



# COOKING WITH CLASS

Favorite Recipes of the

Menomonee Falls High School Class of 1962



Each of us growing up has our favorite memories revolving around food. Mine was walking in the back door after the mile-long trudge home from school and smelling freshly baked homemade bread, hot from the oven. Nothing has ever tasted as good as that crust, carefully sliced from the end of the loaf and slathered with real butter. Another fond memory was stopping at Ebert's Drugstore, a favorite after-school haunt and conveniently located on my walk home. There my friends and I would indulge in a cherry or lime coke and a pretzel rod at the soda fountain before peeling off to our individual homes.

Food trends have changed dramatically from the late 50's and early 60's. Mealtime and consumer tastes have become increasingly sophisticated and international due to the shrinking of our global world. Healthier and organically grown food is becoming a wiser and more available choice for those concerned with chemicals and adulteration in their food. People are choosing to flavor their food with a vast array of spices and herbs rather than unhealthy fats and sugars.

Some popular foods of the 50's and 60's like Cheese Whiz and Tang have disappeared from our diets while other strong food trends of these eras, like meatloaf, deviled eggs, cheese balls, Chex mix and the occasional casserole made with canned cream soup continue to find a place in our food choices. Of course the universally popular hamburger, French fries and milkshake are still favorites, although the French fries may have been replaced with sweet potato fries or homemade chips and the milkshake with a flavored iced tea, Cappuccino or a microbrew.



Thank you to all of you who contributed recipes for this cookbook. It was especially gratifying to receive so many recipes from our fellow (guy) classmates. They have stepped into the kitchen in a big way. Food traditions connect us with our families and with our friends. So we hope you'll enjoy making new connections by cooking with class- that is, your Class of 1962.

*Reflections from Sue Smith Westfahl*



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Favorite Restaurants  
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Mandarin Orange  
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## Recipe Abbreviations

t. = teaspoon

T. = tablespoon

c. = cup

lb. = pound

oz. = ounce

pt. = pint

qt. = quart

pkg. = packaged

env. = envelope

sm. = small

med. = medium

lg. = large



INGREDIENT	AMOUNT	SUBSTITUTES
Allspice	1 teaspoon	$\frac{1}{2}$ t. cinnamon and $\frac{1}{2}$ t. ground cloves
Baking Powder	1 teaspoon	$\frac{1}{3}$ t. baking soda and $\frac{1}{2}$ t. cream of tartar
Broth, beef or chicken	1 cup	*1 bouillon cube dissolved in 1 cup boiling water *1 t. powdered broth base dissolved in 1 cup water
Butter	1 cup	*1 cup margarine * $\frac{7}{8}$ cup to 1 cup hydrogenated fat and $\frac{1}{2}$ t. salt $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ t. salt
Chicken stock base, instant	1 T. dissolved in 1 C. water	1 cup canned or homemade Chicken stock or broth
Chili sauce	1 cup	1 cup tomato sauce, $\frac{1}{4}$ cup brown sugar, 2 T. vinegar $\frac{1}{4}$ t. cinnamon, dash of ground cloves and allspice
Chives, finely chopped	2 teaspoons	2 t. chopped green onion tops
Chocolate, semisweet chips, melter	6-ounce package	2 squares unsweetened chocolate, plus 2 T. shortening and $\frac{1}{2}$ cup sugar
Chocolate, unsweetened	1 ounce or square	3 T. cocoa and 1 T. fat or oil
Corn Syrup	1 cup	*1 cup sugar and $\frac{1}{4}$ cup liquid (use whatever liquid is called for in recipe) *1 cup honey
Cornstarch (for thickening)	1 tablespoon	*2 T. flour *2 T. granular tapioca
Cream, half-and-half	1 cup	* $\frac{7}{8}$ cup milk and $\frac{1}{2}$ T. butter *1 cup evaporated milk, undiluted
Heavy cream (for use in cooking or baking)	1 cup	$\frac{3}{4}$ cup milk and $\frac{1}{3}$ cup butter
Cream, whipped		Chill a 13 oz. can of evaporated milk for 12 hours. Add 1 t. lemon juice. Whip until stiff.
Flour, cake	1 cup	1 cup minus 2 T. sifted flour
Flour, self-rising	1 cup	1 cup flour and 1 $\frac{1}{2}$ t. baking powder and $\frac{1}{2}$ t. salt
Herbs, fresh	1 tablespoon, finely cut	1 t. dried herbs
Honey	1 cup	1 $\frac{1}{4}$ cups sugar and $\frac{1}{4}$ cup liquid, (use liquid called for in recipe)

INGREDIENT	AMOUNT	SUBSTITUTES
Marshmallows, miniature	1 cup	10 large
Buttermilk	1 cup	1 cup plain yogurt
Sour milk	1 cup	1 cup less 1 T. milk and 1 T. vinegar or lemon juice (allow to stand for 10 minutes)
Mustard, dry	1 teaspoon	1 T. prepared mustard
Onion, fresh	1 small	Rehydrate 1 T. instant minced onion
Onions, instant minced	1 tablespoon	2 T. fresh onion, chopped
Onion Powder	1 tablespoon	*1 medium onion, chopped *4 T. fresh chopped onion
Orange peel, dried	1 tablespoon	2-3 T. grated fresh orange peel
Orange peel dried	2 teaspoons	1 t. orange extract
Parsley, dried	1 teaspoon	3 t. fresh parsley, chopped
Pimiento	2 tablespoon, chopped	3 T. fresh red bell pepper, chopped
Pumpkin pie spice	1 teaspoon	½ t. cinnamon, ¼ t. ginger, 1/8 t. allspice and 1/8 t. nutmeg
Shortening, solid (use in baking)	1 cup	1 1/8 cups butter, (decrease salt in recipe by ½ t.)
Sour cream	1 cup	*1 cup plain yogurt *3/4 cup sour milk and 1/3 cup butter *3/4 cup milk, ¾ t. lemon juice and 1/3 cup butter or margarine
Tomatoes, Juice	1 cup	½ cup tomato sauce and ½ cup water
Worchestershire sauce	1 teaspoon	1 t. bottled steak sauce
Yeast, active dry	1 tablespoon	*1 cake yeast, compressed *1 package (1/4 ounce) active dry yeast
Yogurt, plain	1 cup	*1 cup buttermilk *1 cup cottage cheese, blended until smooth *1 cup sour cream



# APPETIZERS







## Appetizers

### **Baked Artichoke Dip**

*Sue (Smith) Westfahl*

1/2 c. mayonnaise  
1/2 c. sour cream  
1/2 c. grated Parmesan cheese  
1/2 c. shredded mozzarella cheese  
1 t. garlic powder  
1 t. Dijon mustard  
1/2 c. finely chopped red onion  
1 14-oz. can artichoke hearts, coarsely chopped  
1/4 c. shredded mozzarella cheese  
Pita triangles, crackers, sliced French bread or pumpernickel bread

Preheat oven to 325 degrees.

Combine mayonnaise, sour cream, Parmesan cheese, the 1/2 cup mozzarella cheese, mustard, garlic powder and dash of white pepper. Stir in artichoke hearts and onion.

Put mixture in a pie plate or

other shallow dish. Cover and chill for 3-4 hours.

Bake for 50-60 minutes or till heated through.

Top with mozzarella cheese and bake for 5 more minutes.

Add some chopped tomatoes to the center of the dish if desired.

Makes 24 appetizer size servings.



## Appetizers

### **Border Crossing Dip**

*Bob Dahms*

- 1 16 oz. can refried beans
- 1 14 oz. pkg. guacamole
- 1 16 oz. pkg. sour cream (light recommended)
- 3/4 c. chopped green onions (1 bundle)
- 3/4 c. diced tomatoes (3 medium vine ripened)
- 4 oz. chopped black olives
- 2 c. shredded cheese (Wisconsin cheddar if you can get it)
- 1 pkg. taco seasoning mix
- 1 lg. bag tortilla chips (white rounds easiest to use)

In small bowl, add taco seasoning to sour cream and mix well.

In a low raised-edge platter, layer ingredients as follows:

- a. bean dip
- b. guacamole
- c. sour cream mix

- d. green onions
- e. 1/2 cup tomatoes
- f. Black olives
- g. Cheddar cheese
- h. remaining 1/4 cup of tomatoes

Insert some chips around the outside edge (depends how secure you want your borders!).

Keep refrigerated until ready to serve

Servings: Medium to large (with other offerings)





## Appetizers

### *Cheese and Strawberry Ring*

*Diana (Wegener) Perry*

16 oz. pkg. extra sharp  
cheddar cheese, shredded  
16 oz. pkg. medium cheddar  
cheese, shredded  
1 sm. onion, grated  
1 c. Mayonnaise (I also  
sometimes just use a little  
more mayonnaise, since it  
cannot change the flavor.)  
1 t. red pepper  
1 c. chopped pecans  
(sometimes I lightly toast  
them first)  
1 med. size jar strawberry  
preserves

Combine the first 5  
ingredients and mix well (a  
food processor makes this  
part easier).

Sprinkle about 1/2 c. of the  
pecans in oiled or Pam  
sprayed ring mold. Press  
cheese mixture into mold.

Cover and chill until firm, at  
least 4 hours.

Unmold ring onto serving  
plate and fill the center with  
the strawberry preserves. I  
sometimes use fresh  
strawberries as a garnish  
around the ring.

