-6 pork chops
2 cans cannelloni beans
3 Tbsp. olive oil

Salt and pepper to taste
1/2 tsp. oregano
Tabasco sauce to taste
1 bay leaf

Place olive oil with garlic in frying pan over medium to high heat. Brown pork chops on both sides. Put in beans. Add oregano, bay leaf, salt and pepper, sage and Tabasco. Turn down heat, cover pan and let cook until done, 20-25 minutes at low heat.

PARSLEYED RACK OF LAMB

Catherine T. Lloyd

Elegant and festive.

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| <i>2 racks lamb (about 2-1/2 lb.)</i> | <i>3 Tbsp. chopped parsley</i> |
| <i>Salt & freshly ground pepper</i> | <i>1 shallot, minced fine</i> |
| <i>2 Tbsp. olive oil</i> | <i>2 Tbsp. butter, melted</i> |
| <i>1/2 cup fine bread crumbs</i> | |

Have the butcher hack off the chine bone (the flat continuous bone at the top of the ribs), leaving meat exposed. Preheat the broiler to 500°. Using a sharp knife, pull and slice off the top thick layer of fat from the racks of lamb; leave about 1-1/2 inches of the ribs intact and extending from the loin meat. Sprinkle the racks with salt and pepper. Use baking dish to hold racks in one layer. Place racks, meat side down, and brush meat with 1 tablespoon olive oil. Combine bread crumbs, parsley, garlic, shallot, and 1 tablespoon olive oil in a bowl. Place the racks of lamb under the broiler and cook 3 minutes; turn and cook for 3 minutes more. Sprinkle the meaty side of the ribs with the bread crumb mixture. Pour butter over ribs. Place in oven and bake for 8 to 10 minutes, depending on the doneness desired. Yield: 4 to 6 servings.

PORK TENDERLOIN WITH POTATOES AND APPLES



Catherine T. Lloyd

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| <i>3 whole boneless pork tenderloin-about 1-3/4 lb.</i> | <i>8 waxy red potatoes (about 1 lb.)</i> |
| <i>Salt and pepper</i> | <i>2 Golden Delicious apples</i> |
| <i>2 Tbsp. vegetable oil</i> | <i>1/4 cup fresh or canned chicken broth</i> |
| <i>1 tsp. fresh rosemary</i> | <i>2 Tbsp. finely chopped parsley</i> |
| <i>1 onion, peeled and cut in half crosswise</i> | |

Preheat oven to 450°. Sprinkle the pork with salt and pepper; put the oil in a pan large enough to hold tenderloins in one layer. Sprinkle with the rosemary and turn the pork in the mixture to coat it all over. Place on top of the stove; arrange the onion, cut side down, around the pork. Heat the pork, turning to make certain the pieces do not stick. Cook until the pieces are lightly browned all over. Place pan in the oven. Meanwhile, peel the potatoes and put them in a saucepan with water to cover and salt to taste. Bring to a boil and cook 5 minutes. Peel, core and quarter the apples as the potatoes cook. Drain the potatoes and arrange them around the meat. Turn the pork and continue baking for a total of 30 minutes. At the end of that time, scatter the apples around the meat and return pan to the oven; continue baking 15 minutes. Remove the meat to a warm serving platter. Add the broth to the pan. Stir and boil about 5 minutes. Remove from the heat. Cut the pork crosswise into pieces and serve with potatoes, apples, and sauce. Sprinkle with parsley. Yield: 4 to 6 servings.

SAUSAGE AND PEPPERS

Christine Oliver

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| <i>2-1/2 lbs. Italian sausage (sweet and/or hot), cut into 2" pieces</i> | <i>1 red bell pepper, seeds removed & cut into strips</i> |
| <i>5-6 green bell peppers, seeds removed and cut into strips</i> | <i>1 large baking potato, peeled and cut into wedges</i> |

Put everything into roasting pan. Bake at 400° for 1 hour.

VEAL IN WINE SAUCE

Linda Johannsen

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| <i>2 cans (4-1/2 oz.) mushrooms</i> | <i>1/2 cup white wine</i> |
| <i>1/4 cup cooking oil</i> | <i>1/2 cup chopped onion</i> |
| <i>3 lbs. stewing veal in 1" cubes</i> | <i>1 tsp. oregano</i> |
| <i>2 cans cream of mushroom soup</i> | <i>1/2 cup sour cream</i> |

Drain mushrooms and retain liquid. Add water to liquid to equal 1 cup. Put oil in saucepan and sauté veal 2-3 minutes till done just on the outside. Add cup of reserved liquid, mushroom soup, onions, oregano and wine. Bring to boil, cover and simmer until meat is tender (about 1-1/4 hours). Just before serving, add mushrooms and sour cream. Serve over rice.



COUNTRY VEAL STEW

Marcie Weibgen

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| <i>1-1/2 lbs. veal, trimmed and cubed</i> | <i>2 cloves garlic, minced</i> |
| <i>1 lb. sliced fresh mushrooms</i> | <i>1 tsp. crushed sage</i> |
| <i>1 medium onion, chopped</i> | <i>1 tsp. marjoram</i> |
| <i>1/4 lb. shredded boiled ham</i> | <i>1 tsp. tarragon</i> |
| <i>3 Tbsp. flour</i> | <i>2 Tbsp. butter</i> |
| <i>1/4 cup capers</i> | <i>1-1/2 cups dry white wine</i> |
| | <i>1 Tbsp. lemon juice</i> |

In large saucepan, sauté onion in butter until soft. Add veal cubes; brown lightly on all sides. Sprinkle with flour; add wine and water just to cover. Add garlic, capers, mushrooms, ham, herbs and lemon juice. Cover and simmer 1/2 hour, until veal is tender, stirring occasionally. Strain liquid into small saucepan, bring to boil and reduce slightly, thickening with flour if necessary. Season to taste with salt and pepper. Stir sauce and veal together and serve. Makes 4-6 portions. Preparation time: 1 hour.

VEAL SHANKS WITH ORIENTAL VEGETABLES

Catherine T. Lloyd

1 veal shank (about 3 lb.)
4 cloves garlic, cut
lengthwise in 3 strips
Freshly ground pepper
2 Tbsp. butter
3 cups fresh or canned
chicken broth
2 cups water
2 Tbsp. light soy sauce
2 whole cloves
1 cup white wine

1-1/2 cups scallions, cut
in 1" pieces
5 cups kale, coarsely chopped
1/2 head Chinese cabbage,
coarsely chopped
3 parsnips, cut lengthwise
into 4 strips
1/2 cup chopped coriander
1/2 lb. snow peas
1-1/2 cups bean sprouts

Make small incisions all over veal shank and insert the strips of garlic; sprinkle pepper over the meat. Melt butter in large kettle over medium heat. Sear the veal on all sides, but do not brown it. Add broth, water, soy sauce, cloves, and wine. Bring to a boil; cover and simmer for 1 hour and 15 minutes or until tender. Add scallions, kale, Chinese cabbage, and parsnips. Cook for 15 minutes. Add coriander, snow peas, and bean sprouts; cook for 5 minutes. Taste for seasoning; add salt if necessary. Yield: 6 servings.



CHICKEN AND ARTICHOKE

Christine Oliver

1 large or 2 small jars
marinated artichoke hearts

3 lbs. chicken cutlets,
cut into large cubes
Breadcrumbs in plastic bag

Shake chicken pieces in breadcrumbs a little at a time till coated. Put in one layer in large casserole or roasting pan. Drizzle liquid from artichokes evenly over chicken. Sprinkle artichoke hearts evenly in pan with chicken. Bake for 30 minutes at 375° or till chicken is tender and golden brown.

CHICKEN CUTLETS A LA "CLAIRE"

Sara Gruenspecht

4-6 boneless chicken breasts
1/4 cup soy sauce
1/2 cup ketchup
1/2 cup duck sauce (mild)

Pound cutlets thin. In a bowl, combine duck sauce, ketchup and soy sauce. Mix well to combine. Adjust to your personal taste. Spoon mixture over chicken and bake at 400° for 30-40 minutes. Store remaining sauce in sealed container in refrigerator; it will save time, the next time.

CHICKEN PROVENCE

Margaret Aaleer

With tri-color peppers with rosemary, garlic, olives, cherry tomatoes and capers, in a white wine sauce.

1 whole chicken, cut into
pieces (optional), or
1 lb. thinly sliced
chicken cutlets
1/2 cup flour
1 tsp. salt
1 tsp. coarsely ground
black pepper
1 tsp. dried thyme
1 large baggie
5 large cloves garlic,
finely minced
1 red pepper, 1 green pepper
& 1 yellow pepper, seed
removed & vertically sliced

3 Tbsp. capers
1 can large black California
olives, drained and sliced
into small pieces
1 pint ripe cherry tomatoes,
cut in half
1/2 cup white wine
1/2 can chicken broth
3 Tbsp. rosemary or 1 full
branch fresh rosemary,
available in small pkgs.
in the produce department
of supermarket
Mill ground black pepper
to taste

Wash the chicken pieces in cold water and pat dry with a paper towel. Then cut the pieces into smaller pieces. Take a baggie and add the following ingredients: flour, salt, pepper and thyme. Dredge the raw chicken pieces with the seasoned flour by shaking them inside the baggie. This will help the pieces of chicken to be dusted with the flour evenly and eliminate the mess of flour that may fly around. Put a large, heavy 12-inch skillet with a lid, on the stove. Turn the heat to medium and add the oil to the skillet. Add the minced garlic and carefully sauté. Start to brown the pieces of chicken, turning so that they get evenly brown. Continue to turn for about 15 minutes, so that the skin of the chicken becomes golden. You don't want the chicken to be raw inside. After the chicken pieces have browned, add all the sliced vegetables, including the capers and olives, then the rosemary leaves, wine, chicken broth, a dash of salt and at least 6 turns of the pepper mill. Gently turn the chicken once more and lower the heat. Cover the skillet. Time the chicken for about 15 minutes. The medley of vegetables of the chicken dish should have cooked down, and the chicken pieces should be slightly falling off the bone, when it is completely done. Serve the chicken and vegetables on rice, or a couscous pilaf. Serves 8.



Always season cavity of poultry as well as the skin.

CHICKEN MARSALA

Lee Diercksen

4 boneless chicken breasts	1/2 cup Marsala wine
12 oz. brown gravy	1 tsp. sweet basil
1/4 stick butter or margarine	1 tsp. garlic powder
Flour	1/2 tsp. oregano
2 cups sliced mushrooms	Salt to taste
(optional)	Pepper to taste

Use a frying pan that will accommodate all of the chicken (which you can cut into strips if you like). Place butter in pan and melt. While butter is melting, lightly flour the chicken. Sauté until golden brown. Drain excess butter (if any) and add seasonings. Add Marsala wine and let cook for 15 seconds. Add brown gravy (Heinz 12 oz. jar) and mushrooms. Cook with a lid and simmer 10 minutes. You're ready to serve. Serve with rice.



CREOLE PAPRIKA CHICKEN

Jane Norwood

2 Tbsp. vegetable oil	1/4 tsp. pepper
2 lbs. chicken breasts	1 tsp. salt
2 medium onions, chopped	1/2 tsp. instant chicken bouillon
1 clove garlic, minced	1 medium tomato, chopped
1/2 cup water	1 large green pepper, cut in strips
2 Tbsp. hot Hungarian paprika	
1 cup sour cream	

Heat oil in 12" skillet or Dutch oven. Add chicken and cook, turning frequently (about 7-10 minutes). Add onions and garlic. Cook until onions are tender. Drain any excess fat. Stir in water, paprika, salt, bouillon (dry), pepper and tomato. Heat to boiling. Reduce heat and cover; simmer for 20 minutes. Add green pepper, cover and cook 10 minutes longer or until pepper is tender. Add sour cream. Serve over rice. Can be made with plain paprika or 1 tablespoon plain and 1 tablespoon hot paprika, according to taste.

Don't want turkey or chicken too brown? Covering with a tent of foil will prevent this from happening.

HONEYED CHICKEN

Dorothy B. Crowley

2 fryers, cut-up
1-1/4 cups honey
1 cup orange juice
2 Tbsp. orange zest
1 cup hot water
1-1/2 cups flour



1 tsp. salt or seasoned salt
1/8 tsp. pepper
3 eggs, beaten until thick
2 Tbsp. cold water
1/2 cup vegetable oil

Beat eggs and 2 tablespoons cold water together. Combine flour, salt and pepper. Dip chicken in egg mixture, then in flour mixture. Brown lightly in oil. Remove to covered roaster. Mix hot water, honey, orange juice and orange zest; pour over chicken. Cover roaster. Place in a 325° oven for about 50 minutes or until tender. Baste occasionally. Serves 4-6.

JAMAICAN CURRY CHICKEN (Spicy)

Kay Ann Boothe Walters

3 lbs. chicken parts	3 Tbsp. oil
2 medium onions	1 hot pepper*
3 cloves garlic	1 tsp. thyme
2 tsp. ginger	Dash salt
5 Tbsp. Jamaican curry powder	Dash black pepper

(*Can get this in most Caribbean stores or Korean stores - known as Jamaican Country Pepper.) Put oil in frying pan. Add onion, crushed garlic, ginger, and curry powder; cook for 1 minute. Add the chicken, cover, and let simmer on low heat for 30 minutes. Add salt, black pepper, thyme, hot pepper (use only half of hot pepper if you don't want it too spicy). Cook for 20 minutes or until chicken is tender. Serves 4-6.

SESAME CHICKEN WINGS

Lauren Klein

Tasty sweet baked chicken wingettes great for appetizer or light meal. Kids love them.

1 pkg. chicken wingettes	Paprika
Chicken seasoning	Salt
Lemon pepper	Duck sauce
Black pepper	Sesame seeds
Garlic powder	

Clean wingettes and place on cookie sheet. Sprinkle on chicken seasoning, lemon pepper, black pepper, garlic powder, paprika and salt. Bake at 375° for 45 minutes. Brush duck sauce on top and sprinkle with sesame seeds. Turn chicken over, brush with duck sauce and sprinkle with sesame seeds. Bake at 375° for an additional 15 minutes. Remove from oven and serve.

