NATRC MEMBERSHIP OFFERS YOU

N A T R C invites you to join them for an unsurpassed trail riding experience. N A T R C is a 28 year old organization offering sanctioned competitive trail rides across America.

* Rides are based on time and distance; not speed.
* Judging is based on condition of horse and performance of rider.
* Several levels of competition are offered.
* Learn about your horse and trail horsemanship while riding beautiful trails.
* Educational manuals available - Riders, Judges and Ride Management.
* All breeds are welcome.
* Entire family - rider/non-rider - can join the fun!

* The Hoof Print Free!
* A reduced rate for ride entries.
* Mileage patches for completing rides.
* Year-End awards for completing the rides well.
* A convention each February offering seminars and fun.
* Other people with the same interest but from all walks of life.
* A chance to learn Horsemanship on the trail
* Access to information on ride management and clinics.
* Access to slides and video tape on trail riding.
* An invitation to board meetings and a chance to vote for officers.
* A Rule Book, Membership Card and Club Patch.
* Most important - a chance to belong to the oldest distance riding organization and enjoy healthy competition with the best!
The North American Trail Ride Conference (NATRC) had its inception in 1961. This organization has played an important part in making competitive trail riding one of the nation's most popular horse activities. Trail rides, sanctioned by NATRC, have been achieved from the West Coast in Alaska and Canada to the southern and eastern borders of the United States, thus justifying the name as truly a North American organization.

NATRC has developed a philosophy of competitive trail riding with uniform judging being of paramount importance. Uniformity of rules aids management in conducting rides and makes it easier for judges to evaluate each horse on a more objective basis.

The philosophies of NATRC are:

1. To stimulate greater interest in the breeding and use of good horses possessed of stamina and hardiness and qualified to make good mounts for trail use.
2. To demonstrate the value of type and soundness in the proper selection of horses for competitive riding.
3. To learn and demonstrate the proper methods of training and conditioning horses for competitive riding.
4. To encourage good horsemanship as related to trail riding.
5. To demonstrate the best methods of caring for horses during and after long rides without the aid of artificial methods or stimulants.

NATRC uses time, distance, and stress, not speed, as judging criteria and therefore should not be confused with endurance riding. No discrimination is made against any animal because of breed, type or conformation as long as the animal performs satisfactorily. Straight-away trotting, walking up and down progressively steeper hills and working in soft sand are a few of the methods used to develop muscles, heart and lungs to the utmost.

The rides are judged by a team of at least two judges, one veterinarian and one horseman. The Open Division, for horses over 5 years of age, is divided into Heavyweight (rider and tack 190# and over), Lightweight (rider and tack 130 through 189#), Junior (riders ages 10-17): no weight restriction. The Novice Division is primarily for young horses (aged 4 to 5) and for newcomers to the sport. Weight divisions remain the same.

The Competitive Pleasure Division is for those experienced competitors who do not wish to advance to the Open Division, yet not in competition with the Novice riders. They will ride as one class with no weight restrictions.
Judging is based upon each horse starting the ride with a score of 100 points, evaluated as follows: Soundness - 40%, Condition - 40%, Manners - 15%, Way-of-going - 5%. While primary judging is on the horse, the riders also complete for Horsemanship awards and are judged on the care and handling of their mounts throughout the entire weekend.

The competitors begin arriving early Friday afternoon at the camp site selected as “Ride Headquarters”. After setting up camp (the rules require all horses be stabled under uniform conditions - either tied to trailers or in corrals), the horses are presented to the judges for a very thorough physical examination. Any scars, blemishes or unsoundness are noted on the judging card. A Friday evening briefing is held to inform riders about the ride. A map is issued and important details regarding the trail are discussed.

On Saturday morning, at the discretion of the judges, riders may be instructed to approach the starting line mounted or with the horse in hand. The riders are timed out usually at 30 second intervals. After leaving the start, riders travel at their own pace during the day, following trails marked with colored ribbons tied to trees (or lime markers placed on the ground) as well as using a map which shows turns, elevations and mileage reference points along the route. The horses are observed several times during the day, often at a surprise point at the top of a steep climb where the pulse and respiration counts of each horse are taken by a team of veterinarian assistants. The results of these P&R checks are used by the judges as an aid in determining the condition of the horse. After a mandatory lunch stop the riders continue and upon reaching the two-mile point, rules require the forward motion be maintained until the finish line is reached, thereby insuring that all horses arrive at the finish in approximately the same state of physical exertion. After the ride on Saturday, the riders present their horses for an after-ride check and again on Sunday morning to show any adverse effects of the previous day’s ride. The final day's ride is conducted in much the same way riding a shorter distance on different trails. The weekend ends with the awards ceremony. Copies of the judging cards indicating horse and rider's performance are presented.
A SAD RECIPE

I didn’t have potatoes, so I substituted rice.
I didn’t have paprika, so I used another spice.
I didn’t have tomato sauce, so I used tomato paste.
A whole can, not a half can, I don’t believe in waste.
A friend gave me this recipe,
She said you couldn’t beat it.
There must be something wrong with her,
I couldn’t even eat it.

Kathy Nixon

GARDEN OF LOVE

Plant 5 rows of Peas:
Presence, Promptness, Preparation, Purity
Perseverance
Next to these plant 3 rows Squash:
Squash gossip, Squash criticism, Squash indifference
Then plant 4 rows Lettuce:
Let us be faithful to duty
Let us be true to obligations
Let us be loyal and unselfish
Let us love one another
No garden is complete without Turnips:
Turn up for meetings
Turn up with a smile
Turn up with new ideas
Turn up with determination to -
Make everything count for something and worthwhile.

Fern Bowser
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Appetizers
PERFECT PARTY PLEASERS

Cheese and fruit tasting is an easy, conversation-making way to entertain friends before dinner. Seasonal varieties of fruit include peaches, nectarines, sweet cherries, figs, grapes, apricots, pineapple, strawberries, plums and melons. Or try fruits such as papaya and mangoes. Dried fruits such as prunes and raisins also team nicely with cheese and fresh fruits.

Some cheese and fruit combinations: Cheddar, Provolone and Camembert with pineapple, grapes, pears and walnuts. Brie, Monterey Jack and Feta with tangerines, strawberries and dried prunes. Colby, Gjetost, Emmenthaler and Roquefort with apricots, pineapple and plums.

Remember, if cooking the cheese for your appetizers, that excessive heat and prolonged cooking turns it stringy and leathery. When making a sauce, stir in the cheese toward the end of cooking time just until totally melted.

To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

The pointed end of a beer can opener is an excellent tool for deveining shrimp.

Out of ginger ale? Mix equal parts of Coke and 7-Up.

Use styrofoam egg cartons as trays when you need extra ice cubes for parties.

If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but it's raw sugar will start the bubbling up again.

Christmas Starter, dinner or breakfast: Serve Cranberry Juice topped with lime sherbet.

You can use frozen dough to make flaky crusts for appetizers. Thaw, cut into desired shapes, put in filling, brush with butter, bake 10-15 minutes at 375 degrees. Fillings can be chopped up chicken, roast beef or any cooked seafood; or any cooked vegetables as mushrooms, broccoli, cauliflower.

Place bay leaves (which are never to be eaten) in a tea ball for easy removal from sauces (or stews).

For instant white sauce: blend together 1 c. soft butter and 1 c. flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce: drop 1 cube into 1 c. of milk and heat slowly, stirring as it thickens.

Store carton of cottage cheese upside down. It will keep twice as long.

Try a new spice for your appetizers in place of salt. Blend together 2½ tsp. each of paprika, dry mustard, garlic powder, 5 tsp. onion powder, ½ tsp. ground black pepper and ¼ tsp. celery seed. Put all in a shaker and pass up the salt.
**BEEF DIP**

1 small jar dried beef (torn in pieces)  
3 tbsp. milk or cream  
1 (8 oz.) cream cheese, softened  
1/2 c. sour cream  
1/2 bell pepper, chopped  
3 green onions, chopped  
1/2 c. walnuts, chopped  
Garlic powder

Mix all ingredients together. (If a food processor is used, do not over chop.) Microwave 2 minutes on high. Serve hot with crackers (Ritz or HiHos are best).

*Linda Clarke*

**CHILI CON CASO**

2 cans stewed tomatoes, drained  
1 1/2 c. diced onion  
Garlic powder to taste  
2 lb. box diced Velveeta cheese  
1 lb. diced Cheddar  
2 small cans diced Ortega chili


*Bev Barmettler*

**CLAM DIP**

1 (8 oz.) pkg. cream cheese  
1 (6 1/2 oz.) minced clams  
1/2 - 1 tsp. garlic powder (to taste)  
1/4 - 1/2 tsp. Worcestershire sauce (to taste)  
Dip chips

Soften cheese to make it easier to mix (room temperature). Drain and save clam juice from can. In small mixing bowl, combine cheese and clams. Gradually add clam juice until soft and creamy. Add garlic powder and Worcestershire sauce to taste. Serve with dip chips.

*Brenda Davis*
CRAB SPREAD

1 (8 oz.) pkg. cream cheese 1 c. mayonnaise
1 can cream of mushroom soup 1 c. celery, finely chopped
1 (7 oz.) can crab 3 tbsp. hot water
1 env. gelatin
1/2 onion, grated

Combine hot water and gelatin in a saucepan and stir until dissolved. Place saucepan on low heat. Add the soup and cream cheese to the gelatin mixture and stir until mixture is warm and smooth. Remove from the stove. Add onion, celery, mayonnaise and crab to the mixture and stir thoroughly.

Place it in a mold that has been sprayed with Pam. Chill in refrigerator for about 6 hours. Remove from mold and garnish with finely chopped parsley. Serve with crackers.

Nancy Clement

CRAB DIP

1 can cream of mushroom soup 1 can crab
1 pkg. (8 oz.) cream cheese 1 c. celery, chopped
1 pkg. Knox gelatin 1 c. chopped green onion
3/4 c. mayonnaise


Bev Barmettler

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KING CRAB ZESTY DIP

Beat together:

8 oz. cream cheese
1/2 c. sour cream
1 tbsp. lemon juice
2 tsp. tarragon vinegar
1/2 tsp. salt
1/4 tsp. garlic salt

Fold in:

1 c. sliced crab
2 tbsp. minced chives
2 tsp. parsley

Chill 1 hour and serve with vegetables or chips.

Mary Bertken

CRAB AND SHRIMP DIP

Warm together, melting:

1 can cream of mushroom soup
2 oz. cream cheese

Then add:

1 env. Knox unflavored gelatin
Which has been dissolved in 3 tbsp. cold water.

Add:

1 c. mayonnaise
1 c. chopped celery
4 chopped green onions
1 small can crab
1 small can shrimp

Let set up. Serve with crackers.

Robin Barber

Appetizers - 7
CRAB AND SHRIMP DIP

1 can cream of mushroom soup
2 oz. cream cheese
1 env. Knox unflavored gelatin

1 c. mayonnaise
1 c. chopped celery
4 chopped green onions
1 small can crab
1 small can shrimp

Warm and melt soup and cream cheese, then add gelatin which has been dissolved in 3 tbsp. cold water. Add remaining ingredients, mix, then let set up by chilling in refrigerator. Can be molded.

Linda Clarke

CURRY DIP FOR VEGGIES

1 qt. mayonnaise
1/4 c. chili sauce
2 tbsp. vinegar, white
2 tbsp. sugar
1 tsp. curry powder
Dash white pepper

Blend all together in blender. Let set for few hours. Serve with raw vegetables.

Bev Barmettler

EGG DIP

8 oz. cream cheese

Whip until smooth.

Add to cream cheese:

3 tbsp. mayonnaise
3 tbsp. plain yogurt
Dash of season salt
8 drops red hot pepper sauce
1/4 tbsp. Worcestershire sauce
2 tbsp. snipped parsley
2 tbsp. snipped chives

Blend in 3 diced eggs (hard cooked). Chill.

Yvonne Murphy
**HOLIDAY PARTY DIP**

1 c. mayonnaise or salad dressing  
1 (8 oz.) container sour cream  
1 (8 oz.) can water chestnuts, drained and chopped  
2 tbsp. chopped pimento

Combine in medium bowl all ingredients and mix well. Cover and chill. Stir before serving. Serve with chips or vegetables.

*Edith Oliver*

**MEXICAN HOT DIP**

1 lb. lean ground beef  
1 medium green pepper, chopped  
1 pkg. (1 1/4 oz.) taco seasoning mix  
2 c. shredded Cheddar cheese  
1 can (16 oz.) refried beans  
1 can (8 oz.) tomato sauce  
1 c. jalapeno relish  
Sliced green onions to taste  
Sour cream (optional)

Crumble beef in a 2 quart casserole. Stir in green pepper and taco mix. Cover and microwave on high for 5 to 6 minutes or until meat is no longer pink, stirring once or twice. Stir in cheese, beans, tomato sauce and relish. Microwave uncovered on high for 5 to 6 minutes, or until hot and cheese melts, stirring twice. Garnish with green onions and sour cream. Serve hot with tortilla or corn chips.

Makes 5 1/2 cups.

*Jody Hood*
SPINACH DIP

1 pkg. (10 oz.) frozen chopped spinach, thawed
1 1/2 c. sour cream
1 c. mayonnaise
1 pkg. Knorr vegetable soup mix
1 can (8 oz.) water chestnuts, finely chopped
3 green onions, finely chopped

Squeeze spinach until dry. In medium bowl stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts and green onions. Cover. Refrigerate. Serve with chips, crackers or French bread. Makes 3 cups. Can hollow out a round French bread and fill center with dip and serve with French bread torn in pieces that you cut out.

P. S. Can also substitute vegetable soup mix with Knorr Leek Soup (dry).

Kathy Nixon

TOFU DIP

1 c. mashed tofu
1 clove garlic, minced
1/4 c. chopped green onions
1/2 c. low fat yogurt
1 tsp. Dijon mustard
Pepper

Place all in a blender and process 30 seconds.

Jody Hood

CHEESE ROLL

2 (8 oz.) pkgs. cream cheese
1 stick butter
1 (4 oz.) wedge blue cheese
Walnuts and a cherry or olive

Soften ingredients at room temperature for 2 hours. Blend. Refrigerate 30-45 minutes to chill. Shape into ball. Refrigerate until ready to serve. Roll in chopped walnuts and top with cherry or olive. (If you roll your nuts in too early they become soggy. Makes a large ball.) Serve with wheat thins or triscuits.

Linda Tierney
BRENDA’S CHEESE BALL

2 (8 oz.) pkgs. cream cheese
1 tsp. minced onion or more to taste
1 (10 oz.) pkg. wedge
Cracker Barrel sharp Cheddar
Salt and pepper to taste
2 tsp. Worcestershire sauce

Grate Cheddar cheese and cream together with cream cheese until both cheeses are well blended. Add onions, salt and pepper. Add Worcestershire sauce and blend well. Form into ball and roll in coarsely chopped nuts (walnuts, almonds, pecans, etc.). Put in refrigerator overnight to blend flavors.

Brenda Davis

CHEESE STRAWS

1/2 c. shortening
2 c. grated sharp Cheddar
2 c. flour
1 tsp. salt, scant
2 eggs
4 tbsp. ice cold water
Paprika and Tabasco sauce to taste

Cut the shortening into the flour. Add Tabasco sauce, salt and grated cheese. Add the eggs (beaten well with the ice water). Roll out on lightly floured board to 1/8 inch thickness. Cut into narrow strips 4 inches long. Dust with paprika. Place on greased baking sheet. Bake at 400 degrees for about 10 minutes until crisp. These can be made ahead. Yield: 6 dozen straws.

Joan Webb

HOT CRAB ROLLS

20 slices thin white bread, crust removed
1 can crab
8 oz. cream cheese, room temperature
1/4 c. or more melted butter
8 oz. can grated Parmesan cheese

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Drain crab and mix with cream cheese. Spread on bread slices. Roll up and slice in thirds. Roll in melted butter and then Parmesan cheese. Freeze in shallow pan. (Can later be put in a plastic bag until ready to use.) Bake at 350 degrees for 10-15 minutes or until lightly browned. Serve with toothpicks.

Helpful tip: Use clean bowls periodically for the Parmesan cheese, because it gets sticky.

Brenda Davis

**SALMON SPREAD**

| 1 pkg. (3 oz.) cream cheese, softened | 1 tbsp. fresh lime juice | 1 1/2 tsp. Worcestershire sauce |
| 1/3 c. sour cream | 1/8 tsp. salt | Pepper |
| 2 tbsp. chopped celery, fine | 1 can salmon |
| 1 tbsp. chopped green onion |

In small bowl, mix all ingredients except fish. Stir in fish. Cover and refrigerate 2 hours. Serve with crackers or bread sticks. Makes 1 1/2 cups.

Kathy Nixon

**DUDED UP SHRIMP**

| 8 oz. cream cheese | 1/2 c. cocktail sauce or mix catsup and Worcestershire sauce to make 1/2 c. sauce |
| 1/2 lb. shrimp | 1/2 c. cucumber |
| 3 tbsp. green onions | 1 tsp. milk |

Mix milk with softened cream cheese. Spread in a circle about the size of 10 inch dinner plate. Spread cocktail sauce evenly over cream cheese mixture. Top with shrimp, cucumber and onions. Refrigerate until serving. Serve with assorted crackers. 8-10 servings.

Nancy Kasovich

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**SHRIMP HORS D'OEUVRES**

8 oz. cream cheese  
*1 jar "Homade" chili sauce  
1 tbsp. creamed horseradish  
1/2 lb. shrimp  
Ritz crackers

Thin 8 oz. of cream cheese with milk or can use whipped cream cheese. Spread in pie plate pan or plate. Add 1 jar *"Homade" chili sauce mixed with 1 tbsp. creamed horseradish* on top of cheese layer. Put 1/2 lb. shrimp on top of cheese and chili. Serve with Ritz crackers.

*This brand chili sauce is just the right amount. Safeway has it - small round jar.*

*Brenda Davis*

**FRESH TOMATO SALSA**

5 lbs. fresh tomatoes  
5-6 cloves chopped garlic  
2 medium chopped onions  
1 tbsp. sugar  
Salt to taste  
2 bunches cilantro  
*2-6 jalapeno peppers*

Combine tomatoes, garlic, onions and jalapeno peppers and bring to boil. Reduce heat and simmer for about 5 minutes. Add sugar and salt. (You can substitute brown sugar or regular white sugar.) Chop cilantro and add last. Cook for about 1 minute and pour into jars while hot or let cool slightly and put in freezer bags and freeze for later use.

This recipe can be adjusted to the individuals taste on any of the ingredients.

*Jalapeno peppers change their degree of "hot" flavor through the year - so must make adjustments according to taste.*

*Brenda Davis*
GOOD EATING

1/4 c. melted butter 1/4 c. Parmesan cheese
1/4 tsp. oregano 1 can mixed nuts
1/4 tsp. celery salt 4 c. Golden Graham cereal
1/4 tsp. garlic salt

Mix first 6 ingredients and bake can of nuts in 300 degree oven on jelly roll pan 15 minutes, stirring occasionally. Remove from oven. Stir in 4 cups of Golden Graham cereal.

Ellen Lovett

SWEET AND SOUR MEAT BALLS

Ready made meatballs or
your favorite recipe
(ready made tend to stay together better)
1 (12 oz.) bottle chili sauce

Saute meatballs. Put chili sauce, jelly and pineapple in a crock pot on low. Throw in meatballs. The longer it cooks the better it tastes.

Terri Lee Bennett

CHILI CHEESE

8 eggs 3 c. grated Jack cheese
1/2 c. flour 12 oz. cottage cheese
1/2 tsp. baking powder 2 (4 oz.) cans diced chilis
1/2 tsp. salt

Mix eggs with beater until light and fluffy (4-5 minutes). Mix flour, baking powder and salt. Add to eggs. Fold in cheeses and chilis. Pour into lightly greased 9x9 pan. Bake at 350 degrees 25 minutes or until lightly browned.

Greg Fellers
**CHUTNEY BALL**

8 oz. and 3 oz. cream cheese
1/2 can peanuts

Mix and form into a ball. Use Major Grey’s chutney over top, covering ball as much as possible. Sprinkle coconut over top. Serve with crackers and chips.

*Mary Bertken*

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**LIVER PÂTE**

1 can consomme
1 env. Knox unflavored gelatin
8 oz. braunschweiger

Put consomme and Worcestershire in pan. Heat but do not boil. Soak gelatin in 1/3 soup can of cold water; add to consomme. Pour about 1/4 - 1/2 inch into bottom of ring mold (which has been sprayed with Pam). Refrigerate. Add rest of consomme, cream cheese and braunschweiger into blender - blend until smooth. Stir in chopped green onions and pour into mold when consomme is set (about 20 minutes).

Serve with seasoned rye crisp crackers, buffet rye bread, sour dough French bread, or whatever you prefer.

*Betty Young*

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**NUTS AND BOLTS**

2 c. Cheerios
2 c. Wheat Chex
2 c. Rice Chex
3 c. pretzel sticks
3 c. salted nuts
1/2 c. melted butter
1 env. Parmesan Salad Dressing Mix OR I use garlic dressing mix

In 13x9x2 inch baking pan heat cereal in 300 degree oven for 5 minutes or until warm. Remove from oven. Add pretzels and nuts. Pour the melted butter over mixture. Sprinkle with dry salad dressing mix stirring well. Return cereal mixture to oven and heat 15-20 minutes more. Makes about 12 cups.

*Kathy Nixon*
OYSTERETTE SNACKS
1 (12 oz.) box oysterette crackers 1/4 c. grated Parmesan cheese
1 c. vegetable oil 1/2 tsp. garlic powder
1 (.04 oz.) pkg. Ranch Style dressing mix 1/2 tsp. dill weed (optional)

Put crackers in large ziploc plastic bag. Pour in oil and turn from side to side until all crackers are moistened. Mix dry ingredients together and pour into bag. Seal tightly and turn from side to side until crackers are coated with seasonings.

Kathy Nixon

SWISS SANDWICH PUFFS
1/2 c. mayonnaise 32 toasted petite rye slices
1/4 c. finely chopped Swiss cheese onions
2 tbsp. snipped parsley

Combine mayonnaise, onion and parsley. Spread on toasted rye slices. Top each with a small piece of Swiss cheese. Broil 2-3 minutes and serve.

Brenda Davis

WATER CHESTNUT HORS D’OEUVRES
2 cans water chestnuts, cut in thumb size pieces 1 to 1 1/2 lbs. bacon
1 bottle catsup 8 tbsp. sugar


Kathy Nixon

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Breads & Rolls
FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. The bread will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed ½ inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness — tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.
SOURDOUGH PANCAKES

*1 c. starter
2 c. flour
Milk, just enough to make a batter

Let above stand overnight 6-8 hours in warm room in glass or plastic bowl large enough to allow for increase in bulk. When ready to use batter will look like a sponge and have a pleasant yeasty odor. Next morning take out of cup batter and put aside in cool place. This is your starter for next time. To the remainder, about 2 cups of spongy batter, add:

2 eggs
3 tbsp. melted fat
1 tsp. soda (moistened with water)
1/2 c. sugar

Mix well with fork to smooth batter. If too thin add a little sponge starter, but never flour. Cook on hot griddle.

*For those who lack starter, substitute one yeast cake or one package of dry yeast for cup of starter in this recipe. This applies first time only.

Viola Duley

ANN'S WAFFLES

5 egg whites
2 1/2 c. milk
2 3/4 c. flour
6 2/3 tsp. baking powder
1 1/2 tsp. salt
3/4 c. butter or margarine, melted
1/2 c. yellow cornmeal

Mix dry ingredients, then add milk and melted butter. Mix well. In a separate bowl beat egg whites until stiff, then fold into flour and milk mix. Drop onto hot waffle iron by spoonfuls. When done - eat up!!

Linda Clarke
ORANGE ROLLS

3 eggs, beaten slightly
   Beat in 1/2 cup sugar.
Scald 1 cup milk; let cool.
Add 1 cup flour; beat with egg beater.
Add 1 yeast cake, 3 tsp. melted butter and 1/2 tsp. salt. Let
stand 2 hours.
Add 3 cups flour; stir. Do not knead at any time! Let rise 2
hours. Roll out like cinnamon rolls. Spread with paste. Cut into 1/2
inch slices. Let rise 2 hours in muffin tins. (Check at 1 1/2 hours)
Bake 20 minutes, 400 degrees.

Paste:
1/2 c. butter
1/2 c. sugar

Grated rind of 2 oranges

Marion Slattengren

NO KNEAD CINNAMON PECAN ROLLS

Soften:

1 pkg. active dry yeast
   (in 1/2 cup warm water and 1 tsp. sugar)

Combine in large bowl:

3 tbsp. sugar
3 tbsp. shortening (melted)
1 1/2 tsp. salt
1/2 c. scalded milk (cooled
to lukewarm)
Stir 1 beaten egg into softened yeast. Add gradually 3 - 3 1/2 cups sifted flour (to form a stiff dough).

Cover and let stand for 30 minutes. Combine 1/2 cup firmly packed brown sugar, 3 tbsp. light corn syrup, 2 tbsp. melted butter and 1/4 cup chopped pecans. Spread in bottom of a well buttered 13x9 inch pan. Roll out dough in a well floured surface to 20x12 rectangle. Brush with melted butter. Sprinkle with 1/4 cup firmly packed brown sugar, 1 tsp. cinnamon and 1/4 cup chopped pecans. Roll dough up, starting with 20 inch side. Cut into 3/4 inch slices and place over sugar-nut mixture in pan. Let rise in warm place, 85-90 degrees, until double in size or 1 hour. Bake at 375 degrees for 25-30 minutes.