This is good with any sturdy  
cracker, such as Triskets or  
Waverly, or Ritz.

The legend goes that this was  
a favorite of Jimmy Carter,  
and his wife Rosalind  
included it in a Georgia  
Governor's Wives cookbook.  
I don't remember where I first  
found it, but it is a necessary  
part of any of our family  
gatherings! We've always  
called it the Plain's Cheese  
ring, but the name is  
deceiving, since it is not plain  
by any means.

## Appetizers

### Cheese Straws

Mary (Vitrano) Krull

8 oz. sharp cheddar, Grated  
1/2 c. unsalted butter, room temperature  
1-1/2 c. flour  
1/2 t. salt  
1/4 t. cayenne pepper  
paprika

Preheat oven to 350 degrees.

In food processor, combine cheese and butter. Add flour, salt and cayenne pepper. Process until a crumbly dough forms. It should hold together when pressed in your hand.

Using a cookie press fitted with a star tip, pipe dough onto an ungreased shiny cookie sheet in long strips about 1-1/2 inches apart. Cut strips into 2 to 2-1/2 inch lengths and move apart

slightly.

Bake for 20 minutes. Sprinkle with paprika while warm.

Remove from pan with a spatula when cool.

Store in an airtight container for up to one week. May also be frozen.

Makes 4 to 5 dozen.





## Appetizers

### *Cheese Wafers* *(Outstanding)*

*Sue (Smith) Westfahl*

1 stick butter, softened  
1 lb. extra sharp cheddar  
cheese, grated (2 c.)  
3/4 t. salt  
1/4 t. cayenne pepper  
1 c. flour  
1/2 c. finely chopped pecans  
5-6 drops hot pepper sauce

Place butter and cheese in a large bowl. With your hands, mix and cream together well.

Add the salt and cayenne and continue to mix with your hands.

Add the flour and pecans a bit at a time and mix with your hands.

Add the pepper sauce and mix until the dough is smooth and can be rolled into a ball.

Divide the dough into three portions. On a piece of wax paper, roll each portion out into a log about 1 inch in diameter. Wrap each log in waxed paper and refrigerate overnight. The dough will keep in the refrigerator for about 2 weeks.

When ready to bake, preheat the oven to 275. Unroll the logs from the waxed paper and using a sharp knife slice the dough into thin wafers, about 1/8-inch thick. Place on aluminum foil-covered baking sheets.

Bake for about 30 minutes. They will spread a little so leave room between them. Make sure they are good and dry - you want them to be crisp.

Remove to a wire rack to cool. Store in an airtight container. Makes 15 dozen wafers.



## Appetizers

### *Cheesy Onion Roll-ups*

*Barbara (Meyer) Heffron*

- 1 c. sour cream
- 1 (8 oz.) pkg. cream cheese, softened.
- 1/2 c. shredded cheddar cheese
- 3/4 c. sliced green onions
- 1 T. lime juice
- 1 sm. can mild chili peppers (try to drain off oil)
- 10 (6 inch) flour tortillas
- 1 (16 oz.) jar picante sauce

In medium size bowl, mix sour cream, cream cheese, cheddar cheese, green onions, lime juice and mild chili peppers.

Spread one side of each tortilla with sour cream mixture. Tightly roll each tortilla.

Place rolled tortillas on a medium size serving dish and cover with plastic wrap. Chill in the refrigerator at least 1

hour.

Slice tortillas into 1 inch pieces. Serve with picante sauce.

Prep Time: Approx. 15 min.

Ready in: Approx. 1 Hour 15 min.

Makes 5 doz. (30 Servings).



## Appetizers

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### Crab Dip

*Kathy (Ennis) Mooney*

24 oz. cream cheese

1-1/2 t. horseradish

1 T. Worcestershire sauce

3 T. milk

1 lb. crab meat



Soften cream cheese.

Mix cream cheese,  
horseradish, Worcestershire  
sauce and milk until creamy.  
Gently blend in crabmeat.

Pour into a casserole dish  
sprayed with Pam.

Bake uncovered at 350  
degrees for 45 minutes.

Serve with crackers or toasted  
French bread..

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## Appetizers

### *Crescent Veggie Appetizers (Christmas)*

*Sue (Smith) Westfahl*

2 cans Pillsbury refrigerated  
crescent dinner rolls  
1 8-oz. cream cheese, softened  
1/2 c. sour cream  
1 t. dried dill weed  
1/8 t. garlic powder  
3 c. finely chopped assorted  
vegetables (red and yellow  
peppers, broccoli, carrots,  
green onion, zucchini)

Remove dough from cans in  
rolled sections (2 sections  
from each can). Do not  
unroll.

Cut each section into 8 slices.  
Place slices, cut side down, on  
ungreased cookie sheets to  
form trees. To form each tree,  
start by placing 1 slice for top;  
arrange 2 slices just below,  
with sides touching. Continue  
arranging a row of 3 slices,  
then a row of 4 slices, ending

with a row of 5 slices. Use the  
remaining slice for the trunk.  
Refrigerate one tree.

Bake one tree at 375 degrees  
for 11 to 13 minutes. Cool one  
minute; carefully loosen with  
spatula and slide onto wire  
rack to cool. Bake and cool  
second tree.

Place each tree on a platter.

In a small bowl, combine  
cream cheese, sour cream, dill  
weed and garlic powder;  
blend until smooth.

Spread the mixture over both  
trees. Decorate the trees with  
assorted vegetable pieces. Cut  
a red pepper into thin slices  
and use to decorate as a  
garland. Cut a star for top  
from yellow pepper.

Refrigerate until serving time.

2 trees; 32 appetizers

## Appetizers

### *Easy Breaded Chicken Fingers*

*Barbara (Meyer) Heffron*

4 skinless, boneless, chicken breasts  
1 c. Italian-style salad dressing  
2 c. seasoned dry bread crumbs (Italian style)  
1/2 c. parmesan cheese  
garlic powder  
salt & pepper

Preheat oven to 400 degrees.

Cut chicken breasts into large bite size pieces. Let chicken soak in the Italian dressing while getting the crumbs ready.

In zip lock bag put 2 c. of bread crumbs, parmesan cheese, garlic, salt and pepper and shake to mix.

Place aluminum foil on a cookie sheet & spray with Pam spray.

Toss chicken pieces into the zip lock bag and shake them until well coated.

Place the coated chicken pieces on a cookie sheet and bake for 15 min. Turn them over & bake another 15 min.

Serve with tooth picks and honey mustard dipping sauce.





## Appetizers

### **Hawaiian Macadamia Nut Cheese Ball**

*Diana (Wegener) Perry*

2 8 oz. pkgs. cream cheese,  
softened (I use the reduced fat  
style now)

8 oz. soft spread sharp  
cheddar cheese (I found a  
brand called "English Pub")

1 lb. -1-1/2 lbs. shredded  
sharp cheddar cheese

1 onion, juice & scrapings (I  
use my grater over the bowl  
of the mixed cheeses)

1 t. salt

1/2 c. sweet pickles, chopped

2 c. chopped macadamia nuts  
(divided)

Blend cheeses; add remaining  
ingredients less 1/2 the nuts.

Shape into a ball.

Add remaining nuts and  
parsley around the ball.

Refrigerate several hours

before serving.

This is good with a mild  
buttery cracker, but holds its  
own against some of the new  
whole grain crackers. I have  
also served it with a rye  
cracker.



## Appetizers

### **Honey Mustard Dipping Sauce**

*Barbara (Meyer) Heffron*

1/2 c. cold water  
1 t. cornstarch  
1/4 c. honey  
1 T. finely chopped green onions  
1 T. lemon juice  
4 t. prepared Dijon-style mustard  
1/4 t. onion powder

Place water in medium size saucepan and stir in cornstarch to dissolve. Stir in honey. Heat to boiling, stirring constantly. Reduce heat and simmer until sauce thickens, approx. 15 min.

Remove sauce from heat. Stir in green onions, lemon juice, prepared Dijon-style mustard, and onion powder.

Serve warm or cold.

Prep Time: Approx 15 min  
Cook Time: Approx 15 min  
Ready in approx 30 min  
Makes 1 c. (8 servings)



# Recipes

## Appetizers

### *Hummus*

*Wendy (Loveless) Garfein*

19 oz. can of chick peas (do not put the liquid in the blender, unless you want to add a little after you blend everything, if the mixture is too dry to be smooth)

1/4 c. oil

1/4 c. sesame paste (tahini)

1/8 c. lemon juice

3 cloves garlic

Blend together until smooth in a blender.

Serve with vegetables or chips as a dip.

Enjoy.



## Appetizers

### *Imperial Crab Spread*

*Diana (Wegener) Perry*

1/4 c. Hellmann's mayonnaise  
(any good brand will work,  
but I like Hellmann's best)  
2 t. lemon juice  
1 T. small capers, well drained  
1/2 t. Worcestershire sauce  
Dash of Tabasco (or to taste)  
1 lb. lump crabmeat - pick  
through to be sure to remove  
bits of shell

Mix the first five ingredients  
in a medium bowl; gently fold  
in the crab.

Taste before serving since it is  
sometimes necessary to add a  
little more lemon.

Chill for at least 4 hours.

Serve cold.



## Appetizers

### *Mango Chutney & Cream Cheese on Ginger Snaps*

*Diana (Wegener) Perry*

This is a combo of a great cookie recipe and a real simple way to turn it into a sweet appetizer.