LEMON CHICKEN

Joan Stephens

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| <i>1-1/2 lbs. boneless,
skinless chicken breasts</i> | <i>1 cup seasoned bread crumbs</i> |
| <i>2 Tbsp. butter</i> | <i>Juice of 3 lemons</i> |
| <i>2 Tbsp. olive oil</i> | <i>2 Tbsp. lime juice</i> |
| <i>2 eggs, beaten</i> | <i>2 Tbsp. cornstarch mixed
in 1/4 cup water</i> |
| <i>1 cup white wine</i> | <i>1 lemon - for garnish</i> |
| <i>1 chicken bouillon cube</i> | |

Pound chicken until thin. In large frying pan, heat butter and oil. Dip chicken in egg, then crumbs. Sauté on each side until well browned and cooked thru. Remove to oven-proof serving dish and keep warm in low oven. Drain excess fat from pan. Add to pan white wine, lemon and lime juice. Bring to boil. Add bouillon and reduce to simmer. Add cornstarch mixture, stirring constantly. Simmer over medium heat until sauce thickens. Pour over chicken, and garnish with sliced lemon.

RITA'S EASY OVEN CHICKEN

Rita Hall

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| <i>2 frying chickens, cut
into 8 pieces</i> | <i>1 cup Italian bread crumbs</i> |
| <i>1 cup melted butter</i> | <i>1/2 cup Parmesan cheese</i> |

Spray roasting pan with Pam. Place chicken pieces in pan, fat side up. Brush melted butter on chicken to cover. Sprinkle liberally with Italian bread crumbs, covering each piece, then sprinkle with Parmesan cheese. Bake uncovered for 55 to 60 minutes at 375°. Serves 8.



TURKEY LOAF

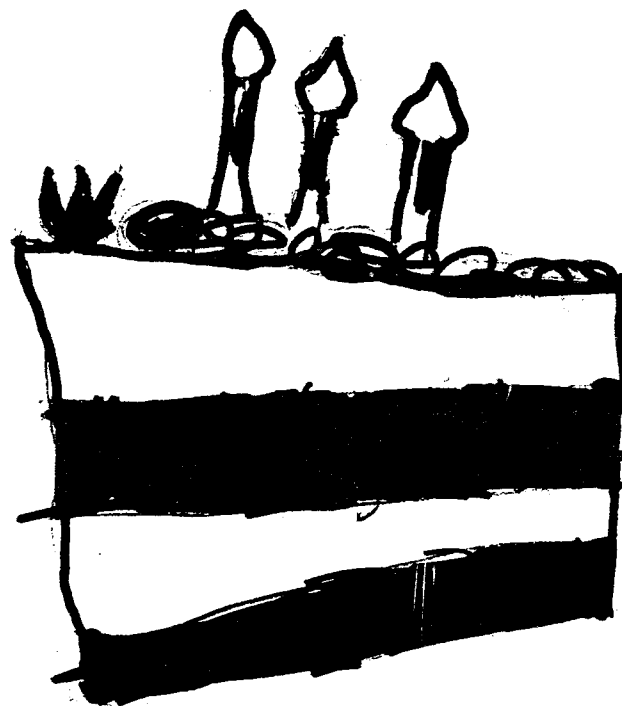
Carol Heischober

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| <i>3 lbs. turkey, chopped</i> | <i>1 Tbsp. tomato paste from
6 oz. can tomato paste</i> |
| <i>1/2 cup bread crumbs</i> | <i>Salt and pepper to taste</i> |
| <i>2 eggs</i> | |

Combine all ingredients and form into loaf. Remaining tomato paste goes over the top of the turkey loaf. Cover with foil and bake at 400° for 1 hour. Remove foil and bake for 15 minutes uncovered. Serves 8.

ADDITIONAL RECIPES

Desserts, Breads



Laura Cofiao

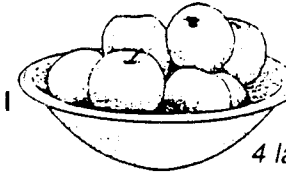
ANGEL FOOD CAKE WITH RASPBERRY JAM AND SHERRY

Ruth Noone

*Angel food cake
Dry sherry
Raspberry jam*

*Sour cream (or whipped
cream may be substituted)*

Buy a plain angel food cake. Slice angel food cake crosswise in 3 portions. Sprinkle dry sherry (to taste) on each portion which has been pierced with fork to allow seepage of sherry. Spread each portion with raspberry jam (to taste). Put cake together and coat with low fat sour cream sweetened (to taste) with a touch of the jam. Whipped cream may be substituted. Chill well before serving.



APPLE CAKE I

Lee Reinstein

*4 eggs
3/4 cup sugar
1/2 cup oil
2 tsp. baking powder
1/4 cup flour*

*4 large baking apples (Greening
or Golden Delicious)
1 whole lemon
Cinnamon*

Peel and slice apples, not too thin but chunky. Squeeze juice of whole lemon over apples and cover. Let stand for short time. Grease large baking pan (9"x13"). Mix ingredients and add flour and baking powder until loose batter to pour. Cover greased pan with cracker crumbs or cookie crumbs or flour. Pour 1/2 batter to cover pan. Add apples, raisins or nuts or 2 tablespoons strawberry jam, or apricot or pineapple jam and cover with rest of batter. Mix cinnamon with sugar and sprinkle on top. Bake in 350° oven for 1 hour or until brown.

APPLE CAKE II

Renée Harcsztark

*4 eggs
2 cups sugar
1 cup oil
1/4 cup orange juice
3 tsp. baking powder*

*3 cups flour
4-5 baking apples, sliced thin
5 Tbsp. sugar
2 tsp. cinnamon*

In a large bowl, with an electric mixer beat the first six ingredients together. This makes a thick batter. In a separate bowl, mix the remaining three ingredients. Grease and flour a bundt or tube pan. Pour a layer of batter and a layer of apples three times. Bake at 350° for 1 hour and 20 minutes.

APPLE TOPPED CAKE

Ann Taksey

1/8 lb. butter or margarine	Milk
1 cup flour	1 tsp. vanilla
1/2 cup sugar	3 apples, pared & sliced
1 heaping tsp. baking powder	1/4 cup sugar
1 egg	1/2 tsp. cinnamon

Crumble butter, flour and 1/2 cup sugar together. Add baking powder. Break egg into a cup and fill up to 1/2 cup with milk and the vanilla. Add to the first mixture. Spread mixture in a square pan. Place apple slices on top. Sprinkle 1/4 cup sugar and the cinnamon all over the apples, push them close together into the mixture in pan and dot with some butter or margarine. Bake at 350° for 1 hour.



CARROT CAKE WITH CREAM CHEESE ICING

Lorraine Cobb

2 cups sifted all-purpose flour	1-1/2 cups salad oil
2 tsp. baking powder	2 cups sugar
1-1/2 tsp. baking soda	4 eggs
1 tsp. salt	2 cups grated carrots
2 tsp. cinnamon	1 small can crushed pineapple
	1 tsp. vanilla extract

Sift flour, baking powder, soda, salt and cinnamon together. Combine oil and sugar in large mixing bowl; beat thoroughly with electric mixer. Add eggs one at a time; beat well after each addition. Sift flour mixture into egg mixture; beat thoroughly. Stir in remaining ingredients. Spread batter evenly into well-greased and floured 9"x13" pan or 2 loaf pans. Bake in preheated 350° oven 1 hour or until cake tests done. Let cool in pan 5 minutes; turn onto cake rack to finish cooling.

Cream Cheese Icing

2 (3 oz.) pkgs. cream cheese, softened	2 tsp. vanilla extract
1/2 cup butter, softened	4-1/2 to 4-3/4 cups confectioners sugar

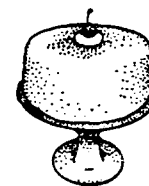
Combine cream cheese, butter and vanilla in a large bowl. Beat at medium speed until light and fluffy. Add 2 cups of confectioners sugar gradually. Beat until well blended. Beat in the remaining confectioners sugar to make icing of desired spreading consistency.

CARROT CAKE WITH ORANGE FROSTING

Leah Slivko

	<u>Cake</u>
3 cups all-purpose flour	1 tsp. salt
2 tsp. baking powder	4 eggs
1 tsp. baking soda	1-1/2 cups vegetable oil
2 tsp. ground cinnamon	2 cups sugar
2 tsp. raisins	1 lb. finely shredded carrots
2 Tbsp. walnuts or chocolate chips	1 (8 oz.) can crushed pineapple, drained

Heat oven at 350°. Mix flour, baking powder, baking soda, cinnamon and salt and set aside. In a second bowl, beat eggs, oil and sugar until well blended. Stir in shredded carrots alternately with dry ingredients until combined. Stir in pineapples. Grease and flour tube pan. Place raisins, and walnuts or chocolate chips in pan and add batter. Bake until wooden toothpick comes out clean, approximately 1 hour. Let cool and turn over.



Frosting

1 cup confectioners sugar	1/2 tsp. juice
Juice & grated rind of orange	Shredded coconut

Combine first 3 ingredients and pour on cake. Sprinkle shredded coconut for garnish.

CHERRY LOAF

Laura Lieberman

1/2 lb. dates	1 cup sugar
1 lb. pecans (or any other nuts)	1 cup flour
2 (4 oz.) jars candied pineapple	1 tsp. baking powder
2 (4 oz.) jars candied cherries	1/2 tsp. salt
	4 eggs

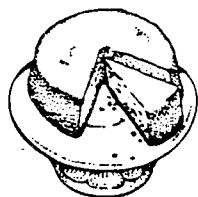
Beat eggs well; add sifted dry ingredients. Chop dates and nuts (reserve a few nuts and cherries to decorate top). Mix all fruits together and then add to batter; mix well. Oil and line pans with wax paper. Pour into loaf pans (3 loaves 3"x7"). Bake in 325° oven for 1 hour. Then, decorate top with nuts and cherries. Lower oven to 300° and continue baking for 25 minutes.

CHEESE CAKE

Phyllis Dicorcia

<i>1 lb. cottage cheese</i>	<i>3 Tbsp. flour</i>
<i>1 lb. cream cheese</i>	<i>3 Tbsp. cornstarch</i>
<i>1-1/2 cups sugar</i>	<i>1 tsp. vanilla</i>
<i>4 eggs</i>	<i>1/4 lb. butter, melted</i>
<i>Juice of 1/2 lemon</i>	<i>1 pint sour cream</i>

Cream together the cottage and cream cheeses. Add sugar and eggs; cream with cheese mixture, beating lightly. Add remaining ingredients and blend. Pour into greased spring form pan and bake at 350° for 1 hour. Turn off oven and let cake remain in oven for 2 hours longer. Cool and refrigerate. Makes one large or two small cakes. Can be frozen. **Note:** To keep cake from cracking, place in large pan with about one inch of water when baking.



BETTY'S CHEESE CAKE

Betty Angel

<i>1-1/2 cups graham cracker crumbs</i>	<i>1 stick sweet butter, melted</i>
<i>2 Tbsp. sugar</i>	

Mix with fork; press on bottom of pan.

<i>1 stick sweet butter, softened</i>	<i>1-1/2 cups sugar</i>
<i>2 large pkgs. cream cheese</i>	<i>1 Tbsp. vanilla</i>
<i>1/2 pint whipping cream (heavy)</i>	<i>4 eggs</i>
<i>1 pint sour cream</i>	<i>3 Tbsp. creamed cottage cheese</i>
	<i>2 Tbsp. cornstarch</i>
	<i>3 Tbsp. flour</i>

Mix above ingredients together on low speed; place in prepared pan. Bake one hour at 350°. Shut off oven. Leave door open 1 hour with cake in oven. Top with Comstock fruit or put on bottom. Refrigerate a while. It always works. Can be frozen.

Use standard measuring cups and spoons and measure accurately for best results.

INDIVIDUAL CHEESE CAKES

Beverly Rosignolo

<i>3/4 cup finely crushed vanilla wafers</i>	<i>1 egg</i>
<i>2 Tbsp. melted butter</i>	<i>1/4 cup sugar</i>
<i>8 oz. cream cheese</i>	<i>1/4 tsp. vanilla</i>

Preheat oven to 375°. Blend (mix) together vanilla wafers and butter. Put cream cheese, egg, sugar and vanilla in a bowl and mix well with a hand or electric mixer. Line a regular (6) cupcake or small (12) cupcake baking pan with cupcake liners or aluminum foil. Divide vanilla wafer mixture into each and firm down. Add cream cheese mixture to 3/4 full in each cupcake. Bake at 375° for 10 to 15 minutes, cool, then refrigerate until serving. **Optional:** May be topped right before serving with fruit, chocolate syrup, amaretto, or preserves.



NEW PORT ALBA RICOTTA CHEESE CAKE

Peter Sirignano

<i>1 lb. whole milk ricotta</i>	<i>3 large eggs</i>
<i>1 container sour cream</i>	<i>3 Tbsp. flour</i>
<i>1 lb. cream cheese</i>	<i>3 Tbsp. cornstarch</i>
<i>1-1/2 cups sugar</i>	<i>1-1/2 Tbsp. fresh lemon juice</i>
<i>1 stick salted butter</i>	<i>1-1/2 Tbsp. vanilla extract</i>

Have all filling ingredients at room temperature. Grease and flour the bottom and sides of a 9"x3" spring form pan. In a large bowl, beat together ricotta, sour cream and cream cheese until well mixed. Beat in sugar, then melted cooled butter. Add eggs one at a time, beating well after each addition. Add flour, cornstarch, lemon juice and vanilla, beating until completely mixed. Transfer to pregreased pan and bake in middle level of a preheated 300° oven for 1 hour. Turn off heat and let cake cool for another hour. Remove from oven and let cake cool completely in pan. Cover and refrigerate. Remove side of pan before serving and serve slightly chilled. If you like, add a couple of tablespoons of chilled cherry pie filling over the slice of cheese cake.