Jody Hood

**SIX WEEK MUFFINS**

1 lb. bran (bulk (or 15 oz. bran cereal)
3 c. sugar

Mix in a large bowl. Mix 4 beaten eggs, 1 cup melted shortening, 1 quart buttermilk; add this to dry mixture above. Mix well. Store in refrigerator in a covered container. Fill tins 2/3 full. Bake 15-20 minutes at 400 degrees.

Jody Hood

**BEER MUFFINS**

2 c. Bisquick
1 c. beer

Mix and pour in muffin tin. Bake 350 degrees, 10 minutes.

Fern Bowser

**BEER 1-2-3 BREAD**

1 can beer (room temperature)
2 tbsp. sugar
3 c. self-rising flour

Mix and pour into greased loaf pan. Bake 1 hour, 400 degrees. Grease top with butter. Let cool. Wrap and store.

Fern Bowser

Breads and Rolls - 19
**COUNTRY ZUCCHINI BREAD**

3 eggs  
1 c. oil  
2 c. flour  
1/2 tsp. baking powder  
1 1/2 tsp. vanilla  
1 tsp. salt  
1 tsp. soda  
3 tsp. cinnamon  
3 c. raw zucchini (grated)

Beat eggs. Add oil, sugar, zucchini and vanilla. Mix well. Add remaining ingredients.

Bake in 2 loaf pans at 350 degrees for 1 hour. Add nuts if desired.

Also freezes well.  
*Karen Godfrey*

---

**PUMPKIN BREAD**

3 1/2 c. flour  
3 c. sugar  
2 c. pumpkin  
2/3 c. water  
3/4 c. oil  
2 tsp. baking soda  
1 1/2 tsp. salt  
1 tsp. baking powder  
4 eggs  
3 tsp. pumpkin spice

Sugar, eggs, pumpkin, oil and water - beat good. Mix all dry ingredients and mix in first mixture. Beat until good and well blended. Bake 350 degrees for one hour or until pick comes out clean. Makes 3 loaf pans (1 lb.). If no pumpkin spice use cinnamon, nutmeg and allspice. Freezes well.  
*Kathy Nixon*

---

**OATMEAL WHEAT GERM BREAD**

5 c. boiling water  
2 c. old fashion oatmeal  
2 tsp. salt  
2 tbsp. butter  
3 pkgs. or 3-4 env. dry yeast dissolved in 2/3 c. warm water  
1 c. molasses  
3/4 c. wheat germ  
5 lbs. unbleached flour minus 2 cups

---

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In big bowl combine first 4 ingredients and let stand until lukewarm. Stir in yeast, molasses and wheat germ, then work in flour. Knead until smooth and elastic. Let rise until double in bulk. Punch down and let rise again. Divide into 4 parts. Form into loaves and place in oiled pans. Let rise until dough rises just to top of pans. Bake at 350 degrees for 40 minutes. Remove immediately from pans and brush tops with butter. This bread freezes well.

June Johnson

**JALAPENO CORN BREAD**

<table>
<thead>
<tr>
<th>1 1/4 c. white cornmeal</th>
<th>1/2 c. liquid cooking oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. flour</td>
<td>8 oz. can cream style corn</td>
</tr>
<tr>
<td>1 tbsp. sugar</td>
<td>3-4 jalapeno peppers</td>
</tr>
<tr>
<td>1/2 tbsp. salt</td>
<td>1 c. grated sharp cheese</td>
</tr>
<tr>
<td>2 tsp. baking powder</td>
<td>1 medium grated onion</td>
</tr>
<tr>
<td>2 eggs</td>
<td></td>
</tr>
<tr>
<td>3/4 c. milk</td>
<td></td>
</tr>
</tbody>
</table>

Stir together: cornmeal, flour, sugar, salt and baking powder. In a separate bowl beat eggs lightly and stir in milk and liquid cooking oil. Add this to the cornmeal mixture and stir in the cream style corn, jalapenos, cheese and onions. Pour batter into 1 well-oiled 9x11 baking pan. Bake at 425 degrees for 25 minutes or until it tests done. Double recipe for a large group or potluck.

Linda Clarke

**GARLIC BREAD**

<table>
<thead>
<tr>
<th>1 long loaf French bread</th>
<th>1 or 2 cloves chopped garlic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cube oleo, not butter</td>
<td>1 tsp. leaf oregano</td>
</tr>
</tbody>
</table>

Cut bread long way. Set aside. In small bowl mix oleo, garlic and oregano. Spread on both sides of loaf. Cut in serving pieces not quite through. Broil. Watch carefully so you don't burn it.

Charlotte Goulding

Breads and Rolls - 21
ENGLISH SALLY LUND

2 pkgs. dry yeast 2 tbsp. sugar
1/2 c. very warm water 1 1/2 tsp. salt
(110-115 degrees) 2 eggs
1 1/2 c. lukewarm milk, 1/4 c. soft shortening
scalded then cooled 5 1/2 c. flour

In mixing bowl dissolve yeast in very warm water. Stir in
remaining ingredients. Beat until smooth (100 strokes). Cover and let
rise 1 hour. Beat down and pour into greased 10 inch tube pan. Let
rise to within 1 inch of top of pan (about 45 minutes). Heat oven to
Viola Duley

BEER BREAD

3 c. self-rising flour 1 (12 oz.) can warm light
3 tbsp. sugar beer

Mix all ingredients in bowl. Beer should be room temperature,
not cold. Bake in greased pan at 350 degrees for 1 hour. Can make 1
hour before dinner and have hot bread to eat.
Jean Armer

HAWAIIAN BANANA BREAD

2 c. sugar 2 1/2 c. cake flour
1 c. oil 1 tsp. salt
6 ripe bananas 2 tsp. baking soda
4 eggs

Heat oven at 350 degrees. Mix all ingredients together. Do not
over mix. Bake 350 degrees, 45-50 minutes.
Kathy Cook

CHRISTMAS BREAD

Sift together:

1 1/2 c. flour 1/4 tsp. salt
1 1/2 tsp. baking powder 1 c. sugar

Beat 3 extra large eggs. Add dry ingredients gradually and mix
thoroughly.
Pour batter over:

2/3 c. chocolate chips 1 c. finely chopped dates
2 c. walnuts, coarsely 1 c. maraschino cherries, broken
coarsely

Mix thoroughly (do with hands) and turn into baking pan. Cool on cake rack until still warm to touch. Turn out of pan. Remove wax paper.

9x5x3 loaf pan. Bake at 325 degrees for 1 1/2 hours. Makes one loaf. Grease pan and line bottom with wax paper. Grease again. 

Mrs. Harold T. Ray

BANANA BREAD

2 c. flour
1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 c. butter
1 c. sugar
1 egg, beaten

Sift together flour, baking powder, baking soda and salt. Set aside. Cream butter. Gradually add sugar. Work mixture until light and fluffy. Add egg and mashed bananas; stir well. Add flour mixture alternately with sour cream; add nuts mixing well. Pour batter into greased 4x8 inch loaf pan. Bake at 350 degrees about 40 minutes or until a toothpick inserted in center comes out dry. Remove bread from pan. Cool on rack. To serve cut in thin slices. Lightly spread with sweet butter.

Marilyn Hunter

ALMOND POPPY SEED BREAD

3 c. flour
1 1/2 c. milk
1 1/2 c. oil
2 3/4 c. sugar
3 eggs
1 1/2 tsp. salt
1 1/2 tsp. baking powder

1 tbsp. each:
poppy seed
vanilla
almond flavoring
butter flavoring

Breads and Rolls - 23
Beat ingredients together 1-2 minutes. Turn into lightly greased pans. DO NOT FLOUR. Bake at 350 for 50 minutes. Glaze while warm.

NOTE: Batter should be thin, similar to a pancake batter.

Glaze:
1/4 c. orange
3/4 c. granulated sugar
1/2 tsp. each: vanilla, almond, butter flavoring

Linda Clarke

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Cakes & Cookies
EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil — it blends easily, adds moistness and contributes toward a tender texture.

Throwaway Cake Plate — Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc. — it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn’t waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam. . .the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil — any trace of oil will prevent the egg whites to fluff up.

Don’t grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don’t have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, “and add one egg,” can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

Child’s Party: Push animal shaped cookie cutters lightly into icing. Fill depressions with chocolate icing. ALSO — Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature 25 degrees F. If baking more than 1 at a time, arrange the pans in the oven so that you get the best air flow — stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)
STRAWBERRY CHEESECAKE NIBBLES
(1st place in Santa Cruz Co. Fair)

1 3/4 c. graham cracker crumbs
1/2 c. butter, melted
3 tbsp. sugar

2 (8 oz.) pkgs. cream cheese, softened
2 eggs
1/2 c. sugar
1 tsp. vanilla

Topping:
1 pt. fresh strawberries
1/2 c. raspberry jelly, melted and strained

Preheat oven to 375 degrees F. Line muffin tins with paper cups. In food processor or blender, combine crumbs, butter and sugar. Blend well. Press one rounded tablespoon of crumb mixture into bottom of each cup. Combine cream cheese, egg, sugar and vanilla. Spoon one rounded tablespoon of cheese mixture on top of each cup. Bake 10-12 minutes or until firm. Set aside and cool before topping.

For topping: Slice strawberries, arrange on top of cooled cookies. Brush with glaze. Chill.

Denise A. Stark

CHOCOLATE MINT CAKE

1. chocolate cake mix
2. 4 eggs
3. 1/2 c. oil
4. 1/2 c. warm water

1 (3 1/4 oz.) pkg. instant chocolate pudding mix
1 c. sour cream
1 (6 oz.) pkg. mint chocolate chips

Mix all ingredients in order given except chips. Beat 4 minutes. Fold in chips. Pour into greased and floured bundt pan. Bake 45-55 minutes at 350 degrees. Turn out after 5 minutes. Drizzle with chocolate frosting.

Lela Elk

Cakes and Cookies - 25
BLACK RUSSIAN CAKE

1 pkg. chocolate cake 4 eggs
(don’t use chiffon) 1/2 c. water
1 pkg. (3 oz.) instant 2 oz. each vodka, kahlua,
chocolate mix creme de cocoa
1/2 c. oil

Beat all together 3 to 5 minutes. Bake in bundt pan at 350
degrees for 45-55 minutes.

Icing:
1 c. powdered sugar 1 1/2 tbsp. each vodka,
creme de cocoa, kahlua

Put on cake while still warm.

Yvonne Murphy

TEXAS-CHOCOLATE SHEET CAKE

1/2 c. margarine 1/2 c. sugar
1/2 c. salad oil 1 tsp. salt
4 tbsp. cocoa 1 tsp. soda
1 c. water 3/4 tsp. cinnamon
2 c. white sugar 1/2 c. buttermilk
2 c. flour 2 eggs, well beaten

Place margarine, oil, cocoa and water in saucepan. Bring to a
boil. While mixture is heating combine dry ingredients in mixing
bowl. Pour boiling cocoa mixture over the dry ingredients. Mix
together and add the buttermilk mixture. Bake in an 11x18 pan for 20
minutes at 375-400 degrees.

About five minutes before the cake is done prepare frosting using:

1 stick margarine 1 lb. powdered sugar
4 tbsp. cocoa 1/2 c. chopped nuts
6 tbsp. milk 1 tsp. vanilla

Bring margarine, cocoa and milk to a boil. Remove from heat
and add sugar, nuts and vanilla. Beat together. Spread quickly and
gently over cake as soon as it’s removed from the oven.

Kathy Nixon
DOLLY CHOCOLATE CAKE

2 c. sugar
1 c. Crisco
2 eggs
2/3 c. cocoa
2 tsp. soda

2 tsp. vanilla
3 c. flour
1 c. sour cream
1 c. boiling water
1 tsp. salt


Viola Duley

RAW APPLE CAKE

Combine:

2 c. sugar
3/4 c. oil or butter

Add:

2 eggs

4 c. diced apples

Add:

2 c. flour
1 tsp. salt
2 tsp. cinnamon
1 tsp. nutmeg
2 tsp. soda dissolved in 2 tbsp. water

Add to apple mixture. Pour into 9x13 greased cake pan and bake 1 hour at 350 degrees.

Fern Bowser

CHOPPED APPLE CAKE

4 c. apples, chopped
2 eggs, beaten
1 tsp. vanilla
1 c. sugar
1 tsp. cinnamon

2 c. flour
1 tsp. soda
1/2 tsp. salt
1 c. chopped nuts

Cakes and Cookies - 27
Chop apples. Mix vanilla and eggs and pour over apples. Mix sugar and cinnamon and add to apples. Then mix flour, soda and salt. Mix well. Add nuts and mix well.


**Butter Frosting:**

<table>
<thead>
<tr>
<th>6 tbsp. butter</th>
<th>1/4 c. milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 1/2 - 4 3/4 c. sifted</td>
<td>1 1/2 tsp. vanilla</td>
</tr>
<tr>
<td>powdered sugar</td>
<td></td>
</tr>
</tbody>
</table>

In a small mixer bowl beat butter until light and fluffy. Gradually add about half of the powdered sugar, beating well. Beat in the milk and vanilla. Gradually beat in the remaining powdered sugar. Can add additional milk to make spreadable.

*Mattie Nixon*

**DUTCH APPLE CAKE**

1 pkg. lemon cake mix 3/4 c. margarine, softened
2 eggs, slightly beaten 1 can sliced pie apples, drained

Combine dry cake mix, eggs and margarine by hand, stirring until moistened. Pour into ungreased bake pan. Top with apples. Combine topping and sprinkle over apples. Bake at 350 degrees for 30 to 45 minutes.

**Topping:**

<table>
<thead>
<tr>
<th>2 c. powdered sugar</th>
<th>1/2 c. chopped nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 c. Angel Flake coconut</td>
<td>1/2 c. margarine, melted</td>
</tr>
</tbody>
</table>

*Mrs. Harold T. Ray*
FRUIT COCKTAIL CAKE

Mix:
2 c. flour
1 tsp. soda
1 tsp. salt

Add:
2 c. sugar
1 tsp. vanilla
2 eggs
1 large can fruit cocktail, drained

Top with:
1/2 c. brown sugar
1/2 c. nuts, chopped

Dot with butter. Cook 350 degrees for 40-60 minutes in 13x9 pan.

*Can substitute 1 medium can fruit cocktail, not drained, for large drained size.

Kathy Nixon

TROPICAL FRUIT CAKE

3 c. Brazil nuts (about 1
1/2 lbs. shelled)
2 pkgs. (7 1/2 oz.) pitted
dates
1 c. maraschino cherries,
red or green or both
3/4 c. flour
3/4 c. sugar
3 eggs
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. vanilla

300 degree oven. Grease 9x5x3 inch loaf pan and line carefully with wax paper. In large mixing bowl, put whole shelled Brazil nuts, whole dates and drained cherries. Sift flour, sugar, baking powder and salt over fruit mixture and mix thoroughly with your hands. Beat eggs in separate bowl until frothy, then add vanilla. Pour egg and vanilla mixture over fruit mixture again mixing with hands. Transfer batter to lined pans and bake 1 hour and 45 minutes. Cool cake before slicing. Remove from pan when cooled 15 minutes. (One of my mother's favorites.)

Kathy Nixon

Cakes and Cookies - 29
GINGERBREAD

1/2 c. butter

Melt and let cool.

Add and beat well:

1/2 c. sugar

Sift together:

2 1/2 c. flour
1 1/2 tsp. baking soda
1 tsp. ginger

1 egg

1 tsp. cinnamon
1/2 tsp. salt

Combine:

1/2 c. molasses
1/2 c. honey

1 c. hot water
Grated rind of 1 orange

Add sifted and liquid ingredients alternately to butter mixture until blended. Bake in a greased and floured 9x9 inch pan about 1 hour.

Kathy Campbell

GUMDROP CAKE

1 lb. gumdrops cut in small pieces (no black)
1/2 lb. seedless golden raisins
2 1/4 c. sifted flour

1/2 tsp. soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/8 tsp. cloves
1/8 tsp. nutmeg

Mix dry ingredients and sift together. Dredge candy and raisins with 1/2 cup of flour mixture. Cream together:

1/2 c. shortening
1 c. sugar

Add:

1/2 tsp. vanilla

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Add:

1 egg, well beaten
Mix 3/4 cup of unsweetened applesauce with 1/2 cup hot water and add alternately with flour. Stir in floured candy, raisins and 1/2 cup nutmeats.
Line one 5x9 inch loaf pan with heavy paper and pour in batter.
Bake at 325 degrees for 1 1/2 hours or more.
Store several days before serving.

Kathy Nixon

LEMON GELATIN CAKE

1 pkg. lemon velvet cake mix
4 eggs
1 pkg. lemon Jello

Preheat oven 350 degrees. Mix 4 minutes. Grease and flour 9x13 pan. Bake for 35 minutes. Poke holes in cake while hot from oven and pour on frosting.

Frosting:
1 c. sifted powdered sugar
1 tbsp. lemon juice
3 tbsp. butter

Mix and pour over hot cake.

Edith Oliver

PIG CAKE

1 pkg. yellow cake mix
4 eggs
1/2 c. margarine, softened
1 can mandarin oranges
1 tsp. vanilla
1 (20 oz.) can crushed pineapple
1 small pkg. vanilla instant pudding
1/2 c. powdered sugar
4 oz. whipped topping

Cakes and Cookies - 31

Jeri Schrag

RUM CAKE

Beat 4 eggs.

Add:

1 tsp. lemon extract
2 tsp. rum extract
1 c. milk

Beat 3 minutes. Add 1 pkg. yellow cake mix. Beat 2 minutes. Put into oiled bundt pan. Bake at 350 degrees for 45 minutes. Let stand 5 minutes. Take out of pan. Spoon over cake:

1 c. powdered sugar
1/8 c. real rum

Mix together.

Kathy Nixon

CHEESE CAKE

Cheese Mixture:

Mix together until smooth:

3 (8 oz.) cream cheese
1 c. sugar
1 tsp. vanilla extract
4-5 eggs

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Crust:
(1) 1 1/4 c. graham cracker crumbs 1/4 c. butter (or margarine)
1/4 c. sugar
Mix together then press into a spring bottom pan.

(2) 1/2 c. butter 1/4 tsp. vanilla extract
1/3 c. sugar
Cream together.
Add:
1 c. flour
Blend together.
Pour cheese mixture into crumb lined pan and bake at 300 degrees for 1 hour. Let cool and refrigerate.
Nice with every kind of fruit and/or sauce.

Karen Haase

INVISIBLE CRUST CHEESE CAKE

3 eggs 2 pkgs. (8 oz. each) cream cheese
2/3 c. sugar
Mix in blender. Pour in buttered glass pie plate. Cook 30 minutes at 350 degrees. Cool 20 minutes.

1 c. sour cream 1 tbsp. vanilla
4 tbsp. sugar
Mix and smooth on pie. Bake 10 minutes more. Cool and keep in refrigerator.

Kathy Nixon
SELF-FILLED CUPCAKES

1 pkg. cake mix (milk chocolate)
1 (8 oz.) pkg. cream cheese, softened
1/3 c. sugar


Yvonne Murphy

CREAM CHEESE SUGAR COOKIES

1 c. sugar
1 c. margarine, softened
1/2 tsp. salt
3 oz. pkg. cream cheese, softened
1/2 tsp. almond extract
1/2 tsp. vanilla
1 egg yolk (reserve egg white)
2 1/4 c. flour

In large bowl combine sugar, salt, margarine, cream cheese, almond extract, vanilla and egg yolk. Blend well. Lightly spoon flour into measuring cup – level off. Stir in flour. Chill dough 30 minutes. Heat oven to 375 degrees.

On lightly floured surface, roll out dough, a third at a time to 1/8 inch thickness. Cut into desired shapes with lightly floured cutters. Place on ungreased cookie sheets. Sprinkle with sugar or if desired brush with slightly beaten egg white before sprinkling with colored sugar. Bake at 375 degrees for 7 to 10 minutes until golden brown. Cool. If desired frost and decorate. Makes 60-72 cookies.

Jeri Schrag

EGGLESS, MILKLESS, BUTTERLESS

2 c. water
2 c. raisins

Boil together for 20 minutes.
3 1/2 c. flour 1 tsp. salt
2 tsp. baking powder 1 c. walnuts

Remove 2 tbsp. flour mixture and combine with nuts. Mix all together thoroughly.

Pour into 10x13 inch large oblong flat pyrex dish. Bake at 350 degrees for one hour. Let sit for 24 hours before cutting.

Emma McCrary

ENGLISH TOFFEE COOKIES

1 c. butter or margarine 1 c. sugar
1 egg, separated 2 c. flour
1 tsp. cinnamon 1 c. chopped nuts

Separate egg - save white. Cream egg yolk, sugar and butter.
Measure flour and cinnamon; add to above mixture, mix well.

Ellen Lovett

ENERGY COOKIES

3/4 c. oleo 1 c. each white and brown sugar
1/2 c. chunky peanut butter

Cream these. Blend in:

2 eggs
1/4 c. milk and 1 tsp.
lemon extract

2 c. flour
1 tsp. each baking soda, salt, cinnamon

Mix. Then stir in 1 1/2 cups rolled oats and 1 cup raisins. Drop by tbsp. on greased sheets. Bake 350 degrees 12-15 minutes. Makes 3 dozen 3 inch cookies.

Charlotte Goulding

Cakes and Cookies - 35
FORGOTTEN COOKIES

2 egg whites 6 oz. chocolate chips
1/4 tsp. salt 1 tsp. vanilla
3/4 c. sugar

Beat egg whites until stiff. Gradually add salt and sugar and vanilla. Fold in chocolate chips.

Preheat oven to 375 degrees. Drop by teaspoonful onto cookie sheets lined with brown paper. Put in oven - close door and turn off oven. Leave in overnight.

Linda Keck

FRENCH LACE COOKIES

1 c. flour, sifted 1 c. finely chopped nuts
1/2 c. corn syrup 1/2 c. shortening (Crisco)
2/3 c. brown sugar


Kathy Nixon

MOTHER'S COWBOY COOKIES

1 c. shortening 1 tsp. soda
1 c. brown sugar 1 tsp. baking powder
1 c. white sugar 1 c. chocolate chips (or)
1/2 tsp. salt 1 c. nutmeats (or)
1 tsp. vanilla 1 c. raisins (or)
2 eggs 1 c. dates
2 c. flour
2 c. oatmeal (quick)
Cream shortening, sugar, vanilla and salt together. Add eggs and beat. (I do all this with electric mixer.) Add flour and one of the fruits, nuts or chocolate chips. Then add oatmeal, a little at a time mixing in with a spoon. Batter will be rather stiff and firm. Grease cookie sheets and drop by teaspoonful on cookie sheet and bake t 350 for 10-15 minutes.

**PECAN CRISPS**

1 1/2 c. sifted flour
1 c. sugar
3/4 tsp. salt
1/2 c. soft shortening
1 egg, separated


**Kathy Nixon**

**PEPPER KAKOR COOKIES**

1/2 lb. butter
1 1/2 c. sugar
1 tbsp. dark Karo syrup
2 tsp. soda
1 egg
3 1/4 c. flour
3 tsp. cinnamon
3 tsp. cloves

Mix in order given. Preheat oven 350 degrees. Roll out and cut dough. Bake 10-12 minutes.

**Marion Slattengren**
**POTATO CHIP COOKIES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. brown sugar (packed)</td>
<td>1 tsp. vanilla</td>
</tr>
<tr>
<td>1 c. shortening</td>
<td>1 tsp. soda</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 c. crushed potato chips</td>
</tr>
<tr>
<td>2 c. flour</td>
<td>1 c. chopped nuts</td>
</tr>
</tbody>
</table>


_Fern Bowser_
DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or ½ a slice of apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more egg yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

Sweetened condensed milk and evaporated milk are entirely different products and cannot be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.
**BUTTERSCOTCH BROWNIES**

- 1/4 c. salad oil
- 1 c. brown sugar
- 1 egg
- 3/4 c. flour

Blend oil and sugar. Stir in egg. Stir flour, baking powder and salt together. Blend into egg mixture. Mix in vanilla and nuts. Spread in well greased 8x8x2 pan. Bake at 350 degrees for 25 minutes. Cut into bars while still warm.

(I always double this and use 9x13 pan.)

*Kathy Nixon*

**MOTHER’S BROWNIES**

- 2 sq. semi-sweet chocolate
- 1 cube butter
- 1 c. sugar
- 1/2 c. flour
- 1/2 c. chopped walnuts
- 1 tsp. vanilla
- 2 eggs

Melt chocolate, sugar and butter slowly in a saucepan. Take off stove and add eggs, one at a time. Add flour, nuts and vanilla. Bake 25 minutes at 325 degrees.

*Nancy Clement*

**DAQUIRI CHEESE CAKE**

- 1 1/2 c. crumbs
- 1/4 c. sugar
- 6 tbsp. butter, melted
- 1 pkg. gelatin
- 1/2 c. sugar
- 1/3 c. light rum
- 1 lb. cream cheese (2 large)
- 1 c. heavy cream (before whipped)

Bake 10 minutes, 350 degrees. Cool. (Can chill crust - better baked.)

- 1/2 c. lime juice (use daiquiri mix)
- 1 tsp. each lemon and lime rind
- 4 large eggs, separated
- 1/2 c. powdered sugar

*Desserts - 39*
Double boiler - gelatin, rum, sugar and daiquiri mix. Stir in rinds. Add egg yolks and cook over medium heat until mixture thickens. Remove from heat and cool. In large bowl beat cream cheese until light and smooth. Add to mixture and blend all together. Beat egg whites to form soft peaks and add powdered sugar to whites slowly, forming soft peaks. Whip cream stiff. Fold into cheese mixture. Pour into crust. Chill 4 hours until set.