Gingerbread Dough (Makes about 6 dozen cookies)

1/4 c. dark brown sugar  
1/3 c. molasses  
1/4 c. unsalted butter, softened  
1 egg  
1 t. baking soda  
1/4 t. salt  
1/4 t. allspice  
1/2 t. cinnamon  
1/4 t. ginger  
1/4 t. ground cloves  
2-1/4 c. all purpose flour

In large mixing bowl, cream butter; add sugar and beat until well blended. Beat in molasses; add egg and beat all until fluffy.

Sift into another bowl the baking soda, salt, allspice, cinnamon, ginger, cloves and 3/4 cup of the flour.

Add this all at once to molasses mixture and beat until ingredients are just mixed. Stir in the remaining flour and beat to form a stiff dough.

Divide dough into 1 cup amounts; flatten portions and wrap in plastic wrap. Refrigerate at least 2 hours, or overnight.

To bake cookies, preheat oven to 350 degrees. Lightly butter two cookie sheets, or line with parchment paper.

On lightly floured surface, roll out dough to about 1/8" thickness. With crimped pastry wheel, cut dough in 1X2" rectangles. Place them on cookie sheets and prick tops

# Recipes

## *Appetizers*

with a fork in an even pattern.

Bake until crisp, about 10 minutes.

Store in tightly covered container.

### Topping

8 oz. cream cheese

1 jar mango chutney finely chopped

Blend cream cheese with the chutney. Transfer to a pretty serving bowl. Surround topping with cookies and allow guests to spread their own.



## Appetizers

### Mini Quiche Appetizers

*Fran (Kaiser) Becker*

5 oz. pkg. shredded Swiss  
cheese  
1 T. chopped fresh basil (1 t. if  
dried)  
1/4 c. diced tomatoes  
2 T. finely chopped onion  
3 oz. pkg. real bacon  
1-1/2 c. mayonnaise  
2 pkg. frozen phyllo cups (30  
total)

Mix above ingredients and fill  
phyllo cups.

Bake at 375 degrees for 10  
minutes





## Appetizers

### *Olive Puffs*

*Sue (Smith) Westfahl*

2 c. grated sharp cheddar  
cheese

1 stick butter

1 c. flour

48 sm. stuffed green olives



Cream the cheddar cheese  
and butter together. Add flour  
and mix well.

Wrap olives with small  
amount of cheese mixture.

Freeze and then when ready  
to bake, bake at 400 for 20  
minutes.

(Note: appetizers must be  
frozen before baking or  
breading will spread.)



## Appetizers

### ***Pineapple Pecan Cheese Ball***

*Diana (Wegener) Perry*

16 oz. cream cheese (I have used reduced fat cream cheese, but then it will not come together as a ball, but seems more like a spread).

1 7-8 oz can crushed pineapple

2 c. pecans, chopped

1/4 c. bell pepper (I like to use red, but green or orange are also good)

1 t. seasoned salt (like Lawry's)

2 T. onion, grated

Combine all ingredients except only 1/4 c. of the pecans.

Form into a ball, and roll into the remaining nuts.

Chill overnight.



## Appetizers

### Quick Liver Pate

*Sue (Smith) Westfahl*

- 1/4 c. dried tart cherries
- 2 slices thick-cut bacon
- 2 T. finely chopped shallots
- 1 t. finely chopped fresh thyme
- 1/4 t. salt
- 1/8 t. black pepper
- 1 garlic cloves, finely chopped
- 1 bay leaf
- 2 T. cognac or brandy
- 1/4 c. whipped cream cheese
- 8 oz. liverwurst (Usinger's or other good brand)
- 2 T. finely chopped pistachios, optional

Place cherries in a small saucepan with just enough water to cover; bring to a simmer over medium heat. Cook 3 minutes or until soft. Drain cherries; cool slightly and finely chop.

Cook bacon in a small skillet until crisp; remove bacon from pan, reserving 1 T.

drippings in pan. Finely chop bacon.

Add shallots, thyme, salt, pepper, garlic and bay leaf to drippings in pan; cook 2 minutes or until softened, stirring occasionally. Remove pan from heat. Add cognac, scraping pan to loosen browned bits.

Place shallot mixture, dream cheese, and liverwurst in food processor; process until smooth. Place in a small bowl; stir in bacon and cherries.

Cover surface of pate with plastic wrap; chill at least 8 hours.

Sprinkle with pistachios before serving, if desired or insert a whole bay leaf into top of pate.

Yield: 12 servings (about 2

Recipes

## *Appetizers*

1/2T. each)



## Appetizers

### *Reuben Dip*

*Eileen (Burkwald) Strauss*

1-1/2 c. sauerkraut (16 oz. can)  
drained  
8 oz. Swiss cheese, grated  
3-4 green onions, chopped  
1/2 c. red & green pepper,  
chopped  
2 pkg. corned beef, diced  
1 c. mayonnaise

Layer drained kraut in a 9 x  
11 pan.

Top with remaining  
ingredients mixed together.

Bake at 350 until brown (25-30  
min.).

Serve with Pinah's rye chips



## Appetizers

### *Rica's Salsa*

*Kathie (Scott) Novy*

8 - 10 med. tomatoes (diced)  
1/3 med. onion (diced)  
3/4 clove of garlic (or T.  
minced garlic)  
Cilantro (fresh, chopped, or  
couple T. dried)  
2 bunches of green onion  
(diced)  
1/2 jalapeño (pepper)  
1 sm. Serrano (pepper)  
1 lemon (juice)  
1 lime (juice)  
1/2 t. salt  
1 T. garlic powder

Dice tomatoes, onion and  
green onion. Add rest of  
ingredients and mix.

Place in refrigerator (best if  
allowed to "cook" overnight).

I put the peppers in the  
blender and liquefy before  
adding to salsa mixture.

If salsa is too spicy, add more  
tomatoes; if not spicy enough,  
add more peppers.

This recipe will last  
approximately one week in  
refrigerator.

The juices from the salsa can  
be drained and used in other  
cooking.

## Appetizers

### *Shore Great Seafood Dip*

*Diana (Wegener) Perry*

2 T. butter

1/2 med. green bell pepper,  
diced

1/2 med. red pepper, diced

1 med. onion, diced

2 stalks celery, diced

10 3/4-oz. can cream of  
shrimp soup

1 c. mayonnaise

1/2 lb. freshly grated  
Parmesan

1 (6-oz.) can crabmeat, picked  
free of any broken shells,  
drained

6 oz. shrimp, cooked if fresh,  
and diced into about 3 or 4  
pieces each, or canned,  
drained

1/2 t. white pepper

Preheat oven to 325 degrees F.

Melt the butter in a skillet  
over medium heat. Add the  
bell pepper, onion, and celery  
and saute for 2 minutes.

In a bowl, combine the soup,  
mayonnaise, Parmesan,  
crabmeat, shrimp, and  
pepper.

Stir the sauteed vegetables  
into the seafood mixture and  
spoon this mixture into a  
lightly greased 8 by 11-inch  
casserole dish.

Bake for 30 minutes.

Serve with toast points or  
crackers.

This is my adaptation of  
Paula Deen's "Shore is good  
Seafood Dip". While it isn't a  
family recipe, per se, it is a  
recipe I'm glad I have, and  
always use for any cold  
weather month party...and get  
requests for sometimes during  
the summer.



## Appetizers

### *Shrimp Spread*

*Ken Stanke*

2 - 8 oz. cans small shrimp or  
2 cups of Florida shrimp. You  
can also use lobster (2 tails) or  
make a mix of both.

2 T. lemon juice

2 - 8 oz. pkgs. Philly cream  
cheese - Not the lite stuff!

Keep at room temperature so  
it can be mixed

1/2 c. Hellman's Mayo

3 T. prepared horseradish

1/4 c. ketchup

1/2 c. fine chopped sweet  
onion

Cut shrimp into 1/4 inch  
pieces and place in small bowl  
Pour lemon juice over top,  
mix and let stand.

Mix cream cheese, mayo,  
horseradish, ketchup, onion  
(more mayo, more creamy)  
add shrimp. Mix.

Chill and serve with your

favorite crackers.

I try to make this with the  
shrimp netted in Edgewater,  
Fl.; however, it doesn't last so  
I have to use store bought  
shrimp.



## Appetizers

### *Spinach Deviled Eggs*

Mary (Vitrano) Krull

12 hard-cooked eggs  
1/4 c. mayonnaise  
2 T. vinegar  
2 T. butter or margarine,  
softened  
1 T. sugar  
1/2 t. pepper  
1/4 t. salt  
1/2 c. frozen chopped spinach  
thawed and patted dry  
4 bacon strips, cooked and  
crumbled

Slice eggs in half lengthwise;  
remove yolks and set whites  
aside.

In a small bowl, mash yolks  
with a fork.

Stir in the mayonnaise,  
vinegar, butter, sugar, pepper  
and salt.

Add spinach and mix well.

Stir in the bacon.

Spoon into egg whites.

Serve immediately.



## Appetizers

### *Spinach Parmesan Appetizers*

*Mary (Vitranio) Krull*

- 1 pkg. frozen spinach
- 14 oz. c. artichoke hearts,  
diced
- 1/2 c. grated Parmesan cheese
- 1/2 c. mayonnaise
- 1 t. onion powder
- 1 t. garlic powder
- 1/2 t. black pepper
- 17 oz. pkg. frozen puff pastry

Thaw puff pastry.