Coarsely crumbled macaroons or sugar-coated cereals make extra good toppings for individual servings of dessert.

TESS SWENSON'S CHEESE CAKE

Tess Swenson

<i>Graham cracker crust</i>	<i>5 egg yolks</i>
<i>1 cup sugar</i>	<i>1 tsp. vanilla</i>
<i>2 cups sour cream</i>	<i>1 tsp. lemon juice</i>
<i>5 egg yolks</i>	<i>5 egg whites, beaten stiff</i>

Line 9" spring form pan with graham cracker crust. Blend cheese and sugar well. Add unbeaten egg yolks. Stir enough to blend. Add sour cream, vanilla and lemon juice. Fold in egg whites. Fold mixture into pan lined with crust. Bake at 325° for 1 hour. Turn off oven and let set with door closed for 1 hour and 15 minutes, then 30 minutes with door open. Cool on rack. Run knife around edge before releasing spring pan.



CHOCOLATE AND CHERRY RING

Audrey Connelly

This extra-moist cake will remind you of a steamed pudding dessert and is excellent for party guests. Easy.

<i>2 cups all-purpose flour</i>	<i>2 tsp. vanilla</i>
<i>3/4 cup sugar</i>	<i>1 (21 oz.) can cherry pie filling</i>
<i>1 tsp. baking soda</i>	<i>1 cup semisweet chocolate pieces</i>
<i>1 tsp. ground cinnamon</i>	<i>1 cup chopped walnuts</i>
<i>1/8 tsp. salt</i>	<i>Powdered sugar</i>
<i>2 eggs, beaten</i>	
<i>1/2 cup cooking oil</i>	

In a large mixing bowl, stir together flour, sugar, baking soda, cinnamon, and salt. In another bowl, combine eggs, oil and vanilla; add to flour mixture. Mix well. Stir in cherry pie filling, chocolate pieces and nuts. Turn cherry mixture into a greased and floured 10" fluted tube pan. Bake in a 350° oven for 1 hour (test with cake tester). Cool in pan on a wire rack for 15 minutes. Remove from pan; cool. Sift powdered sugar atop (over a paper doily to create a design). Makes 14 servings.

When making chocolate cake, use cocoa instead of flour for dusting pans.

CHOCOLATE SPICE CAKE

<i>2 cups all-purpose flour</i>	<i>2 cups firmly packed brown sugar</i>
<i>2 Tbsp. unsweetened cocoa powder</i>	<i>3 egg yolks</i>
<i>1 tsp. baking soda</i>	<i>1 cup cold water</i>
<i>1 tsp. ground cloves</i>	<i>1 cup chopped nuts</i>
<i>1 tsp. ground cinnamon</i>	<i>1 cup raisins</i>
<i>1/4 tsp. ground nutmeg</i>	<i>1 Tbsp. all-purpose flour</i>
<i>1 cup real butter</i>	<i>3 egg whites</i>
	<i>Quick Caramel Frosting (see below)</i>

Preheat oven to 350°. Grease three 8x1-1/2" round cake pans; line with waxed paper and grease again. Into a small bowl, sift together flour, cocoa, baking soda, cloves, cinnamon and nutmeg; set aside. In a large mixer bowl at high speed, beat butter and brown sugar well. Beat in egg yolks. At low speed, beat in flour mixture in three additions alternately with cold water, starting and ending with flour mixture. In a small bowl, mix nuts, raisins and flour. Stir into batter. In a small mixer bowl, beat egg whites at high speed until stiff but not dry. Fold into batter. Pour into pans. Bake for 30 to 35 minutes or until a wooden pick inserted in the center comes out clean and dry. Immediately remove from pans; peel off waxed paper and cool upright on wire racks. Spread tops and sides with frosting. Makes 1 (8") 3-layer cake.

Quick Caramel Frosting

<i>1/2 cup real butter</i>	<i>1/8 tsp. salt</i>
<i>1-1/2 cups firmly packed brown sugar</i>	<i>3/4 tsp. vanilla extract</i>
<i>1/3 cup milk</i>	<i>2-1/4 cups powdered sugar</i>
	<i>Milk (optional)</i>

In a small saucepan, melt butter; add brown sugar. Cook and stir over low heat for 2 minutes. Add milk and salt. Stirring over medium heat, bring to a boil and boil for 3 minutes; remove from heat and cool. Transfer to a small mixer bowl. Add vanilla; blend well. With mixer on medium speed, gradually beat in powdered sugar and continue beating until mixture is smooth. If needed, thin with milk to desired consistency. Makes about 2-1/4 cups.

Chocolate curls: Melt a milk chocolate bar. Spread melted chocolate evenly over a strip of waxed paper (about 2" wide). Roll up jelly roll fashion and fasten securely with tape. Freeze until firm. Remove paper and garnish cake.

DECADENT CHOCOLATE CAKE (Silver Palate)

Janet Abbott

1 cup boiling water	1 tsp. baking soda
3 oz. unsweetened chocolate	1/2 cup sour cream
8 Tbsp. (1 stick) sweet butter	2 cups less 2 Tbsp. unbleached all-purpose flour
1 tsp. vanilla	1 tsp. baking powder
2 cups granulated sugar	Chocolate Frosting
2 eggs, separated	

Preheat oven to 350°. Grease and flour a 10" tube pan. Knock out excess flour. Pour boiling water over chocolate and butter. Let stand until melted. Stir in vanilla and sugar, then whisk in egg yolks one at a time, blending after each addition. Mix baking soda and sour cream and whisk into chocolate mixture. Stir flour and baking powder together and add to batter. Mix thoroughly. Beat egg whites until stiff but not dry. Stir a quarter of the egg whites thoroughly into batter. Scoop remaining egg whites on top of batter and gently fold together. Pour batter into prepared pan. Set on middle rack of oven and bake for 40 to 50 minutes or until the edges have pulled away from the sides of the pan and a cake tester inserted into the center comes out clean. Cool in pan for 10 minutes, unmold and cool completely before frosting.

Chocolate Frosting

2 Tbsp. sweet butter	1-1/4 cups sifted confectioners sugar, or as needed
3/4 cup semisweet chocolate morsels	1 tsp. vanilla extract
6 Tbsp. heavy cream	

Place all the ingredients in a heavy saucepan over low heat and whisk until smooth. Cool slightly; add more sugar if necessary to achieve spreading consistency. Spread on cake while frosting is still warm.

DUMP CAKE

Rita Hall

1 can crushed pineapple	1 box plain yellow cake mix
1 can cherry pie filling	3/4 lb. butter (sliced thin)



In a 9"x13" pyrex glass dish, dump entire can of pineapple with juice. Pat down to cover bottom of dish. Add the can of cherry pie filling and on top of that add the yellow cake mix. Spread on pineapple and cherry pie filling. Cover the top of the cake mix with thin slices of butter. Place in 350°-375° oven for 55 to 60 minutes. Let cool and serve plain or with whipped cream.

GREEK NUT CAKE

Mary Marcopul

3 cups water
2 cups sugar

Syrup

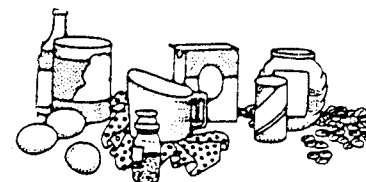
1 cinnamon stick
2 cloves

Batter

1/2 lb. sweet butter
1 cup sugar
2 tsp. vanilla
6 eggs

1 cup sifted flour
1 cup regular farina
2 tsp. baking powder
1-1/2 cups chopped walnuts

Make syrup first by combining ingredients in a saucepan. Boil for 10 minutes and set aside to cool. Proceed to make batter: Cream butter and sugar until light - about 15 minutes. Add vanilla. Add eggs one at a time, beating constantly. Add flour, farina and baking powder; beat well. Stir in walnuts and mix thoroughly. Pour batter into buttered 9"x13" pan and bake at 350° for 35 minutes. Pour cooled syrup over hot cake. Allow to cool and cut into diamond shapes.



HEART CAKE

The Smith Family

Shortening
Flour

1 (18-1/4 oz.) pkg. white or sour cream white cake mix with pudding

1 (7.2 oz.) pkg. fluffy white frosting mix
Red food color

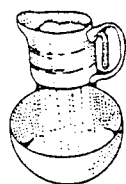
Grease 8"x1-1/2" round pan and 8"x8"x2" square pan with shortening. Place a small amount of flour in each pan. Shake to coat pans; empty out excess flour. Prepare white or sour cream white cake mix with pudding according to package directions. Divide batter between pans. Bake according to package directions. Cool layers completely. Remove cakes from pans. Set square cake on large tray with one point toward you. Cut round layer in half. Arrange each half with cut side against top corners of square cake to form a heart. Prepare fluffy white frosting mix according to package directions. Add to a few drops of red food color to frosting to tint pink. Frost cake. Be sure to cover top of cake well, especially over the cut sections. Decorate as you like. Makes 12 servings.

HONEY CAKE

Sidney Belman

1 lb. dark honey	1 cup sliced almonds
2 cups buckwheat	1 cup strong coffee (1-1/2 normal strength)
5 cups flour	1/2 cup walnut oil
6 eggs	3 tsp. baking powder
2 cups sugar	1/2 tsp. cloves
1-1/2 tsp. baking soda	1/2 tsp. nutmeg
1/3 tsp. cinnamon	Whiskey
1/4 tsp. ginger	Seltzer

Preheat oven to 350°. Cream together in large bowl, oil, salt and sugar. Add eggs one at a time, beating constantly. Set aside. Combine honey and coffee. Set aside. In a large mixing bowl, sift together flour, baking powder, baking soda, nuts and spices. Add half the flour mixture to the egg mixture; combine well. Stir in half the honey mixture. Add the remaining honey mixture and whiskey, and stir until smooth. Add the seltzer as needed to make a smooth mixture. Pour batter into a greased 10" (or 2 pans) loose bottom tube pan or loaf pan; add nut halves to top. Bake 1 hour or until a toothpick inserted into highest point comes out dry. Cool on a rack for 15 minutes. Remove from pan and cool completely. Makes 8 servings.



HOLIDAY HONEY CAKE OR MY MOTHER'S HONEY CAKE

Gladys Feigenbaum

1 lb. honey	5 cups flour
4 eggs	2 (8 oz.) cups sugar
3 tsp. baking powder-heaping	1/4 cup oil
1 tsp. baking soda-heaping	1 orange-grated peel & juice
1 (8 oz.) glass coffee or water	1/2 tsp. powdered ginger

Beat eggs until light; add sugar, honey, orange juice and oil. Sift together flour, baking powder, baking soda and ginger. Alternate coffee (or water) and sifted dry ingredients; add orange rind. Grease a 10"x13" pan and line with wax paper. Pour in mixture and bake in a 350° oven 1 hour. Remove paper when cake is cooled. Cake can be cut into 24 squares.

PISTACHIO CAKE

Pat Cappello

1 box yellow cake mix (Duncan Hines) - be sure there's no pudding in mix	1 cup club soda - No substitutes
1 (3-3/8 oz.) box instant pistachio pudding	1 cup chopped walnuts or almonds
1/2 cup Wesson oil	4 eggs

(DO NOT FOLLOW BOX DIRECTIONS.) Combine above ingredients. Beat until well blended. Bake at 350° for 1 hour. Cool cake in pan on rack.

Frosting

1 box instant pistachio pudding	3/4 cup milk
	8 oz. container Cool Whip

Add milk slowly to pudding mix. Fold in Cool Whip. Mix well until all pistachio pudding is blended. Can make cake day in advance. Wrap in Saran Wrap. Refrigerate after Cool Whip is put on.

PLUCKY CAKE

Marilyn F. King

This is my kids' favorite, especially fun for groups (such as after a sleep-over, or for a brunch).

4 small or 2 large containers refrigerated biscuits (about 20 biscuits)	1/2 cup brown sugar
1 cup sugar	2 tsp. cinnamon
	1 stick margarine or butter

Cut biscuits into quarters. Shake them in a bag containing sugars and cinnamon. Place all biscuit pieces and sugars in bundt pan. Melt butter or margarine and pour over all. Bake at 350° for 30 minutes. Invert on to plate and serve while "drippy".



POOR MAN'S POUND CAKE

Marge Cooke

1 lb. butter	1 lb. sugar
1 lb. sifted flour	1 tsp. vanilla
10 eggs, separated	

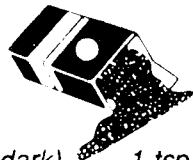
Cream butter. Work in flour until mixture is mealy. Beat egg yolks, sugar and vanilla until thick and fluffy. Add first mixture gradually, beating thoroughly. Fold in fluffy beaten egg whites. Beat vigorously 5 minutes. Bake in 2 loaf pans lined with wax paper in a moderately slow oven (325°) for 1-1/4 hours. Makes 2 loaves (8x4 inches).

POUND CAKE

Annette Cavallaro

2 sticks butter, melted	2 tsp. baking powder
1 cup milk	1/4 tsp. salt
3 cups flour	4 eggs, separated
2 cups sugar	1 tsp. vanilla extract

Preheat oven to 375°. Mix butter, sugar, salt, egg yolks and vanilla extract. Blend in flour and milk until batter is smooth. Beat egg whites; add to batter and beat for 2 minutes. Bake 1 hour in floured and greased pan.