**Nora Cook**

**PUMPKIN CREAM CHEESE CAKE OR PIE**

- 4 pkgs. (3 oz.) soft cream cheese
- 3/4 c. sugar
- 1 1/2 tbsp. flour
- 3/4 tsp. grated lemon peel
- 3/4 tsp. grated orange peel
- 1/4 tsp. vanilla
- 2 eggs
- 2 egg yolks
- 1 can pumpkin

Make a graham cracker crust. Press into 9 inch pie pan and refrigerate. Beat the filling until smooth. Pour into shell. Bake 35-40 minutes at 350 degrees or until center seems firm when pie is gently shaken. Put following topping and bake 10 minutes longer.

**Sour Cream Topping:**

1 1/2 c. sour cream
2 tbsp. sugar
1/2 tsp. vanilla

Mix well and spread on baked pie.

**Kathy Nixon**

**CAROL'S SURPRISE PIE**

- 1 pkg. (4 oz.) Baker's German sweet chocolate
- 1/3 c. milk
- 2 tbsp. sugar
- 1 pkg. (3 oz.) cream cheese, softened
- 1 container (8 oz.) thawed Cool Whip
- 1 (8 inch) chocolate ready made crust

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Heat chocolate and 2 tbsp. of milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese. Add remaining milk and chocolate mixture and beat until smooth. Spoon into crust. Freeze until firm, about 4 hours. Store any leftover pie in freezer.

Carol Duley

LEMON SPONGE PIE

1/4 c. melted butter or margarine
1 c. sugar
3 tbsp. flour
3 slightly beaten egg yolks
3 tbsp. lemon juice
2 tsp. grated lemon peel
1 1/2 c. milk
3 stiff beaten egg whites
1 recipe plain pastry

Blend butter with sugar and flour. Add egg yolks, lemon juice, peel and milk. Fold in egg whites. Pour into 9 inch pastry lined pie pan. Bake in very hot oven 450 degrees 8 minutes. Then turn down to slow oven, 325 degrees, for 25 minutes.

Viola Duley

PEACH PIE

1 pie crust, 10 inch
Fresh or canned sliced peaches
1/2 c. butter
4 tbsp. cornstarch
1 tsp. vanilla

Fill 10 inch pie crust with sliced peaches. Sprinkle nutmeg on lightly.
Mix remaining ingredients well. Pour over peaches. Bake 20 minutes, 400 degrees. Reduce heat to 350 degrees. Bake 40 minutes or until set.

Ellen Lovett
PEANUT BUTTER PIE
(18 servings - 1 large springform pan, or 2 - 9 inch pie pans (deep)

Chocolate Crumb Crust:
1 pkg. chocolate wafers, crushed, 2 1/2 c. 1/2 c. sugar 1/2 c. melted butter
Mix and press in pie shell.

Pie Filling:
2 c. creamy peanut butter (whipped) 1/4 stick melted butter 1 1/2 c. whipping cream
2 c. sugar 2 tsp. vanilla
2 (8 oz.) pkgs. cream cheese
Beat peanut butter, sugar, cream cheese, butter and vanilla until light and fluffy. Beat whipping cream separately until soft peaks form and fold into peanut butter mixture. Spoon into pie shell. Chill 6 hours.

Chocolate Glaze:
Melt 4 oz. semi-sweet chocolate and 3 tbsp. plus 2 tsp. hot coffee and spread on pie (or 3 heaping tbsp. cocoa, 1/4 - 1/2 cups sugar, 1/2 cup butter and the hot coffee).

Elizabeth Fairlee

PEAR PIE TREAT
4 fresh Bartlett pears 1/2 to 3/4 c. sugar
1 tbsp. lime juice Dash of salt
1 tsp. grated rind (lemon) Pastry for double crust 9 inch pan
Wash, peel and slice pears into pie pan. Sprinkle with lime juice or lemon juice, rind and sugar. Cover with top crust and properly slash for escaping steam and seal.
Bake in hot oven, 425 degrees, for 40-45 minutes or until pears are tender and crust is lightly browned. Cool. Serves 6-8.

Edith Oliver
FLAKY PIE CRUST

2 1/2 c. flour
1/3 c. cold water
1 tsp. almond extract
3/4 tsp. salt
1 c. butter or margarine

Sift flour and salt into bowl. Blend in shortening and flavoring. Gradually add water mixing with fork. Mix until holds together. Makes 2 - 8 or 9 inch pies. Edith Oliver

PERSIMMON CREAM PIE

Beat 2 eggs with 1/2 tsp. cinnamon, 1/2 cup sugar, 1/4 tsp. salt. Add 2 cups milk or cream, 1 cup persimmon pulp, 2 tbsp. melted butter and 1 tsp. lemon juice. Pour into unbaked pie shell. Bake in very hot oven 450 degrees for 10 minutes. Reduce oven to 350 degrees and bake 30 minutes longer.

*I found it needed an extra 20 minutes longer. Tastes like pumpkin pie. Put persimmon pulp through a sieve or colander before measuring. Kathy Nixon

PINEAPPLE CREAM PIE

(For two)

1 1/2 c. sugar
8 tbsp. flour
1/4 tsp. salt
4 c. milk
4 to 6 egg yolks
1 can (20 oz.) crushed pineapple, drained

Mix dry mixture well. Add milk, stir and put on heat. Cook until slightly thick. Beat egg yolks. Add small amount of cooked mixture to egg yolk, then combine and cook until thick. Add pineapple and cook a few minutes more. Place in baked pie crust.

Beat egg whites adding 2/3 cup powdered sugar. Spread on pie filled with custard and brown. Yvonne P. Murphy

Desserts - 43
RHUBARB CUSTARD PIE

1 - 1 1/4 c. sugar  
1/4 c. flour  
1/4 tsp. salt  
4 c. diced fresh peeled rhubarb, about 1 lb.  
3 eggs  
1/2 tsp. vanilla

In large bowl combine sugar, flour and salt. Add rhubarb, stirring to coat evenly. Spread rhubarb mixture in pastry lined pie plate. Beat together eggs and vanilla. Pour over rhubarb. Moisten edge of pastry shell with water. Cover with top pastry. Seal and flute edge. Cut slits in top pastry to allow steam to escape. Bake in preheated 425 degree oven 15 minutes. Reduce heat to 350 degrees and bake until knife inserted near center comes out clean, about 25 to 30 minutes. Cool on wire rack.

Kathy Nixon

EASY STRAWBERRY PIE

1 c. sugar  
1/2 c. mashed strawberries  
3 tbsp. cornstarch  
2 drops red food coloring  
1 tbsp. lemon juice  
1 baked 8 inch pie shell  
2 c. sliced strawberries  
2 sliced bananas

Add enough water to mashed berries to make 1 cup. Set aside. In saucepan combine sugar, berries, water, cornstarch and food coloring. Cook over medium heat until thick. Fill pie shell with sliced strawberries and sliced bananas. Pour glaze over top. Chill. Top with whipped cream and garnish with whole strawberries.

Kathy Nixon

PERSIMMON PUDDING

1 1/2 c. sifted flour  
1 1/2 tsp. soda  
1/2 tsp. salt  
1/2 tsp. cinnamon  
1 c. seedless raisins  
1/2 c. chopped walnuts  
2 eggs, well beaten  
1 1/4 c. sugar  
1 1/2 c. sieved persimmon pulp  
1/4 c. melted margarine  
3/4 c. milk

Mix and sift flour, soda, salt and cinnamon. Stir in raisins and nuts. Beat eggs until light, then beat in sugar.
Add persimmon pulp and melted margarine. Add flour mixture, then milk. Beat until smooth. Pour into a greased baking mold. Set in a shallow pan of hot water. Bake in a slow oven, 325 degrees for 1 1/2 hours. *Or
Pour into a greased mold, cover and steam for 2 1/2 hours.
*Immediately upon removing from oven turn upside down on a cooling rack. When cool, 10-15 minutes, remove pan. Serve plain with whipped cream or hard sauce. 

Betty Dever

APPLE SERBIAN

2 cans pie apples 1 pkg. (12 oz.) yellow cake mix
1/2 c. butter

Bake apples in 9x9x2 inch pan. Cut butter into dry cake mix until it resembles cornmeal. Sprinkle over apples. Add cinnamon and extra sugar and lemon juice to apples. Bake at 375 degrees for 35 to 40 minutes or until golden brown. Cool a bit before serving with dollop of whipped cream. Serves 8 to 10.

Mrs. Harold T. Ray

FRUIT COBBLER

Beat:
1/2 c. shortening 1/2 c. sugar

Add sifted:
1 c. flour 1/2 c. milk
2 tsp. baking powder 1 tsp. vanilla
Pinch of salt

Grease pan well. Pour in batter then 2 or 3 cups of fruit with juice then sprinkle 1/2 cup sugar on top. Bake 350 degrees, 35-40 minutes in pan 13x9x2.

Marilyn Hunter
**Rhubarb Strawberry Crisp**

8 c. cut up rhubarb 2 c. sugar

Place in bottom of a sheet cake pan.

1 box strawberry Jello 1 box yellow or white cake mix, Jiffy

Sprinkle over rhubarb.

1/2 c. melted butter

Pour over the above mix.

1 c. hot water

Pour over the top.

Bake 30-45 minutes at 350 degrees. Top with vanilla ice cream.

_Jody Hood_

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**White Christmas Fantasy**

2 c. whipping cream 2 cans (8 1/2 oz.) crushed drained pineapple

2 jars (7 oz.) marshmallow creme 4 tsp. rum or 1 tsp. rum extract

1 1/4 c. whole natural almonds 1 tsp. almond extract

2/3 c. candied red cherries, chopped 1/3 c. lime or lemon juice

2/3 c. candied green cherries, chopped

Whip cream until stiff. Gradually beat in marshmallow creme. Reserve about 1/3 cup almonds for garnish. Coarsely chop remainder. Spread chopped almonds in shallow pan and toast at 400 degrees for about 8 minutes stirring occasionally.

Fold toasted almonds, cherries, pineapple, lime juice, rum and almond extract. Turn into a fluted ring mold and freeze. Unmold and garnish.

Makes a lot of servings and can be refrozen several times.

_Faye Darrington_
DATE AND NUT TORTE

1 tsp. soda
1 c. chopped dates
1 c. boiling water
1 tbsp. butter
1 c. nuts, cut in pieces

To the soda and dates, add the boiling water and let stand 1 hour. Cream butter and sugar, salt, eggs, flour, date mixture and nuts. Spread in buttered pan 3/4 inch thick. Bake 40 minutes at 325 degrees. Cut in squares and serve with whip cream.

Viola Duley

MOCHA BROWNIE TORTE

1 box Duncan Hines Brownie Mix
1 c. chopped walnuts
1 pt. whip cream
1/2 c. brown sugar
1 tbsp. powdered coffee

Mix brownies and walnuts and bake as directed on package in 9x13 inch pan. Cool and cut into 2 (9 x 6 1/2) pieces. Whip cream, add sugar and coffee.

Place one slice brownie on serving plate. Top with whip cream. Top with 2nd slice of brownie. Frost entire cake. Refrigerate overnight. Can decorate with shaved chocolate or crushed almond roca, etc.

Kathy Fellers
** EXTRA RECIPES **
PANTRY PLEASERS

EQUIPMENT FOR JELLY MAKING: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

Before Storing: Let jellied fruit products stand at least 3 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

If neither fresh nor dried dill is available, dill seed may be used in making pickles. 2 or 3 tablespoons dill seed are needed for each quart pickles.

Pickles are likely to spoil unless heated until almost boiling hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling-water bath. The processing time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.
PICKLE RELISH

2 qts. chopped zucchini or cucumbers (ample 4 lbs.)
4 large onions
1 large green pepper
1 large red pepper

Combine in large container. Pour 1/4 cup salt over it and mix. Cover with water. Let stand 4 hours and put in colander and drain.

Combine the following:
1 tsp. turmeric
1/4 tsp. cloves
1 tsp. celery seed
1 tsp. mustard seed

Add to zucchini in large pot or kettle.
Stir up good and add:
2 1/2 c. white vinegar
2 1/2 c. white sugar

Stir up good again and bring to a good heat on stove (don't let boil). Put up in jars and seal. Makes about 5 pints.

Kathy Nixon

INDIAN RELISH

10 lbs. green tomatoes
1 doz. medium cucumbers
Medium head cabbage
1 doz. large onions
1 head celery
6 bell peppers
2 tbsp. dry mustard
1 lb. mustard seed
Small handful red peppers

1 tbsp. allspice
1 tbsp. cloves
1 tbsp. mace
2 tbsp. cinnamon
2 1/2 tbsp. celery seed
2 1/2 tbsp. black pepper
1 gal. vinegar
3 lbs. sugar
1 tsp. powdered alum

Jams, Jellies, Pickles and Relishes - 49
Wash all vegetables and put through coarse grinder. Sprinkle canning salt over all and let stand overnight.

Mix spices and vegetables thoroughly together and pour 1 gallon vinegar, 3 lbs. sugar in large kettle and place on stove and scald. While boiling add 1 tsp. powdered alum. Boil 3 minutes. Pack in sterilized jars to within 1/2 inch of top. Put on caps and seal. Process in boiling water for 5 minutes. 23-24 pints.

**SPICED FRUIT PRESERVES**

2 cans fruit cocktail (1 lb. 1/4 c. lime juice 14 oz. each) 6 c. sugar
1 pkg. powdered fruit pectin 1/2 tsp. pumpkin pie spice

Combine fruit and syrup, fruit pectin and lime juice in large kettle. Heat stirring often, to a full rolling boil. Stir in sugar, heat to boil again then cook rapidly stirring constantly 1 minute. Remove from heat. Stir in pumpkin pie spice. Stir and skim alternately for 5 minutes. Pour into hot sterilized jars and seal with wax. Makes 8 - 8 oz. jars.

**RHUBARB PRESERVES**

10 c. rhubarb (cut) 6 c. sugar (or little more)


*Edith Oliver*

*Mary Bertken*

*Kathy Nixon*
TOMATO JELLY

2 3/4 c. tomato juice 1 box fruit pectin
2 tbsp. lemon juice 4 c. sugar
Few drops Tabasco sauce

Combine tomato juice, lemon juice, Tabasco sauce and fruit pectin in large pan; stir over high heat until mixture reaches fast boil. Stir in sugar; bring to rolling boil. Boil for one minute. Remove from heat. Skin off foam. Pour into jelly glasses and seal.

Kathy Nixon

POMEGRANATE JELLY

3 1/2 c. pomegranate juice 1 pkg. powdered pectin
(4 lbs.) 4 1/2 c. sugar
1/4 c. lemon juice

Cut pomegranates in half or quarter depending on size (8 to 10 fully ripe ones) and squeeze in orange juice machine (I have a hand crank type). It’s messy so wear old clothes. Add lemon juice and pectin to pomegranate juice in 6-8 quart kettle. Stir well. Place over high heat. Bring to boil, stirring constantly. Add sugar and mix well. Continue stirring and bring to full rolling boil (boil that can’t be stirred down). Boil hard exactly 2 minutes. Remove from heat. Skim foam and pour into jars and seal. Makes 8 - 6 oz. jars.

Kathy Nixon

RED PEPPER JAM

6 c. sugar 22 large red peppers
1 qt. white vinegar

Brush and clean peppers, core and grind. Place pulp and juice in pan and add 3 tbsp. salt. Let stand 20-40 minutes empty in colander and drain well. Add sugar and vinegar. Heat and stir until dissolved. Bring to good boil. Turn down and simmer, stirring occasionally for 3 hours. When mixture starts to thicken turn heat even lower. When fairly thick, jar. Good on hamburgers and other meats or over cream cheese with crackers.

I also add 1 pouch of Certo or other pectin to mixture is not as runny.

Joan Webb
# PERSIMMON JAM

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>persimmon pulp</td>
<td>4 c. (8 persimmons)</td>
</tr>
<tr>
<td>powdered pectin</td>
<td>1 pkg. (1 3/4 oz.)</td>
</tr>
<tr>
<td>lemon juice</td>
<td>1/4 c.</td>
</tr>
<tr>
<td>sugar</td>
<td>6 c.</td>
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</tbody>
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Optional: I also add a little cinnamon to jam while cooking. You can freeze persimmons whole because they are easier to peel. Simply hold frozen fruit under running water and slip peel off.

*Kathy Nixon*
TEMPTING MAIN DISH IDEAS

When broiling meats or bacon on a rack, place a piece or two of dry bread on the broiler pan to soak up the dripped fat. This not only helps to eliminate smoking of the fat but reduces the chances of the fat catching fire.

Tenderizing Meat — Mechanical methods: Grinding, cubing and pounding meat breaks down the connective tissue and makes meat tender. Marinating: Soaking meat in acid mixtures such as lemon juice or vinegar tenderizes meat and adds flavor. Often herbs and spices are included in commercial marinades. Meat tenderizers: These are derivatives of natural food-tenderizing agents found in some tropical fruits (such as papaya) which soften meat tissue only while meat is cooking.

For juicier burgers, add a stiffly beaten egg white to each pound of hamburger, or make patties with one tablespoon of cottage cheese in the center.

Marbled beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

Pork chops which are light in color are corn fed.

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

A half teaspoon of dry mustard added to a flour mix for frying chicken adds great flavor.

The darker the flesh of a fish, the higher it is in calories.

Rule of thumb for cooking fish: Cook 10 minutes for each inch of thickness.

To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

For fluffier omelets, add a pinch of cornstarch before beating.

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Tenderize tough meat by rubbing both sides with vinegar and olive oil. Let it stand two hours before cooking.

To shape meatballs, use an ice cream scoop to make uniform balls.
BAKED BEEF BRISKET

4 lbs. boneless beef brisket  3 medium onions, thickly sliced
2 tsp. salt                     1 c. hot water
1/2 tsp. black pepper          2 tbsp. cornstarch
1 clove garlic, minced         1 c. cold water

Garnishes as desired

Place brisket fat side up in 10x13 inch roasting pan. Season brisket with salt and pepper. Sprinkle with garlic and place onions on top. Bake 350 degrees for one hour or until onions turn brown. Add hot water. Cover with aluminum foil and seal tight. Reduce oven to 300 degrees and continue cooking 2 hours. Remove brisket and onions to warm platter. To make gravy combine 2 tbsp. cornstarch dissolved in one cup cold water with cooking liquid and cook, stirring until boiling and thickened. Makes 12 servings.

Nora Cook

PORCUPINE MEATBALLS

1 lb. ground beef  1/8 tsp. pepper
1/4 c. uncooked long grain rice  1 can (10 3/4 oz.) tomato soup, condensed
1 slightly beaten egg  1/2 c. water
1 tbsp. snipped parsley  1 tsp. Worcestershire sauce
2 tbsp. finely chopped onion
1/2 tsp. salt

Combine meat, rice, egg, parsley, onion, salt, pepper and 1/4 cup tomato soup. Mix thoroughly; shape in about 20 small balls and place in skillet. Mix remaining soup, water and Worcestershire sauce; pour over meatballs. Bring to boil; reduce heat. Cover and simmer 35 to 40 minutes, stirring often. Makes 4 or 5 servings.

Kathy Nixon

Main Dishes - 53
SWEET AND SOUR SHORT RIBS

5 lbs. beef short ribs  1/2 c. flour
2 tsp. salt  Pepper to taste

Cut ribs in 2 inch lengths and roll in flour, salt and pepper. Arrange in large casserole. Cover with 2 cups onion. Mix together
3/4 cup catsup, 2 tbs. vinegar, 1 tsp. Worcestershire sauce, 4 tbs. soy sauce, 1/2 cup sugar, 3/4 cup water. Pour over ribs and bake in
300 degree oven for 3 hours. Serves 8.

Nora Cook

POOR MAN’S STROGANOFF

1 1/2 lbs. hamburger  1 pt. sour cream
3 tbsp. minced onion  2 cans consomme
3/4 c. cracker meal  3 tbsp. tomato paste
1/8 tsp. garlic powder  1 tsp. Worcestershire sauce
1 1/2 tsp. salt  1/4 tsp. salt
1/4 tsp. pepper  1/3 c. sherry
1 c. milk  1 c. sliced black olives
3 tbsp. flour
1/4 c. flour

Combine first seven ingredients. Shape into balls one inch diamond. Brown slowly in heated oil. Drain off excess fat. Stir flour

Sharon Cook

EASY SWISS STEAK

1 lb. steak (top round)  1 carrot, diced
2 tbsp. flour  1 stalk celery, diced
1 tsp. salt  1/4 c. chopped onion
1/2 tsp. pepper  1/4 c. chopped green pepper
3 tbsp. cooking oil  1 c. grated cheese
1 lb. can stewed tomatoes  (optional)

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Cut meat into serving pieces. In a paper sack combine flour, salt and pepper to mix. Shake meat to coat. Arrange meat in skillet and cook in oil, browning both sides. Arrange meat in bottom of baking dish. Add remaining flour mixture to oil; stir in stewed tomatoes, carrot, celery, onion and green pepper. Bring rapidly to boil and pour over meat. Bake covered at 375 degrees for 1 1/2 hours or until vegetables and meat are tender. Uncover. Top with grated cheese and bake 10 minutes longer or until cheese is melted.

Kathy Nixon

**CHILI STEW**

| 1 c. sliced onion | 1 1/2 tsp. salt |
| 1 clove garlic, sliced | 1/2 tsp. pepper |
| 2 medium green peppers, diced | 1 tsp. celery salt |
| 4 tbsp. hot fat | 1/8 tsp. cayenne pepper |
| 1 lb. ground chuck | Dash marjoram |
| 3 small cans kidney beans | Dash thyme |
| 2 1/2 c. tomatoes | 1 tsp. to 1 tbsp. chili powder |


Sally Francy

**SLOPPY JOES**

| 1 lb. ground beef | 1 tbsp. minced parsley |
| 1/2 c. catsup | 2 tbsp. brown sugar |
| 1 tsp. garlic | 1 tsp. Worcestershire |
| 1 medium onion, chopped | 1/2 tsp. black pepper |
| 1 1/2 tsp. chili powder | 1/2 tsp. oregano |
| 1 (8 oz.) can tomato sauce | 1 tbsp. prepared mustard |
| 1/4 c. pickle relish |

Saute ground beef until crumbled. Add chopped onion. Cook until soft, drain off excess fat. Add remaining ingredients. Simmer over low heat 20 minutes, stirring frequently. Serve on bun (hamburger buns are perfect).

Kathy Nixon

Main Dishes - 55
VEAL CASSEROLE

2 lbs. veal, cut in pieces 3 tbsp. shortening
1 onion, cut up 1 can mushroom soup
Salt and pepper to taste


Yvonne P. Murphy

VEAL PAPRIKA

3/4 lb. thinly sliced veal cutlet into strips
3/4 c. thinly sliced onion
1 1/4 c. milk
1 1/3 c. cooked rice

Roll veal strips in flour. Season with salt and pepper. Saute onions in butter until tender and brown. Add veal and brown. Add paprika and then add milk gradually, stirring constantly. Turn heat down low and cook stirring until thickened. Simmer 2-3 minutes longer. Serve over rice.

Yvonne P. Murphy

PIGGY BANK PORK BAKE

4 oz. uncooked noodles 1 c. shredded Cheddar cheese
2 tbsp. shortening 1 medium green pepper, chopped
2 c. cut up cooked pork 1 (2 oz.) can sliced pimientos
1 can cream of chicken soup
1 (8 oz.) can whole corn

Heat oven to 375 degrees. Cook noodles. Brown meat in shortening; drain. Stir in noodles, soup, corn (with liquid), pimiento, cheese and green pepper. Bake uncovered 45 minutes.

Kathy Cook
**BARBEQUED SPARERIBS**

4 1/2 - 5 lbs. country-style spareribs  
1 lemon, sliced thin  
(removes seeds)  
1 large onion, chopped  
1/2 c. brown sugar

Place ribs in shallow roasting pan in one layer. Brown in oven at 450 degrees for 20 minutes. Place one thin slice of lemon on each piece and brown 10 minutes more. Combine all other ingredients and bring to boil. Pour over ribs. Continue baking at 350 degrees for 1 hour, basting every 15 minutes. Cover with foil and bake at 250 degrees until well done, basting now and then. Turn oven to 200 degrees until ready to eat.  

*Sally Francy*

**POUR CHEROS CACCIATORE**

6 pork chops, 3/4 inch thick  
1/2 tsp. salt  
Dash pepper  
Onion slices

Brown pork chops on both sides. Season with salt and pepper. Place in 11 x 7 x 1 1/2 inch baking dish. Top each chop with a thin slice of onion. Combine one envelope of spaghetti sauce mix, tomatoes and brown sugar. Pour over chops. Cover. Bake at 350 degrees for one hour. Uncover; top each chop with green pepper ring. Bake 15 minutes more. Serves 6.  

*Kathy Nixon*

**MORAVIAN PORK**

2 lbs. pork cubes  
2 tbsp. oil  
1 clove garlic  
4 tbsp. chopped onion  
2 c. chicken consomme  
1 tsp. salt  
1 tsp. paprika  
1 tsp. caraway seed  
2 tsp. dill weed  
1 c. sour cream

Main Dishes - 57
Brown meat in hot oil. Add onions and cook until wilted. Add all other ingredients except sour cream. Simmer, tightly covered, for 1 hour. Thicken if needed. Remove from heat and stir in sour cream. Serve over noodles.