Mix all ingredients together  
except puff pastry.

Unroll pastry and spread  
evenly with mixture. Roll up  
jellyroll style and freeze for 30  
minutes or until firm enough  
to slice.

Cut into 1/2 inch slices with a  
sharp knife and bake on a  
cookie sheet at 400 degrees  
until golden brown.

Best when served warm.





## Appetizers

### Taco Bean Dip

*Ken Stanke*

2 16 oz. cans refried beans  
2 16 oz. cans black beans  
1 24 oz. jar chunky salsa or  
picante sauce mild or hot  
4 lg. T. taco seasoning (2 pkg.  
if you don't buy it in the 24  
oz. container)  
1 10/12 oz. jar sliced jalapenos  
Ground black pepper  
1 lg. sweet onion, fine chopped  
1 6 oz. can black olives (can  
use up to a 10 oz.), sliced  
1 16 oz. container sour cream  
1 16 oz. block or fine  
shredded sharp Wisconsin  
cheddar cheese  
1 10 oz. jar Spanish olives  
with pimentos

Use a large mixing bowl.  
Drain all cans of any liquid.  
Add all beans, 1 cup salsa,  
taco seasoning, 6 to 10 slices  
fine chopped jalapeño and a  
little ground black pepper.  
Mix well. This is your base.

Ok to add more salsa if mix is  
too thick.

Place the mix in serving bowl.  
I use a Tupperware 9 1/2 by 9  
1/2 by 4" high container. The  
rest goes on in layers.

First the fine chopped onion,  
then the black olives, followed  
by the sour cream and the  
cheddar cheese.

Then slice the Spanish olives  
in half and line the rim of  
your container with the  
pimento facing up.

Next cover the rest of the  
cheese with 1 layer of sliced  
jalapeño.

Last use the remaining salsa  
and cover about 1/2 of the  
jalapeño starting in the center.

Chill, best over night.

Serve with your favorite



# Recipes

## *Appetizers*

chips. It's best to serve with a large spoon and place on a small plate, then scoop with chips.

## Appetizers

### *Texas Caviar*

*Jeanne (Kuenzi) Kelling*

Probably my newest recipe just received here in SC and really great.

2 16 oz. cans black beans, drained

1 16 oz. can black-eyed peas, drained

1 11 oz. can white shoepeg corn

1 sm. Chopped green pepper

1 sm. Chopped red pepper

1 sm. Chopped onion

1/3 c. chopped jalapeño

2 oz. chopped pimento

Mix all of the above ingredients together.

Dressing:

1 t. salt,

1 c. sugar

3/4 c. cider vinegar

1/4 c. oil

Heat dressing to boiling, then cool and pour over bean

mixture.

Chill.

Serve with Fritos or Tortilla Scoops.



## Appetizers

### *Zippy Beef Olive Spread*

*Sue (Smith) Westfahl*

- 1 t. Instant minced onion
- 1 T. Dry sherry
- 8 oz. Cream Cheese
- 2 T. Mayonnaise
- 3 oz. pkg. Smoked Sliced Beef
- 1/4 c. Stuffed Green Olives

Soften 1 t. instant minced onion in 1 T. dry sherry.

Blend together one 8-oz. cream cheese with 2 T. mayonnaise.

Stir sherry mixture into cream cheese mixture. Add one 3 oz. package smoked sliced Beef finely chopped and 1/4 cup chopped stuffed green olives.

Serve on whole-wheat bread or crackers.

# BEVERAGES





## **Beverage Hints**

You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, such as Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea too.

Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.

For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk.

Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.

Make your own spiced tea or cider. Place orange peels, whole cloves, cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.

Always chill juices or sodas before adding to beverage recipes.

To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits diluting.

To save leftover wines, freeze them in ice cube trays. They can be used in coolers or for seasoning recipes.

Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.

One lemon yields about 1/4 cup of juice; one orange yields about 1/3 cup of juice. This is helpful in making fresh orange juice or lemonade.

Never boil coffee; it brings out the acid and causes a bitter taste.

Store ground coffee in the refrigerator or freezer to keep it fresh.

Always use cold water for electric drip coffeemakers. Use 1 to 2 tablespoons ground coffee for each cup of water.

## Beverages

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### *Cantarito*

*Bill Bauer*

1-1/2 oz. tequila

1/2 oz. fresh lime juice

1/2 oz. fresh orange juice

1/2 oz. fresh lemon juice

grapefruit soda (Squirt)

Place the tequila and juices in a tall glass, add ice.

Top off with Squirt and stir.

Garnish with lime, orange and lemon wedges.

(You may be tempted to substitute bottled juices. Believe me, the fresh juices are well worth the work.)



## Beverages

### *Chambord Cognac After Dinner Drink*

*Russ Fons*

1 oz. Chambord

1 oz. Cognac or good brandy

Pour both into a microwave-safe cup and heat in microwave for 15-20 seconds (all microwaves are different) until hot, but do not allow to boil.

Pour into brandy snifter or wine glass.

Swirl to enjoy the aroma.

Sip.

Enjoy.

This is a nice fall or winter drink, after dinner . . . perhaps with a good cigar (or for the ladies perhaps with some crème brulee). Easy to prepare, magnificent to

consume.





## Beverages

### **Frozen Hot Chocolate**

*Jeanne (Kuenzi) Kelling*

Ganache:

3 oz. unsweetened cocoa

3 oz. sweetened cocoa

1 1/2 T. sugar

1 T. unsalted butter

1/2 c. whole milk

Hot Chocolate:

1 c. whole milk

2 c. crushed ice

whipped cream for serving

chocolate shavings for serving

To make the ganache:

In top of double boiler over boiling water, combine cocoas, sugar and butter and milk until it forms a smooth paste.

Drizzle milk into chocolate mix, stirring constantly till smooth as silk.

Cool to room temperature.

To make the drink:

Combine 1/2 c. ganache with milk and crushed ice in blender and blend until mix is the consistency of a slushie.

Pour into a large goblet, top with a mound of whipped cream and sprinkle with chocolate shavings. Makes 1 serving.

Yum! My granddaughters love hot chocolate so this sounds like a yummy summer hot chocolate version. Haven't tried the recipe yet but am anxious as anything with chocolate is awesome.



## Beverages

### *Golden Margarita*

*Bob Dahms*

- 1 12-oz can frozen limeade (concentrate)
- 2 6-oz cans pineapple juice
- 1 c. orange juice (low pulp)
- 2 oz. Jose Cuervo Gold Tequila (or equivalent)
- 2 oz. Grand Marnier orange liqueur
- 1 lemon wedge and 1 T salt (option 2 only)

In a pitcher, combine limeade, pineapple juice, orange juice, tequila, and liqueur. Stir well.

Option 1 - Heart Healthy Version. Pour into 8 oz cocktail glass with crushed ice.

Option 2 - Conventional. Spread salt onto a small plate to approximate the diameter of a stemmed margarita glass; moisten stem glass rim with lemon wedge; then press rim into the salt. Pour into glass

being careful not to wash off salt.

Servings: 4





## Beverages

### *Government Iced Tea*

*Bob Dahms*

1 spearmint leaf

6-8 ice cubes

1 lg. bottle of SB 1070 (also known as Arizona Tea)\*

1. Dispense ice cubes into 8-16 oz. tall drink glass
2. Twist and remove cap from container bottle
3. Lift container and pour contents into glass until 1/2 inch from the top
4. Rinse mint leaf with tap water, pinch and rub gently to release maximum aroma, and float on top of the drink contents
5. Stir gently 360 degrees clockwise (twice); if located in southern hemisphere, stir counterclockwise
6. When empty, recycle container bottle in accordance with local policy
7. Consumer need not be a member of an organized tea

party

\*Warning: It is unlawful to remove the following label from recipe by anyone other than the consumer:

1. Occupational Safety and Health Administration recommends the use of an unleaded glass and to substitute plastic when consumed around swimming pool decks.
2. Consumer Product Safety Commission cautions against use by diabetics without advice of a physician.
3. Surgeon General's office announces that drinks, such as diet Green Tea with Ginseng and Splenda, are consistent with latest campaign against childhood (and senior citizen) obesity.
4. Office of Health and Human Services mandates that businesses must offer equal opportunity tea (not tax) breaks for all employees.



## *Beverages*

5. Office of Management and Budget reports that one large (128 oz) bottle serves: 8 yankees, 4 southerners, two Texans, or one thirsty Arizonan.
6. Border Patrol studies show that 9 out of 10 packages "imported" into the US last year contained something other than tea.
7. The Attorney General's office declared that it is a class 1 misdemeanor to ignore one or more of the above warnings.

## Beverages

### **Hot Mulled Cider**

*Mary (Vitrano) Krull*

1 qt, apple cider  
1 c. orange Juice  
1 c. pineapple Juice  
1/4 c. packed brown sugar  
6 whole cloves  
4 or more cinnamon sticks  
lemon and/or orange slices



In a 3-1/2 to 4 quart slow cooker, mix and cook on low setting all ingredients, except the lemon/orange slices, for five to six hours.

Remove cinnamon sticks and cloves.

Garnish with fruit slices.

Serve hot in mugs.

Makes about 20 half cup servings. May be made ahead and refrigerated. Microwave to reheat.