RAISIN & NUT LOAF

Gladys Feigenbaum

1 cup raisins (white or dark)	1 tsp. baking powder
1 cup chopped walnuts	1/2 tsp. salt (optional)
1-1/3 tsp. baking soda	1 tsp. vanilla or lemon juice
1-1/3 cups boiling water	Optional - grated lemon or orange rind (1 tsp.)
2-1/2 cups flour	
1-1/4 cups sugar	

Soak raisins and nuts at least 1 hour in 1-1/3 cups boiling water to which baking soda has been added. (Can be soaked overnight or several hours.) Beat eggs; add to raisin and nut mixture. Sift flour, sugar, baking powder and salt; add vanilla and lemon juice (rind). Hand beat into above mixture until well blended. Grease two empty 46 fl. oz. juice cans and pour mixture into upright cans a little more than half full. Bake 1 hour in 350° oven. Cool at least 10 minutes, loosen sides of can with knife and remove loaves which are round. To cut, lay on side and slices will be round. Dates or figs may be substituted for raisins. Freezes well - delicious with cream cheese.

SIMPLE COFFEE CAKE

Carol Dolch

2 cups flour	2 tsp. baking powder
1 cup sugar	2 eggs
3/4 cup margarine or butter	3/4 cup milk
1-2 tsp. cinnamon	1 tsp. vanilla
1/2 tsp. salt	

Mix flour, sugar and margarine (or butter) at low speed until crumbly. Save 1 cup of crumbs; add the cinnamon. To the remaining flour mixture, add the rest of the ingredients. Pour into greased and floured 9"x11" pan. Top with cinnamon crumbs. Bake in preheated 350° oven 35-45 minutes. Sprinkle with powdered sugar while warm.

A TARTE TARTIN A CARAMELIZED APPLE TART

Margaret Aaker

1 cup all-purpose flour	<u>Pastry</u>
1 Tbsp. sugar	1 stick unsalted butter,
Dash salt	cold & cut into small pieces
	1 Tbsp. ice water

Preheat the oven to 350°. To prepare the pastry, use food processor. Combine the flour, sugar and salt into the bowl of the food processor. Add the cold butter pieces, and with quick pulse movements, work into a coarse and crumbly mixture. Add the ice water, and start to pulse the machine until the mixture forms a ball. It should not take very long, about 2 minutes, to work on this stage of the dough making. Wrap the ball of dough with some plastic wrap, and place into the refrigerator for 30 minutes. The dough has to rest for it to be rolled out correctly. After the 30 minutes, you can roll out the dough between 2 sheets of floured waxed paper. The dough should be thin, about 1/4" thick. Use a heavy oven proof frying pan, about 10" in diameter, for the tartin. Save until the filling has been prepared.

6 Granny Smith apples	<u>Filling</u>
1 stick unsalted butter,	1-1/2 cups sugar
at room temperature	1 Tbsp. cinnamon

Prepare the apples for the filling. Peel and quarter the apples. In a large 10" oven proof frying pan with a handle, melt the butter over a low flame, and add the sugar. Stir until the mixture has become caramelized. Remove from the heat, so the slices of apple can be arranged facing down and tightly in a circle, until the entire pan has been filled up with the uncooked apples. Sprinkle a mixture of 3 tablespoons of sugar with the cinnamon, over the apples. Carefully remove the top sheet of the dough from the waxed paper; place it over the frying pan. Make sure that it overlaps the edges of the pan. Seal the edges of the pan with the dough and use a knife to cut a small cut in the middle of the tartin. This is so that when it is baking, it won't explode in the oven. Place in the oven for about 45 minutes. The crust should be brown. Allow for the tartin to cool down before removing it from the pan. Have wire cake rack and a flat plate ready, so that you can invert and remove from the pan. Serve warm with some whipped cream or vanilla ice cream. Serves 8.

Cutting an iced cake? Dip knife in cold water first.

BAKLAVA

Catherine T. Lloyd

1 lb. phyllo pastry sheets
 1-1/2 cups (3/4 lb.)
 sweet butter, melted
 1 lb. walnut meats,
 finely chopped

5 Tbsp. sugar
 1 tsp. cinnamon
 Dash clove
 Syrup (below)

Place sheets of phyllo pastry in a 13"x9"x2" pan, brushing each second sheet evenly with butter. When 10 or 12 sheets are in place, combine walnuts, sugar, cinnamon, and clove, and spread one third of this mixture over the top sheet. Place another 5 or 6 buttered sheets of phyllo on top of nut mixture, sprinkle with another third of the nut mixture, and repeat with buttered phyllo sheets and the final third of the nut mixture. Spread remaining phyllo sheets on top, carefully buttering each second sheet. With a sharp knife cut baklava into diamond-shaped pieces. Heat remaining butter (there should be 1/2 cup) until very hot and beginning to brown, and pour evenly over the baklava. Sprinkle top with a few drops of cold water and bake in a 350° oven for 30 minutes. Reduce temperature to 300° and continue to bake for 1 hour longer. Cool and pour hot syrup over the baklava. Makes 30-36 servings.

Syrup

In a saucepan, combine 3-1/2 cups water, 3 cups sugar, 1 teaspoon lemon juice, several slices orange and lemon, a cinnamon stick, and a few whole cloves. Bring to a boil and simmer for 20 minutes. Strain.

**OCEAN PARKWAY PLUM TART**

Holly Hynes (Zulakis)

Crust

1-1/2 cups unsifted flour
 3 Tbsp. sugar

1/4 tsp. salt
 1/2 cup butter

Mix crust ingredients with two knives or pastry blender until consistency of cornmeal. Pack crust into bottom of 9" spring form pan and 1 inch up the sides; press firmly.

6 ripe plums (ideally
 Italian)

Lemon juice (1/2 lemon)
 2 egg yolks
 1 cup heavy cream
 Dash vanilla

Arrange plums (cut in half with skins pricked) sliced and overlapped. Sprinkle sugar, spices and lemon juice over plums. Bake 15 minutes in 400° oven. Meanwhile, beat the yolks; stir in heavy cream and vanilla. Pour over fruit and bake 30 minutes longer. Let cool slowly in pan (1-2 hours). Unpan and eat. Enjoy!

ORANGE GALATBOUREKO

Irene Kavountzis

4 cups milk
 4 Tbsp. unsalted butter plus
 1 stick (1/4 lb.) unsalted
 butter, melted (for
 brushing phyllo)
 1/3 cup sugar
 1/2 cup uncooked regular farina

4 eggs
 3 Tbsp. orange juice
 concentrate, undiluted
 1 tsp. vanilla extract
 1/2 lb. phyllo pastry

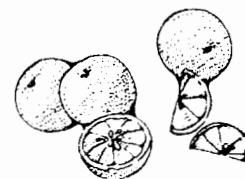
Scald milk in a large saucepan; stir in 4 tablespoons butter and the sugar. Gradually add farina, stirring constantly, and bring mixture slowly to a boil. Remove from heat. Beat eggs in a bowl until they are frothy and lemon-colored. Slowly stir hot farina mixture into egg mixture. Add orange juice and vanilla. Set aside to cool. Preheat oven to 400°. Line a 9"x12" baking pan with one sheet of phyllo (some of which should hang over the pan) and brush with butter. (Keep unused phyllo covered with plastic wrap.) Layer 5 more sheets of buttered phyllo in the pan so that bottom and sides are completely covered with some overhang on all edges. Pour in cooled custard. Cover with 1 sheet phyllo; brush with butter. Layer 5 more individually buttered sheets of phyllo on top, and fold in overhang. With a sharp knife, slice through top layers of phyllo, marking off 2-1/4 inch squares or diamond shapes. Bake for 10 minutes; reduce oven temperature to 350° and bake for 5 minutes, or until golden. While pastry bakes, prepare the syrup.

Orange Syrup

1 cup water
 1-1/2 cups sugar
 1 cinnamon stick

2 whole cloves
 2 tsp. grated orange peel

Place ingredients in a large saucepan, bring to a boil, and simmer for 10 minutes. Let cool. Place pastry pan on a rack and cool for 5 minutes. Pour cooled orange syrup over galatouboureko. Cut all the way through and serve at room temperature.



Is there a soggy layer at the bottom of your cake? This can result from too much liquid, underbaking, undermixing, or underbeaten eggs.

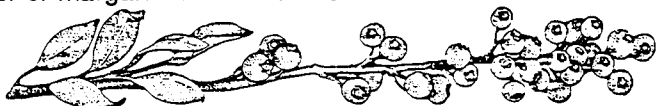
PEACH KUCHEN*

Eva Brown

*Or apple or plum, depending on season.

2 Tbsp. butter or margarine (plus extra to dot top)	1/2 tsp. lemon juice
1/2 cup sugar	Peeled and sliced peaches (to cover top of dough)
1 egg	Sugar and cinnamon mixed together
1 cup flour	
1 tsp. baking powder	

Grease bottom of an 8"x8" pan. Preheat oven to 375°. Cream together butter and sugar. Beat in egg and lemon juice. Mix baking powder with flour and add to mixture. Mix. Flour hands and spread mixture evenly in pan. Cover top of dough completely with sliced fruit arranged in rows. Sprinkle with sugar and cinnamon and dot with butter or margarine. Bake 1/2 hour.



BLUEBERRY DREAM

Louise Elm

1 pie crust shell or cake shell	1 container Cool Whip or heavy whipped cream
1 box lemon pie filling	1 container Marie Fruit Glaze (blueberry)
2 boxes fresh blueberry	

Bake/brown pie crust following package directions; cool (or substitute cake shell and no bake situation). Make lemon filling following box directions. Fill pie shell with filling. Put container of Cool Whip on top of filling (or substitute heavy cream for Cool Whip). Mix container of Marie's fruit glaze and boxes of fresh blueberries on top of Cool Whip.

FRESH BLUEBERRY PIE

Carol Dolch

2 pints fresh blueberries	2-3 Tbsp. cornstarch
1 cup sugar	Rind of 1 lemon, grated
1 cup water	1 baked pie shell (9-10")

Clean berries. Place one cup berries, sugar, water and lemon rind in saucepan. Bring to a boil. Add cornstarch (mixed with a little cold water) and stir till thickened. Pour over, and mix into the remaining berries. Put in pie shell; let set. May be chilled if desired. Very good with vanilla ice cream.

"CUT-THE-FAT PIE" WITH BRAN CRUST

Sandra Ruggles

Crust

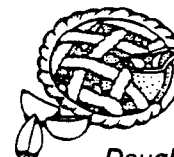
1-1/2 cups 100% bran	1/2 cup apple juice
1/4 cup all-purpose flour	Pam spray
2 Tbsp. melted margarine	Wheat germ

Combine crust ingredients in medium bowl. Blend until well mixed and cereal is softened. Press mixture into 9" pie plate (sprayed with Pam); cover plate completely. Bake crust in preheated 375° oven for 12 minutes, till partially browned. Let cool before filling.

Filling

4 cups any fruit (or mixed fruit)*	2 Tbsp. all-purpose flour
6 Tbsp. sugar (or to taste)	1 Tbsp. lemon juice

(*If you use peaches/apples, coat them with cinnamon, cloves and nutmeg to taste.) Cut all fruit to desired size (I don't cut too small: 1-1/2" pieces). Coat with sugar, flour, lemon juice and any spices desired. Pour into pie crust - really pile it high. Spray with Pam and dust lightly with wheat germ. Cook in 375° oven for 45 minutes or till browned and done. Serve with a dot of vanilla frozen yogurt - pie a la mode, guilt free!



POLISH APPLE PIE

Eleonore Olszewski

Dough

1-1/2 to 2 cups flour	1 tsp. vanilla
1 cup sugar	1 tsp. baking powder
1 stick (4 oz.) butter	Dash salt
1 egg + 1 yolk	

Combine all ingredients. Form into smooth ball. Refrigerate 30 minutes.

Filling

2 to 2-1/2 lbs. apples (sourish)	3 full Tbsp. apricot or peach preserves (or jam)
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Peel apples and slice finely. Roll out 2/3 of the dough flat on bottom of greased and floured 9" baking pan, making 1" high edge. Spread apricot (or peach) jam on the dough, then put sliced apples on top. From remaining 1/3 dough, form fine rolls and cover apples in squares. Bake first 10 minutes at 350°, next 25-35 minutes at 325° (until turns golden). When cool, sprinkle with confectioners sugar.

ROYAL CHEESE PIE

Lea Liebman

Crust
1-1/2 cups crushed graham
crackers 1/4 cup melted butter
 2 Tbsp. sugar

Crush graham crackers. Add melted butter and the sugar. Blend and line pie tin.

Filling
3/4 lb. cream cheese 1/2 cup sugar
1/2 tsp. vanilla 2 eggs, unbeaten

Have filling ingredients at room temperature. Blend cream cheese, vanilla and sugar in mixer. Add eggs, one at a time, and beat well. Fill crust and bake at 350° for 20 minutes. Remove from oven and sprinkle top with cinnamon. Let cool 5 minutes. Mix 1/2 pint sour cream with 2 tablespoons sugar and spread on top of pie. Put in oven and bake 5 minutes more. Cool and put in refrigerator. **Note:** You can decorate top with fresh cut-up fruit (strawberries, pineapple, etc.)



STEPHANIE'S PEANUT BUTTER PIE

Stephanie Coppolino
and Mom Christine

4 eggs 1-1/2 tsp. vanilla extract
1/2 cup creamy peanut
butter 2 cups milk (1 pint)
 1 (9") pie crust
1/2 cup sugar Whip cream to top

In small bowl at medium speed, beat peanut butter, sugar and vanilla until well beaten. At low speed gradually add milk until smooth. Pour into pie shell. Bake on bottom rack of oven preheated to 400° until knife or toothpick inserted into pie near center comes out clean - about 35 minutes. Cool, refrigerate and serve with whip cream on top.

For a flaky top for your pies, brush the top crust with a little water.

STRAWBERRY RHUBARB PIE

Ruth Cowan

1 unbaked 9" pie shell
and top 1/4 cup orange juice
1 egg white, slightly beaten 3 cups strawberries
1 cup sugar 3 cups sliced rhubarb
 1 Tbsp. butter
 Orange rind

Preheat oven to 400°. In large bowl, stir together flour, sugar, orange juice and orange rind. Mix well. Fold in the strawberries and rhubarb, spoon mixture into prepared pie shell and dot top with butter. Cover mixture with top crust, seal edges, trim and flute as desired. Cut a few slits in top crust to vent. Bake 1 hour or until crust is golden; if edges brown too quickly, cover with foil.