Mrs. Harold T. Ray

SWEET AND SOUR PORK

1 - 1 1/2 lbs. pork

Marinade:
2 tsp. salt
4 tsp. soy sauce
Dash of white pepper
3 green onions, cut in 2 inch lengths (include tops)

1 c. carrot, thin sliced diagonal
4 tbsp. water
4 tbsp. cornstarch

Sweet and Sour Sauce:
1 c. water
2/3 c. each sugar and vinegar
2 tbsp. cornstarch
2 tbsp. soy sauce
1 green pepper, cubed
1 can pineapple chunks (drain)
2 tbsp. oil for stir frying

Slice pork thinly. Mix with coating (marinade). Let stand at least 20 minutes. Measure sauce ingredients. Stir fry pork until white; add carrots and water. Cover, cook 2 minutes. Remove. Make sweet and sour sauce in wok. Return pork to wok; add pineapple, bring to boil. Add green onions, pepper. Cook 1 minute or until bubbly. Serve over hot rice.

Bev Barmettler

HAM AND RICE

1/2 c. uncooked rice
1 tbsp. fat or shortening
1 1/2 tbsp. finely chopped onion, fresh or dried
1 can (10 1/2 oz.) condensed consomme soup

1/2 c. water
1 tsp. salt
1 tsp. onion and garlic salt
2 (1/4 inch) slices ham
1 tsp. prepared mustard

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Slowly brown uncooked rice in skillet using fat or shortening. Add onion and cook until tender. Add consommé, water and seasonings. Cover and steam for 20 minutes. Watch that all water does not steam away. Spread one ham slice with mustard (optional) (we like it without). Alternate layers of rice, ham and rice in a casserole or roasting pan and cover and bake at 350 degrees for 1 1/2 hours. Serves 6. Good with brussel sprouts and green salad.

Betty Dever

COMPANY CHICKEN

In a large casserole place cut up chicken parts and peeled onions, carrots and potatoes.

1 can cream of mushroom soup
1 c. yogurt
1/2 c. cooking sherry
1 (13 oz.) can mushrooms

Add to above. Sprinkle with paprika and bake 350 degrees 1 1/2 hours.

Jody Hood

CHICKEN ARTICHOKE BAKE

1 frying chicken
1 tsp. salt
1/4 tsp. pepper
1/2 tsp. paprika
6 tsp. butter
1/4 lb. mushrooms (button)
1 (#303) artichoke hearts (waterpack)
2 tbsp. flour
2 chicken bouillon cubes dissolved in 2/3 c. hot water
3 tsp. sherry
1/4 tsp. dried rosemary (1 tsp. fresh)


Maryetta Stebbins
CHICKEN FANTASTIC

12 chicken breasts, skinned  1 (8 oz.) bottle Russian salad dressing
1 env. Lipton Dry Onion Soup  1 (8 oz.) jar apricot jam

Mix above ingredients together and pour over chicken. Cover and bake one hour at 350 degrees.

Mrs. Harold T. Ray

COOK IT RAW CHICKEN RICE CASSEROLE

1 can cream of mushroom soup  1 1/4 c. raw rice
1 can cream of chicken soup  1 can sliced mushrooms, 4 oz.
1 can cream of celery soup  4 1/2 lb. fryer chicken

Mix soups, rice and mushrooms together in large casserole. Cover with raw chicken pieces. Pat with butter or margarine. Sprinkle with paprika. Bake uncovered at 300 degrees for 2 hours.

Sharon Cook

EASY CHICKEN

Chicken breasts   Carrots
Oregano         Potatoes
Salt and pepper

Take 1 boneless, skinless chicken breast together with 1-2 carrots, sliced 1-2 potatoes peeled and sliced. Wrap all together in tin foil after sprinkling with salt, pepper and oregano (to taste). After wrapping all together in foil, bake at 350 degrees or on a BBQ until done.

So easy - So good! No mess!

Robin A. Barber
EASY CHICKEN ENCHILADAS

2 tbsp. butter
2 cans sliced olives
1 can cream of chicken soup
1 c. sour cream

2 c. diced cooked chicken
Salt and pepper
Chili powder to taste
1 pkg. flour tortillas
Grated cheese

Melt butter in saucepan. Add 1 can olives, soup, salt, pepper, chili; heat. Add sour cream and chicken; heat slowly.

Butter baking dish. Roll mixture in tortilla. Lay in dish (extra sauce can go on top). Grate cheese over all. Spread olive over.

Bev Barmettier

CHICKEN ENCHILADA

2 chickens (cooked and boned)
1 pt. sour cream
1 can chicken soup
8 oz. diced Ortega peppers

Green onions (chopped)
Fresh mushrooms
Jack cheese (grated)
Flour tortillas

Mix together sour cream and chicken pieces. Chop onions, mushrooms, Ortega peppers. Chicken soup (can use other cream soups) in crock pot. Layer: tortilla, chicken mix, cheese. End with cheese on top. Heat through. Serve with salsa sauce.

Fern Bowser

SHIRALEE’S ENCHILADA CASSEROLE

1 1/2 lbs. ground chuck
1 onion
1 c. canned enchilada sauce
1 (4 oz.) can diced chiles
1 can cream of mushroom soup

1 can cream of chicken soup
1 can (6 oz.) pitted olives
1 can milk
12 tortillas
1 to 2 c. sharp cheese, grated or Monterey cheese

Main Dishes - 61
Brown meat and onion in skillet. (Don’t season.) Mix all ingredients except tortillas and cheese. Alternate mixture and tortillas in 13x9 pan. Sprinkle with cheese. Cover and bake in 350 degree oven for 1 to 1 1/2 hours. Uncover last 10 minutes. (Tear tortillas in pieces. It will look like it won’t mix in but it does.)

**Chicken Tortilla**

1 chicken, boil and cut into bite size pieces
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. sour cream

Combine soups and sour cream. Layer: 1/2 soup mixture, 1/2 tortilla pieces, 1/2 chiles, 1/2 chicken, 1/2 cheese. Repeat layers. Bake uncovered 45 minutes at 350 degrees.

**Turkey Chow Mein**

2 c. or more turkey or chicken
2 tbsp. butter or margarine
2 c. celery, sliced thin
1 1/2 c. sliced onion
1/8 tsp. pepper

Brown turkey in butter. Add celery, onion, pepper, chicken broth until tender. Add Chinese vegetables and mushrooms. Cook until warm. Mix cornstarch and soy sauce together and add to mixture and simmer. Serve on rice or Chinese noodles.

*I use one can of water chestnuts, sliced and one can of bamboo shots for the #2 can of Chinese vegetables. Can also add bean sprouts.

**Maryetta Stebbins**

62 - NATRC Region I Cookbook
BREAKFAST PIZZA

1/2 lb. sausage (regular or Italian or combination)  Black olives, sliced
1 pkg. crescent rolls  Green onions, chopped
1 c. frozen hash browns, thawed 4 eggs
1 c. sharp Cheddar cheese, shredded 1/2 c. milk
Pepperoni (optional)  Salt and pepper to taste
Parmesan cheese

Precook sausage. Spread crescent rolls on pizza pan with points toward center. Press together to fill in any gaps. Layer sausage, hash browns, onions, cheese, olives and pepperoni (if used). Mix eggs, milk, salt and pepper. Pour over pizza. Sprinkle with Parmesan cheese. Bake 25-30 minutes at 375 degrees. Serve with sour cream and salsa.  
Maryetta Stebbins

AMERICAN CHOP SUEY

2 lbs. round steak or lean pieces of shoulder beef 2 green peppers
coarse ground Soy sauce, one small bottle
3/4 c. raw rice 2 onions
2 heads celery (medium) 2 cans tomato sauce, 8 oz.
1/2 lb. noodles, medium width

Cut all 3 vegetables fine and let stand in cold water with ice cubes in it for at least 3 hours before time to cook (or night before). Drain well in colander for several minutes, then fry until well cooked. It takes a while before water begins to evaporate. Stir often on a slow heat. Use 1/2 cup bacon grease to cook vegetables in. Do not salt vegetables. Fry meat in separate container. While vegetables are cooking salt and pepper meat to taste. Fry in bacon grease. Also boil rice in salt water until just tender (no longer) a wee bit hard in center. Drain in colander and let cold water run on it until well blanched. Boil noodles and blanche as did with rice. Drain and let stand. Combine vegetables, rice and noodles. Then add soy sauce and tomato sauce. Stir in large heavy kettle until it gets red hot. Then, if not salty enough, add salt to taste. If you wish bean sprouts may be substituted for rice.

Viola Duley

Main Dishes - 63
BAR B QUE BEANS

1 lb. ground beef  1/2 c. catsup
1/2 c. chopped onion  1 tbsp. Worcestershire sauce
1/2 tsp. salt  2 tbsp. vinegar
1 (1 lb. 12 oz.) can pork and beans  1/4 tsp. Tabasco sauce

Brown meat and onion. Pour off fat and add remaining ingredients. Mix well and pour into a 1 quart casserole dish and bake at 350 degrees for 30 minutes.

Excellent dish to take for a pot luck. Can be doubled in size. Reheats very well.

Betty Dever

CALICO BEANS

1/2 c. ketchup  4 tsp. vinegar
2 tsp. dry mustard  3/4 c. brown sugar

Dice one large onion and 1/2 lb. bacon and saute until tender. Add 1 lb. hamburger and brown.
Mix one can of red kidney beans, one can of peas and one can of lima beans. Add ingredients at top and bake 350 degrees for one hour.

Jody Hood

BONNIE’S ENCHILADA CREPES

Crepes:
1 c. cornmeal  2 eggs
1/2 c. flour  2 tbsp. oil
2 c. milk  1/2 tsp. salt

Enchilada mixture:
1 1/2 lbs. hamburger  1/2 tsp. chili powder
1/2 c. onion  1 tsp. salt
2 cans (10 1/2 oz.) jalapeno dip  1 tsp. pepper

64 - NATRC Region I Cookbook
Sauce:
3 tbsp. flour  1-2 tsp. hot pepper sauce
1/2 tsp. salt  1-2 c. shredded Cheddar cheese
1/4 tsp. chili powder  1 can sliced olives
1/4 tsp. paprika  
1 1/2 c. milk

Crepes: Beat with egg beater. Grease pan lightly with butter.
When hot brown one side only.
Brown hamburger and onion.
Heat beans and seasoning with hamburger.
Roll in crepes. Place seam side down in greased casserole dish.
Sauce: Bring all sauce ingredients to a boil. Remove from heat.
Stir in cheese and olives. Pour over enchiladas. Put in 375 degree oven for 15-30 minutes until done.

Terri Lee Bennett

CHILI RELLENOS

Sauce:
1 can whole tomatoes
1 or 2 chopped onions
1 clove chopped garlic
1 chopped whole green chilis
Some chopped green pepper
Oregano, salt, pepper (to taste)

Cut up tomatoes. Put in pot with juice from can. Add all other ingredients, bring to boil, then simmer while preparing chilis.

Chilis:
2 cans whole Ortega chilis
8 eggs
2 tbsp. flour
4 tbsp. water
Monterey Jack
cheese/sharp Cheddar
Cooking oil

Clean chilis by opening them carefully and under cold water - clean out all the seeds. Grate Monterey Jack and Cheddar cheese together. Mix cheese thoroughly. Drain the chilis then stuff with the cheese. Then separate 4 eggs (whites and yolks). Beat whites until stiff. In separate bowl mix yolks with 2 tbsp. water and 1 tbsp. flour. Then carefully fold yolk into whites.
Lay a spoonful of batter in the shape of a chili on the hot oil in a frying pan. Lay on top a stuffed chili and then spoon batter over it. Cook until brown, then turn over and brown other side. After taken out of pan cover with sauce. After 3 or 4 chilies are in glass casserole make more batter. Sprinkle leftover cheese over all. Heat in oven until dinner time covered in foil. Serve with sauce poured over all.

Jean Armer

CHILI RELLENO CASSEROLE

1 can (7 oz.) green chilies 3 c. milk
1 lb. Monterey Jack cheese, grated 1 c. Bisquick

Put chilies in greased pyrex dish (approximately 7x11). Cover with cheese. Mix remaining ingredients thoroughly in blender and pour over chilies and cheese. Cook at 350 degrees for 45 minutes.

Phil Young

CHILI RELLENO CASSEROLE

2 (7 oz.) cans whole green chilies 1/2 c. canned milk
2 lbs. Monterey Jack cheese 1/2 tsp. dry mustard
4 eggs slightly beaten 1 tsp. salt

Rinse and seed chilies. Drain on paper towel. Line bottom of 11x9 baking dish with half the chilies. Spread half the cheese on chilies. Repeat.

Pour mixture of egg, canned milk and seasonings over chilies and cheese.

Bake at 350 degrees for 30-35 minutes.

Joan Webb
CHUGWATER CHILI

Brown 2 lbs. hamburger. Drain excess fat. Add 3 tbsp. chugwater chili mix, one 15 oz. can tomato sauce and one 15 oz. can water (preferably chugwater). Bring to boil. Reduce heat, cover and simmer 30 minutes. Stir occasionally. Add 1 or 2 one lb. cans plain pinto beans, 1 (15 oz.) can stewed tomatoes and bring back to a simmer. If you like hotter chili add more spice. Makes 8 - 12 oz. servings. Serve with diced onions and shredded cheese.

Can purchase chugwater chili spice from:
Chugwater Chili Corp.
P. O. Box 92
Chugwater, Wyoming 82210

Bev Barmettler

CRUSTLESS CRAB QUICHE

6 oz. crab meat
1/2 lb. mushrooms, sliced
2 tbsp. butter
4 eggs
1 c. sour cream
1 c. small curd cottage cheese
1 c. Parmesan cheese, grated

1/4 c. flour
1 tsp. onion powder
1/4 tsp. salt
4 drops Tabasco
2 c. Monterey Jack cheese, grated
1 (10 inch) quiche pan

Saute mushrooms in butter until tender. Mix eggs, sour cream, cottage cheese, Parmesan, flour, onion powder, salt and Tabasco in blender. Fold in mushrooms, Jack cheese and crab. Pour into 10 inch quiche pan. Bake at 350 degrees for 45 minutes or until top is golden and center done. Let stand 5 minutes. Cut and serve.

*Any fish or assortment of veggies may be substituted for crab.

Mrs. Harold T. Ray
LIPTON MEAT LOAF

1 env. onion soup mix
2 eggs slightly beaten
1/4 c. catsup
3/4 c. warm water


Barbara Duley

ROBIN’S MEAT LOAF

1 to 1 1/2 lbs. hamburger
1 can stewed tomatoes
2 to 3 slices bread, crumbled
Onion and garlic to taste
Bacon strips
1/8 tsp. baking powder

Mix all ingredients into foil baking pan and cover with foil. Bake in BBQ until done. Easy to take camping and very tasty.

Robin Barber

MONTEREY CASSEROLE

1 c. rice, cooked
1 (7 oz.) can green chilies
3 medium zucchini, parboiled, sliced 1/4 inch
1 large tomato, sliced
1 lb. Monterey Jack cheese
2 c. sour cream
1 tsp. oregano
1 tsp. garlic salt
2 tbsp. green pepper, chopped
2 tbsp. green onion, chopped
1 tbsp. parsley, chopped

Place rice in buttered casserole dish. Cover with slit chilies and some of the cheese, which has been sliced in strips, then the zucchini and tomato slices. Mix sour cream with the spices and pour over all. Grate the remaining cheese and place on top of mixture. Bake at 350 degrees for 30 minutes. Serves 6-8.

Betty Young

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**SHRIMP CASSEROLE**

1 pkg. cooked frozen artichokes  
1 lb. cleaned and cooked shrimp  
1/4 lb. sliced mushrooms, sauteed in butter  
Parmesan cheese  
4 1/2 tbsp. butter

Place artichokes in bottom on buttered shallow baking dish, then shrimp and mushrooms. Make white sauce. Pour sauce over ingredients. Sprinkle liberally with Parmesan cheese. Bake at 350 degrees for 30 minutes. Serves 4-6.

*Brenda Davis*

**HAMBURGER PIE**

1 lb. hamburger  
1/2 c. chopped onion  
1/2 tsp. salt  
Dash of pepper  
1 (16 oz.) can green beans, drained  
1 can condensed (10 3/4 oz.) tomato soup

Cook meat and onion until meat is lightly brown and onion is tender. Add salt and pepper. Add drained beans and soup. Pour into greased 1 1/2 quart casserole. Mash potatoes while hot. Add milk and egg. Season with salt and pepper. Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake in moderate oven, 350 degrees, for 25-30 minutes. Makes 4 to 6 servings.

*I use instant potatoes and make 4 servings according to package. Use more if you like lots of mashed potatoes (we do).*

*Kathy Nixon*
**GOULASH**

1 lb. ground meat  
1 chopped onion  
1/2 chopped green pepper  

Fry in fat until brown and add:

1 can tomatoes, 29 oz.  
1 can tomato juice, 46 oz.  
(or add enough until juice to your taste)

Only takes about 1/2 hour to complete. Don’t over cook macaroni.

Viola Duley

**OVEN CHEESE FONDUE**

10 slices white bread  
6 eggs  
3 c. milk  
2 tbsp. snipped fresh parsley  
1 tsp. dry mustard  

1 tsp. salt  
2 c. shredded sharp cheese  
3 tbsp. fine chop onion  

Variations:

2 c. fine chopped bacon  
2 c. shrimp  
2 c. crab  
2 c. sausage  

Bake at 325 for one hour.  
Remove crusts and cut into cubes. Beat eggs, milk and seasonings well. Stir in bread, cheese, onion and meat or fish - pour into ungreased 11x7 baking dish uncovered. Bake 1 hour or until center is set. May be made day before - refrigerate. Best served right from oven.

Rita Cole
**STUFFED GRAPe LEAVES**  
(Appetizer if made smaller)

1 1/2 lbs. ground chuck  
1 jar of grape leaves  
1/2 c. raw rice  
1 small onion chopped  
1/4 can tomato sauce  
(4 oz.)

1/2 tsp. pepper  
1 tsp. salt  
1/2 c. water with melted bouillon cube  
1/2 c. water

Mix all ingredients together (including water). Lay grape leaves wrong side up, remove stems. Form balls of meat mixture and place in center of leaf, start from stem end, roll, tuck under ends before finishing roll. Butter pan - put stuffed leaves in pan, dot with butter. Add fresh water to bottom of pan (do not completely cover them in water). Put heavy plate over balls, place lid. Simmer for 1 hour.  
*Jackie Mehus*

**EASY TAMALE PIE**

Cook together:

1 lb. lean hamburger  
1 large onion  
1 large can tomatoes  
1 can tomato sauce  
1 can whole corn, not drained  
1 can whole olives, drained

1 large onion  
1 can chopped olives, drained  
1 tsp. salt  
1 c. cornmeal

Mix all together. Bake at 350 degrees for 45 minutes.  
*Emma McCrarry*
SHRIMP TU-KIN-DI

1 lb. shrimp
1/4 cube butter
6 tbsp. olive oil
2 cloves garlic
1 tsp. horseradish
1 pinch curry
3 tbsp. cocktail sauce
Juice of 1/2 lemon
1/4 c. white wine
1 small onion (chopped)
1 Ortega chili (diced)
1 pinch white pepper

Saute butter, oil and garlic for 3 minutes. Spoon out garlic. Add all ingredients except shrimp. Simmer 5 minutes. Add 1/4 cup more wine plus shrimp. Cover; cook 5 minutes. Stir once or twice. Serve over white rice.

Wally Hardie

ZUCCHINI CASSEROLE

3 c. sliced zucchini
Cook 5 minutes, then mix with the following:

1 can mushroom soup
1 c. grated cheese
1 tbsp. grated onion
1 c. mayonnaise
2 eggs beaten
12-14 Ritz crackers, crushed
14 crushed Ritz crackers, sprinkle over top

Bake at 400 degrees for 1/2 hour.

Carol Barnes

CRAB AND ARTICHOKE CASSEROLE

3 tbsp. flour
3 tbsp. butter (melted)
1 c. milk
1/2 c. chicken broth or white wine
1/2 c. shredded sharp Cheddar or Swiss cheese
2 tbsp. Worcestershire
2 (9 oz.) pkgs. frozen artichoke hearts, cooked and drained
4 hard boiled eggs
3/4 lb. crab or imitation crab meat
2 tbsp. Parmesan cheese

Carol Barnes

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Mix flour with melted butter in saucepan and gradually stir in 1 cup milk. Cook until thickened, stirring constantly. Slowly blend in wine or broth. Add cheese and Worcestershire; cook until cheese melts.

Spoon 1/3 of sauce in bottom of 1 1/2 quart casserole. Alternate layers of cooked and drained artichoke hearts, eggs and crab meat. Make middle layer with 1/3 of the sauce and the remaining sauce put on top of the casserole. Sprinkle with Parmesan cheese.

At this point casserole may be refrigerated until ready to bake. Bake uncovered in 350 degree oven for 30 minutes. 4-5 servings.

Nancy Clement

SPAGHETTI SAUCE

1 lb. ground meat 2 cloves garlic, chopped
1 chopped onion 1/4 tsp. chili pepper
1/2 chopped green pepper Salt and pepper to taste

Fry in fat until brown and add:

1 can tomatoes, 29 oz. 1 tomato paste, 6 oz.
1 can tomato sauce, 8 oz. 1 bay leaf

Cook about 5 to 6 hours. Add water when it gets too thick.

Viola Duley

SHRIMP SPAGHETTI

Vermicelli 1/8 tsp. pepper
1/2 lb. unshelled raw 1/2 tsp. salt
shrimp 1 1/2 tsp. basil leaves
1/4 c. olive oil 1/4 c. chopped fresh parsley
1/2 c. chopped onion
2 cloves garlic, crushed
1 (1 lb.) can stew
tomatoes, undrained

1/4 c. melted butter
1/2 c. pitted olives
Parmesan cheese

Rinse shrimp, remove shells and devein. Using a small knife, split each shrimp in half down the back. In hot oil in medium skillet, over medium heat, sauté onion, garlic and shrimp. Stirring until onion is golden and shrimp turns pink - about five minutes. Remove shrimp and set aside.

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Add tomatoes, crushing with fork. Add pepper, salt, basil and bring to a boil - simmer uncovered for 10 minutes. Add shrimp.
Pour shrimp mixture, parsley and margarine over cooked vermicelli. Toss until platter. Garnish with olives, serve with cheese.

Rita Cole

DOWN EAST SUPPER

8 oz. pkg. sausage 2 (16 oz.) cans pork and beans
2 tbsp. fat 1/2 c. chopped celery
1 tbsp. brown sugar 1 tbsp. chopped onions
2 tbsp. chopped green pepper

I add 1/2 tsp. chili powder and 2 tbsp. vinegar.
Brown sausage. Use fat to saute onions and pepper. Add beans, brown sugar, celery, chili powder and vinegar and place in casserole.
Put sausage on top and bake until brown, 350 degrees, about 30 minutes.
This is a family favorite. If available I use bulk sausage and make patties.

Faye Darrington

KIDNEY BEAN CASSEROLE

1 lb. ground beef (I use 2 lbs.) 2 cans tomato sauce (small)
3 tbsp. salad or olive oil 1 tsp. pepper
1 medium onion, chopped 1 tsp. salt
1 green pepper, chopped 1 can (6 oz.) mushrooms
1 can (7 1/2 oz.) Italian mushroom sauce 2 cans (6 oz.) kidney beans
1 clove garlic, chopped 1 can pimentos (jar)

Brown meat in oil until crumbly, adding chopped onion and green pepper when meat is partially cooked. Stir in mushroom sauce and tomato sauce. Rinse out cans with a little water. Cover and simmer for 30 minutes or until sauce thickens slightly. Add salt and pepper. Stir in mushrooms with liquid and drained kidney beans. Add garlic powder and pimentos. Bake in 325 degree oven for 45 minutes or 1 hour. Can be prepared ahead of time and baked when needed.

Kathy Nixon
DIÉGO DINNER

1 lb. ground beef
1 onion diced

1 can Niblets corn vacuum pack, 12 oz.
1 can spaghetti, 16 oz.

Brown ground beef and onion. Drain then add corn and spaghetti. Simmer and serve.

ZUCCHINI PIZZA PIE

4 c. zucchini (grated)
1 c. grated Mozzarella
1 c. grated Jack cheese
2 eggs, slightly beaten
1 lb. hamburger
1/4 tsp. salt

1/4 tsp. garlic salt
1 medium onion, chopped
1 can (8 oz.) tomato sauce
1/4 lb. sliced mushrooms
1/3 c. Parmesan cheese

Squeeze out any moisture in zucchini. Mix zucchini with 1/2 cup each of Mozzarella and Jack cheese and eggs. Press mixture into greased 9x13 pan. Bake 400 degrees for 10 minutes. Cook beef until crumbly. Add salt and garlic salt and onion and cook until limp. Discard fat. Stir in tomato sauce, spoon over zucchini. Arrange mushrooms on top. Sprinkle with rest of Mozzarella, Jack and Parmesan. Bake in oven, 400 degrees, for 30 minutes.

PEPPER STEAK

1 lb. round steak, cut in strips
2 medium green peppers, cut in strips
2 medium tomatoes, chopped in large pieces

3 tbsp. soy sauce
1 1/2 tbsp. sugar
3 c. cooked rice

Make a marinade by combining soy sauce and sugar. Marinate beef strips several hours or overnight in refrigerator. When ready to eat, brown beef in small amount of cooking oil until browned. Remove from pan. Saute green peppers quickly until bright but still crunchy, stirring constantly. Add tomatoes and return beef and marinade to pan. Heat thoroughly. Serve over hot cooked rice.