## Beverages

### **Mock Sangria (nonalcoholic)**

*Mary (Vitrano) Krull*

2 c. orange juice, chilled  
1 c. unsweetened white grape juice, chilled  
1 c. reduced-calorie cranberry juice  
1 1-liter bottle diet lemon-lime carbonated beverage, chilled  
Ice cubes  
2 cups assorted fresh fruit (such as oranges, cut into wedges; thinly sliced and halved lemons and/or limes; pineapple wedges; seedless red or green grapes; sliced, peeled and pitted peaches; and halved strawberries)  
Fresh mint sprigs

In a large bowl or pitcher, stir together chilled orange juice, white grape juice, and cranberry juice. Add the lemon-lime beverage; stir gently.

Fill each of 10 glasses about two-thirds full with ice.

Divide fruit among glasses.

Pour juice mixture into glasses.

Garnish with fresh mint sprigs.

Makes 10 (about 6-ounce) servings.

Calories 61





## Beverages

### *Mojito Fresco*

*Mary (Vitrano) Krull*

2 lg. limes

2 c. water

1 c. sugar

ice cubes

1/4 to 1/2 c. light rum

Quartered limes (optional)

Mint leaves, for garnish

Cut the 2 large limes into pieces; combine with the 2 cups water and the 1 cup of sugar in a blender container. Cover tightly; blend with several on-off motions for 30 seconds or until limes are coarsely chopped. Do not puree.

Strain through a sieve into a large pitcher. Dilute mixture with 1 to 2 cups water to taste.

Cover and chill.

Wet the rims of 4 to 6 tall glasses; dip rims in sugar.

Fill sugar-rimmed glasses with ice. Add 1/2 to 1 ounce rum to each glass. Pour chilled lime mixture over rum. Add extra quartered limes, if desired. Garnish with mint leaves.

Servings Per Recipe 6 servings  
Calories 152



## Beverages

### *Sangria*

*Mary (Vitrano) Krull*

2 bottles red Spanish table wine

1 c. brandy

1/2 c. triple sec

1 c. orange juice

1 c. pomegranate juice

1/2 c. simple syrup, or more to taste (equal parts sugar and water, heated until sugar dissolves, cooled)

Orange slices

Apple slices

Blackberries

Pomegranate seeds

Mix all ingredients together.

Let stand in a tightly sealed container or pitcher for at least 24 hours in the refrigerator before serving.

Yield: About 8 servings



## Beverages

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### *Satan's Whiskers*

*Bill Bauer*

1/2 oz. gin

1/2 oz. dry vermouth

1/2 oz. sweet vermouth

1/2 oz. fresh orange juice

1/2 oz Grand Marnier

1 dash orange bitters

Stir with ice until very cold.

Strain into stemmed cocktail glass.

Garnish with orange twist.







# BREADS & ROLLS



## **Baking Tips**

Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.

A small dish of water in the oven will prevent bread crust from becoming too hard or brown.

Use shortening, not margarine or oil, to grease pans. Margarine and oil absorb more readily into the dough or batter, particularly bread.

To make self-rising flour, mix 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder and store in a tightly covered container.

Hot water kills yeast. One way to determine the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.

When in doubt, always sift flour before measuring.

When baking in a glass pan, reduce the oven temperature by 25 degrees.

When baking bread, milk will create a finer texture. Water creates a coarser bread.

If biscuits become too dry, it could be from too much handling, or the oven temperature may not have been hot enough.

Nut breads are better if stored 24 hours before serving.

To make bread crumbs, toast the heels of bread and chop in a blender or food processor.

Grape Nuts cereal sprinkled over the tops of muffins before baking makes a quick, low-fat crunchy topping.

Dust a bread pan or work surface with flour by filing an empty glass salt shaker with flour.

Use a metal ice cube tray divider to cut biscuits quickly. Press into the dough and biscuits will separate at dividing lines when baked.



## Breads & Rolls

### 60 Minute Parkerhouse Rolls

*Margaret (Kocher) Rothlisberger*

5 c. all-purpose flour  
1/4 c. margarine (spreadable texture)  
1/3 c. sugar  
1-1/2 t. salt  
2 pkg. rapid rise yeast  
3/4 c. milk  
3/4 c. water  
1 egg

Mix flour with margarine.  
Add sugar and mix. Add salt and mix. Add yeast and mix.

Heat milk and water to 100 degrees and add to dry ingredients and mix. Add one room temperature egg and mix.

On lightly floured surface, knead for 4 minutes.

Divide dough in half. Roll each half to 1/2" thickness.

With floured 2-1/2" round cookie cutter cut rounds. Let rest for 5 minutes. Crease each round slightly off center with the dull side of a knife and fold smaller side over larger.

Spray rectangular glass dish with Pam. Arrange dough in rows in pan and cover loosely with plastic wrap.

Place 1 cup of water in microwave on high for one minute to get microwave steamy (warm, moist environment).

Place the pan of rolls in microwave leaving the cup of water in also.

Heat at Power level 1 (lowest power level) for 3 minutes. Let dough rest for 5 minutes in the microwave.

Heat again at level 1 for 3 minutes. Let rest for 5

# Recipes

## *Breads & Rolls*

minutes.

Bake in conventional oven for  
15 minutes at 400 degrees or  
until done.

Serve warm or cold.

Yield: 2 dozen rolls



## Breads & Rolls

---

### All Bran Muffins

Margaret (Kocher) Rothlisberger

1 c. all bran  
3/4 c. milk  
1 egg  
1/4 c. shortening  
1 c. flour, sifted  
2-1/2 t. baking powder  
1/2 t. salt  
1/4 c. sugar



Combine all bran and milk  
and let stand until moisture  
disappears.

Add egg and shortening and  
beat well.

Sift flour, baking powder, salt  
and sugar. Add to the mixture  
and mix well.

Fill muffin tins 3/4 full and  
bake at 400 degrees for 30  
minutes.

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## Breads & Rolls

### *Aunt Minnie's Doughnuts*

*Margaret (Kocher) Rothlisberger*

2 lbs. lard

4 T. lard melted fat

2 eggs

1 c. sugar

1/2 t. salt

1 c. sweet milk (regular milk)

2 T. baking powder (heaping)

3-3/4 c. flour



Melt and heat 2 lbs. lard in frying pan.

Mix remaining ingredients.

Roll out and cut with doughnut cutter.

Place in heated lard. They will sink and then come up to the surface.

Turn over when brown.

When both sides are brown, remove to brown paper.

## Breads & Rolls

### ***Boder's Blueberry Muffins***

*Margaret (Kocher) Rothlisberger*

2 c. flour  
4 t. baking powder  
3/4 c. sugar  
1 t. salt  
1 c. drained frozen or canned blueberries  
2 eggs  
1/2 c. melted butter  
1 c. milk  
1/2 c. sugar  
1/2 t. cinnamon

Place paper muffin cups in ungreased muffin tins.

Sift together flour, baking powder, 3/4 c. sugar and salt.

Add blueberries. Mix until well coated.

In small bowl beat eggs and add melted butter and milk. Quickly stir into dry mix. Do not over mix.

Fill muffin cups 3/4 full.

Sprinkle lightly with a mixture of 1/2 c. sugar and cinnamon.

Bake at 400 degrees for 20 minutes until brown.

Makes 12 to 14 muffins.

For cherry muffins, substitute blueberries with canned or frozen cherries.

## Breads & Rolls

### ***Boder's Original Corn Fritters***

*Margaret (Kocher) Rothlisberger*

2 c. flour, sifted  
1 t. salt  
6 t. baking powder  
1 T. corn oil  
1-1/2 t. vinegar  
1 c. milk  
3 eggs, separated  
1 c. whole kernel corn, drained  
Fresh vegetable shortening for frying  
Sugar  
Maple syrup

Sift dry ingredients together.

Add oil, vinegar, milk, egg yolks and corn. Mix well. Mixture should be moist, not dry.

Fold in stiffly beaten egg whites.

Fill deep skillet with shortening. Melt to 350

degrees.

Drop large spoonful of batter into shortening. Deep fry until golden brown.

Place browned fritters in muffin tins.

Bake at 325 degrees for 10 minutes.

Sprinkle with sugar and serve with maple syrup.





## Breads & Rolls

### Butterhorns

*Margaret (Kocher) Rothlisberger*

4 c. flour

1/2 c. sugar

1 t. salt

1 c. butter or margarine

1 c. lukewarm milk

2 eggs, beaten

2 pkg. dry yeast

1 t. sugar

Mix flour, sugar, salt and butter or margarine.

Beat eggs and add to 1/2 c. of milk. Add to flour mixture.

Add yeast to other 1/2 c. of milk. Add sugar and put in warm place for a few minutes to rise. Add to flour mixture.

Place dough in a covered bowl in the refrigerator overnight.

Divide dough into four parts. Roll each like pie crust. Cut

into 8 wedges. Place a pat of butter or filling (possibly almond paste) on each triangle and roll up (wide edge to point).

Let rise for about 3 hours.

Bake at 350 about 15 minutes until light brown.

Cool and ice if desired.



## Breads & Rolls

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### Cherry Muffins

Margaret (Kocher) Rothlisberger

1/2 c. butter

3/4 c. sugar

2 eggs

2 c. flour

1 t. baking soda

1 c. buttermilk (or add 1 T.  
vinegar to 1 c. milk)

1 c. walnuts

1 can Sturgeon Bay cherries  
(pitted, tart)

1 t. vanilla



Cream butter, sugar and eggs.