SWEET POTATO PIE I

Melinda Bonner

8 cups sweet potatoes, cooked 2 tsp. nutmeg
1 lb. margarine or butter 6 eggs (separate yolks
2 cups brown sugar from whites)
2 cups granulated sugar 2-3/4 cups evaporated milk
1/2 cup Karo syrup 1 tsp. salt
2 tsp. allspice 2 tsp. lemon juice
3 tsp. cinnamon 3 tsp. vanilla

Combine all ingredients except egg whites. Beat egg whites until stiff and fold in last. Pour into pie shells. Bake at 425° until firm, about 40 minutes. Makes 6 pies.

SWEET POTATO PIE II

Ann M. Wyllie

African Americans often eat sweet potato pies at holidays, especially at Thanksgiving and Christmas. It is really a custard pie with sweet potatoes added.

2 eggs, slightly beaten 1 tsp. nutmeg
2 cups cooked, mashed
sweet potatoes 1/2 tsp. cloves
3/4 cup sugar 1/4 tsp. ginger
1/4 tsp. salt 1 tsp. vanilla
1 tsp. ground cinnamon 1 (12 oz.) can evaporated milk
 1 (9") unbaked pie shell



Preheat oven to 425°. Combine filling ingredients in order given. Pour into pie shell. Bake 15 minutes. Reduce temperature to 350°. Bake an additional 45 minutes or until knife inserted near center comes out clean. Makes one 9-inch pie.

WALNUT-HONEY PIE

Gladys Feigenbaum

- | | |
|--------------------------|-------------------------------------|
| 3 eggs | 1/4 cup corn syrup (light or dark) |
| 1/3 cup granulated sugar | 1 tsp. vanilla |
| 1/3 cup brown sugar | 1-1/4 cups coarsely chopped walnuts |
| 1/4 tsp. salt | 1 unbaked 9" pie shell (deep) |
| 1/4 cup melted margarine | |
| 1/2 cup honey | |

Beat eggs; add sugar, honey, corn syrup, salt, vanilla and melted margarine, and mix together. Spread nuts on bottom of pie shell. Pour in filling. Bake in 350° oven 50 to 60 minutes or until knife inserted in center comes out clean. Nuts will rise to top of filling to form a crusted layer on top. Serve with Cool Whip or whipped cream - rich enough to serve plain. (Note: Pecans can be used also.)

BOW TIES



Ann Taksey

- | | |
|----------------------|---------------------|
| 4 eggs | 1/2 tsp. salt |
| 1/2 cup oil | 2 Tbsp. sugar |
| 1 tsp. rum flavoring | 2-1/2 cups flour |
| | Confectioners sugar |

Combine all ingredients. Beat with electric mixer for 5 minutes. Allow dough to rest on a heavily floured surface for 30 minutes. Sprinkle sugar on board and roll out dough to 1/2" thickness. Cut into 3/4" strips. Cut strips into 3" lengths. Twist like bow ties. Place on greased cookie sheets. Bake until lightly browned.

GINGER SNAPS

Faye Ross

- | | |
|--------------------------|-------------------------|
| 3 cups all-purpose flour | 3/4 cup butter |
| 2 tsp. baking soda | 3/4 cup margarine |
| 2 tsp. cinnamon | 2 cups granulated sugar |
| 1 tsp. cloves | 2 eggs |
| 2 Tbsp. ginger | 1/2 cup molasses |

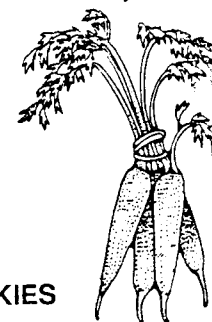
Heat oven to 375°. Sift flour, baking soda, cinnamon, cloves and ginger together. Cream butter and margarine until light and fluffy. Gradually mix in sugar and keep beating. Add unbeaten eggs one at a time and stir hard after each addition. Mix in molasses and flour mixture thoroughly and drop by teaspoon onto ungreased baking tin. Allow room for spreading. Bake 10 minutes. Cool a minute or two before removing from baking sheet. Makes 3-1/2 dozen sizable cookies.

CHOCOLATE LOW-FAT CHOLESTEROL-FREE MADELEINES

Barbara Dublin

- | | |
|---|--|
| 1-1/2 Tbsp. powdered cocoa, unsweetened-I use Hershey's | 1-3/4 Tbsp. grated orange rind |
| 1 cup all-purpose flour | 1/4 cup margarine (non-fat margarine substitutes also work well) |
| 1 tsp. baking powder | 2/3 cup sugar (reserve 1 Tbsp. for sprinkling tops, if desired) |
| 4 egg whites, beaten until foamy | 2 tsp. lemon or orange juice |
| 2 tsp. orange extract | |

Preheat oven to 425°. Mix flour, baking powder and sugar. Add grated orange rind and cocoa. Add egg whites, orange extract and either lemon juice or orange juice. Combine. Add margarine. Mix well. Beat for 2 minutes. Fill greased madeleine forms with one tablespoon of mixture in each shell. Sprinkle with sugar if desired. Bake for 10 to 12 minutes. Check to see if bottoms are very slightly browned. Makes 18 to 24 madeleines. Note: Recipe lends itself to variation. For pumpkin madeleines, substitute 1 teaspoon vanilla for lemon and oranges juices; add 3/4 cup canned pumpkin; omit cocoa and grated orange rind. Try chocolate chips added to chocolate madeleines. For madeleine purists, omit cocoa, pumpkin and chocolate chips. Store in plastic bags if not used the same day.



GOLDEN CARROT COOKIES

Ann M. Wyllie

- | | |
|----------------------------------|---|
| 1 cup softened butter | 2 tsp. baking powder |
| 3/4 cup sugar | 3/4 cup shredded coconut |
| 1-1/2 cups cooked mashed carrots | Frosting: 1 cup powdered sugar mixed with JUST enough orange juice to moisten |
| 2 eggs | |
| 2 cups sifted all-purpose flour | |

Mix all ingredients well: Cream butter and sugar till fluffy. Add eggs, one at a time, beating well after each addition. Blend in carrots, flour, baking powder and coconut. Place by teaspoonfuls on cookie sheet for each cookie. Bake until done (8 to 12 minutes). Frost with powdered sugar frosting.

KOLOCKY (POLISH COOKIES)

Christine Kolosna Byrnes

1 lb. cream cheese	2 egg whites
1 lb. butter	1/2 cup sugar
4 cups flour	1 box confectioners sugar
1 lb. walnuts (shelled)	

Mix cream cheese, butter and flour together to make dough. Chill overnight. Chop walnuts into fine small pieces; add egg whites and sugar for filling. Roll out dough in confectioners sugar, enough dough at a time to make 12"x16" rectangle. Cut into 4-inch squares. Put a dab of filling in each square. Roll up and put on ungreased cookie sheet. Bake at 350° for 10 minutes or until light golden brown. Cool and sprinkle with confectioners sugar.

**MONDLE BROT**

Julia Goodman

1/4 lb. butter	1/4 tsp. salt
1 cup sugar	4 eggs
2 cups flour	1 tsp. almond flavor
2 tsp. baking powder	1 cup chopped almonds

Cream butter and sugar; add eggs and beat well. Sift dry ingredients and combine. Last, add nuts and flavoring. Spread in strips 2 inches wide on buttered cookie tins. Sprinkle with sugar. Bake 30 minutes in moderate oven. Up strips while warm and return to oven to dry.

OATMEAL COOKIES

Ann Taksey

3/4 cup sifted flour	1/3 cup brown sugar
1/2 tsp. baking soda	1 egg
1/2 cup oats	1/2 tsp. vanilla
1/4 cup chopped nuts	Raisins
1 stick margarine	

Sift flour and soda together. Stir in oats, nuts and raisins. Cream margarine and sugar. Add egg and vanilla. Beat until fluffy; blend in dry ingredients. Chill in refrigerator at least 4 hours. Place on ungreased cookie sheet and bake at 350° for 12-15 minutes.

**OLD FASHIONED
PEANUT BUTTER COOKIES**

Ruth M. Herbin

1-1/2 cups all-purpose flour	1/3 cup packed dark brown sugar
2 Tbsp. cornstarch	1 large egg
1 tsp. baking soda	1/4 tsp. salt
1 stick unsalted butter (soft)	1-1/2 tsp. vanilla extract
1/2 cup granulated sugar	3/4 cup chunky peanut butter

Evenly space two racks in the oven and preheat to 350°. In a medium bowl, stir together the flour, cornstarch, and baking soda. In a large bowl, with handheld mixer, cream butter until fluffy. Gradually beat in the granulated sugar and the brown sugar. Add the egg, salt and vanilla; beat until thick and light, 1 to 2 minutes. Beat in the peanut butter. With a wooden spoon, stir in dry ingredients to make a moist dough that can be pressed together. Using 1-1/2 tablespoons of dough for each cookie, roll the dough into balls between the palms of your hands. Place them on ungreased baking sheets, leaving 2-1/2 inches between them. Dip a fork in sugar and press it on top of each cookie in two directions to make a crisscross design, dipping fork back in sugar after each pressing. The cookies should be 2 inches in diameter after pressing. Bake about 12 minutes, until light golden brown around the edges. With a spatula, transfer the cookies to a rack and cool to room temperature. Enjoy!

**PECAN CRESCENT COOKIES**

Karen A. Berko

1/2 lb. butter	2 tsp. vanilla
2 cups flour	1 tsp. water
2 cups chopped pecans	1/2 tsp. salt
5 Tbsp. sugar	

Cream butter; add sugar, vanilla and water. Add flour, salt and then pecans. Shape into crescents. Bake at 325° about 20 minutes. (Note: They will not brown, do not over bake.) Roll in powdered sugar.

To prevent overbrowning of bottoms of cookies, use two pans the same size placed one on top of the other.

RUGALACH

Ari, Staci & Cori Seitelman

From the kitchen of Grandpa Aaron.

<i>3 cups all-purpose flour</i>	<i>1 cup chopped nuts</i>
<i>1 pkg. dry yeast</i>	<i>1 cup sugar</i>
<i>2 sticks butter</i>	<i>2 tsp. cinnamon</i>
<i>3 egg yolks</i>	<i>1-2/ to 1 cup raisins</i>
<i>1 cup sour cream</i>	<i>1/2 to 1 cup prune jam</i>

Combine flour and yeast. Cut butter into flour and yeast. Add egg yolks and sour cream to butter mixture. Separate dough into 10-11 pieces. Roll out each piece between 2 sheets of waxed paper to form circle. Remove top wax paper, save. Cut into 8 triangles. Combine nuts, sugar and cinnamon; sprinkle mixture onto dough, replace wax paper and press nut mixture into dough. Turn circle over; remove wax paper. Sprinkle with nut mixture. Place small amount of prune jam and about 2-3 raisins at smaller side of triangle. Roll from small side to point. Place on cookie sheet. Bake at 350° 13-15 minutes. Cool on rack. Enjoy! Makes 80-88 pieces.

RUSSIAN COOKIES

Martha Schlesinger

<i>1 stick (1/4 lb.) butter or margarine</i>	<i>1/2 cup nuts, chopped finely</i>
<i>1/4 cup sugar</i>	<i>1/2 tsp. vanilla</i>
<i>1 cup flour</i>	<i>Pinch salt</i>

Cream butter with sugar. Add flour, salt, nuts and vanilla. Mix to a smooth dough. Let rest 30-40 minutes. Form small (cherry sized) balls. Place on ungreased cookie sheet, not crowding. Bake about 35 minutes at 300°-325°.



APPLE INDIAN PUDDING

C. Medicine

<i>1/3 cup corn meal</i>	<i>1/2 tsp. cinnamon</i>
<i>1/3 cup cold water</i>	<i>1/4 tsp. nutmeg</i>
<i>1/2 tsp. salt</i>	<i>1/2 cup molasses</i>
<i>1/4 cup sugar</i>	<i>2 cups thinly sliced apples</i>
<i>1/2 tsp. ginger</i>	<i>Milk</i>

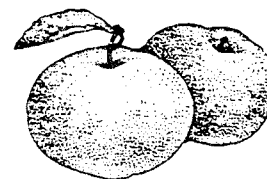
Combine corn meal and water; scald milk. Add corn meal; stir over low heat until thickened. Cover; cook over hot water 20 minutes. Remove from heat; stir in salt, sugar, ginger, cinnamon, nutmeg, molasses and apples. Pour into greased 1-1/2 quart casserole. Bake at 325° for 2 hours. Serve warm or chilled, with cream, ice cream or hard sauce. Makes 6 servings.

BARBARA'S MACROBIOTIC RAISIN PUDDING

Barbara Blumberg

<i>1 cup chopped raisins</i>	<i>1 cup apple juice, unsweetened (may be diluted with water)</i>
<i>3/4 cup amasake (milkshake thick drink made of brown and cultured rice)</i>	<i>1-1/2 Tbsp. kuzu diluted in 1 Tbsp. cold water</i>
<i>1-2 tsp. vanilla</i>	<i>Chopped almonds - pan dry roasted</i>
<i>1/2 cup original flavor soy milk</i>	

In a saucepan, heat up amasake, soy milk, and apple juice. When brought to a boil, add raisins; simmer for 5 minutes, then add vanilla. In a separate cup, dilute kuzu in 1 tablespoon water. When dissolved, add to hot liquid and stir constantly till liquid is thick. It should thicken very quickly. If you need more kuzu, dilute 1 teaspoon more kuzu in a little bit of water, then add to liquid and stir constantly. (Never attempt to dilute kuzu in hot liquid.) When liquid is thick, put into serving cups and let cool slightly. Add the topping of pan dry roasted almonds. Serves 4. (To dry roast, heat up skillet, and over a low flame, stir chopped almonds until they give off a nutty smell. Never let the almonds go unattended because they may burn.) **Note:** Kuzu is a starch thickener that is white and usually comes in chunks or a powder. Both the kuzu and amasake can be found at any good quality health food store.