Main Dishes - 75
**CRUNCHY TUNA CASSEROLE**

1 (6 1/2 oz.) can tuna
1 1/2 c. frozen peas, thawed
1 can cream of mushroom soup
1 c. cooked noodles

Combine tuna, peas, soup and noodles. Spoon into a greased baking dish. Moisten bread crumbs with melted butter; sprinkle over casserole. Top with crushed potato chips. Bake at 375 degrees for 35 minutes or until bubbly hot.

*Viola Duley*

**CRAB MEAT AU GRATIN**

2 cans white sauce (Aunt Penny’s)
1 jar Cheez Spread
Lea & Perrins Sauce
Tabasco sauce
1 tsp. powdered mustard
1 tsp. horseradish
1/2 c. seasoned bread crumbs
1 tbsp. parsley, chopped
Green onions (1 small bunch)
Large clove garlic
1/2 lb. mushrooms
1 lb. crab meat
3 shrimp (large) per person
1 1/2 c. grated cheese
White wine
Salt and pepper to taste


*Terri Lee Bennett*

**QUICK TACO SALAD**

1/4 lb. ground beef
1 can kidney beans, rinsed and drained
1/4 c. onions, chopped
1/2 head lettuce, shredded
1 green pepper, coarsely chopped
1 tomato, chopped
1 c. shredded cheese
2 c. corn chips

76 - NATRC Region I Cookbook
In small skillet, brown ground beef. Stir in beans and heat through. In individual serving bowls, place 1 cup each of corn chips. Spoon 1/2 ground beef-bean mixture in each bowl. Top each with 1/2 onion, 1/2 the lettuce, 1/2 green pepper, half the tomato, 1/2 the cheese. Serve with catsup or taco sauce or salsa.

**Marie Janis**

### BEEF NACHOS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 lb. ground beef</td>
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<tr>
<td>1/2 c. minced onion</td>
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<tr>
<td>1 c. refried beans</td>
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<tr>
<td>1 tsp. salt</td>
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<td>1/4 tsp. pepper</td>
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<tr>
<td>1 1/2 c. tomato sauce</td>
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<tr>
<td>4 tbsp. chopped jalapeno</td>
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</tr>
<tr>
<td>peppers</td>
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<tr>
<td>1 large tomato, chopped</td>
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<tr>
<td>1 c. sliced black olives</td>
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<tr>
<td>1 pkg. nacho flavored chips</td>
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<tr>
<td>1 1/2 c. grated cheese</td>
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</tbody>
</table>

Brown ground beef and onion until meat is cooked and onion is tender. Spoon off excess fat and stir in refried beans, salt, pepper, tomato sauce and pepper. Heat through. Arrange generous serving of corn chips on each plate. Spoon beef-bean mixture on chips. Sprinkle tomato and olives. Top with cheese. Place under broiler until cheese melts, about 3 minutes. Serve immediately.

**Marie Janis**

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Main Dishes - 77
** EXTRA RECIPES **
For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.

Did you know? Cooking in cast iron definitely boosts iron intake. Soup simmered for a few hours in an iron pot has almost thirty times more iron than soup cooked in another pan.

Thickeners for soups can be either flour or cornstarch. It is a good idea to add the thickener with the pan off the heat to avoid the danger of lumping. Flour is good for soups to be served hot. Cornstarch is better for cold soups.

Most important of all, remember that hot soups should be served HOT and cold soups COLD — none benefit from being served lukewarm.

If delayed in tossing salads, greens will stay fresh under a drape of paper towels wrung out of ice water.

Always shake on oil and vinegar dressing just before using.

When unmolding a salad, always sprinkle a few drops of water on the serving plate. It will be easy to move the salad around to position it correctly.

For a stay put garnish in a molded salad, arrange design, pour over thin layer of partially set gelatin. Chill.

To test freshness of dried herbs, rub them between your hands. Oil of your hand extracts the essence of the herb. If there is no smell, they are no good.

**Season with seeds to add flavors:**

- Caraway: Tangy and slightly sweet
- Cardamon: Spicy
- Celery: Strong, use sparingly
- Cumin: Slightly bitter
- Dill: Pungent and strong in flavor
- Fennel: Licorice flavor
- Mustard: Dry mustard is a mixture of ground seeds of several mustard varieties.
- Sesame: Sweet, nutty flavor

For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.

Add a small amount of beet vinegar to mayonnaise to give it a pretty color for salads.
AUTUMN SOUP

1 lb. ground hamburger 1 c. grated onion

Brown. Add:

4 c. hot water 1/2 tsp. black pepper
1 c. celery, sliced 1 bouillon cube
1 c. potato, grated 1/2 tsp. basil
1 c. carrots, sliced 2 bay leaves
2 tsp. salt

Simmer 30 minutes.
Add 6 peeled tomatoes or 1 can tomatoes. Cook 5 minutes.

Kathy Nixon

CAN CAN SOUP

1 can (16 oz.) chili 1 can (16 oz.) or 1/2 pkg. (16 oz.) frozen okra
1 can (16 oz.) corn
1 can (16 oz.) tomatoes

Mix together. Heat and eat! Super easy and very filling for a ride (especially in cold weather). Don’t be afraid of the okra - it’s good. But you could substitute (or add) lima beans or whatever.

Betty Young

NEW ENGLAND CLAM CHOWDER

(6-8 servings)

4-5 (6 1/2 oz.) cans chopped clams
6-8 slices bacon, cut up
4 medium potatoes, peeled and diced
1 medium onion (about 1 c.), chopped
2 1/2 c. milk
1 c. half and half (light cream)

3 tbsp. all-purpose flour
1/2 tsp. Worcestershire sauce
2-3 tbsp. butter
3/4 tsp. salt
Dash pepper
*1-2 tsp. garlic powder, optional

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Drain clams, saving liquid. Add water to liquid to measure 2 cups liquid; set aside. In a large saucepan fry bacon until crisp; remove bacon, set aside. Add reserved liquid, potatoes and onion to fat in saucepan. Cover and cook until potatoes are tender, about 15 minutes. Stir in clams, 2 cups milk and the light cream. Blend remaining 1/2 cup milk into flour; stir into chowder. Cook and stir over medium heat until bubbly. Cook 1 minute more. Add remaining ingredients, saving some bacon to sprinkle on top when serving.

*Can also use fresh garlic, 2-3 cloves minced, add when cooking potatoes and onions.

Brenda Davis

### POTATO LEEK SOUP

(6-8 servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>8 c. chicken broth</td>
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<tr>
<td>Salt to taste</td>
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<tr>
<td>6 medium potatoes, peeled</td>
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<tr>
<td>and diced</td>
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<tr>
<td>6 celery stalks, cut into 1 inch pieces</td>
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<tr>
<td>3 medium leeks (including 2/3 of green part), trimmed well, washed and cut into 1 inch pieces</td>
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<tr>
<td>2 tbsp. (1/4 stick) butter</td>
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<tr>
<td>1 c. sour cream</td>
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<tr>
<td>Chopped fresh chives</td>
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<td>(optional garnish)</td>
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Combine broth with salt to taste in 3-4 quart saucepan over medium high heat. Add potato, celery and leek. Reduce heat to medium. Cover and cook until vegetables are tender, about 20 minutes. Puree vegetables in batches with some liquid in processor or blender. Return puree to saucepan blending well. Place over medium heat. Add butter until melted. Ladle into bowls. Top each with some sour cream and chives. Serve immediately.

Brenda Davis
ZUCCHINI BISQUE

5 medium zucchinis (about 1 1/4 lbs.)
1/4 c. butter
1 medium yellow onion, chopped
3 1/2 c. regular strength chicken broth

Wash zucchini, trim off ends, cut into thin slices. Heat butter in Dutch oven. Add zucchini and onion and sauté until limp but not brown, about 5 minutes. Add chicken broth, cover and simmer about 15 minutes or until vegetables are tender.

Pour a small amount at a time into a blender and whirl until smooth. Add half and half, salt, pepper and nutmeg. Serve hot or chilled. Serves 6 to 8.

Jackie Mehus

CEASAR SALAD

Juice from 1/2 lemon
1 egg yolk
1/2 tsp. ground anchovies
1/2 tsp. garlic
1/8 tsp. dry mustard
10 drops Worcestershire

1/8 c. red wine vinegar
1/2 c. garlic oil
3/4 c. freshly grated Parmesan
1 large head of romaine
Freshly ground pepper
Garlic croutons

In medium bowl, whisk together first eight ingredients. Tear romaine leaves into large bowl. Toss with dressing, fresh cheese and lots of pepper. Add croutons and serve immediately.

Denise A. Stark
CABBAGE SALAD

1/2 small head cabbage, red

Shred fine.

1/2 c. oil
1/2 c. plus 2 tbsp. red vinegar
3 tbsp. sugar

2 tsp. salt
1/2 tsp. season salt
1/4 tsp. pepper
1/4 tsp. onion powder

Mix and heat up. Mix by hand into cabbage. Lasts for week.

Sonya Dinsley

CRUNCHY CABBAGE SALAD

1 small head green cabbage, shredded
1/2 small red cabbage, shredded
4 green onions, chopped
2 tbsp. sesame seeds, toasted

1/2 c. slivered almonds, toasted
1 pkg. chicken flavored Top Ramon noodles (coarsely crush noodles)

Dressing:
1/2 c. olive oil (may use half and half sesame oil)
3 tbsp. white vinegar
1/2 tsp. salt

1/4 tsp. pepper
1 tbsp. sugar
1 pkg. soup flavoring (out of Top Ramon noodle pkg.)

Combine and shake well. Mix with salad ingredients just before serving.

Maryetta Stebbins

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**CRANBERRY SALAD**

1 c. boiling water 1 orange, whole
1 box red Jello 1/2 lb. raw cranberries
1 whole apple 1 c. sugar

Dissolve Jello in 1 cup of boiling water and set aside to cool. Grind apple, orange and cranberries. Add sugar and let stand until sugar is dissolved. Combine the two mixtures. Pour into mold that has been rinsed with cold water. Refrigerate to set.

*Jody Hood*

**JANE'S SALAD**

Mix:

1 pkg. miniature marshmallows
1 small whipping cream (whipped) (can use Cool Whip)

Refrigerate. Keeps well.

*Jane Basler*

**LEMON JACK SALAD**

1 large pkg. lemon Jello 1 can crushed pineapple, drained
3 bananas, sliced 1 c. miniature marshmallows
1 c. pineapple juice 1 egg
2 tbsp. cornstarch 1/2 c. sugar
1 c. sour cream 1 c. Jack cheese, grated

Dissolve Jello according to package directions. Add pineapple, bananas and marshmallows. Let set until firm.

Topping: In saucepan put pineapple juice (add water to make 1 cup), cornstarch, sugar, egg and cook until thick. Let cool. Add sour cream. Spread over Jello. Sprinkle grated cheese over top. Chill until firm.

*Kathy Nixon*
LIME MOLDED SALAD
1 pkg. lime Jello
1 pkg. lemon Jello
2 c. hot water
1 lb. cottage cheese
1 c. drained pineapple

Combine Jello and water. Stir until dissolved. Add other ingredients and chill.

Maryetta Stebbins

PEA SALAD
1 pkg. (20 oz.) frozen baby peas
1/4 c. green onion, chopped
2 tbsp. fresh parsley

Mix all together. Better if let set overnight.

Ellen Lovett

TRAILRIDE TABOULEH
1 c. bulgur wheat
2 c. boiling water

Combine and let set for 1 hour; drain well.

1/4 c. olive oil
1/2 c. lemon juice
Salt (to taste)
Pepper (to taste)
1 bunch parsley, chopped
1/2 bunch green onions, chopped

Combine these ingredients with the drained wheat and chill for two hours.

Leftover vegetables and meat can be added to this salad as well. It travels well in a cooler and is refreshing addition to a camp meal.

Kathy Campbell
PINEAPPLE JELLO SALAD

1/2 c. boiling water 2 tbsp. lemon juice
1 pkg. lime Jello 1/4 c. mayonnaise
1 small can crushed 1/2 c. whipped cream
pineapple 2 c. diced avocado
1/2 tsp. salt

Add water, Jello and stir until dissolved. Drain pineapple, stir 1 cup juice with water. Let stand. When it begins to thicken, add pineapple, salt and lemon juice. Fold in mayonnaise, whipped cream and avocado.

Yvonne Murphy

PINEAPPLE SALAD

1 egg 2 tbsp. flour
1/3 c. sugar

Mix together.

Drain juice from a large can of cubed pineapple. Add this to egg mixture and stir until mixed then cook until thick. Let cool slightly and add the drained pineapple and 1 cup of small marshmallows. Set aside to cool.

May add bananas and nuts.

Jody Hood

PISTACHIO SALAD

1 pkg. pistachio pudding, 1/2 c. miniature
dry (3 oz.) marshmallows
1 can crushed pineapple, 16 1/2 c. nuts, grated
oz. 1 (9 oz.) Cool Whip,

Mix pudding, pineapple and juice, marshmallows and nuts. Fold

Kathy Nixon

in Cool Whip. Chill for at least 5 hours.
RASPBERRY JELLO SALAD

3 small pkgs. raspberry Jello (or strawberry)
2 or 3 mashed bananas
2 pkgs. fresh or frozen raspberries (or strawberries)
3 c. boiling water
1/2 tray ice cubes
Sour cream (large)
1 tall can crushed pineapple and juice

Dissolve Jello in hot water. Add ice cubes and stir until melted. Add bananas, pineapple and berries. Pour 1/2 of mixture in 13x9 inch dish. Let stand to set. (Put in freezer for about 1 hour.) Spread layer of sour cream over set Jello and pour in balance of Jello mixture. Set until firm. You can use whip cream or cream cheese in place of sour cream.

Kathy Nixon

JUNE'S SHRIMP SALAD

1 pkg. sea shell macaroni, cooked
1 doz. hard boiled eggs, sliced or chopped
1 to 2 lbs. fresh cooked, shelled, deveined shrimp
1 peeled, sliced or cubed cucumber
1 to 2 c. celery, chopped
1 to 2 c. onion, chopped
1 medium red or green pepper
1 (16 oz.) bag frozen peas, defrosted

Sauce:
2 c. mayonnaise
1 c. ketchup
1/2 c. milk
Salt, pepper and garlic powder to taste

Mix until creamy.
Combine all ingredients except eggs (add last after adding sauce).
Add sauce and eggs and refrigerate. The longer it sits, the better it is.

June Johnson

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SAUERKRAUT SALAD

1 (32 oz.) glass jar sauerkraut
1 large can garbonza beans, drained
1 green pepper, cut up
3 or 4 green onions, cut up

1 tsp. or more parsley
1 c. chopped celery
1/3 c. sugar
1/3 c. vinegar
1/2 c. oil

Drain the sauerkraut and wash with water and drain again and squeeze dry. Add beans, green pepper, onions, parsley and celery. Mix together sugar, vinegar and oil. Pour over above and shake. Marinate 1-2 days or longer (tastes better when aged). Add salt and pepper or any herbs you like. Have kept salad up to 7 days. May want to add garbonza beans last because they are very fragile.

Sonya Dinsley

7 LAYER SALAD

Shredded lettuce
1/2 c. chopped onion, white or green
1/2 c. sliced celery
16 oz. frozen peas, defrosted
1/2 c. mayonnaise and 1 c. sour cream, mixed together

Shredded Cheddar cheese

1 lb. bacon, cooked and crumbled (can use real bacon bits)
Optional: 1/2 c. chopped red or green pepper
1 (8 oz.) can sliced water chestnuts
8 oz. sliced fresh mushrooms

Layer in order and refrigerate. Better made one day before. Take out at least 30 minutes before serving.

Kathy Nixon
SPINACH SALAD

1 bunch spinach
2 eggs, hard boiled and chopped

Dressing:
50% mayonnaise
20% Kraft Golden Ceasars

Wash spinach, remove stems. Drain dry and place in bowl. Add chopped eggs and bacon bits. Add dressing and fried onions at last minute before serving. Toss lightly.

Joan Webb

STRAWBERRY SURPRISE SALAD

2 c. crushed pretzels (one bag)
3/4 c. melted margarine
3 tbsp. sugar
1 (8 oz.) cream cheese
1 c. sugar
2 c. Cool Whip

1 (3 oz.) pkg. strawberry Jello
1 (3 oz.) pkg. raspberry Jello
3 c. hot water
2 (10 oz.) pkgs. thawed, sliced strawberries (16 oz. is okay)

Mix pretzels with sugar and margarine. Spread in 9x13 pyrex dish and bake 375 degrees for 8 minutes. Cool completely. Cream the cream cheese with 1 cup sugar. Fold in Cool Whip and spread over cooled pretzel crust. Mix the 2 pkgs. Jello with 3 cups hot water. Add strawberries and chill until it begins to set. Then pour over cream cheese layer and return to refrigerator. Use as salad or dessert. Can substitute raspberries for strawberries.

Kathy Nixon

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THURSDAY SALAD

So named because it can be made Thursday for Friday night potluck.

Dressing:
4 oz. blue cheese
1/2 c. mayonnaise

4 c. coarsely shredded lettuce
2 c. halved cherry tomatoes
1 1/2 c. mushrooms, sliced thin
1 medium red or green pepper, cut into strips

1/4 c. plain yogurt
2 tsp. any light white vinegar
1/2 c. frozen green peas, thawed
1 medium cucumber, peeled and cut crosswise
1/2 c. thinly sliced red onion rings

1. Mix dressing ingredients in blender or food processor.
2. Put 2 cups lettuce in bottom of deep glass bowl.
3. Top with layer of cherry tomatoes.
4. Top with layer of mushrooms.
5. Add layer each of peppers, cucumbers and onion rings.
6. Top with remaining lettuce - press down.
7. Spread dressing from edge to edge.
8. Cover and refrigerate up to 24 hours.
9. Toss well just before serving.

Nancy Kasovich
TOMATO ASPIC SALADS

Mix:

1 1/2 c. tomato juice, hot
1 pkg. lemon Jello

Flavor with:

Juice of 1/2 grated onion
2 tbsp. vinegar
1/4 tsp. cloves

Add chopped onion and celery. Pour into mold and put in refrigerator until set.

Barbara Duley

YUM-YUM SALADS

1 pkg. lemon Jello
1 1/2 c. hot water
2 tbsp. sugar
2 tbsp. vinegar
1 c. crushed, drained pineapple
1/8 tsp. salt
1/2 c. grated American cheese
1/2 c. cream, whipped

Combine first 6 ingredients. Chill to consistency of thick syrup. Fold in grated cheese and whip cream. Pour into mold and chill. Then thoroughly set. Serve on lettuce leaf with or without dressing. Serves 6-8.

Kathy Nixon
**BLUE CHEESE DRESSING**

3 oz. blue cheese (I used 4 oz. Safeway blue cheese)  
2 c. mayonnaise  
1 tsp. Worcestershire sauce  
1 1/2 tsp. garlic powder  
Coarse black pepper

Mix well and then add:

1 c. chive sour cream (I added extra chives)  
1/2 c. buttermilk (or 1/4 c. milk with 1 tbsp. vinegar)

If it thickens too much after setting for a while, then thin with oil or buttermilk.

_Yvonne Murphy_

**FRENCH DRESSING**

1 can tomato soup  
1 tbsp. prepared mustard  
1 c. Wesson oil  
3/4 c. sugar  
2 tbsp. Worcestershire  
2 tsp. salt  
1 tsp. paprika  
1/2 c. onion, chopped fine  
2 cloves garlic  
1 tsp. pepper  
2/3 c. vinegar

Mix in blender. Store in quart jar in refrigerator. Keeps well.  
_Kathy Nixon_

**FAVORITE FRENCH DRESSING**

1 c. catsup  
3/4 c. sugar  
1/2 c. onion, chopped  
1 c. salad oil  
1 c. vinegar  
1/2 tsp. salt  
1/2 tsp. black pepper  
1 tbsp. lemon juice  
1/2 tsp. dry mustard  
1 or 2 cloves garlic (optional), chopped

Put ingredients together in blender; mix well. Keep refrigerated.  
_Kathy Nixon_

Soups and Salads - 91
RANCH DRESSING

2 c. Best Foods mayonnaise
1 1/2 to 2 c. buttermilk
1 tbsp. garlic
1 tsp. salt

Mix and shake well.

Kathy Nixon

TASTE OF THE ISLAND DRESSING

1 c. dairy sour cream
3 tbsp. mild flavored honey
1 tbsp. fresh lemon juice
3 small firm, ripe bananas

Combine sour cream with honey and lemon juice. Grate bananas directly into mixture. Stir to blend. Makes 2 1/2 cups.

Shannon Mitchell

THOUSAND ISLAND DRESSING

1 c. mayonnaise
2 tbsp. catsup (or more)
2 tbsp. sweet pickle relish
1 tbsp. finely chopped green or red pepper (optional)
1 tbsp. finely chopped onion (or use minced onion, dry)
Chopped celery to taste
1 egg hard cooked and cut up
1/2 tsp. salt
Dash pepper
Chili powder to taste

Combine all ingredients in bowl and beat until smooth. Store, covered, in refrigerator. Makes about 1 1/2 cups dressing. Best made ahead.

Kathy Nixon
Vegetables
VARIOUS VEGGIE TIPS

Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them in a very hot oven.

Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Exposure to direct sunlight softens tomatoes instead of ripening them. Leave the tomatoes, stem-up, in any spot where they will be out of direct sunlight.

Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot — there will be NO odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

You'll shed less tears if you cut the root end of the onion off last; or, freeze or refrigerate before chopping.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Lettuce leaves absorb fat. Place a few into the pot and watch the fat cling to them.

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

Cook carrots with potatoes and then mash them all together. This makes the potatoes a slight orange color and produces an entirely new flavor.

Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.
SWISS ASPARAGUS

1 lb. fresh asparagus  
6 tbsp. butter  
1/4 c. chopped onions  
1-2 cloves chopped garlic  
1/2 c. instant dry non-fat milk

Blanch asparagus in simmering water or can steam about 2-3 minutes. Drain. In skillet melt butter. Saute onion until lightly brown with garlic. Add asparagus, cover and steam over low heat for about 5 minutes. Turn into baking dish. Toss non-fat dry milk and Swiss cheese together and sprinkle over asparagus. Pour lemon juice over and bake 15 minutes at 350 degrees. Sprinkle paprika over top and brown under broiler if desired.

Brenda Davis

GREEN BEAN CASSEROLE

2 cans cut French style beans (16 oz.)  
1 can mushroom soup  
1 can French fried onions  
1/4 c. milk

Mix beans, milk and soup and a few onion rings. Put in casserole and top with remaining French fried onions. Bake 350 degrees for 20 minutes or so until bubbly.

*Can substitute cream of celery for mushroom and also add water chestnuts, chopped, if desired.

Inez Smith

BROCCOLI SOUFFLE

2 pkgs. broccoli  
1 c. mayonnaise  
1 small onion, chopped  
1 c. grated Longhorn cheese  
1 egg, beaten slightly  
16 Ritz crackers

Cook broccoli for 5 minutes and drain well. Mix together rest of ingredients (except crackers). Add to broccoli and put in baking dish. Crush crackers and sprinkle on top. Dot with butter. Bake at 350 degrees for 45 minutes.

Barbara Duley

Vegetables - 93
**RICE BROCCOLI**

2 c. rice (cooked)  
1/2 c. green peppers (chopped)  
3 tbsp. butter  
1 can water chestnuts (chopped)  
1/2 c. onion, chopped  

Saute onion, celery and green pepper in butter until slightly brown. Add rice and put in bottom of casserole. Place broccoli on top of rice mixture. Cut chopped water chestnuts on top of broccoli. Add soup and milk. Top with cheese and bake at 350 degrees for 40 minutes.

*Jody Hood*

**HACIENDA RICE**

4 c. cooked rice  
2 (8 oz.) cans tomato sauce  
with tomato bits  
2 tbsp. minced onions  
1 (4 oz.) can diced green chiles  

3 c. shredded Monterey Jack cheese  
2 c. sour cream  
Ripe olives  


*Kathy Nixon*
RICE CASSEROLE

1 1/2 cubes margarine, melted 1 large can mushroom stems and pieces (do not drain)
1 large onion (chopped) (saute in margarine) 1 c. regular long grain rice
1 c. beef consomme 1 1/2 c. water

Salt and pepper to taste

Combine all ingredients and bake, covered, at 350 degrees for 45-50 minutes. Then uncovered for another 10 to 15 minutes.

Donna Mendenhall

SWEET AND SOUR CARROTS

2 lbs. cooked, sliced carrots (parboiled) 1 green pepper sliced into thin strips (can use red pepper)
1 onion sliced into rings

Marinade:
1 c. sugar 3/4 c. vinegar
1 can tomato soup Salt and pepper
1/2 c. salad oil

Pour marinade over vegetables and refrigerate. Best if made a day ahead.

Barbara Gardner

PEAS WITH PIZAZZ

3 tbsp. butter 2 tsp. mild flavored honey
1/4 c. minced green onion 1 c. chopped lettuce
1 pkg. frozen peas 1 chicken bouillon cube dissolved in 3 tbsp. hot water
1 tbsp. minced parsley

In small saucepan, melt butter. Add green onions, saute until tender, but not brown. Add peas, parsley and honey. Cover and simmer over low heat 2 to 3 minutes. Add lettuce and chicken stock. Cover and simmer 2 to 3 minutes longer. Makes 4 servings.