Add flour, baking soda and  
buttermilk.

Stir in nuts, cherries and  
vanilla.

Pour into muffin cups and  
bake at 350 degrees for 20 to  
30 minutes.

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## Breads & Rolls

### *Date & Orange Cake*

*Margaret (Kocher) Rothlisberger*

1 c. butter or margarine  
1-1/2 c. sugar  
4 eggs, unbeaten  
1 c. sour milk (add 1 T.  
vinegar to 1 c. milk)  
1 t. baking soda  
1 t. baking powder  
3 scant c. flour  
1 t. cinnamon  
Rind of 2 oranges, grated  
1 c. nuts  
1 c. dates, cut into pieces  
Juice from 2 oranges  
2 T. powdered sugar

Mix all ingredients together.

Grease and lightly flour loaf  
pan.

Pour batter into pan and bake  
at 350 to 375 degrees for 40 to  
45 minutes.

Prick center of loaf with a  
toothpick. If toothpick comes

out clean, cake is done.

Mix the juice from two  
oranges with 2 T. powdered  
sugar. Pour over cake right  
after it is removed from oven.

Note: This could possibly be  
made into muffins also.





## Breads & Rolls

### *Pumpkin Bread*

*Margaret (Kocher) Rothlisberger*

2 c. sugar  
1 c. brown sugar, firmly  
packed  
2 c. canned pumpkin  
1 c. salad oil  
4 eggs  
4 c. flour, sifted  
2 t. baking soda  
1 t. salt  
1 t. nutmeg  
1 t. cinnamon  
1/2 t. ginger  
1 c. chopped nutmeats  
1/2 c. water

Combine sugars, pumpkin, oil  
and eggs. Beat until well  
blended.

Add dry ingredients and mix  
well.

Mix in water and nutmeats.

Divide dough evenly into loaf  
pans (2 large loaves or 3

medium loaves).

Bake at 350 degrees for 60 to  
70 minutes or until toothpick  
inserted in center comes out  
clean.



## Breads & Rolls

### *Sugar Rolls*

*Margaret (Kocher) Rothlisberger*

1/2 c. warm water (not hot)  
2 pkg. active dry yeast  
1-1/2 c. lukewarm milk  
1/2 c. sugar  
2 t. salt  
2 eggs  
1/2 c. soft shortening  
3-1/2 to 3-3/4 c. sifted flour  
(the recipe reads "half of 7 to 7-  
1/2 c. sifted flour")  
sugar  
cinnamon

Measure warm water into a  
mixing bowl and add yeast.

Stir in the milk, sugar, salt,  
eggs, shortening and flour.  
Mix with spoon until smooth.

Add enough additional flour  
until dough is easy to handle;  
mix with hands.

Turn onto lightly floured  
board and knead until smooth

and elastic, about 5 minutes.

Round up in greased bowl,  
greased side up. Cover with  
damp cloth. Let rise in warm  
place until double (about 1-  
1/2 hours).

Punch down and let rise again  
until almost double (about 30  
minutes).

Divide dough into two parts.  
Roll each into an oblong 15 x  
9". Sprinkle with sugar and  
cinnamon. Roll up tightly  
beginning at the wide side  
and pinch edges of roll  
together to seal. Cut roll into  
1" slices and place in greased  
muffin cups.

Cover and let rise until  
double, 35 to 40 minutes.

Bake in 375 degree oven until  
golden brown (25 to 30  
minutes.)

# Recipes

## *Breads & Rolls*

Remove from pans and, while still hot, dip in hot melted margarine (not butter) and roll in mixture of sugar with a little cinnamon added.

Makes 3 to 4 dozen rolls.





## Breads & Rolls

### Zucchini Bread

Margaret (Kocher) Rothlisberger

3 eggs  
2 c. sugar  
1 c. oil  
2 t. vanilla  
2 c. shredded zucchini  
2 c. flour  
1 t. salt  
2 t. baking soda  
1/2 t. baking powder  
3 t. cinnamon  
1/8 t. ginger  
1 c. chopped nuts  
raisins

Beat eggs, sugar, oil and vanilla.

Add zucchini.

Fold in dry ingredients.

Add nuts and raisins.

Grease and flour two loaf pans and put half of the dough in each.

Bake at 350 degrees for one hour.

Let the loaves cool completely before removing them from the pans.





# BREAKFAST & BRUNCH





## **Egg Facts**

Hard-cooked eggs may be difficult to peel if they are very fresh. This is because an egg shrinks inside during storage, which pulls the inner membrane away from the inside of the shell. For this reason, a hard-cooked egg will peel more easily if it has been stored for one or two weeks before it is cooked.

Easily peel the shell off of hard-boiled eggs: for each quart of water add a teaspoon of salt and cook as usual. After boiling the eggs, crack the shell all over by tapping gently, then hold under running water to make peeling easier. Eggs may also be harder to peel if they are not cooked long enough. Hard cooked eggs should be kept refrigerated and used within one week.

The greenish color around the yolk of hard-cooked eggs is a natural result of sulfur and iron reacting at the surface of the yolk. It may occur when eggs are cooked too long or at a too high temperature, or when there is a high amount of iron in the cooking water. Although the color may be unappealing, the eggs are still wholesome and nutritious and their flavor is unaffected. Greenish yolks can best be avoided by using the proper cooking time and temperature (avoid intense boiling), and by rapidly cooling the cooked eggs. Occasionally scrambled eggs can develop a greenish tint if over-cooked at a too high temperature or are left too long in a metal pan.

Can't remember if an egg is fresh or hard boiled? Just spin the egg. If it wobbles, it's raw. If it spins easily, it's hard boiled. A fresh egg will sink in water, a stale one will float.

The color of the egg shell is not related to quality, nutrients, flavor, or cooking characteristics. White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. Brown egg layers usually are slightly larger and require more food, thus brown eggs usually cost more than white eggs. An egg shell has as many as 17,000 pores over its surface.

A whole egg is about 3 tablespoons worth of liquid, the egg yolk measures about 1 tablespoon of liquid. Older hens tend to lay bigger eggs but double-yolked eggs are produced by younger hens whose egg production cycles are not yet synchronized. There are about 70 calories in an uncooked egg and 77 calories in a cooked egg.

## Breakfast & Brunch

### **Chicken Club Brunch Ring**

*Margaret (Kocher) Rothlisberger*

1 c. mayonnaise  
2 T. Dijon mustard  
2 T. fresh parsley, snipped  
1 T. onion, finely chopped  
1 can (10 oz.) chunk white chicken, drained and flaked  
4 slices bacon, crisply fried, chopped  
1 c.(4 oz.) Swiss cheese, finely shredded, divided  
2 pkg. (8 oz. each) refrigerated crescent rolls  
2 plum tomatoes, thinly sliced  
1 med. red bell pepper  
2 c. lettuce, shredded  
egg white (optional)  
sesame seeds (optional)

Preheat oven to 375 degrees.

In a 1-quart bowl, combine mayonnaise and mustard, then add snipped parsley and chopped onion and mix well. Add chopped chicken, bacon, 3/4 c. of the cheese and 1/2 c.

of the mayonnaise mixture and mix well.

Unroll crescent dough and separate into 16 triangles. Arrange triangles in a circle on 13" round baking stone with wide ends of triangles overlapping in the center and points toward the outside. (There should be a 5" diameter opening in the center.)

Drop scoops of the chicken mixture evenly onto widest end of each triangle. Bring outside points up over filling and tuck under wide ends of dough at center of ring. (Filling will not be completely covered.)

Slice tomatoes and cut slices in half. Place half slices over filling between openings of the ring.

Top may be brushed with

# Recipes

## *Breakfast & Brunch*

slightly beaten egg white and sprinkled with sesame seeds.

Bake 20-25 minutes or until deep golden brown. Remove from oven and immediately sprinkle with remaining 1/4 c. of cheese.

Cut around bell pepper, separate halves and remove membranes and seeds. Fill with remaining mayonnaise mixture and place in center of ring. Arrange lettuce around bell pepper. Slice and serve.

Yield: 8 servings

Approximately 540 calories and 42 grams of fat per serving





## Breakfast & Brunch

### *French Toast with Sour Cream and Berries*

*Mary (Vitrano) Krull*

2 T. corn syrup  
1 c. brown sugar  
5 T. butter  
16 (approximately) slices  
Texas toast  
5 eggs  
1 1/2 c. milk  
1 T. vanilla  
Sour cream (for topping)  
Berries (for topping)

In a heavy sauce pan, combine corn syrup, sugar and butter. Heat, stirring constantly until bubbly, then pour syrup into a buttered 9 by 13 in. pan.

Nestle the bread slices into the syrup, making overlapping layers. You may cut the bread to make it fit in the pan better.

In a large bowl, whisk the

eggs, milk and vanilla together. Pour over the bread, covering most of the bread slices. Refrigerate overnight.

In the morning, bake at 350 degrees for 45 minutes. Cut into serving portions.

When ready to serve, invert the toast so the caramel side is up and top with sour cream and your choice of berries.