BATSHEVA'S APPLE MATZAH KUGEL

Cathy Wang Bicotsky

<i>6 eggs</i>	<i>1/2 cup raisins</i>
<i>1 cup sugar</i>	<i>6 apples, peeled and sliced</i>
<i>1/2 cup chopped walnuts</i>	<i>1 tsp. salt</i>
<i>6 pieces matzah</i>	<i>1/2 cup melted margarine</i>
<i>2 tsp. cinnamon</i>	

Soak matzah in water until soft. Drain (but do not squeeze) and set aside. Beat eggs with margarine, sugar, cinnamon and salt. Add matzah to beaten mixture. Stir in apples, nuts and raisins. Put entire mixture into greased baking dish. Bake at 350° for 45 minutes. Remove from oven when inserted toothpick comes out clean.

NOODLE PUDDING I

Eva Brown

8 oz. medium egg noodles
1 stick margarine, melted
and cooled
3 eggs, beaten
1/4 cup sugar

1 (8 oz.) can crushed
pineapple with juice
Raisins (approx. 1/4-1/3 cup)
or to your taste

Cook noodles 5 minutes; drain. While noodles are cooking, add eggs to melted margarine. Beat together with fork. Add sugar and mix. Add cooked, drained hot noodles to this mixture. Add pineapple and raisins and mix together. Pour into a 9"x9" baking pan. Preheat oven to 350° and bake 1 hour until nicely browned.

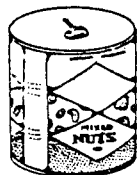
NOODLE PUDDING II

Margot Stern

12-14 oz. medium noodles
1/4 lb. margarine or butter
(melted)
4 eggs
3/4 cup sugar
2 tsp. vanilla
1/4 cup walnuts (optional)

1/2 cup raisins
1 tsp. cinnamon
4 sliced & peeled apples,
or 1 lb. can sliced peaches,
drained
8 oz. cottage cheese

Cook noodles; drain. Add margarine, eggs, raisins, sugar, fruit, cottage cheese and vanilla. Mix together. Pour into large, shallow baking dish. Top with cinnamon and nuts. Bake at 350° for 1 hour. Optional: Before baking, may substitute with canned cherry pie filling, for topping.



RAISIN NUT NOODLE PUDDING

Sara Pfeiffer

This recipe is courtesy late June Roth.

8 oz. broad noodles
1/2 cup raisins
1/2 cup chopped nuts
1/4 cup corn oil or margarine
1 egg
1 tsp. cinnamon

Cook noodles as directed, then drain and rinse with cool water. Place in bowl and toss with raisins and nuts. Beat margarine and sugar together until fluffy; add egg and cinnamon and beat together. Add to noodles and toss lightly until thoroughly mixed. Pour into greased baking casserole. Bake at 350° for 45 minutes. Serves 6.

SWEET NOODLE KUGEL

Robin Bernstein

1/2 lb. extra wide egg
noodles*
3 eggs*
1/4 lb. butter or margarine
(1 stick)*
8 oz. cottage cheese*

1 cup milk*
1-1/2 tsp. vanilla extract
1/4 - 1/3 cup brown sugar
(depending on own taste)
Cinnamon

(*Can be made with lowfat cottage cheese, milk and butter. Also "no yolk" noodles and egg substitute.) Preheat oven to 350°. Grease a rectangular baking dish, about 13"x9", with butter or cooking spray so that kugel will not stick. Boil noodles according to package instructions, leaving them slightly undercooked (about 6 minutes), as they will continue to cook when kugel is baked. Drain noodles, but DO NOT RINSE THEM. Pour noodles back into pot and add all the ingredients except the cinnamon and 1/4 of the butter or margarine. Taste the liquid to be sure it's sweet enough. You may want to make it a little sweeter than you would like because it dissipates some during baking. Sprinkle the top with cinnamon and dot with the remaining butter or margarine. Bake until bubbling and slightly browned. Can be made ahead and reheated or frozen.



BANANA BREAD

Sara G. Pfeiffer

All time favorite.

3 very ripe mashed bananas
2 eggs, beaten
8 Tbsp. cold water
1 stick butter
1 cup sugar
2-1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 cup chopped walnuts

Cream butter and sugar in large bowl. Add mashed bananas, eggs and water. Sift together flour, baking powder and baking soda. Add flour mixture to banana mixture. Add nuts; combine well. Grease and flour baking pan for bread. Bake in slow (325°) oven for 1 hour.

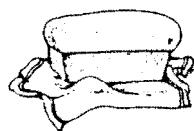
To freshen rolls, place in a paper bag, twist top of bag closed and heat in a hot oven for 15 minutes.

BANANA TEA BREAD

Karen Rem

1/2 cup butter or margarine	1 cup mashed ripe bananas
1-1/3 cups sugar	(3 medium)
2 eggs	2 Tbsp. light rum/milk
2 cups sifted flour	1 tsp. almond extract
1-1/2 tsp. baking powder	1-1/2 cups chopped pecans
1/2 tsp. baking soda	or walnuts
1/4 tsp. salt	Sour cream

Cream butter and sugar. Add eggs and sour cream. Sift together dry ingredients. Blend into creamed mixture alternating with mashed bananas. Add rum, extract and nuts. Turn into greased 9"x5"x3" loaf or muffin pan. Bake at 350°, 45 minutes in muffin pan, 60-70 minutes in loaf pan.



BREAD PUDDING

Irene Massarsky

6 slices challah or	1 apple, diced
white bread	1/4 cup sliced almonds
2 eggs	1/4 cup coconut
1/2 cup milk	1/4 cup raisins
1/4 cup sugar	3 tsp. melted shortening
1/2 tsp. salt	

Beat eggs with milk. Break up bread in pieces. Pour egg mixture over bread. Blend in remaining ingredients. Place in well buttered 1-quart casserole. Dot top with shortening. Bake in 375° oven 1 hour. Delicious anytime.

GRANDMA'S BREAD PUDDING

Linda Johannsen

4 unseeded kaiser rolls	6 eggs
1 quart milk	1 cup sugar
1 tsp. vanilla	Butter

Mix milk, vanilla, eggs, and sugar with electric beater. Put in deep round casserole dish, break in rolls and stir to moisten. Put a few thin pats of butter on top to help brown. Stand in a pan of water in the oven and bake at 325° for 1 hour.

CLASSIC CHALLAH

Ellie Weiss

2 oz. fresh yeast or 4	1-1/2 Tbsp. salt
pkgs. dry yeast	13-14 cups flour
3-1/2 cups warm water	6 eggs, slightly beaten
3/4 cup sugar	1 cup oil
1 egg, beaten	<u>Glaze</u>
	Poppy or sesame seeds

Use baking sheets or loaf pans to yield 4 to 6 loaves. Dissolve yeast in warm water in a large bowl. When dissolved, add sugar, salt and half of the flour. Mix well. Add eggs and oil, then slowly stir in most of the remaining flour - dough will become quite thick. (Until the kneading stage, dough can be mixed in an electric mixer.) When dough begins to pull away from sides of bowl, turn onto floured board and knead for about 10 minutes. Add only enough flour to make dough manageable. Knead until dough is smooth and elastic and springs back when pressed lightly with fingertip. Place dough in a large oiled bowl. Turn it so the top is oiled as well. Cover with a damp towel and let it rise in a warm place for 2 hours, punching down in four or five places every 20 minutes. Separate Challah with a blessing. Divide dough into four parts and shape into loaves; place in well-greased bread pans or on greased baking sheet. Let it rise until double in bulk. Preheat oven to 375°. Brush tops of loaves with beaten egg and sprinkle with poppy or sesame seeds. Bake for 30 to 45 minutes or until browned. Remove from pans and cool on racks. **Variations:** *Substitute 1 cup whole wheat flour and 1/2 cup wheat germ for equal amounts of regular flour. *Add 2 teaspoons vanilla extract to dough before kneading.



IRISH SODA BREAD

Dr. Charles Collins

1-3/4 cups unsifted flour	1/2 cup raisins
2-1/2 tsp. baking powder	1 cup buttermilk or 1 cup
1/4 tsp. baking soda	milk plus 1 tsp. distilled
1/4 tsp. salt	white vinegar

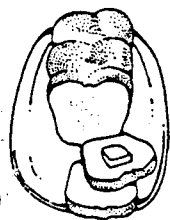
In a bowl, stir together flour, baking powder, soda and salt. Add raisins and enough buttermilk to give a soft dough. Turn dough out on a floured board and knead briefly until stickiness disappears. Form into a round flat loaf and place in a greased 8-inch layer cake pan. With a knife cut an "X" in the top surface of loaf. Bake in a preheated 375° oven for 10 minutes. Lower heat to 350° and continue baking 30 minutes or until lightly browned. Remove to rack to cool thoroughly before slicing.

HERB BREAD

Ruth Seitelman

1 pkg. dry yeast	2 tsp. salt
1-1/4 cups warm water	1 tsp. caraway seeds
3 cups flour	1 tsp. parsley
2 Tbsp. soft shortening	1/2 tsp. garlic powder
2 Tbsp. sugar	1/2 tsp. oregano

Preheat oven to 375°. Dissolve yeast in warm water. Measure out flour and set aside. Add shortening, salt, sugar, 2 cups flour and herbs to yeast. Beat 2 minutes. Scrape bowl often. Add remaining flour and blend with spoon until smooth. Scrape bowl often. Cover bowl with cloth and let rise in a warm place for 30 minutes. Stir batter down (about 25 strokes). Spread batter in greased pan - batter will be sticky; cover. Let rise in a warm place about 40 minutes. Bake 45-50 minutes or until done. Immediately remove from pan and cool. Brush top with melted butter. Do not place in draft. Enjoy!



JALAPEÑO CORNBREAD

Linda Johannsen

1 cup yellow cornmeal	1/2 cup buttermilk
3/4 cup all-purpose flour	2 Tbsp. butter or margarine, melted
1/4 cup light brown sugar	2 Tbsp. corn or vegetable oil
1 Tbsp. baking powder	1 (6 oz.) can creamed corn
1 tsp. salt	2 fresh jalapeño peppers, finely chopped
3/4 tsp. baking soda	
2 large eggs	

Heat oven to 350°. Generously grease a 10" all cast iron skillet. Combine cornmeal, flour, sugar, baking powder, salt and baking soda in a large bowl. In a separate bowl, beat eggs, buttermilk, melted butter and corn oil with whisk. Stir corn and peppers into egg mixture and add to cornmeal mixture. Stir just enough to blend. Pour batter into prepared skillet and bake 35 minutes or until top is golden brown. Slice in wedges and serve from skillet.

If bread browns too quickly while baking, cover with brown paper for the last few minutes.

SALLY LUNN BREAD

Agnes D. Marco

1 yeast cake	1/2 cup butter
1 cup warm milk	3 eggs, beaten
1/3 cup sugar	1 quart flour

Put yeast cake in warm milk. Cream together butter and sugar; add the beaten eggs and mix well. Sift in flour alternately with the milk and yeast. Let rise in a warm place, then beat well. Pour into one well buttered loaf pan or two small pans. Let rise again before baking in a moderate oven.



ZUCCHINI BREAD

Shirley Colloff

3 cups flour	3 eggs
1-1/4 cups sugar	1 tsp. salt
2 cups grated zucchini	1 tsp. cinnamon
1 cup grated carrots	1 tsp. baking powder
1 cup oil	3/4 tsp. baking soda
1 tsp. vanilla	1 cup chopped walnuts
	1 cup white raisins

Hand mix eggs and oil. Add remaining ingredients, except walnuts and raisins, to eggs and oil. Add nuts and raisins. Grease two 8-1/2"x4-1/2" loaf pans. Pour batter in and bake 1 hour at 350°. Makes 14 servings. (HAND MIX entire recipe - no problem.)

ZUCCHINI WALNUT BREAD

June Lilienthal

3 cups all-purpose flour	1 cup oil
4 Tbsp. dried buttermilk powder	2 cups sugar
1 tsp. cinnamon	3 eggs
1 tsp. salt	1 tsp. vanilla
1 tsp. baking soda	2 cups grated zucchini
1/2 tsp. baking powder	1 cup walnuts

Preheat oven to 325°. Sift all dry ingredients; set aside. Add oil, sugar, eggs, and vanilla in separate bowl; beat thoroughly till fluffy. Add dry ingredients; mix well. Do not overbeat. Add zucchini and nuts; mix thoroughly. Put into well greased and floured pans - 2 large or 8 small. Bake 45-50 minutes for large pans, 30-35 minutes for small pans, or until tested done. Cool 10 minutes in pans; remove and cool.

COOL STRAWBERRY

Claudja Barry

<i>1/2 pint fresh strawberries, washed and cleaned</i>	<i>1 Tbsp. granulated sugar, or to taste</i>
<i>1 tsp. lemon juice</i>	<i>3 Tbsp. confectioners sugar</i>
<i>1 cup heavy cream</i>	<i>1 tsp. vanilla extract</i>

In a small non stick saucepan, combine strawberries, lemon juice, granulated sugar and 3 tablespoons water. Cook over medium heat, stirring often, until strawberries begin to break down and juices boil and thicken, about 6 minutes. Remove from heat and transfer to a small bowl. Place bowl in a bowl of ice. In a separate bowl, combine cream, confectioners sugar and vanilla. Beat until stiff peaks form. Fold in 1/3 of the strawberry sauce. Divide among 4 dessert dishes and spoon remaining sauce over cream.