Shannon Mitchell
ROASTED POTATOES

4-6 potatoes 1/8 to 1/4 c. garlic (minced or chopped)
1/2 to 1 c. butter

Slice potatoes thinly as possible (about 1/8 inch thick or even thinner if possible). Place in casserole dish stacked accordion style in rows lengthwise. Melt butter, add garlic and pour over potatoes. Bake in preheated 425 degree oven for about 20-25 minutes. Then reduce heat to 325-350 degrees for about 35-45 minutes until top of potatoes are browned.

Brenda Davis

POTATOES LORRAINE

4 slices bacon, crumbled 2 medium potatoes, crumbled
2 eggs, beaten, crumbled 1/4 c. bread crumbs
1/4 c. bread crumbs 1 c. chopped onion
1/2 tsp. salt 1 c. shredded Swiss cheese, about 4 oz.
1/4 tsp. pepper Paprika

In large bowl combine eggs, bread crumbs, salt and pepper. Mix thoroughly. Stir in potatoes and onions. Pour into buttered shallow 3 cup baking dish or 2 individual 1 1/2 cups baking dishes (or for double 1 cooked in an 8x8 glass dish). Top with bacon and cheese. Dust with paprika. Bake 350 degree oven about 20 to 30 minutes until lightly browned.

Sharon Cook

PARTY POTATOES

6 potatoes, boil, cooled, peeled, grated 1 can cream of chicken
1 pt. sour cream soup, undiluted
2 or 3 green onions, Sharp cheese, grated (lots)
chopped Corn flakes, crushed

Mix and put in shallow pyrex buttered dish. Can refrigerate up to 2-3 days. Sprinkle with crushed corn flakes. Bake 350 degrees for 30-45 minutes until brown.

Linda Tierney
SWEET POTATO SOUFFLE

2 cans (2 1/2 c.) sweet potatoes
2 c. sugar
2 tsp. vanilla
2 c. milk
2 c. milk
1 1/2 sticks margarine, melted
4 eggs
4 tbsp. cornstarch
2 dashes cinnamon

Mix all together and bake at 400 degrees for 20 minutes covered.

Topping:
2 c. brown sugar, packed
1 stick margarine, melted
2 c. corn flakes
1 c. ground nuts

Mix topping mix together and spread on souffle. Bake for additional 15 minutes.

Delicious

Robin Barber

SWEET POTATO SOUFFLE

3 c. mashed sweet potatoes
(3 lbs.)
1/2 to 3/4 c. sugar
1/2 tsp. salt
2 eggs
1/3 stick margarine
1/2 c. sweet milk
1 tsp. vanilla

Mix all ingredients with electric mixer to get out strings. Pour into greased baking dish. Mix topping thoroughly and sprinkle on souffle. Bake about 35 minutes at 350 degrees.

Topping:
1 c. brown sugar
1/3 c. flour
1 c. chopped walnuts
1/3 stick melted margarine

Linda Clarke
SAUERKRAUT DISH

1 layer cooked sausage
1 layer sauerkraut (1 can)
1 layer mashed potatoes
1 layer grated Cheddar cheese

Bake in oven 350 degrees for 1/2 hour or until cheese is melted and is hot all through.

Carol Duley

SOUTHERN FRIED SQUASH

1 lb. yellow crookneck squash
1/4 - 1/2 c. cornmeal
1/4 c. vegetable oil
Salt and pepper to taste

Slice squash and put in large mixing bowl. Add enough cornmeal to cover and coat squash. Heat oil in cast iron skillet until hot. Fry and stir until light crispy brown and serve.
Can also do the same with zucchini, summer squash or okra.
Simple and wonderful.

Mattie Nixon

SPINACH CASSEROLE

2 pkgs. frozen chopped spinach, thawed
1 pkg. onion soup mix
1 c. sour cream
1 c. herbed croutons or cracker crumbs

Grease dish. Mix ingredients. Bake at 350 degrees for 25 minutes or until bubbly.

Diana Montini

SPINACH CHEESE PIE

1 pkg. (11 oz.) pie crust mix or 2 frozen pie crusts
2/3 c. fresh onion
1 clove garlic, minced
3 tbsp. butter
4 beaten eggs
2 tbsp. Parmesan cheese
4 pkgs. frozen chopped spinach, thawed and squeezed real dry
1 c. heavy cream
1 c. milk
1/3 c. grated cheese
1/3 c. bread crumbs

Seasons
Pie crust: Combine pie crust mix. Prepare according to package and roll out and fit into springform pan.

Sauté onion and garlic in butter. Combine remaining ingredients except for 2 tbsp. Parmesan cheese in crust. Pour into crust and top with 2 tbsp. Parmesan cheese.

Bake 15 minutes at 450 degrees, then reduce to 350 degrees and bake for 55 minutes or until knife inserted comes out clean.

Yvonne P. Murphy

ZUCCHINI CASSEROLE

(It’s great - give it a try.)

4 or 5 zucchini squash
4 oz. cream cheese
1/2 cube butter
Onion cracker crumbs

Salt and pepper
Onion powder
Garlic powder

Cook squash (slice and boil or steam). Drain well. Dice cream cheese and butter and stir into squash. Season to taste. Mash. Stir in enough cracker crumbs to absorb any liquid.

Put in a greased casserole. Mix more cracker crumbs with some melted butter and sprinkle on top. Bake at 350 degrees for 20 minutes or until brown.

(Even if they don’t like squash they will like this.)

David Haase

ZUCCHINI SLIPPERS

6 small zucchini
2 eggs, beaten
1 1/2 c. shredded cheese
1/2 c. small curd cottage cheese

2 tbsp. chopped parsley
1/2 tsp. salt
Dash pepper

Cut off ends of the zucchini. Cook them whole in salted boiling water for 12 minutes until tender but firm. Cool then cut in half lengthwise. Scoop out pulp and drain shell.

Meanwhile mix together all the rest of the ingredients. Fill zucchini shells with this mixture. Arrange in baking dish well greased. Bake uncovered in oven 350 degrees for 20 minutes. Turn oven to 450 degrees for five minutes more.

Yvonne P. Murphy

Vegetables - 99
SPINACH DISH

2 pkgs. frozen chopped spinach, defrosted
2 c. shredded Mozzarella cheese
2 c. cottage cheese
1 onion, chopped
Wheat germ

Saute onion in some butter. Mix all ingredients in greased 9x13 dish. Top with some wheat germ. Bake at 350 degrees about 40-45 minutes. Good hot or cold.

Viola Duley

STUFFED ZUCCHINI

Grated Parmesan
2 large zucchini
1 medium tomato
3/4 c. grated Jack cheese
1/4 tsp. salt

1/4 tsp. season salt
1/8 tsp. pepper
3/4 tbsp. parsley
1/8 tsp. garlic salt
1/4 tsp. oregano


Kathy Nixon
Miscellaneous
POTPOURRI

To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away.

Vinegar brought to a boil in a new frying pan will prevent food from sticking.

When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.

Club soda cleans and polishes kitchen appliances at the same time.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaner.

Once an onion has been cut in half, rub the left-over side with butter and it will keep fresh longer.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate “old maids.” “Old Maids” can also be eliminated by running ice cold water over the kernels before throwing into the popper.

Pinch of rosemary to water cooking rice will add an interesting flavor.

Cook wild meats with onions, cuts down wild flavor.

Do you substitute ingredients? This is always risky — don’t do it! For example, sifted flour is not interchangeable with unsifted.

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in double thickness of aluminum foil.

Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

Don’t let spilled wine spoil your prettiest tablecloth. While the stain is still wet, cover it with a mound of ordinary table salt; when dry just brush away. The salt will absorb the wine so completely you won’t even have to wash the cloth.

Shaving cream is one of the most useful upholstery cleaners.

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand 10 minutes. Rinse thoroughly.

To clean and shine copper pots, rub with Worcestershire sauce or catsup. The tarnish will disappear.

To get cotton white socks white again, boil in water to which a slice of lemon has been added.
ETHEL'S NOODLES

Beat one egg. Use enough flour to make dough stiff enough to roll. Put a little baking powder (less than 1/2 tsp.) in before you mix dough and a little salt. Flour board pretty good with flour. Roll out thin then flour and roll. Cut in strips. Lay out, let dry good.

Terri Lee Bennett

SUMMER FRITTATA

8 large eggs
Dash of Tabasco sauce
1 c. finely cubed slab bacon
4 tbsp. olive oil
1 small green pepper
1 clove garlic, crushed
3 tbsp. diced pimientos
2 small zucchini, finely cubed

2-3 medium new potatoes, cooked, peeled and cubed
2 tbsp. freshly grated Parmesan cheese
Salt and pepper to taste
1 small onion, thinly sliced

Preheat oven 350 degrees. In large bowl place eggs. Season with salt and pepper and Tabasco. Whisk until thoroughly blended. In 10 inch cast iron skillet, saute bacon cubes until almost browned. Remove with slotted spoon to a side dish and reserve. Discard all but 1 tbsp. from pan. Add 2 tbsp. olive oil, then add onion and garlic and cook until onions is soft and lightly brown. Add green pepper, pimientos and zucchini, salt and pepper. Then cover the skillet and cook mixture 5-6 minutes or until vegetables are tender. Add the potatoes and bacon. Cook for another 2 or 3 minutes. Pour the egg mixture into the pan. Increase the heat and cook for 2 or 3 minutes until eggs are lightly set. Sprinkle with Parmesan cheese. Set pan in oven and bake for 5-7 minutes or until eggs are completely set around edges. Serve cut wedges right from pan. It's also good served cold.

Brenda Davis
**TORTA**  
(Italian Spinach Loaf)

4 c. cooked rice  
4 eggs (slightly beaten)  
2 large cans spinach  
1 lb. sausage  
2 medium onions (chopped)  
1/2 c. olive oil  
1/4 lb. Jack cheese  
1/4 lb. medium sharp Cheddar  
Garlic powder (to taste)

Saute sausage and chopped onions. Grate cheese together; drain spinach.

Mix all ingredients together. Place in 9x13 inch casserole pan or dish. Bake 1 hour at 350 degrees (test with toothpick).

*Joan Hardie*

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**SPINACH OR ARTICHOKE QUICHE**

5-6 eggs  
1 c. half and half  
1 c. Monterey Jack cheese  
1 c. mild or sharp Cheddar cheese  
1 pkg. frozen, chopped spinach or 1 can artichoke hearts (unmarinated type)  
1 pie crust or 6-7 individual tart size crusts  
*4-5 slices sliced bacon, optional*

Beat eggs and mix well with half and half. Shred and mix cheeses. Add 1 1/2 cups mixed shredded cheese, saving 1/2 cup cheese to spread on top of quiche. Add spinach or artichoke hearts to mixture and mix all well. Pour into crust. Bake in preheated 350 degree oven about an hour to hour and 10 minutes. Check with toothpick until toothpick comes out clean. Then will be done.

*Can also add bacon for more flavor if desired, but cook before adding to above mixture.

*Brenda Davis*
COUNTRY FRENCH BAKED CHICKEN
(4 servings)

1 whole fryer
1/2 lb. potatoes, quartered
1/2 lb. carrots, thinly sliced
8 small white onions, peeled
1 c. dry white wine
1 c. chicken broth
Salt and pepper
2 slices bacon, diced
2 garlic cloves, minced
1/2 lb. mushrooms, halved
1 tbsp. flour
2 tbsp. water

Place chicken, potatoes, carrots, onions, wine and broth in small roasting pan. Season with salt and pepper. Roast uncovered at 400 degrees basting chicken and vegetables occasionally. Cook bacon until browned, but not crisp. Add garlic and mushrooms, saute until mushrooms are lightly browned. Add to roasting pan after chicken has roasted 30 minutes. Roast for an additional 15-20 minutes. Remove chicken and vegetables to platter. Keep warm. Blend flour and water. Stir into pan liquid. Cook stirring constantly until gravy is thickened. Serve with chicken.

Brenda Davis

EASY CHICKEN DIVAN
(6-8 servings)

2 (10 oz.) pkgs. frozen broccoli, or fresh
1 c. mayonnaise
2 c. sliced chicken
1 tsp. lemon juice
2 cans cream of chicken soup
1 tsp. butter
1/2 c. shredded sharp cheese
1/2 c. soft bread crumbs

Cook broccoli until tender. Arrange 1/2 crumbs in greased dish. Place cooked chicken on top. Combine soups, mayonnaise, lemon juice. Pour over chicken. Sprinkle with cheese. Combine bread crumbs and butter and sprinkle all over. Bake 25-30 minutes at preheated 350 degree oven.

Brenda Davis

Miscellaneous - 103
HAWAIIAN CHICKEN
(Makes 4 servings)

3 tbsp. butter 1 medium red bell pepper
2 1/2 lbs. chicken pieces or 1 medium green bell pepper
Salt 2-3 cloves chopped garlic
1 medium onion, sliced 1 can (16 oz.) Contadina
sweet and sour sauce

Melt butter in 12 x 7 1/2 x 2 inch baking dish. Place well washed chicken pieces in dish, skin side down. Sprinkle with salt. Bake in preheated 400 degree oven for 30 minutes. Pour off fat and turn chicken pieces over. Over the top of chicken, spread slices of onion and bell pepper (sliced thin) and chopped garlic. Spoon contents of 1 can sweet and sour sauce over chicken. Reduce oven temperature to 375 degrees. Bake chicken 30 minutes longer.  

Brenda Davis

B. B. Q. SAUCE FOR RIBS AND CHICKEN

1 bottle each of: Spices:
Krafts Regular BBQ Salt
Krafts Hickory Smoked Pepper
Krafts Garlic Flavored Garlic salt
Krafts Hot Sauce Chili powder
Worcestershire sauce (to 2 slabs of ribs
your taste)
Wright's BBQ Liquid
Smoke to your taste

Boil ribs for about 1 1/2 hours. Marinate overnight in white wine. Next day dip ribs or chicken into sauce. Should be well covered. Put in baking pan. Bake at 350 degrees for about 1 hour.  

Yvonne P. Murphy

104 - NATRC Region I Cookbook
CATTLEMAN'S SAUCE
1 pt. mayonnaise  1/4 c. vinegar
1/2 c. tomato soup  1/4 c. buttermilk
1/4 c. sugar  1 1/2 tsp. garlic salt

Mix all well and store in refrigerator.

Sauce for Ribs
2/3 c. unsweetened grapefruit juice  2 tsp. cornstarch
2 tsp. cornstarch
1/2 c. packed brown sugar  1 tsp. salt
1 tsp. salt
1/8 tsp. allspice
1 tsp. curry powder

Heat grapefruit juice. Add rest of ingredients. Cook 1 minute, stirring constantly. Take off stove. Pour over ribs and bake.

Cranberry Sauce
1 c. sugar  1 pkg. (12 oz.) fresh or frozen cranberries
1 c. water

In a saucepan mix sugar and water; stir to dissolve sugar. Bring to boil; rinse cranberries and add. Return to boil, reduce heat; boil gently 10 minutes stirring occasionally. Remove from heat. Pour into glass/corningware dish or mold. Cool completely at room temperature and then refrigerate. Makes about 2 1/4 cups.

Fern Bowser
Fern Bowser
Tom Davis
CREOLE SAUCE
(Makes about 2 1/2 cups)

This sauce is terrific served with chicken, rabbit, shrimp, oysters or egg dishes, such as omelets, or served over Jambalayas.

Seasoning Mix:
2 whole bay leaves
3/4 tsp. dried oregano leaves
1/2 tsp. salt
1/8 tsp. ground red pepper (preferably cayenne)

4 tbsp. unsalted butter
1 c. peeled and chopped tomatoes
3/4 c. chopped onions
3/4 c. chopped celery
3/4 c. chopped green bell peppers

1/8 tsp. sweet paprika
1/8 tsp. black pepper
1/2 tsp. dried thyme leaves
1/2 tsp. dried sweet basil leaves
1 1/2 tsp. minced garlic
1 1/4 c. Basic Chicken Stock
1 c. canned tomato sauce
1 tsp. sugar
1/2 tsp. Tabasco sauce

Thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

Melt the butter in a large skillet over medium heat. Stir in the tomatoes, onions, celery and bell peppers, then add the garlic and seasoning mix, stirring thoroughly. Saute until onions are transparent, about 5 minutes, stirring occasionally. Stir in the stock, tomato sauce, sugar and Tabasco; bring to a boil. Reduce heat to maintain a simmer and cook until vegetables are tender and flavors are married, about 20 minutes, stirring occasionally. Remove bay leaves before serving.

P. S. The sauce may be prepared ahead of time and frozen if desired. When the sauce is ready to serve, you may add to it uncooked shrimp and chunks of chicken and cooked Italian sausage. Place in large bowl and serve with a large bowl of rice for guests to serve themselves.

Elizabeth Fairlee
HOT SWEET MUSTARD

1 c. vinegar                       4 oz. can Coleman’s dry mustard

Mix together; let set overnight. Next morning add:

1 c. sugar                       2 eggs, beaten

Mix well. Add all together and cook 20 minutes. Stir constantly to keep from scorching. Cool and store in refrigerator.  

Fern Bowser

BEEF SAUSAGE

5 lbs. hamburger                   2 1/2 tsp. coarse pepper
5 rounding tsp. Morton’s Quick Tenderizing
Curing Salt                         2 1/2 tsp. mustard seed
2 1/2 tsp. garlic powder

Mix all dry ingredients together then with hands mix into 5 lbs. hamburger. Mix well. Cover bowl and put into refrigerator.

2nd day: Mix thoroughly.
3rd day: Same.
4th day: Make into 4 rolls. Place on broiler pan in 140 degree oven for 8 hours. Turn rolls 1/4 turn every 2 hours. Cool and wrap in aluminum foil. May be frozen.

Mary Bertken

BEEF JERKY

1 lb. flank steak
1 tsp. seasoned salt
1 tsp. liquid smoke
1 clove garlic or 1/2 tsp. garlic powder     1 small onion minced or 1 tsp. onion powder
1/2 tsp. chili powder
1/4 c. Worcestershire sauce
1/4 c. soy sauce

Trim away all possible fat from meat. *Partially freeze meat then slice with the grain into thin strips, approximately 1/8 to 1/4 inch thick.

Miscellaneous - 107
Marinate overnight in a glass dish with sauce made from all ingredients. Place meat in single layer on oven racks. Crack open door and bake at lowest possible temperature, about 125 degrees for six to eight hours. Recipe makes about 1/2 lb. of jerky.

*If meat is frozen partially it will slice thin easier.

Brenda Davis

**Pickled Mushrooms**

<table>
<thead>
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<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 c. red wine vinegar</td>
<td>1/2 tsp. garlic powder</td>
</tr>
<tr>
<td>1/2 c. water</td>
<td>1 small bay leaf</td>
</tr>
<tr>
<td>2 whole cloves</td>
<td>1 lb. small fresh mushrooms</td>
</tr>
<tr>
<td>5 peppercorns</td>
<td>2 tsp. salt</td>
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</table>

In saucepan combine wine vinegar, water, cloves, peppercorns, salt, garlic powder and bay leaf. Bring to a boil; add mushrooms. Simmer uncovered 10 minutes; cool to room temperature. Transfer to glass jar or deep bowl; cover tightly. Refrigerate 7 days. Makes 4 servings.

*Optional: I add about 4 to 5 cloves of garlic sliced.

Yvonne Murphy

**Zucchini Salsa**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 c. ground zucchini</td>
<td>2 c. ground bell pepper</td>
</tr>
<tr>
<td>3 c. ground onions</td>
<td>2 c. hot peppers</td>
</tr>
<tr>
<td>1 tsp. garlic powder</td>
<td>2 c. vinegar</td>
</tr>
<tr>
<td>1 tbsp. cumin</td>
<td>1 tsp. nutmeg</td>
</tr>
<tr>
<td>1 c. brown sugar</td>
<td>1 tsp. coarse pepper</td>
</tr>
<tr>
<td>1 tbsp. cornstarch</td>
<td>1 tsp. turmeric</td>
</tr>
<tr>
<td>2 tsp. dry mustard</td>
<td>5 c. ground tomatoes</td>
</tr>
</tbody>
</table>

Mix well and boil about 30 minutes. Seal in hot jars.

Note: If you like hot stuff, original recipe calls for 4 cups hot peppers and no bell peppers.

Carol Barnes
**BOURBON BALLS**

1 pkg. (6 oz.) chocolate chips
3 tbsp. corn syrup
1/2 c. bourbon

2 1/2 c. vanilla wafer crumbs
1/2 c. sifted powdered sugar
1 c. finely chopped nuts


*You can put vanilla wafers and nuts in food processor.*

_Yvonne P. Murphy_

---

**BUTTERSCOTCH YULE LOG**

1 (6 oz.) pkg. (1 c.) butterscotch morsels (chips)
1/3 c. sweetened condensed milk

1/2 tsp. vanilla
1/3 c. chopped pecans
Slightly beaten egg whites
Pecan halves


_Kathy Nixon_
CARAMEL CORN

1 c. margarine 1/2 tsp. salt
2 c. brown sugar 1 1/2 gal. popped corn
1/2 c. white Karo syrup

Cook ingredients to slow boil stirring often. Boil 5 minutes. Add 1 tsp. soda. Stir well. Remove from heat. Pour over popped corn. Stir until corn is covered. Pour mixture into roasting pan. Bake at 250 degrees for 1 hour stirring every 15 minutes. Remove from roasting pan, breaking into pieces. When cool place tight fitting lid over container to store.

Joan Webb

CARAMEL CORN

2 cubes butter or 1/2 c. Karo syrup (white)
margarine 1 tsp. soda
1 c. brown sugar 1 1/2 c. unpopped popcorn
1 c. powdered sugar
1 tsp. salt

Put in pan butter, sugars, salt and Karo. Bring to boil; mix well. Boil a couple of minutes. Add 1 tsp. soda, stir well. Pour over popped popcorn (7-8 quarts). Put in 250 degree oven, preheated for 1/2 hour. Stir every 15 minutes. (Can add nuts - like Cracker Jacks.)

Brenda Davis

CEREAL CANDY - Yum!

1 c. sugar 1 c. canned milk
1 c. white corn syrup

Boil to soft ball and add 2 tbsp. corn syrup and 3/8 tsp. cream of tartar. Pour over:

2 c. puffed rice 2 c. salted peanuts
5 c. corn flakes

Press into a buttered pan. Cool and cut into squares.

Jody Hood

110 - NATRC Region I Cookbook
CRUNCHY BUTTER TOFFEE (English)

1 c. sugar
1/2 tsp. salt
1/4 c. water
1/2 c. butter

1/2 c. walnuts, chopped
1 1/2 oz. milk chocolate
1/2 c. nuts, chopped
Candy thermometer

Combine sugar, salt, water and butter. Cook to light crack stage (285 degrees). Test. Add few drops of sugar mixture to water. They will form a pliable ribbon. Add 1/2 cup nuts. Pour onto well greased cookie sheet. Cool. Melt milk chocolate (I use chocolate chips). Spread 1/2 on top. Sprinkle with 1/2 cup nuts. Press into chocolate. Cool. Turn. Repeat with remaining chocolate and more nuts. When chocolate has cooled, break into small pieces. Makes about 2 dozen pieces. I spread hot sugar mixture as thin as I can with rubber spatula on greased pan. I only put chocolate and nuts on one side. It’s easier. 

Kathy Nixon

DATE LOAF (Candy)

2 c. sugar
1 c. milk
1 pkg. dates
1/4 c. butter
1 tsp. vanilla

1 c. chopped pecans

Cook sugar and milk on medium heat until it forms a soft ball in cold water. Then add dates and butter. Stir until dates dissolve. Take off fire and add pecans and vanilla. Beat until you can’t beat any longer. Drop on a wet towel and roll it until about a foot long and about 1 1/2 inches thick. Leave overnight in refrigerator. Should be firm. Slice thin and eat like candy. Yum, good.

Yvonne P. Murphy

EASY NO BEAT FUDGE

1 1 1/3 c. sugar
1 small can (2/3 c.) evaporated milk
3 tbsp. butter

Combine sugar, milk and butter. Bring to boil 227 degrees stirring constantly. (Cook for 4 minutes about.) Remove from heat.
3 tbsp. butter 1/2 c. chopped nuts
3 (6 oz.) pkgs. chocolate chips 1/2 c. candied cherries, halved
3 c. miniature marshmallows

Add chocolate chips and marshmallows immediately. Stir until mixture is smooth. Then add nuts and cherries. Put in buttered pan 8x8x2 inch. Let set. Makes about 3 lbs. Sets up fast so get in pan fast. (Move quickly)

Kathy Nixon

COUNTRY FUDGE

1 pkg. chocolate chips 2 c. sugar
1 (5 oz.) can evaporated milk 1 tsp. vanilla
10 large marshmallows 1/2 cube butter
1 c. nuts, chopped

Butter large dish to pour fudge into when complete.

In large bowl place pkg. chocolate chips, nuts, vanilla and 1/2 cube butter. Set aside.

In medium pan, put in evaporated milk, marshmallows and sugar. Simmer for 6 minutes or until marshmallows are melted and mixture is bubbly. Pour this mixture over chocolate chips, nuts, vanilla and butter. Beat by hand until mixture is melted and mixed thoroughly. Quickly pour fudge onto buttered plate. Spread and let cool in refrigerator.

Karen Godfrey

PEANUT BUTTER FUDGE

2 c. sugar 1/2 c. water
Boil until it forms a solid ball in cold water.

2 tbsp. butter 4 oz. marshmallow creme
3/4 c. peanut butter

Mix together then add this to the mixture above and mix well. Pour into buttered pan. You can add a cup of chopped nuts if desired.