## Breakfast & Brunch

### ***Ham 'N Cheese Omelet Bake***

*Mary (Vitrano) Krull*

1 (10 oz.) box/bag Green Giant  
Frozen Broccoli & Cheese

Flavored Sauce

1 (10.2 oz.) can (5 biscuits)

Pillsbury Grands Flaky

Original Biscuits

10 eggs

1 1/2 c. milk

1 t. dry ground mustard

Salt & pepper if desired

2 c. diced cooked ham

1/3 c. chopped onion

4 oz. (1 c.) shredded Cheddar  
cheese

4 oz. (1 c.) shredded Swiss  
cheese

1 (4.5 oz.) jar sliced  
mushrooms, drained

Heat oven to 350 degrees.

Cut small slit in center of  
broccoli/cheese sauce pouch.

Microwave on high for 3-4  
minutes. Set aside to cool  
slightly.

Spray bottom only of 13 x 9  
in. (3 qt.) glass baking dish  
with cooking spray. Separate  
dough into 5 biscuits. Cut  
each biscuit into 8 pieces and  
arrange evenly in sprayed pan.

Beat eggs, milk, mustard,  
salt/pepper with wire whisk  
until well blended. Stir in  
ham, onion, both cheeses,  
mushrooms and cooked  
broccoli/cheese sauce.

Pour over biscuit pieces. Press  
down with back of spoon,  
making sure all biscuits are  
covered with egg mixture.

Bake at 350 degrees for 40-50  
minutes or until edges are a  
deep golden brown.

Let stand 10 minutes before  
serving.



## Breakfast & Brunch

### *Make Ahead Spinach/Sausage Breakfast Casserole*

*Kathy (Ennis) Mooney*

2-1/2 c. seasoned croutons

1 lb. spicy pork sausage

4 eggs

2-1/4 c. milk

10.75 oz. can condensed  
cream of mushroom soup

10 oz. pkg. frozen chopped  
spinach—thawed, drained  
and squeezed dry

4.5 oz. can mushrooms,  
drained and chopped  
(Optional ingredient)

1 c. shredded sharp Cheddar  
Cheese

1 c. shredded Monterey Jack  
cheese

1/4 t. dry mustard

Spread croutons on bottom of  
greased 9 x 13-in. baking dish.

Crumble sausage into  
medium skillet. Cook over  
medium heat until browned.

Drain off any drippings.  
Spread sausage over croutons.

In a large bowl, whisk  
together eggs and milk until  
well blended. Stir in soup,  
spinach, mushrooms, cheeses  
and mustard. Pour egg  
mixture over sausage and  
croutons. Refrigerate  
overnight.

The next morning, preheat  
oven to 325 degrees F.

Bake in preheated oven for 50 -  
55 minutes or until set and  
slightly browned on top.

Servings: 10





## Breakfast & Brunch

### Overnight Apple French Toast

Mary (Vitrano) Krull

1 c. packed brown sugar  
1/2 c. butter or margarine  
2 T. light corn syrup  
2 lg. tart apples, peeled and sliced 1/4" thick  
3 eggs  
1 c. milk  
1 t. vanilla extract  
9 slices day-old French bread (3/4 inch thick)

#### Syrup:

1 c. applesauce  
1 jar (10 oz.) apple jelly  
1/2 t. ground cinnamon  
1/8 t. ground cloves

In a small saucepan, cook brown sugar, butter and syrup until thick, about 5-7 minutes.

Pour into an ungreased 13x9x2 inch baking pan; arrange apples on top.

In a mixing bowl, beat eggs, milk and vanilla. Dip bread slices into the egg mixture for 1 minute; place over apples.

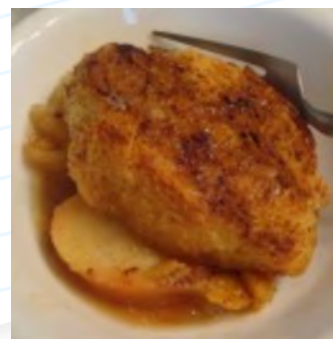
Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Bake uncovered at 350 degrees for 35-40 minutes.

Combine syrup ingredients in a medium saucepan; cook and stir until hot.

Serve over French toast.

Makes 9 servings.



## Breakfast & Brunch

### So-Easy Stuffing Egg Bake

Dennis Hill

1 t. oil  
2 c. sliced fresh mushrooms  
6 eggs  
1 c. milk  
1/4 c. Kraft Real Mayo  
Mayonnaise  
1 pkg. (6 oz.) Stove Top  
Stuffing Mix for Chicken  
1 tomato, thinly sliced  
1 green onion, sliced  
1/2 c. Kraft Shredded Cheddar  
Cheese

Heat oven to 350°F.

Heat oil in medium skillet on medium-high heat. Add mushrooms; cook 4 min. or until tender, stirring occasionally.

Beat eggs, milk and mayo in large bowl with whisk until well blended. Stir in stuffing mix.

Spoon into greased 9-inch square baking dish and top with mushrooms, tomatoes and onions.

Bake 35 minutes, then sprinkle with cheese and bake 15 more minutes until center is set and cheese is melted.

Let stand 10 min. before serving.

Prep time: 15 min.

Total time: 1 hr. 5 min.

Servings: 6





## Breakfast & Brunch

### Winter Garden Scrambled Eggs

*Dennis Hill*

8 eggs

1 c. finely-chopped fully-cooked ham

1/4 c. chopped sweet red pepper

1/4 c. chopped green pepper

1/4 c. sliced canned mushrooms

1/4 c. chopped onions

1/4 c. butter or margarine

1/4 t. garlic salt

Pinch of pepper

Pinch of celery seed.



In a large bowl beat eggs; add ham, peppers, mushrooms and onion.

Melt butter in a large skillet; add the egg mixture. Cook and stir gently over medium heat until the eggs are completely set.

Add garlic salt, pepper and



# CANDY





## Candy

### *Angel Food Candy*

*Margaret (Kocher) Rothlisberger*

1 lb. milk chocolate  
(Hershey's)  
1/2 lb. marshmallows  
1 c. walnuts  
1/4 t. salt

Melt chocolate over hot water, stirring constantly. Remove from heat.

Add salt and stir until smooth. Add nuts and continue stirring. Add marshmallows and stir until they are entirely coated.

Pour into buttered pan, and cut into pieces when cool.

Keep in a cool place.



# Recipes

## Candy

### ***Butterscotch***

*Margaret (Kocher) Rothlisberger*

1 c. molasses

1 c. granulated sugar

1/2 c. butter

1 T. vinegar

Boil all ingredients until brittle when dropped into water. A spoonful of flavoring may be added.

Pour into a baking tin and mark into squares.

Cool



## Candy

### *Caramels*

*Mary (Vitrano) Krull*

4 c. sugar  
2 c. light corn syrup  
14 oz. can sweetened  
condensed milk  
1-1/2 c. milk  
1 c. whipping cream  
1 c. butter  
2 t. vanilla  
2 c. chopped walnuts or  
pecans

Lightly grease a 9" by 13"  
baking pan.

In a large sauce pan, combine  
sugar, corn syrup, condensed  
milk, milk, cream and butter.  
Place over medium heat and  
stir occasionally with a  
wooden spoon until mixture  
comes to a boil. Attach a  
candy thermometer and  
continuously stir until  
temperature reaches 240  
degrees F.

Remove immediately and stir  
in vanilla and nuts. Pour into  
baking pan and allow to cool  
completely before cutting.

Cut into desired serving  
pieces.

They may also be dipped in  
chocolate that has been  
melted in a double boiler. Dip  
one at a time and allow  
chocolate to harden.



## Candy

### **Chocolate-Covered Cherries**

*Margaret (Kocher) Rothlisberger*

2 - 32 oz. jars maraschino cherries (160 - 190 cherries)  
3 lb. powdered sugar  
1/2 lb. butter or margarine  
1 - 14 oz. can sweetened condensed milk  
2 lbs. or more semi-sweet or milk chocolate or chocolate chips  
1/4 lb. paraffin

Drain cherries, but save the juice.

Mix powdered sugar with room temperature butter or margarine with a spoon. Add milk gradually.

Work dough with hands until mixture holds together but doesn't stick to hands. Make a small ball of dough, flatten and wrap around a cherry. Set on waxed paper or foil. Keep in a cool place.

In a double boiler melt 2 lbs. or more semi-sweet or milk chocolate or chocolate chips and 1/4 lb. paraffin. If too runny, add more chocolate.

Dip cherries in chocolate with tongs and place on waxed paper to set. Move fast!

Cool before eating.





## Candy

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### English Toffee

*Margaret (Kocher) Rothlisberger*

walnuts, ground  
1 lb. grated chocolate  
1 lb. butter  
2 c. sugar  
6 T. water



Spread ground walnuts in jellyroll pan. Top with 1/2 lb. grated chocolate.

In a large, heavy kettle cook slowly the butter, sugar and water until it reaches 315 degrees, about 30 minutes to hard crack stage. (This is the toffee)

Very quickly pour toffee over chocolate and nuts and top with 1/2 lb. of grated chocolate and more ground nuts.

Let cool, and break into bite-size pieces.

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## Candy

### *Mounds Candy Drops*

*Margaret (Kocher) Rothlisberger*

- 1 can condensed milk
- 2 pkgs. coconut (large)
- 1 stick margarine, softened
- 2 c. chopped nuts
- 2 boxes powdered sugar
- 3 t. vanilla
- 1 lg. pkg. chocolate chips
- 2" square of paraffin

Mix condensed milk, coconut, margarine, nuts, sugar and vanilla together and chill for 1 hour.