FAMILY CELEBRATION DESSERT

Eleanor Kieliszek

<i>1 env. unflavored gelatin</i>	<i>2 cups sour cream</i>
<i>2/3 cup granulated sugar</i>	<i>3 pints strawberries or raspberries</i>
<i>2 cups heavy cream</i>	<i>1/3 cup sugar</i>
<i>1 Tbsp. vanilla</i>	
<i>1/4 tsp. almond extract</i>	

Mix gelatin and 2/3 cup sugar in saucepan. Stir in heavy cream; let stand 5 minutes and place over low heat. Stir until gelatin is dissolved. Cool to lukewarm. Add vanilla and almond extracts. Place sour cream in 2-quart bowl. Gradually blend sweet cream mixture into sour cream. Pour into 1-1/2 quart mold. Refrigerate until set - overnight. Wash, hull and slice strawberries, preserving a few whole for garnish. Sprinkle with 1/3 cup sugar. Fill center of mold with whole berries. Serve sliced, sweetened berries in side dish to ladle over portions. Serve at once. Yields 8 or more.



FRUIT COMPOTE

The Addison Family

<i>1 large can pears</i>	<i>1/2 pint heavy cream</i>
<i>1 large can peaches</i>	<i>1/2 cup mayonnaise</i>
<i>2 large can pineapple chunks</i>	<i>3/4 cup confectioners sugar</i>
<i>3/4 can jellied cranberry sauce</i>	<i>1-1/2 tsp. vanilla extract</i>
	<i>10 drops fresh lemon juice</i>

Drain fruit and chill overnight. Whip 3/4 can jellied cranberry sauce. Chill. Mix with fruit. Mix remaining ingredients together for sauce and serve the sauce with fruit.

KAMARIA

Bosaina Sadawi

This is a dessert, and considered Holiday Fare.

<i>1 sheet dried apricot paste (sold in Middle Eastern stores, i.e. Teaneck and in Paterson)</i>	<i>Nuts (pistachio or walnut) - optional</i>
<i>Water</i>	<i>Coconut (better the unsweetened from Middle Eastern stores)</i>
<i>Sugar to taste</i>	<i>Ground cinnamon (optional)</i>
<i>Cornstarch</i>	

Cut the sheet with hand or scissors in large bite pieces. Cover slightly with water. Add the sugar slowly (it will need about 1 cup of sugar). Bring all to boil on medium heat. When all the apricots are melted (turned to almost liquid) blend in a blender after it has cooled; pass through a sieve. Return from blender to the same pan, adjust the taste (with sugar). Mixture has to be thick and might need 1 to 3 tablespoons of cornstarch to be added. Heat until cornstarch taste disappears. Can be served in small bowls or in a large bowl. If using nuts, coconut or cinnamon, add to the top. Refrigerate and serve cold. Refrigerate any leftovers.



KAMR EL DIN

Bosaina Sadawi

This specific drink is served during the month of "Ramadan" instead of many different kinds of juices (it provides fiber, and sugar needed after a long fasting day). Kids love making it too - the sticky part of it, cutting it, mixing it - for older kids, they love it...My daughter eats half the sheet row before she is done (that is OK). I usually do about 4 sheets at a time and keep for a week or so.

<i>1 sheet dried apricot paste (available at Middle Eastern stores i.e. in Teaneck and Paterson)</i>	<i>Water</i>
	<i>Sugar to taste (from 1 to 2 cups)</i>
	<i>Sliced almonds (optional)</i>

Cut the sheet of apricot in pieces. Add water to cover and about 2 inches more. Add sugar, bring all to boil, lower heat. Keep on mixing about another 15 minutes. Cover and let cool. In a blender, mix or whip the above mixture. Add water or sugar as needed. Pass through sieve. (It has to be thick as apricot nectar.) Cool in refrigerator. Mix with tall spoon before serving in tall cups. Add sliced almonds slightly browned in oven, if desired.

RICHIE'S "SHAKE-SHAKE"

Susan Solomon

Morning quick breakfast or after school pick me up for kids and moms too!

8 oz. milk (2% lowfat
pasteurized)

1 container flavored yogurt
1 banana

Mix banana, milk and yogurt in blender for 30 seconds. Quick and easy! All done! Kids love the taste and they think it's a milkshake. Moms will feel great knowing it's really good for the kids too. (My son drank 1 or 2 a day until he was almost 6 years old. He has them after school now.)

THE FAMOUS HOT FUDGE RECIPE

Rhoda & Lee Booth

1/4 lb. sweet butter
1 cup brown sugar
1 cup granulated sugar

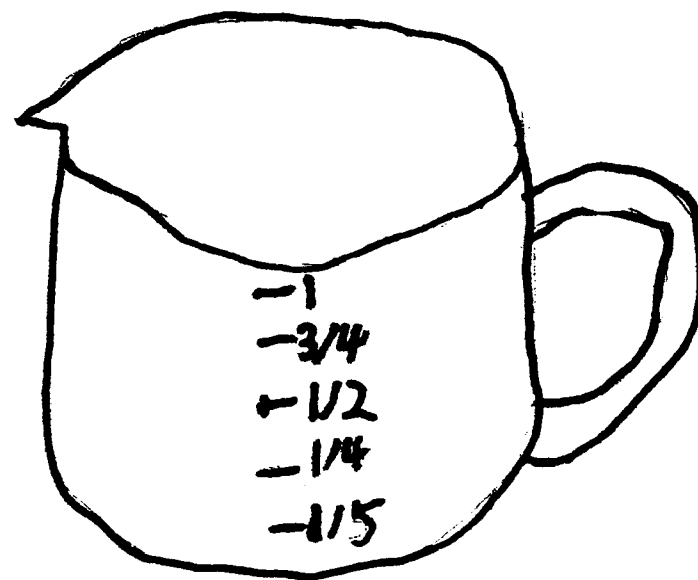
8 oz. heavy cream
2-1/2 squares Hershey's
bittersweet chocolate

In top of double boiler, melt butter and chocolate. Add brown sugar in small amounts, stirring constantly. Add granulated sugar same way; the mixture will get stiff. Make certain all lumps are broken up. Heat cream. Add a little at a time, stirring until white disappears in fudge mixture. Pure vanilla may be added.



ADDITIONAL RECIPES

Children's Cookery



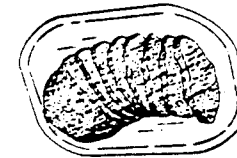
Raymond Chow

BEST BUBBLES

Amanda & Dana Graizel

*2 cups Joy dishwashing
liquid**6 cups water
3/4 cup light corn syrup*

Mix all ingredients. Do not shake.

**EMILY'S GRANDMOTHER'S MEAT LOAF**

Emily Dow

*6 eggs (organic)
3 lbs. lean ground beef
3/4 cup milk
2 Tbsp. minced garlic
2 onions**3 pkgs. saltines, crushed
1/2 cup sour cream
Salt and pepper to taste
1 pkg. softened cream cheese*

Mix all ingredients in no special order, except sour cream and cream cheese. Form into loaf and bake 1 hour, 15 minutes in oven preheated to 350°. Mix sour cream and cream cheese and serve piped on top as garnish. **Note:** Under supervision, younger children can have great fun mixing the loaf - older children can prepare entire meal. And best of all mom and child can interact together.

NANA GERT'S BAKED SPAGHETTI

The Smith Family

*1/2 lb. spaghetti
1 tsp. butter
Salt, pepper
Paprika
6 oz. cheddar & American
cheeses, combined**1/2 can tomatoes
1 small can tomato sauce
Sugar to taste
Bread crumbs
Butter*

Boil spaghetti until almost done. Drain and put into greased casserole. Add 1 teaspoon butter, salt, pepper and paprika. Cut up the cheese into cubes; add to spaghetti. Mix tomatoes and tomato sauce; add sugar to taste. Add this mixture to spaghetti; mix well. Sprinkle with bread crumbs and dot with butter. Bake uncovered at 350° 45-60 minutes.

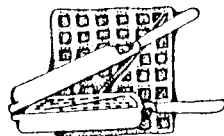
PLAY DOUGH

Amanda & Dana Graizel

2 cups flour
2 cups water
1 cup salt

4 tsp. cream of tartar
2 Tbsp. vegetable oil
Food coloring

Mix all ingredients, except food coloring, in a saucepan on medium flame, stirring constantly with wooden spoon. When it forms a ball, take it off heat and knead. Divide into 3 or 4 sections. Add food coloring and continue to knead. Store in plastic containers. It lasts forever!



CHOCOLATE WAFFLES

Carl Hagelin

This was the standard "treat" in our house when I was a boy. It was also one of the first "real recipes" I got to prepare as a young cook.

Wet Ingredients

1/2 cup butter
3/4 cup sugar

1 egg
1 tsp. vanilla

Dry Ingredients

1-1/4 cups flour
1/2 cup cocoa
1 tsp. baking powder

1/2 tsp. cinnamon
1/2 tsp. salt

Sift together dry ingredients. Mix together wet ingredients. Slowly incorporate the dry ingredients into the wet while mixing by hand or with an electric mixer. Spoon batter onto hot waffle iron and cook until iron stops steaming (about 5 minutes). Let cool on rack. Serve plain or with vanilla ice cream.

S'MORES

Teaneck Girl Scouts

24 marshmallows
48 graham crackers

8 chocolate bars (flat ones
without nuts), broken into
thirds

Make a sandwich out of a piece of chocolate and 2 crackers. Toast a marshmallow to a golden brown and put into the sandwich between the chocolate and crackers; press down gently and eat. Best when made over a campfire, but an oven or microwave will do in a pinch. Any way it's made, it tastes so good, you'll want "s'more." Serves 12.

SLOPPY JOES

Ann M. Wyllie

3 green onions (including
tops)
1 lb. ground turkey
1 tsp. garlic powder
1/2 cup catsup

2 Tbsp. prepared mustard
1/4 cup chopped green
pepper (optional)
1 Tbsp. Worcestershire sauce

Sauté ground meat; remove from pan. Sauté green onions. Return cooked meat into pan and add remaining ingredients. Stir, blending thoroughly until well mixed. Turn heat down to simmer and continue to simmer for 20 minutes. Serve on hamburger buns.



SPAGHETTI PIE

Lynne Graizel

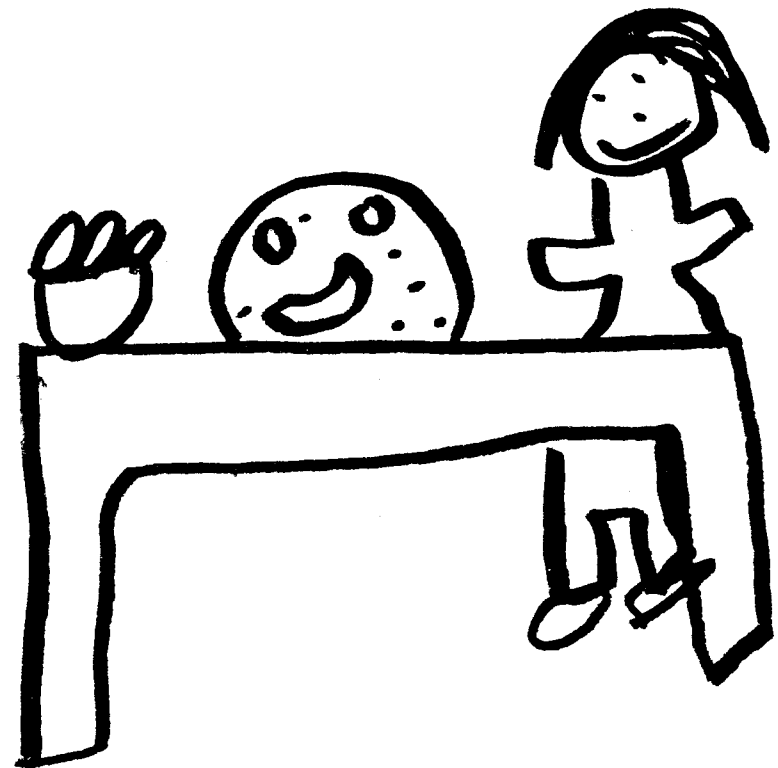
1 lb. spaghetti
2 tsp. butter (or margarine)
4 eggs (or 1 container
Egg Beaters)
1/2 cup Parmesan cheese
2-3 lbs. low fat ricotta

32 oz. jar spaghetti sauce
2-1/2 cups shredded mozzarella
3/4 lb. lean chopped meat
Pie pans
Pam spray

Cook spaghetti per package directions. Spray pie pans with Pam. Mix eggs, Parmesan cheese, hot spaghetti, and butter. Pour into pie pans (3-4). Spread chopped meat on top of each pan. Spread ricotta on top of chopped meat. Pour sauce over ricotta. Bake at 350° for 25 minutes. Add mozzarella on top. Bake until bubbly. Use one. Freeze 3 or 4 for another time. Serves 3-4.

ADDITIONAL RECIPES

Holiday Fare



Nicole Florio

A THICK UKRAINIAN BORSCHT

Evalyn Brownstein

<i>8 medium size fresh beets or 2 No. 2 cans sliced beets (1 lb. each)</i>	<i>1 cup diced onion</i>
<i>1-2 lbs. lean stewing beef in 3/4" cubes</i>	<i>2 carrots, diced</i>
<i>1 quart beef stock, or as needed</i>	<i>2 cups diced potatoes</i>
<i>2 bay leaves</i>	<i>1/4 lb. butter or margarine</i>
<i>1 tsp. salt</i>	<i>2 cups shredded green cabbage</i>
<i>1/2 tsp. black pepper</i>	<i>1/2 cup chopped parsley</i>
	<i>1 cup tomato purée</i>
	<i>1/2 cup red wine vinegar</i>
	<i>Salt and pepper to taste</i>

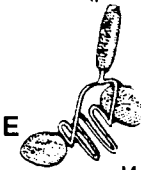
If beets are raw, blanch in boiling water for 15 minutes. Drain, cool slightly and peel. Cut into julienne strips. If using canned beets, cut into slivers and serve with canning liquid. Place beef in a 2-1/2 to 3-quart soup pot. Add stock, bay leaves, 1 teaspoon salt, and 1/2 teaspoon black pepper and bring to a boil. Skim off scum as it rises to the surface. When soup is clear, add onions, carrots, and potatoes. In another saucepan, melt butter and in it brown cabbage and parsley. Add to beef pot along with tomato purée and vinegar. Simmer, covered, very slowly for about 2 hours or until meat is meltingly tender, adding more stock if soup becomes too thick. Adjust seasonings and serve. Yield: 2 quarts. **Note:** (1) While not necessary, sour cream or yogurt should be served with this, with a little minced dill folded in. This is a pleasant and luxurious addition. (2) This soup should be served with a dark Russian bread (pumpernickel) especially one made with onions.