Yvonne P. Murphy
POTATO CANDY

1 large baking potato
Powdered sugar
Flavorings
Coloring
Margarine or butter

Cook potato until soft and mash while still warm. Add 1/2 to one full cube of butter or margarine. Add powdered sugar until thick enough to work with hands. Add flavorings and/or coloring to taste (wintergreen, peppermint, cinnamon, orange, clove, rum, burgundy, pineapple, etc.). Divide mixture into small batches and mix with flavor and appropriate color. After thoroughly mixing roll out into small balls and place on wax paper. Press down with a fork.

Betty Dever

SPICED NUTS

3/4 c. sugar
2 tsp. ground cinnamon
1/4 tsp. ground cloves
1/4 tsp. ground nutmeg
1 egg white
2 tbsp. water
1 1/2 c. walnut halves
1 1/2 c. pecan halves

Sift sugar, cinnamon, cloves and nutmeg into shallow dish (a pie plate is good to use). Beat egg white and water slightly in bowl. Add walnuts and pecans to egg mixture about 1/2 cup at a time. Stir with fork until well moistened. Lift out letting excess syrup drain off. Toss nuts in sugar mixture until well coated. Place nuts, spread out, on greased cookie sheets. Bake 40 minutes or until crusty. Cool. Makes 3 cups.

Brenda Davis

BAILEY'S IRISH CREAM

1 tsp. Hershey Cocoa
1 tsp. instant powdered coffee
1 tsp. vanilla (almond, maple or coconut)
8 oz. half and half
8 oz. bourbon
1 can Eagle Brand milk

Brenda Davis

Miscellaneous - 113
Blend and refrigerate. Do not over blend or will have tendency to get lumps.

Do one batch at a time. Blender won't hold double.

1.75 liter bourbon makes 8 batches. (Can substitute brandy or rum for bourbon.)

**Kathy Nixon**

### EGG NOG

- 6 eggs
- 2 c. bourbon
- 3/4 c. sugar
- 1 oz. rum
- 1 qt. half and half

Separate eggs. Beat yolks. Add 1/2 cup sugar. Whip whites until stiff. Then add 1/4 cup sugar. Fold whites and yolks together. Add half and half. Add bourbon and rum, then stir. Let stand until foam settles. Then serve chilled with nutmeg.

*Shortcut - Add 8 oz. rum to 1 quart egg nog. Fold in 1 cup heavy cream, whipped. Chill and add nutmeg.

**Kathy Nixon**

### HOT BUTTERED RUM

- 3 eggs
- 1 tbsp. cloves, allspice, nutmeg, cinnamon
- 2 lbs. brown sugar
- 1 lb. butter

Melt butter. Add spice. Pour over brown sugar. Add eggs. Allow to cool and beat for 1 hour. Keeps for 1 year.

**Kathy Nixon**
KAHLUA

3 1/2 c. water
3 c. sugar

Boil 8 minutes and add:

2 oz. coffee (freeze dried)

Boil 2 minutes. Add:

2 qts. vodka (one quart sweeter)

Let set 30 days.

1 vanilla bean scraped
3 tsp. vanilla

Kathy Nixon

MAGIC FIZZ

1 qt. gin (or vodka)
2 (1/2 pts.) heavy cream
2 1/2 c. orange juice
(frozen, diluted)
1 3/4 c. pineapple juice

Blend all well (except gin). Add gin - stir. Best made night before. Just before serving, blend with 3-4 ice cubes.

1/2 c. grapefruit juice
3 tbsp. lemon juice
1 c. powdered sugar (or more)
6 eggs

Kathy Nixon

SHERMAN SUNRISE

1 oz. vodka
1/2 oz. apricot brandy
4 oz. grapefruit juice

Combine and mix ingredients. Serve on the rocks, over ice.

WARNING: Light yet powerful, this cocktail is capable of inducing loss of memory, impairment of judgement and refreshingly happy thoughts.

1 oz. fresh lemon juice
Grenadine (to color)
Lime wedge (to decorate)

Brenda Davis

Miscellaneous - 115
TOM AND JERRY BATTER

2 eggs
3/4 tsp. allspice


Kathy Nixon

QUICK, EASY AND FANTASTIC FIZZES

6 oz. half and half
6 oz. limeade

Add 1/3 full of crushed ice to blender and blend.
Out of this world!

Rod Cole
<table>
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<th>INGREDIENT</th>
<th>QUANTITY</th>
<th>SUBSTITUTE</th>
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<tbody>
<tr>
<td>baking powder</td>
<td>1 teaspoon double-acting</td>
<td>1½ teaspoons phosphate or tartrate or ½ teaspoon baking soda plus ½ cup buttermilk or sour milk</td>
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<tr>
<td>butter</td>
<td>1 cup</td>
<td>1 cup margarine ¾ to 1 cup hydrogenated fat plus ½ teaspoon salt ¾ cup lard plus ½ teaspoon salt</td>
</tr>
<tr>
<td>chocolate</td>
<td>1 square unsweetened</td>
<td>3 tablespoons cocoa plus 1 tablespoon shortening</td>
</tr>
<tr>
<td>cream</td>
<td>1 cup coffee cream</td>
<td>3 tablespoons butter plus ¾ cup milk</td>
</tr>
<tr>
<td></td>
<td>1 cup heavy cream</td>
<td>½ cup butter plus ¾ cup milk</td>
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<td>eggs</td>
<td>1 whole egg</td>
<td>2 egg yolks</td>
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<td>flour (for thickening)</td>
<td>1 tablespoon</td>
<td>½ tablespoon cornstarch or 2 teaspoons quick-cooking tapioca</td>
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<tr>
<td>flour</td>
<td>1 cup all purpose</td>
<td>1 cup plus 2 tablespoons cake flour ¾ cup all purpose flour 1 cup flour, omit baking powder and salt</td>
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<tr>
<td></td>
<td>1 cup cake flour</td>
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</tr>
<tr>
<td></td>
<td>1 cup self-rising</td>
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<tr>
<td>herbs</td>
<td>1 tablespoon fresh</td>
<td>1 teaspoon dried</td>
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<tr>
<td>honey</td>
<td>1 cup</td>
<td>1 to 1½ cups sugar plus ¼ cup liquid</td>
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<tr>
<td>milk</td>
<td>2 cup fresh whole</td>
<td>1 cup reconstituted nonfat dry milk plus 2 teaspoons butter</td>
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<td></td>
<td>2 cup whole milk</td>
<td>½ cup evaporated milk plus ½ cup water</td>
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<tr>
<td></td>
<td>1 cup sour milk</td>
<td>1 tablespoon lemon juice or vinegar plus sweet milk to make 2 cup</td>
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<tr>
<td>yeast</td>
<td>1 cake compressed</td>
<td>1 package or 2 teaspoons active dry yeast</td>
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THE MOST USUAL WEIGHTS AND MEASURES

A pinch = 1/6 teaspoon or less
1 tablespoon = 3 teaspoons
4 tablespoons = 1/4 cup
8 tablespoons = 1/2 cup
12 tablespoons = 3/4 cup
1 cup of liquid = 1/2 pint
2 cups of liquid = 1 pint
4 cups of liquid = 1 quart
2 pints of liquid = 1 quart
4 quarts = 1 gallon
8 quarts = 1 peck, such as apples, pears, etc.
16 ounces = 1 pound
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<tr>
<td>apples</td>
<td>1 medium</td>
<td>1 cup sliced</td>
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<td>bread crumbs</td>
<td>3 to 4 slices bread</td>
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<td>1 slice bread</td>
<td>3/4 cup soft crumbs</td>
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<td>cabbage</td>
<td>1 pound</td>
<td>4 cups shredded</td>
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<td>cheese</td>
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<td>cherries</td>
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<td>2 cups pitted</td>
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<td>22</td>
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<td>cranberries</td>
<td>1 pound</td>
<td>3 to 3 1/2 cups sauce</td>
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<td>cream, whipping</td>
<td>1 cup</td>
<td>2 cups whipped</td>
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<tr>
<td>dried raisins, currants</td>
<td>1 pound</td>
<td>3 cups, seedless 2 1/2 cups, seeded</td>
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<td>dates</td>
<td>1 pound</td>
<td>2 1/2 cups, chopped</td>
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<td>dry beans</td>
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<td>eggs</td>
<td>5 medium</td>
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<td>8 medium egg whites</td>
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<td>12 to 14 medium egg yolks</td>
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<td>flour</td>
<td>1 pound sifted</td>
<td>4 cups</td>
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<tr>
<td>lemon</td>
<td>1</td>
<td>2 to 3 tablespoons juice</td>
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<tr>
<td>macaroni, spaghetti, noodles</td>
<td>1/2 pound</td>
<td>4 cups cooked</td>
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<td>nuts, peanuts</td>
<td>5 ounces</td>
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<td>4 1/4 ounces</td>
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<td>pecans, chopped</td>
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<td>walnuts, chopped</td>
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<td>3 1/4 ounces</td>
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<tr>
<td>onion</td>
<td>1 medium</td>
<td>1/2 cup chopped</td>
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<tr>
<td>orange</td>
<td>1</td>
<td>1/2 to 3/4 cup juice</td>
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<td>rice</td>
<td>1 cup</td>
<td>3 1/2 cups cooked</td>
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<td>rice, precooked</td>
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<td>2 cups cooked</td>
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<tr>
<td>sugar, brown</td>
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<td>2 1/4 cups firmly packed</td>
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<tr>
<td>confectioners' granulated</td>
<td>1 pound</td>
<td>3 1/2 cups sifted</td>
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<tr>
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<td>2 1/4 cups</td>
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### TIMETABLE FOR ROASTING TURKEYS

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<thead>
<tr>
<th>Weight (unstuffed)</th>
<th>Roasting Time (unstuffed turkey)</th>
<th>Roasting Time (stuffed turkey)</th>
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<tbody>
<tr>
<td>6 lbs.</td>
<td>2 hrs.</td>
<td>2 hrs. 30 mins.</td>
</tr>
<tr>
<td>7 lbs.</td>
<td>2 hrs. 5 mins.</td>
<td>2 hrs. 40 mins.</td>
</tr>
<tr>
<td>8 lbs.</td>
<td>2 hrs. 10 mins.</td>
<td>2 hrs. 50 mins.</td>
</tr>
<tr>
<td>9 lbs.</td>
<td>2 hrs. 15 mins.</td>
<td>3 hrs.</td>
</tr>
<tr>
<td>10 lbs.</td>
<td>2 hrs. 30 mins.</td>
<td>3 hrs. 20 mins.</td>
</tr>
<tr>
<td>11 lbs.</td>
<td>2 hrs. 45 mins.</td>
<td>3 hrs. 40 mins.</td>
</tr>
<tr>
<td>12 lbs.</td>
<td>3 hrs.</td>
<td>4 hrs.</td>
</tr>
<tr>
<td>13 lbs.</td>
<td>3 hrs. 15 mins.</td>
<td>4 hrs. 20 mins.</td>
</tr>
<tr>
<td>14 lbs.</td>
<td>3 hrs. 30 mins.</td>
<td>4 hrs. 40 mins.</td>
</tr>
<tr>
<td>15 lbs.</td>
<td>3 hrs. 45 mins.</td>
<td>5 hrs.</td>
</tr>
<tr>
<td>16 lbs.</td>
<td>4 hrs.</td>
<td>5 hrs. 20 mins.</td>
</tr>
<tr>
<td>17 lbs.</td>
<td>4 hrs. 15 mins.</td>
<td>5 hrs. 40 mins.</td>
</tr>
<tr>
<td>18 lbs.</td>
<td>4 hrs. 30 mins.</td>
<td>6 hrs.</td>
</tr>
<tr>
<td>19 lbs.</td>
<td>4 hrs. 45 mins.</td>
<td>6 hrs. 20 mins.</td>
</tr>
<tr>
<td>20 lbs.</td>
<td>5 hrs.</td>
<td>6 hrs. 40 mins.</td>
</tr>
<tr>
<td>21 lbs.</td>
<td>5 hrs. 15 mins.</td>
<td>7 hrs.</td>
</tr>
<tr>
<td>22 lbs.</td>
<td>5 hrs. 30 mins.</td>
<td>7 hrs. 20 mins.</td>
</tr>
</tbody>
</table>

**TO DEFROST A TURKEY IN THE REFRIGERATOR**

<table>
<thead>
<tr>
<th>Weight of Turkey</th>
<th>Defrosting Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 10 pounds</td>
<td>1 to 2 days</td>
</tr>
<tr>
<td>10 to 20 pounds</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>20 to 24 pounds</td>
<td>3 to 4 days</td>
</tr>
</tbody>
</table>
# SUGGESTIONS FOR MEAT COOKERY

## 1. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

<table>
<thead>
<tr>
<th>Kind of Meat</th>
<th>Cuts to Buy</th>
<th>How to Cook</th>
<th>How Long to Cook (minutes per side)</th>
<th>Appropriate Vegetables</th>
<th>Other Vegetables</th>
<th>Sauce or Relish</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A. Beefsteak</strong></td>
<td>Sirloin</td>
<td>Broil</td>
<td>(1) 1 inch thick:</td>
<td>Belgian baked potatoes</td>
<td>String beans</td>
<td>Mushroom sauce</td>
</tr>
<tr>
<td></td>
<td>Porterhouse Club</td>
<td>Pan-broil</td>
<td>rare — 5 min. medium — 6 min.</td>
<td></td>
<td>Creamed onions</td>
<td>Pan-fried mushrooms</td>
</tr>
<tr>
<td></td>
<td>Tenderloin Rib</td>
<td></td>
<td>well done — 7-8 min.</td>
<td></td>
<td>Cauliflower au</td>
<td>Mint jelly</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(2) 1 1/2 inches thick:</td>
<td></td>
<td>gratin</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>rare — 7-9 min. medium — 10 min.</td>
<td></td>
<td>Buttered</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>well done — 12 min.</td>
<td></td>
<td>parsnips</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(3) 2 inches thick:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>rare — 10 min. medium — 15 min.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>well done — 20 min.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>B. Hamburger</strong></td>
<td>Bottom round</td>
<td>Pan-broil</td>
<td>(1) Steak 1 inch thick:</td>
<td>Macaroni</td>
<td>Broiled tomato</td>
<td>Wilted cucumbers</td>
</tr>
<tr>
<td>Steak and Meat balls</td>
<td></td>
<td>Broil</td>
<td>4-5 minutes</td>
<td>Noodles</td>
<td>Grilled cauliflower</td>
<td>Dressed lettuce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>(2) meat balls 5-10 minutes</td>
<td>Boiled sweet</td>
<td>Pan-fried onions</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>C. Lamb chops</strong></td>
<td>Rib chops</td>
<td>Broil</td>
<td>(1) 1 inch thick:</td>
<td>Creamed potatoes</td>
<td>Diced carrots</td>
<td></td>
</tr>
<tr>
<td>and steak</td>
<td>Loin chops</td>
<td>Pan-broil</td>
<td>9-7 min.</td>
<td>Baked potatoes</td>
<td>Buttered peas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoulder chops</td>
<td></td>
<td>(2) 1 1/2 inches thick:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Steak (top of leg)</td>
<td></td>
<td>9-12 min.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### SUGGESTIONS FOR MEAT COOKERY

**I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)**

<table>
<thead>
<tr>
<th>Kind of Meat</th>
<th>Cuts to Buy</th>
<th>How to Cook</th>
<th>How Long to Cook</th>
<th>Appropriate Vegetables</th>
<th>Other Vegetables</th>
<th>Sauce or Relish</th>
</tr>
</thead>
<tbody>
<tr>
<td>D. Veal chops</td>
<td>Rib, Loin</td>
<td>Braise</td>
<td>1 inch thick: brown, then 45 min.</td>
<td>Baked potatoes, Potatoes in cream</td>
<td>Boiled onions, Glazed carrots, Harvard beets</td>
<td>Brown sauce, Bread stuffing</td>
</tr>
<tr>
<td>E. Veal cutlets, steaks, and birds</td>
<td>Top of leg</td>
<td>Braise (i.e., Pan-fry, then cook covered)</td>
<td>Serve well done: 1/4 inch thick: brown, then 20 min., 1 inch thick: brown, then 40 min., bake 30 min. to 1 hour</td>
<td>Mashed potatoes, Potato puff, Mashed potatoes, Baked sweet potatoes, Sweet potatoes with apples</td>
<td>Baked tomatoes, Asparagus</td>
<td>Brown sauce, Tomato sauce</td>
</tr>
<tr>
<td>F. Pork chops</td>
<td>Rib, Loin, Shoulder</td>
<td>Braise, Bake</td>
<td>Brown, then 30 min. 1/4 inch thick: 5 min. per side</td>
<td>See Pork Chops, Creamed potatoes</td>
<td>Buttered cabbage, Cauliflower purée, Pan-fried onions</td>
<td>Brown sauce, Spiced jelly, Bread stuffing</td>
</tr>
<tr>
<td>G. Pork steak</td>
<td>Top of leg, Shoulder</td>
<td>Braise</td>
<td>Brown, then 30 min.</td>
<td>Buttered spinach, Buttered carrots, Buttered cabbage, Broccoli, Corn, Oysters</td>
<td>Sweet pickles</td>
<td>Sweet pickles, Dressed lettuce</td>
</tr>
<tr>
<td>H. Sliced ham</td>
<td>Center of leg</td>
<td>(1) Pan-broil, (2) Bake at 350° F.</td>
<td>1/2 inch thick: 1 hour</td>
<td>Buttered spinach, Buttered carrots, Creamed potatoes, Scalloped potatoes, Glazed sweet potatoes, Mashed squash, Elliptic spinach or other greens</td>
<td>Pan-fried apples, Apple sauce, Stuffed apples</td>
<td>Pan-fried apples, Apple sauce, Stuffed apples</td>
</tr>
<tr>
<td>I. Pork tenderloin</td>
<td>Tenderloin</td>
<td>(1) Braise, (2) Bake</td>
<td>Brown, then 20 min. 45 min.</td>
<td>Scalloped potatoes, Potatoes au gratin</td>
<td>Pan-fried apples, Apple sauce, Stuffed apples</td>
<td>Pan-fried apples, Apple sauce, Stuffed apples</td>
</tr>
</tbody>
</table>
### SUGGESTIONS FOR MEAT COOKERY

#### II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

<table>
<thead>
<tr>
<th>Kind of Meat</th>
<th>Cuts to Buy</th>
<th>How to Cook</th>
<th>How Long to Cook</th>
<th>Appropriate Vegetables</th>
<th>Other Vegetables</th>
<th>Sauce or Relish</th>
</tr>
</thead>
<tbody>
<tr>
<td>J. Veal, calf, beef, lamb, or pig</td>
<td>Liver</td>
<td>(1) Pan-fry Brown, then 15 to 30 min.</td>
<td>5 min. per side</td>
<td>Creamed potatoes, baked potatoes</td>
<td>Lyonnaise potatoes</td>
<td>Broiled bacon</td>
</tr>
<tr>
<td></td>
<td>(2) Braise</td>
<td></td>
<td></td>
<td>Pan-fried sweet potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>K. Calf</td>
<td>Heart</td>
<td>(1) ¼ to ½ inch slices</td>
<td>10–15 min.</td>
<td>Lyonnaise potatoes</td>
<td>Scalloped tomatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>brown, then braise</td>
<td></td>
<td></td>
<td>with corn or okra</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(2) Stuff and bake</td>
<td></td>
<td></td>
<td>Baked tomatoes</td>
<td></td>
</tr>
<tr>
<td>L. Calf</td>
<td>Sweetbreads</td>
<td>(1) Simmer then reheat (see page 217)</td>
<td>12–15 min.</td>
<td>Parsley potatoes</td>
<td>Croustade cases</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(2) En brochette (page 221)</td>
<td></td>
<td>Croustade cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>M. Calf or lamb</td>
<td>Tongue</td>
<td>(1) Stew</td>
<td>½–2 hours</td>
<td>Parsley potatoes</td>
<td>Mushroom sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>(2) Stew, then jelly (page 220)</td>
<td></td>
<td>Potato salad</td>
<td>Spinach</td>
<td></td>
</tr>
</tbody>
</table>

*Note: See page 217 for instructions on simmering calf heart.*
## SUGGESTIONS FOR MEAT COOKERY

### II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

<table>
<thead>
<tr>
<th>Kind of Meat</th>
<th>Cuts to Buy</th>
<th>How to Cook</th>
<th>How Long to Cook</th>
<th>Appropriate Vegetables</th>
<th>Other Vegetables</th>
<th>Sauce or Relish</th>
</tr>
</thead>
<tbody>
<tr>
<td>N. Calf or lamb</td>
<td>Kidneys</td>
<td>(1) Broil (2) En brochette (3) Pan-fry, then stew</td>
<td>5 min. per side 12-15 min. Pan-fry 15 min. Stew 30 min.</td>
<td>Delmonico potatoes Hashed brown potatoes</td>
<td>Raw fried potatoes Mashed potatoes Baked potatoes</td>
<td>Buttered onions Tomato sauce Buttered carrots</td>
</tr>
<tr>
<td>O. Beef</td>
<td>Tripe</td>
<td>(1) Broil (2) Pan-fry (3) Crook (page 222) Pan-fry or bake</td>
<td>5 min. per side 5 min. per side 10 min.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>P. Hash</td>
<td>Corned beef or left-over meat</td>
<td></td>
<td>30-45 min.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Q. Bacon</td>
<td>Machine-sliced Canadian style</td>
<td>(1) Pan-broil (2) Bake (3) Broil</td>
<td>(1) 5 min. per side (2) 10-15 min. (3) 3 min. per side</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>R. Sausage, pork</td>
<td>Link sausage Sausage meat</td>
<td>(1) Pan-broil (2) Bake</td>
<td>(1) 15 min. (2) 25-30 min.</td>
<td>Scalloped potatoes Baked potatoes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
CARVING A PORTER-HOUSE STEAK

Top left: Place steak on a hot platter.
Top right: Cut out the bone.
Right: Cut wedge-shaped strips from the outer edge to the place where the bone was removed. Serve each person some of the choice tenderloin (inside the bone).

CARVING A ROLLED RIB ROAST

1. Place the roast on a hot platter with the larger cut surface down. Cut a thin slice across the grain, starting from the right side; cut the cords one at a time as the roast is sliced down to them.

2. Remove slices to a serving plate as they are cut.
THREE MEALS FROM ONE CUT OF MEAT

A. POT ROAST
Three fresh-cooked meals from one pot roast of beef

Cut into three pieces along dotted lines

B. LEG OF LAMB
How to get steaks, a roast, a stew from one leg of lamb

Buy a full-cut leg of lamb. Ask your butcher to cut off a few steaks, and to cut through the shank, leaving about a pound of meat on the bone

1. Steaks to Broil
2. Roast
3. Stew or Casserole
   Cut the meat from the shank into cubes. Use for an Irish stew, a curry, or shish kebob

C. LOIN ROAST
Three fresh-cooked meals from a pork loin roast (rib-cut)

Study the dotted lines carefully so that you can explain to your butcher how you wish the meat cut

1. Barbecued Backbones
   Ask your butcher to saw through the ribs high enough to leave an inch-thick layer of meat on the backbones. Ask him to chop these backbones into serving-sized pieces. Cook as you would spare ribs

2. Chops
   Cut a few chops from the remaining piece by slicing between the ribs

3. Roast
   Roast the remaining piece
CARVING A CROWN ROAST OF LAMB

The roast is ready for the carver. Cut between the ribs. Remove individual chops to serving plates.

CARVING A LOIN ROAST OF PORK

1. Ask the butcher to loosen the backbone by sawing across the ribs close to the joining with the backbone.

2. Cut the backbone away from the cooked roast in the kitchen ready for the carver.

3. Cut the slices close to the ribs; for each slice that has a rib bone, there should be a boneless slice from the space between the ribs.
1. Place ham on platter with the fat side up and the shank on the carver’s right. Cut several slices parallel to the length of the ham on the side near the carver.

2. Turn the ham so that it rests on the cut surface; cut a small wedge from the shank end. Cut thin slices down to the leg bone.