AUNT RITA'S POTATO PIE

Nicholas Faraci

<i>3 lbs. new or red potatoes</i>	<i>White pepper (optional)</i>
<i>3 eggs</i>	<i>4 Tbsp. grated Romano cheese</i>
<i>1/4 lb. butter</i>	<i>Heated milk as needed</i>
<i>3/4 lb. grated mozzarella</i>	<i>(optional)</i>
<i>Salt to taste</i>	

Preheat oven to 325°. Cook and mash potatoes well, adding salt, white pepper, and hot milk to achieve desired taste and creaminess. Grease a 9"x14" pan. Mix 1/2 lb. mozzarella, eggs, butter, and Romano cheese into potatoes. Spread half of potato mixture in pan. Sprinkle remaining 1/4 lb. mozzarella over surface. Spread rest of potato mixture on top. Score top of mixture with a fork. Bake 30-45 minutes; can place briefly under broiler to brown top. Let rest 15 minutes before serving.



CAROLYN'S BANANA BREAD

Suzanne Rivera

3 medium (very ripe) bananas
1 cup sugar
1 egg
1 cup flour

1/2 cup butter (less
for "cakelike" bread), melted
1 tsp. baking soda
1 dash salt

Preheat oven to 350°. Grease and flour loaf pan. Mash bananas until smooth. Add sugar; mix. Add egg; add melted butter. Add flour, baking soda and salt. Mix together until well blended. Pour into prepared pan and bake 1 hour at 350°. Cool and serve with cream cheese.

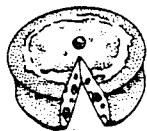
CARROT NUT CAKE

Judythe Burton

1-1/2 cups cake flour
3/4 cup sugar
3/4 cup Crisco
2 eggs
1/2 tsp. baking powder
1/2 tsp. cinnamon

1/8 tsp. nutmeg
1 tsp. salt
2 tsp. vanilla extract
1 cup finely grated carrots
1/2 cup raisins, chopped
1/4 cup nuts

Grease 9"x9" pan. Beat first 9 ingredients with mixer. With a spoon stir in carrots, nuts, raisins. Bake at 300° for 45-50 minutes until cake pulls away from pan.

**CREAM CHEESE CAKE**

Judythe Burton

3 sticks butter
8 oz. Philadelphia Cream Cheese
6 eggs
3 cups cake flour

3 cups sugar
1 tsp. vanilla extract
1 tsp. lemon extract

Cream sugar, butter, cheese and both extracts for 10 minutes. Add 1 cup flour and 2 eggs; mix. Add 1 cup flour and 2 eggs; mix. Add last cup of flour and 2 eggs. Mix well after each addition. Grease tube or bundt pan. Bake in 325° oven for 1-1/2 hours. Remove cake from pan 2-3 minutes after removing it from the oven.

CUBAN STYLE BLACK BEANS & RICE

Adela Maria Bolet

1 lb. dried black beans or
4-15 oz. cans black beans
1 medium onion, finely chopped
4 cloves garlic, finely chopped
1 large green bell
pepper, finely sliced
1 large red pepper, finely
sliced

2 bay leaves
1 tsp. cumin
2 Tbsp. wine vinegar
1 Tbsp. sugar
1 tsp. salt
5 cups water

If using the dried black beans, soak them overnight and drain the water before cooking. In a large pot, sauté the garlic, onions, red and green peppers until the onions are translucent and the peppers soft. Add the beans, water and additional ingredients. Mix gently. Cook on low for 1-1/2 hours. When beans are soft, take out 3/4 cup beans and mash them in a food mill or run them through the food processor. Return blended liquid to pot. This recipe is excellent for the pressure cooker, and takes only 35-40 minutes. Serve beans with steaming white rice.

**FLAN (PUERTO RICO)**

Nellie Rivera

2 cans evaporated milk
1 can condensed milk
1 cup sugar

1 tsp. vanilla extract
4 eggs
1 cup dark brown sugar

Mix all ingredients except sugar. Beat for 2 minutes; let stand. Cook brown sugar with a little water over medium heat until almost burnt. Immediately pour into 13"x9" glass baking pan. Place pan in a larger pan. Fill with water half way up the 13"x9" dish. Bake in 350° oven for 50 minutes or until knife inserted in the middle comes out clean. Cool completely, then put in the refrigerator for 2 hours. Cut into squares and pour some of the brown sugar over flan. Enjoy!

**GRANDMA PARENTINI'S
CHRISTMAS BISCOTTI**

Joan Bianchi

1/2 lb. butter
3 Tbsp. sour cream
2 eggs
3 cups flour
1 cup sugar

Pinch salt
1 tsp. baking powder
1 tsp. baking soda
2 tsp. anisette extract

Cream butter and sugar. Add eggs and anisette, then mix all dry ingredients and sour cream until well blended. Form dough into 5 or 6 loaves. Bake in 350° oven for 30 minutes. Cut on an angle to form biscotti, and return to oven for 10 minutes or until browned on both sides.

HAMANTASCHEN (FOR PURIM)

Anne H. Atlas

4 eggs
1 cup oil
1-1/4 cups sugar
2 tsp. vanilla
3 tsp. baking powder



1/2 tsp. salt
5-1/2 cups flour
Assorted fillings:
Prune butter, poppy
seed, apricot

Beat eggs. Beat in oil, sugar, vanilla, baking powder and salt. Add flour gradually; mix thoroughly. Knead until smooth enough to roll on floured board. Roll out. Cut dough into 3" to 4" rounds. Place desired fillings on each round. Create 3 sides to the circles by lifting edges and pinching together to form triangles. Place on lightly greased cookie sheet and bake at 325°-350° (depending on oven) for 1/2 hour, or until golden brown.

KASHA VARNISHKES

Donna Goldman

1 cup toasted buckwheat groats
1 egg, slightly beaten
2 cups boiling water
1/2 tsp. salt
1/4 tsp. pepper
1 clove garlic, minced

2 medium onions, chopped
1 cup mushrooms, chopped
1/3 cup oil
1 cup uncooked kasha
3 cups bowtie noodles (1 box)

Combine kasha and egg in skillet; mix well. Stir constantly over medium heat until each grain is separate and dry. Add boiling water, salt and pepper. Cover pan tightly and cook over low heat for 10 to 15 minutes until kasha grains are soft and water is absorbed. Meanwhile, cook noodles according to package directions. Sauté onions and garlic in oil until onion is soft. Add mushrooms and cook until onion is brown. Combine kasha, bowtie noodles and onion mixtures. Transfer to casserole and bake 15 minutes at 350°.

MATZAH KUGEL

The Weitz Family

11 boards matzah
3 eggs
2 medium onions, chopped

1 Tbsp. salt
1/3 Tbsp. pepper
Vegetable oil

Boil water and soak matzah. Drain. Sauté onions in oil. Thoroughly mix all ingredients. Put oil to cover bottom of fry pan and heat. When oil is hot, put mixture into hot fry pan. Cook 15 minutes on first side, then flip over (add more oil) and cook 10 minutes on second side over medium flame. Remove from pan and enjoy.

MOUSSAKA "EGGPLANT LASAGNA"

Catherine T. Lloyd

2 large onions, chopped
1/2 lb. butter
4 lbs. ground beef
Salt and pepper to taste
Oregano
Dash garlic powder
1 2 lb. 3 oz. can Italian
plum tomatoes
1 cup tomato purée or sauce

5-6 eggplants
Salt
6 eggs
4 cups milk
1/2 cup flour
1 tsp. salt
2 Tbsp. butter
Grated cheese

Brown onions in 1/4 pound of the butter. Add ground beef and brown well. Add salt and pepper, oregano, and garlic powder. Add tomatoes and tomato purée or sauce and cook over low heat for 1 hour, stirring frequently. Set aside. Melt remaining 1/4 pound butter. Peel one eggplant at a time. Cut lengthwise into 1/2" thick slices and arrange slices on broiler pan. Sprinkle lightly with salt and brush with melted butter. Brown 2 inches from broiler heat, turn, and brown other side. Set aside and repeat until all eggplants are peeled and broiled. Beat eggs with 1 cup of the milk, the flour, and teaspoon salt. Heat remaining milk with the 2 tablespoons butter. Add slowly to egg mixture, beating constantly. Stir over low heat, without letting sauce boil, until very thick. Overlap a layer of eggplant in bottom of an ungreased 10"x16"x2" pan and sprinkle lightly with grated cheese. Cover eggplant with meat mixture and sprinkle again with cheese. Repeat layers until all eggplant and meat is used, ending with a layer of eggplant. Cover top with the egg sauce and sprinkle generously with grated cheese. Bake in a 375° oven for about 1 hour or until golden brown. Cut into squares and serve warm. **Note:** Eggplant and meat may be prepared in the casserole a day before using and stored in refrigerator. Next day, prepare egg sauce and bake. Makes 14-16 servings.

**MULLED SPICED CIDER**

Janet Kolmer Grommet

2 oranges
2 lemons
2 sticks cinnamon
2 Tbsp. whole cloves

1 cup sugar
1-1/2 quarts water
1 gallon apple cider

Squeeze and set aside juice of oranges and lemons. In a tightly covered saucepan, simmer together for 1 hour the squeezed orange and lemon halves, cinnamon sticks, whole cloves, sugar, and water. Strain the mixture; add apple cider and the reserved orange and lemon juice. Re-heat when ready to serve.

MY GREEK GRANDMOTHER'S KOURAMBIEDES*

Dr. George D. Reskakis

*Almond cookies, aka New Year's cookies.

1 lb. sweet butter	1/2 cup coarsely chopped
2 Tbsp. Crisco shortening	peeled bleached almonds
2 egg yolks	6 Tbsp. sugar
1 tsp. almond extract	1-2 cups confectioners sugar
30 Tbsp. flour	50 cloves

Preheat oven to 350°. Soften butter and begin beating at medium; add egg yolks, Crisco, almond extract and almonds. When blended, add sugar till blended. Begin adding flour with mixer running, one spoonful at a time until the dough becomes soft, thick and dry and no longer sticks to your hand. Put foil on a flat cookie sheet and shape dough to small crescents, space at least 1/2 inch apart, and put a clove in the center of each. Bake at 325°-350° for about 25 minutes or until light brown. Let cool for 10 minutes, then sprinkle heavily with confectioners sugar. Makes 50+ cookies.



Catherine T. Lloyd

PASTICHIO "PASTA CASSEROLE" WITH GROUND MEAT

Cream Sauce

1 quart milk	3/4 cup cold water
1/2 lb. butter	12 eggs
1/3 cup cornstarch	

Heat milk and butter to boiling point. Combine cornstarch and water and stir into hot milk mixture. Cook, stirring, until sauce thickens. Cool a little. Beat 12 eggs and gradually beat in the hot sauce. Set aside.

1 onion, chopped	1 tsp. cinnamon
1/4 cup butter	Salt and pepper to taste
1/2 cup water	1 lb. macaroni, ziti #2
2 lbs. ground lamb or beef	1/2 lb. Romano cheese, grated
4 cloves garlic, chopped	Cream sauce
3 oz. (1/2 can) tomato paste	

Sauté onion in butter until golden. Add water, cover, and simmer until onion is soft. Add meat, garlic, tomato paste, cinnamon, and salt and pepper and cook, stirring, until meat is browned. Cook macaroni according to directions on package. Drain. Arrange layers of macaroni and meat sauce in a greased baking dish, sprinkling each layer with cheese. Cover with about half the cream sauce and bake in a 400° oven for 5 minutes. Add remaining cream sauce, sprinkle with cheese, and bake for 5 minutes longer. Reduce oven temperature to 325° and bake for 40 to 50 minutes or until nicely browned and set. Makes 12 servings.

SWEDISH COFFEE BREAD

Marion Alexay

4 cups milk, heated (lukewarm)	1-1/2 Tbsp. ground cardamom seeds
2 cups sugar	Add enough flour until dough leaves hands (approximately 4 lbs. or 16 cups)
1 Tbsp. salt	
3 cakes yeast, dissolved	
3/4 cup melted butter	

Work well. Cover and let stand 3 hours to rise. Form into 4 loaves - 3 rolls 2 inches in diameter; braid. Put on cookie sheets. Let rise another 1-1/2 hours. Beat an egg and brush loaves. Sprinkle with nuts and cinnamon sugar. Bake 15 minutes at 400°, then for 20 minutes at 350°.



THANKSGIVING AMBROSIA

Lynne Dow

1 quart multi (raspberry/ orange/pineapple) sherbet	1 large can mandarin oranges, drained
2 cups sour cream	1 large can crushed pineapple
1/2 pkg. softened cream cheese	1 large pkg. raspberry or orange jello
1 cup coconut	
1 cup mini marshmallows	

Mix jello according to directions on package. Add sherbet, oranges, and pineapple; refrigerate. When firmer, but not set, combine remaining ingredients and refrigerate until firmed up. Pour into jello mold and chill overnight.

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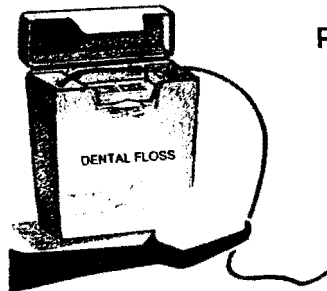
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