3. Cut along the bone and free the slices.

4. For more servings, turn the ham back to its original position and slice at right angles to the bone.
VEAL

Retail Cuts
- Standing Rump Roast
- Rolled Rump Roast
- Loin Chop
- Sirloin Steak
- Kidney Chop
- Rib Roast
- Rib Chop (Frenched)
- Crown Roast
- Shank

Wholesale Cuts
- Leg (Round)
- Leg (Round) Center-Cut Roast
- Scallops
- Rosettes
- Breast
- Mock Chicken Legs
- Riblets
- Stew Meat
- Fore Shank

Retail Cuts
- Blade Roast
- Arm Roast
- Blade Steak
- Arm Steak
- Rolled Shoulder Roast
- City Chicken
- Roast or Braise
- Roast
- Braise or Pantry
- Braise or Cook in Liquid
- Roast, Braise, Cook in Liquid
- Braise or Pantry
- Braise or Cook in Liquid
- Braise
- Braise or Braise
- Braise or Pantry
- Braise, Pantry
- Braise, Cook in Liquid
- Braise, Cook in Liquid
LAMB

Retail Cuts

Leg of Lamb
(Three cuts from one leg)
- Roast - a - Braise, Panbroil, Pantry - b - Roast

Rib Chops
- Roast - a - Braise, Panbroil, Pantry

Crown Roast

Franchied Rib Chops
- Roast - a - Braise, Panbroil, Pantry

Square Cut Shoulder

Arm Chop
- Braise, Panbroil, Pantry, Braise

Blade Chop
- Braise, Panbroil, Pantry, Braise

Cushion Shoulder

Saratoga Chops
- Braise, Panbroil, Pantry, Braise

Rolled Shoulder
- Roast, Braise

Bones Shoulder Chops
- Braise, Panbroil, Pantry, Braise

Neck Slices
- Braise, Cook in Liquid

Wholesale Cuts

Leg

Retail Cuts

American Leg
- Roast

Bones Sirloin Roast

Franchied Leg

Loin Chop
- Braise, Panbroil, Pantry - a - Roast

English Chop

Rolled Loin Roast
- Braise, Panbroil, Pantry - a - Roast (Beef)

Patties

Loaf

Biblets

Stew Meat
- Braise or Cook in Liquid

Rolled Breast
- Braise or Roast

Breast

Shanks
- Braise or Cook in Liquid
<table>
<thead>
<tr>
<th>Cut</th>
<th>Weight (Pounds)</th>
<th>Internal Temperature on Removal from oven</th>
<th>Approximate Cooking Time (Total Time)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing Rib</td>
<td>4 to 6</td>
<td>160°F (rare)</td>
<td>2 1/4 to 2 3/4 hrs.</td>
</tr>
<tr>
<td>Standing Rib</td>
<td>6 to 8</td>
<td>160°F (medium)</td>
<td>2 3/4 to 3 1/2 hrs.</td>
</tr>
<tr>
<td>Rolled Rib</td>
<td>5 to 7</td>
<td>140°F (rare)</td>
<td>3 1/4 to 3 1/2 hrs.</td>
</tr>
<tr>
<td>Rolled Rump</td>
<td>4 to 6</td>
<td>150°F to 170°F</td>
<td>3 3/4 to 4 hrs.</td>
</tr>
<tr>
<td>Sirloin Tip</td>
<td>3 1/2 to 4</td>
<td>140°F (rare)</td>
<td>2 to 2 1/2 hrs.</td>
</tr>
<tr>
<td>Rib Eye or Delmonico (Roast at 350°F)</td>
<td>4 to 6</td>
<td>140°F (medium)</td>
<td>3 1/2 to 3 3/4 hrs.</td>
</tr>
<tr>
<td>Tenderloin, whole (Roast at 425°F)</td>
<td>4 to 6</td>
<td>140°F (well done)</td>
<td>4 1/2 to 5 hrs.</td>
</tr>
<tr>
<td>Tenderloin, half (Roast at 425°F)</td>
<td>2 to 3</td>
<td>140°F (rare)</td>
<td>45 min. to 1 hr.</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>170°F</td>
<td>2 3/4 to 3 3/4 hrs.</td>
</tr>
<tr>
<td>Loin</td>
<td>4 to 6</td>
<td>170°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
<tr>
<td>Rolled Shoulder</td>
<td>4 to 6</td>
<td>170°F</td>
<td>3 1/2 to 3 3/4 hrs.</td>
</tr>
<tr>
<td><strong>FRESH PORK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin, center</td>
<td>3 to 5</td>
<td>170°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
<tr>
<td>Loin, half</td>
<td>5 to 7</td>
<td>170°F</td>
<td>3 1/2 to 4 1/2 hrs.</td>
</tr>
<tr>
<td>Loin, blade</td>
<td>3 to 4</td>
<td>170°F</td>
<td>2 1/4 to 3 3/4 hrs.</td>
</tr>
<tr>
<td>Loin, center, rolled</td>
<td>3 to 4</td>
<td>170°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
<tr>
<td>Boston Shoulder</td>
<td>4 to 6</td>
<td>170°F</td>
<td>3 1/4 to 4 hrs.</td>
</tr>
<tr>
<td>Picnic Shoulder</td>
<td>5 to 8</td>
<td>170°F</td>
<td>3 3/4 to 4 hrs.</td>
</tr>
<tr>
<td>Leg (fresh ham)</td>
<td>10 to 16</td>
<td>170°F</td>
<td>4 1/2 to 6 hrs.</td>
</tr>
<tr>
<td>Leg, half (fresh ham)</td>
<td>5 to 7</td>
<td>170°F</td>
<td>3 1/2 to 4 1/2 hrs.</td>
</tr>
<tr>
<td><strong>SMOKED PORK</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham (cook-before-eating)</td>
<td>10 to 14</td>
<td>160°F</td>
<td>3 1/2 to 4 hrs.</td>
</tr>
<tr>
<td>whole</td>
<td>5 to 7</td>
<td>160°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
<tr>
<td>half</td>
<td>3 to 4</td>
<td>160°F</td>
<td>2 to 2 1/4 hrs.</td>
</tr>
<tr>
<td>Ham (fully-cooked)</td>
<td>10 to 14</td>
<td>135°F to 140°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
<tr>
<td>whole</td>
<td>5 to 7</td>
<td>135°F to 140°F</td>
<td>3 1/4 to 2 1/4 hrs.</td>
</tr>
<tr>
<td>half, boneless</td>
<td>5 to 10</td>
<td>135°F to 140°F</td>
<td>2 to 2 1/4 hrs.</td>
</tr>
<tr>
<td>half, boneless</td>
<td>4 to 5</td>
<td>135°F to 140°F</td>
<td>1 1/2 to 2 hrs.</td>
</tr>
<tr>
<td>Picnic Shoulder</td>
<td>5 to 8</td>
<td>170°F</td>
<td>3 to 4 hrs.</td>
</tr>
<tr>
<td>(cook-before-eating)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg, whole</td>
<td>5 to 8</td>
<td>175°F to 180°F</td>
<td>3 1/2 to 3 3/4 hrs.</td>
</tr>
<tr>
<td>Leg, half</td>
<td>3 to 4</td>
<td>175°F to 180°F</td>
<td>3 to 3 1/2 hrs.</td>
</tr>
<tr>
<td>Square Cut Shoulder</td>
<td>4 to 6</td>
<td>175°F to 180°F</td>
<td>2 3/4 to 3 hrs.</td>
</tr>
<tr>
<td>Rolled Shoulder</td>
<td>3 to 5</td>
<td>175°F to 180°F</td>
<td>2 1/2 to 3 hrs.</td>
</tr>
</tbody>
</table>

Roast meat at constant oven temperature of 325°F unless otherwise indicated.
1. Ask the butcher to saw off the short ribs and to saw between the ribs and the backbone. Place the roast on the platter with the larger cut surface down and the ribs to the carver's left. Insert the fork between the two top ribs; cut slices from 1/8 to 1/4 inch thick.

2. Cut close along the rib with the tip of the knife, thereby freeing the slice.

3. Lift each slice to the side until enough have been cut for all.
CARVING A LEG OF LAMB

1. Place roast before carver with shank bone at right and the thick, meaty portion on the far side of the platter. Cut a few slices from the near thin side.

2. Turn the roast to rest on the flat cut surface; starting at the shank end, slice down to the bone.

3. Cut parallel to bone to release the slices.
### Storage Time Guide for Meat

(kept in cold refrigerator at 36° F. to 40° F.)

<table>
<thead>
<tr>
<th>Meat (Uncooked, loosely covered)</th>
<th>Storage Limit for Maximum Quality</th>
<th>Meat (Uncooked, loosely covered)</th>
<th>Storage Limit for Maximum Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. BEEF</strong></td>
<td></td>
<td><strong>2. PORK (fresh)</strong></td>
<td></td>
</tr>
<tr>
<td>Corned beef</td>
<td>7 days</td>
<td>Chops</td>
<td>3 days</td>
</tr>
<tr>
<td>Hamburger</td>
<td>2 days</td>
<td>Pork sausage</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>Pot roast</td>
<td>5 to 6 days</td>
<td>Roast</td>
<td>4 to 5 days</td>
</tr>
<tr>
<td>Short ribs</td>
<td>2 days</td>
<td>Spareribs</td>
<td>3 days</td>
</tr>
<tr>
<td>Standing rib roast</td>
<td>5 to 8 days</td>
<td>Knuckles or hocks</td>
<td>3 days</td>
</tr>
<tr>
<td>Standing and rolled rump and sirloin tip steak</td>
<td>3 to 5 days</td>
<td><strong>3. HAM, BACON (cured pork)</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bacon</td>
<td>6 to 7 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Half ham</td>
<td>7 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole ham</td>
<td>1 to 2 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sliced ham</td>
<td>3 days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Picnic</td>
<td>1 to 2 weeks</td>
</tr>
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<td></td>
</tr>
<tr>
<td>Picnic</td>
<td>1 to 2 weeks</td>
<td></td>
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</tr>
<tr>
<td><strong>4. LAMB</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>3 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast</td>
<td>5 days</td>
<td></td>
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<tr>
<td><strong>5. VEAL</strong></td>
<td></td>
<td><strong>5. VARIETY MEATS</strong></td>
<td></td>
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<tr>
<td>Chops and steak</td>
<td>4 days</td>
<td>Brains</td>
<td>1 day</td>
</tr>
<tr>
<td>Roast</td>
<td>5 to 6 days</td>
<td>Heart</td>
<td>2 days</td>
</tr>
<tr>
<td>Stew meat</td>
<td>2 days</td>
<td>Kidney</td>
<td>1 day</td>
</tr>
<tr>
<td><strong>6. COOKED, LOOSELY COVERED</strong></td>
<td></td>
<td>Liver, sliced</td>
<td>3 days</td>
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<tr>
<td>Franks</td>
<td>4 to 5 days</td>
<td>Sweetbreads, cooked</td>
<td>2 days</td>
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<tr>
<td>Ham or Picnic</td>
<td>7 days</td>
<td>Tongue, fresh</td>
<td>2 days</td>
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<tr>
<td>Leftover meat</td>
<td>4 days</td>
<td>Tongue, smoked</td>
<td>7 days</td>
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<td><strong>7. SLICED READY-COOKED</strong></td>
<td></td>
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<tr>
<td>Dry sausage</td>
<td>1 to 2 weeks</td>
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<tr>
<td>Liver sausage</td>
<td>2 to 3 days</td>
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<tr>
<td>Luncheon meat</td>
<td>3 days</td>
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<tr>
<td>Meat loaves</td>
<td>3 to 4 days</td>
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<tr>
<td>Semidry sausage</td>
<td>7 to 8 days</td>
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<td></td>
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<tr>
<td><strong>8. UNSLICED READY-COOKED</strong></td>
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<tr>
<td>Bologna</td>
<td>4 to 6 days</td>
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<tr>
<td>Dry and semidry sausage</td>
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<tr>
<td>Shank</td>
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<tr>
<td>Stew meat</td>
<td>2 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver sausage</td>
<td>4 to 6 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat loaves</td>
<td>4 to 6 days</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>How it looks and tastes</td>
<td>How to serve</td>
<td></td>
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<td>-----------------------</td>
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<td>--------------------------------------------------------------------------------------------------------</td>
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<tr>
<td>American, Cheddar</td>
<td>Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.</td>
<td>In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers; on a snack or dessert tray with fruit.</td>
<td></td>
</tr>
<tr>
<td>Blue, Gorgonzola, Roquefort</td>
<td>Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor. (Stilton is similar, but like a blue-veined Cheddar.)</td>
<td>Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread.</td>
<td></td>
</tr>
<tr>
<td>Brick</td>
<td>Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.</td>
<td>Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.</td>
<td></td>
</tr>
<tr>
<td>Brie (brie)</td>
<td>Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.</td>
<td>Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.</td>
<td></td>
</tr>
<tr>
<td>Camembert (fromage)</td>
<td>Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.</td>
<td>Classic dessert cheese—serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.</td>
<td></td>
</tr>
<tr>
<td>Cottage</td>
<td>Soft, mild, unripened cheese; large or small curd. May have cream added.</td>
<td>Used in salads, dips, main dishes. Popular with fresh and canned fruits.</td>
<td></td>
</tr>
<tr>
<td>Edam, Gouda</td>
<td>Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.</td>
<td>Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.</td>
<td></td>
</tr>
<tr>
<td>Liederkranz, Limburger</td>
<td>Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.</td>
<td>Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.</td>
<td></td>
</tr>
<tr>
<td>Munster (muenster)</td>
<td>Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.</td>
<td>Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.</td>
<td></td>
</tr>
<tr>
<td>Parmesan, Romano</td>
<td>Sharp, piquant, very hard cheeses. Come in shakers grated. (Parmesan is also available shredded.) Or grate your own.</td>
<td>Sprinkle on pizza, main dishes, breads, salads, soups. Shake over buttered popcorn!</td>
<td></td>
</tr>
<tr>
<td>Port du Salut (turka)</td>
<td>Semisoft, smooth, and buttery. Mellow to robust flavor between Cheddar and Limburger.</td>
<td>Dessert cheese—delicious with fresh fruit; great with apple pie. Good for snack tray.</td>
<td></td>
</tr>
<tr>
<td>Provolone (provolone)</td>
<td>Usually smoked; mild to sharp flavor. Hard, compact, and flaky. Pear or sausage shaped.</td>
<td>Use in Italian dishes, in sandwiches, on snack and appetizer trays.</td>
<td></td>
</tr>
<tr>
<td>Swiss</td>
<td>Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.</td>
<td>First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.</td>
<td></td>
</tr>
<tr>
<td>Process cheeses</td>
<td>A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.</td>
<td>Ideal for cheese sauces, souffles, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too.</td>
<td></td>
</tr>
</tbody>
</table>
TERMS USED IN RECIPES

Bake — To cook covered or uncovered in an oven or oven-type appliance. For meats cooked uncovered, it's called roasting.

Baste — To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Beat — To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

Blend — To thoroughly mix two or more ingredients until smooth and uniform.

Boil — To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

Broil — To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.

Brew — To cook by direct heat, usually in broiler or over coals.

Candied — To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

Chill — To place in refrigerator to reduce temperature.

Chop — To cut in pieces about the size of peas with knife, chopper, or blender.

Cook — To remove from heat and let stand at room temperature.

Cream — To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.

Cut In — To mix shortening with dry ingredients using pastry blender or knives.

Dice — To cut food in small cubes of uniform size and shape.

Dissolve — To disperse a dry substance in a liquid to form a solution.

Glaze — A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

Grate — To sub on a grater that separates the food into very fine particles.

Marinade — To allow food to stand in a liquid to tenderize or to add flavor.

Mince — To cut or finely chop food into very small pieces.

Mix — To combine ingredients, usually by stirring, till evenly distributed.

Poach — To cook in hot liquid, being careful that food holds its shape while cooking.

Precook — To cook food partially or completely before final cooking or reheating.

Roast — To cook uncovered without water added, usually in an oven.

Saute — To brown or cook in a small amount of hot shortening.

Scald — To bring to a temperature just below the boiling point where tiny bubbles form at the edge of the pan.

Scallop — To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled top.

Steam — To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

Stir — To mix ingredients with a circular motion until well blended or of uniform consistency.

Toss — To mix ingredients lightly.

Truss — To secure fowl or other meat with skewers to hold its shape during cooking.

Whip — To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.
**SEASONING GUIDE**

Get acquainted with spices and herbs. Add in small amounts, ¼ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs. Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

<table>
<thead>
<tr>
<th>Appetizers, Soups</th>
<th>Breads, Pasta</th>
<th>Eggs, Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CRANBERRY JUICE:</strong> Add cinnamon, allspice, and/or cloves. Serve hot or chilled.</td>
<td>BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.</td>
<td>BAKED EGGS: Sprinkle dash of thyme or paprika over the top.</td>
</tr>
<tr>
<td><strong>FRUIT COCKTAIL:</strong> Try adding mint or rosemary.</td>
<td>BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.</td>
<td>CREAMED EGGS: Add sage.</td>
</tr>
<tr>
<td><strong>STUFFED CELERY:</strong> Mix caraway seed with cream cheese; fill celery. Dash with paprika.</td>
<td>COFFEE CAKE: Mix; crushed unseeded in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.</td>
<td>DEVILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.</td>
</tr>
<tr>
<td><strong>TOMATO COCKTAIL:</strong> Add ½ teaspoon dried basil, per cup.</td>
<td>CORN BREAD: Add poultry seasonings or caraway seed to dry ingredients. Be adventurous, add ½ teaspoon rosemary to batter.</td>
<td>OMELET: Try with dash of marjoram or rosemary (go easy!).</td>
</tr>
<tr>
<td><strong>CHICKEN SOUP:</strong> Add a dash of rosemary, tarragon, or nutmeg. Sprinkle paprika atop for color.</td>
<td>CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.</td>
<td>SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.</td>
</tr>
<tr>
<td><strong>CLAM CHOWDER:</strong> Add a dash of caraway seed, sage, or thyme.</td>
<td><strong>MUSHROOM SOUP:</strong> Season with curry, oregano, or marjoram.</td>
<td><strong>SOUFFLE:</strong> Add ¼ teaspoon marjoram to 4-egg soufflé. To cheese soufflé, add basil or savory.</td>
</tr>
<tr>
<td><strong>CONSOMME:</strong> Dash in basil, marjoram, savory, or tarragon.</td>
<td><strong>FISH CHOWDER:</strong> Add bay leaves, curry powder, or dill.</td>
<td><strong>CHEESE CASEROLE:</strong> Spark with dash sage or marjoram.</td>
</tr>
<tr>
<td><strong>MUSHROOM SOUP:</strong> Season with curry, oregano, or marjoram.</td>
<td><strong>ONION SOUP:</strong> Add marjoram.</td>
<td><strong>CHEESE FONDUE:</strong> Try adding a dash of basil or nutmeg.</td>
</tr>
<tr>
<td><strong>OYSTER STEW:</strong> Lightly add cayenne, mace, or marjoram.</td>
<td><strong>POI’ATO SOUP:</strong> Add cayenne.</td>
<td><strong>CHEESE RABBIT</strong> (rarebit): Try with mace or mustard.</td>
</tr>
<tr>
<td><strong>POTATO SOUP:</strong> Dash with mustard or basil. Top with snipped chives or parsley.</td>
<td><strong>NOODLES:</strong> Butter, then sprinkle with poppy seed.</td>
<td><strong>CHEESE SAUCE:</strong> Add mustard or a dash of marjoram or thyme.</td>
</tr>
<tr>
<td><strong>MUSHROOM SOUP:</strong> Season with curry, oregano, or marjoram.</td>
<td><strong>ROLLS:</strong> Add caraway seed. Or sprinkle with sesame seed.</td>
<td><strong>CHEESE SPREAD:</strong> Blend sage, caraway seed, thyme, or celery seed into melted process cheese.</td>
</tr>
<tr>
<td><strong>TOMATO SOUP:</strong> Dash in basil, dill, oregano, sage, or tarragon.</td>
<td><strong>SPAGHETTI:</strong> Toss with butter, Parmesan, and snipped chives.</td>
<td><strong>COTTAGE CHEESE:</strong> Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.</td>
</tr>
<tr>
<td><strong>VEGETABLE SOUP:</strong> Try allspice, oregano, sage, or thyme.</td>
<td><strong>WAFFLES:</strong> Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.</td>
<td><strong>CREAM CHEESE:</strong> Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.</td>
</tr>
</tbody>
</table>
DAILY CALORIE NEEDS FOR WOMEN

<table>
<thead>
<tr>
<th>HEIGHT</th>
<th>SMALL FRAME</th>
<th>MEDIUM FRAME</th>
<th>LARGE FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 11&quot;</td>
<td>1635</td>
<td>1725</td>
<td>1845</td>
</tr>
<tr>
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<td>2100</td>
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<tr>
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<td>1995</td>
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<tr>
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<td>2220</td>
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<tr>
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<td>2280</td>
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<tr>
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<td>2460</td>
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<tr>
<td>5' 11&quot;</td>
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<td>2505</td>
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<tr>
<td>6' 0&quot;</td>
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DAILY CALORIE NEEDS FOR MEN

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<tr>
<td>6' 0&quot;</td>
<td>2430</td>
<td>2565</td>
<td>2745</td>
</tr>
<tr>
<td>6' 1&quot;</td>
<td>2505</td>
<td>2640</td>
<td>2820</td>
</tr>
<tr>
<td>6' 2&quot;</td>
<td>2595</td>
<td>2730</td>
<td>2910</td>
</tr>
<tr>
<td>6' 3&quot;</td>
<td>2670</td>
<td>2805</td>
<td>3000</td>
</tr>
</tbody>
</table>

These charts are based on the average calorie needs for individuals of specific height and frame. Your individual calorie needs may fluctuate 10% above or 10% below these averages depending on your metabolism and activity (or inactivity.)

It takes a loss of 3500 calories to lose one pound. If you eat 500 calories less a day than your body requires, you should lose a pound every seven days. The reverse also applies for gaining one pound. Adding 3500 calories over caloric needs will add one pound of weight.
# NEW DESIRABLE WEIGHTS

## DESIRABLE WEIGHTS FOR MEN AND WOMEN

### WEIGHTS FOR WOMEN

<table>
<thead>
<tr>
<th>HEIGHT (with shoes on)</th>
<th>SMALL FRAME</th>
<th>MEDIUM FRAME</th>
<th>LARGE FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>4' 10&quot; 11&quot;</td>
<td>92-98</td>
<td>96-107</td>
<td>104-119</td>
</tr>
<tr>
<td>5' 0&quot; 1&quot; 2&quot; 3&quot; 4&quot; 5&quot;</td>
<td>96-104</td>
<td>101-113</td>
<td>109-125</td>
</tr>
<tr>
<td>5' 6&quot; 7&quot; 8&quot; 9&quot; 10&quot;</td>
<td>102-110</td>
<td>107-119</td>
<td>112-128</td>
</tr>
<tr>
<td>6' 11&quot; 12&quot;</td>
<td>111-119</td>
<td>116-130</td>
<td>115-131</td>
</tr>
<tr>
<td>6' 6&quot;</td>
<td>114-123</td>
<td>120-135</td>
<td>129-146</td>
</tr>
<tr>
<td>7&quot; 7&quot; 8&quot;</td>
<td>118-127</td>
<td>124-139</td>
<td>133-150</td>
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<tr>
<td>9&quot; 10&quot;</td>
<td>122-131</td>
<td>128-143</td>
<td>137-154</td>
</tr>
<tr>
<td>11&quot; 6&quot;</td>
<td>126-139</td>
<td>132-147</td>
<td>141-158</td>
</tr>
<tr>
<td>11&quot; 6&quot;</td>
<td>130-140</td>
<td>136-151</td>
<td>145-163</td>
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<tr>
<td>6' 0&quot;</td>
<td>134-144</td>
<td>140-155</td>
<td>149-168</td>
</tr>
</tbody>
</table>

### WEIGHTS FOR MEN

<table>
<thead>
<tr>
<th>HEIGHT (with shoes on)</th>
<th>SMALL FRAME</th>
<th>MEDIUM FRAME</th>
<th>LARGE FRAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>5' 2&quot; 3&quot; 4&quot; 5&quot; 6&quot; 7&quot;</td>
<td>112-120</td>
<td>118-129</td>
<td>126-141</td>
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<td>115-123</td>
<td>121-133</td>
<td>129-144</td>
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<tr>
<td>13&quot; 14&quot;</td>
<td>118-126</td>
<td>124-136</td>
<td>132-148</td>
</tr>
<tr>
<td>15&quot; 16&quot;</td>
<td>121-129</td>
<td>127-139</td>
<td>135-152</td>
</tr>
<tr>
<td>17&quot; 8&quot; 9&quot; 10&quot; 11&quot; 12&quot;</td>
<td>124-133</td>
<td>130-143</td>
<td>138-156</td>
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<tr>
<td>13&quot; 14&quot;</td>
<td>128-137</td>
<td>134-147</td>
<td>142-161</td>
</tr>
<tr>
<td>15&quot; 16&quot;</td>
<td>132-141</td>
<td>138-152</td>
<td>147-166</td>
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<tr>
<td>17&quot; 9&quot; 10&quot; 11&quot; 12&quot; 13&quot;</td>
<td>136-145</td>
<td>142-156</td>
<td>151-170</td>
</tr>
<tr>
<td>14&quot; 15&quot;</td>
<td>140-150</td>
<td>146-160</td>
<td>155-174</td>
</tr>
<tr>
<td>16&quot; 17&quot;</td>
<td>144-154</td>
<td>150-165</td>
<td>159-179</td>
</tr>
<tr>
<td>18&quot; 19&quot;</td>
<td>148-158</td>
<td>154-170</td>
<td>164-184</td>
</tr>
<tr>
<td>20&quot; 21&quot;</td>
<td>152-162</td>
<td>158-175</td>
<td>168-189</td>
</tr>
<tr>
<td>22&quot; 23&quot; 24&quot; 25&quot; 26&quot; 27&quot;</td>
<td>156-167</td>
<td>162-180</td>
<td>173-194</td>
</tr>
</tbody>
</table>

Weight in Pounds According to Frame (In Indoor Clothing)
Your Spot Removal Guide

THE STEPS

When more than one step is listed, use them consecutively. When you sponge with water, then ENERGINE Fireproof Cleaning Fluid—or the other way around—let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

Step 1. Sponge with ENERGINE Fireproof Cleaning Fluid.

Step 2. Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.

Step 3. Rub in petroleum jelly to soften the stain.

Step 4. Wash in warm water with a synthetic detergent or soap.

Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.


Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.

Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.

Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.

Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.

Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.

Step 12. Sponge with turpentine.

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

What Causes Rings

1. The garment is soiled all over. Removing the spot leaves a conspicuous clean area.

2. Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.

3. The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

How To Use Cleaning Fluid

1. If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. ENERGINE Fireproof Cleaning Fluid will not injure the color of any colorfast material.

2. Brush fabric to remove loose soil.

3. Place an absorbent cloth or clean white blotter under the spot.

4. Moisten a clean cloth, dark if the garment is dark. with cleaning fluid.

5. With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.

6. If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.
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