Form into small balls and chill again.

Melt chocolate chips and paraffin in a double boiler or oven. Dip balls into the chocolate/paraffin mixture. Place on waxed paper to cool.

## Candy

### *Patched Works' Favorite Candy*

*Margaret (Kocher) Rothlisberger*

- 2 lbs. white chocolate
- 1 c. chunky peanut butter
- 2 c. dry roasted peanuts
- 2 c. mini- marshmallows
- 3 c. Rice Krispies

Put chocolate and peanut butter in a shallow pan and place in a 200 degree oven to melt, stirring frequently. Remove when all is melted.

Mix in other ingredients and stir well.

Drop by spoonfuls on waxed paper. Cool.



## Candy

### *Peanut Butter Cups*

*Margaret (Kocher) Rothlisberger*

- 1 c. creamy peanut butter
- 1 c. powdered sugar
- 1 c. graham crackers - 8 whole  
crackers, crushed fine



Combine ingredients with  
fingers and press into an 8" x  
8" pan.

Melt together:

- 6 oz. chocolate chips, semi-  
sweet or milk chocolate
- 1/4 c. margarine (1/2 stick)

Pour over other ingredients.  
Place pan in refrigerator.  
When set, let warm up to  
room temperature and cut  
into squares.

## Candy

### *Peanut Butter Fudge (Grandma Mooney's recipe)*

*Kathy (Ennis) Mooney*

1 c. undiluted evaporated milk  
4 c. sugar  
1/4 c. butter  
2 c. miniature marshmallows  
12 oz. jar of Crunchy Peanut Butter  
1 t. vanilla

Combine evaporated milk, sugar, and butter in a heavy 10-in. skillet (cast iron works best).

Set over medium heat and bring to a boil. Boil for 4 minutes, stirring constantly. Remove from heat and stir in marshmallows, peanut butter and vanilla until evenly blended.

Turn into a buttered 8-inch square Pyrex dish. Chill before cutting into pieces.

Makes about 2 lbs. of fudge.

Note: This was one of my mother-in-law's signature recipes; it was not easy to acquire. Like many cooks of her generation, she viewed sharing recipes as a form of identity theft.



## Candy

### *White Bark Candy*

*Margaret (Kocher) Rothlisberger*

2 c. crunchy peanut butter

2 c. powdered sugar

3 c. rice krispies

4 T. melted margarine

Mix all ingredients in a large bowl.

Form dough into walnut-size balls. Chill.

Melt 1-1/2 lbs. of white bark (white chocolate) in a double boiler. Dip chilled balls into melted chocolate. Place on waxed paper until set.

Store in a covered container.





# COOKIES



## **Definition of a Cookie**

- a small flat or slightly raised cake made from stiff, sweet dough rolled and sliced or dropped by spoonfuls on a large, flat pan (cookie sheet) and baked.
- Informal: dear, sweetheart (a term of address usually connoting affection)
- an attractive, alluring young woman
- a person - a smart cookie or a tough cookie
- Computers - a message, or segment of data, containing information about a user, sent by a Web server to a browser and sent back to the server each time the browser requests a Web page.
- South Atlantic States (chiefly North Carolina) - a doughnut.

## Cookies

### *Almond Crunch Cookies*

*Mary (Vitrano) Krull*

1 c. sugar  
1 c. powdered sugar  
1 c. butter, softened  
1 c. vegetable oil  
1 t. almond extract  
2 eggs  
3 1/2 c. flour  
1 c. whole wheat flour  
1 t. baking soda  
1 t. salt  
1 t. cream of tartar  
2 c. coarsely chopped almonds  
6 oz. pkg. almond brickle  
baking chips  
Sugar

Heat oven to 350 degrees.

In large bowl, blend sugar, powdered sugar, butter and oil until well mixed. Add almond extract and eggs; mix well.

Lightly spoon flour into

measuring cup; level off. Gradually blend in flour, whole wheat flour, baking soda, salt and cream of tartar at low speed.

By hand, stir in almonds and brickle chips.

Shape dough into 1 to 1-1/2 inch balls, roll in sugar. Place on ungreased cookie sheets. With fork dipped in sugar, slightly flatten in crisscross pattern.

Bake at 350 degrees for 12-18 minutes or until light golden brown around edges.

Cool cookies 1 minute before removing from cookie sheets.

Makes about 9-1/2 dozen cookies.



## Cookies

### *American Club Tea Cookies (Sandkakor Cookies)*

*Margaret (Kocher) Rothlisberger*

1 c. (2 sticks) butter, room temperature

2/3 c. sugar

1 lg. egg yolk

1/4 t. salt

1/2 t. ground cardamom

1/2 t. baking soda

2 c. unsifted flour

1/2 c. superfine sugar

Preheat oven to 350 degrees.

In medium bowl with electric mixer, cream butter and sugar until smooth and very, very fluffy. Volume will increase about half again in size.

Stir in egg yolk, salt, ground cardamom, baking soda and flour. Blend well.

Shape dough into balls that are about 1 inch in diameter. Place about 1 inch apart on

ungreased baking sheets.

Bake in preheated oven 15 to 18 minutes or until golden.

Remove to wire cooling rack.

When completely cool, roll in superfine sugar.

Makes 3 to 4 dozen.



## Cookies

### *Apricot Jewels*

*Sue (Smith) Westfahl*

1-1/4 c. flour  
1/4 c. sugar  
1-1/2 t. baking powder  
1/4 t. salt  
1/2 c. margarine or butter  
1/3 c. cream cheese (3 oz.)  
1/2 c. coconut  
1/2 c. apricot preserves

Sift together the flour, sugar, baking powder and salt.

Cut in the butter and cream cheese with a pastry blender. Add coconut and apricot preserves and mix until flour mixture is moistened and dough begins to hold together.

Drop by teaspoonfuls (keep cookies small or they spread too much), onto an ungreased baking sheet. Bake at 350 for 12 minutes but watch so they don't burn. Keep unused

dough chilled. Frost when cooled.

Frosting:

1 cup powdered sugar  
1 T. butter  
1/4 cup apricot preserves  
May need some milk to get to spreading consistency

Mix together and spread onto cookies. Makes 2-1/2 -3 dozen.



## Cookies

### *Aunt Helen's Sweetheart Cookies*

Makes 90 to 100 cookies.

*Margaret (Kocher) Rothlisberger*

1 lb. unsalted butter

1-1/2 c. sugar

3 egg yolks

4-1/2 c. flour, unsifted

Maraschino cherries, well  
drained and halved

Cream butter and add sugar  
gradually.

Add egg yolks one at a time,  
beating after each addition.  
Gradually add flour and mix.

Knead the dough.

Form into tiny balls, place on  
greased cookie sheets and  
press with thumb. Top with  
1/2 cherry.

Bake at 350 degrees 10 to 12  
minutes or until light brown.  
While still warm sprinkle  
with powdered sugar. Cool.



## Cookies

### **Cappuccino-Frosted Brownies**

*Kathy (Ennis) Mooney*

4 (1-oz.) squares unsweetened chocolate

3/4 c. butter

2 c. sugar

4 lg. eggs

1 c. all-purpose flour

1 t. vanilla extract

1 c. semisweet chocolate morsels

Cappuccino Buttercream

Frosting (recipe below)

Garnish: chocolate shavings

Microwave chocolate squares and butter in a large microwave-safe bowl at HIGH 1 1/2 minutes, stirring after 1 minute and then every 30 seconds or until melted.

Stir until smooth.

Stir in sugar. Add eggs, 1 at a time, beating with a spoon just until blended after each addition.

Stir in flour and vanilla; stir in chocolate morsels.

Pour mixture into a lightly greased 13 x 9- inch baking pan.

Bake at 350 degrees 30 to 35 minutes or until a wooden pick inserted in center comes out clear. Cool completely on a wire rack.

Spread Cappuccino Buttercream Frosting evenly over the top of cooled brownies.

Garnish with chocolate shavings, if desired. Cut into squares. Cover and chill.

Cappuccino Buttercream Frosting (Makes 1-1/2 cups).  
1 (1.16-oz) envelope instant mocha cappuccino mix  
1/4 c. hot milk  
1/2 c. butter, softened

## Cookies

1 (16-oz.) pkg. powdered sugar

Dissolve instant mocha cappuccino mix in hot milk in a small cup, stirring to combine; cool completely.

Pour milk mixture into a mixing bowl; add softened butter, and beat at medium speed with an electric mixer until well combined.

Gradually add powdered sugar, beating until smooth and fluffy.

Cool for 10 minutes, then spread over cooled brownies.





## Cookies

### *Caramel Oatmeal Chewies*

*Mary (Vitrano) Krull*

1-3/4 c. quick or old-fashioned  
oats

1-3/4 c. all-purpose flour,  
divided

3/4 c. packed brown sugar

1/2 t. baking soda

1/4 t. salt, (optional)

3/4 c. butter or margarine,  
melted

2 c. (12-oz. pkg.) Nestles Toll  
House Semi-Sweet Chocolate  
Morsels

1 c. chopped nuts

1 c. caramel ice cream topping

Preheat oven to 350° F. Grease  
bottom of 13 x 9-inch baking  
pan.

Combine oats, 1-1/2 cups  
flour, sugar, baking soda and  
salt in large bowl. Stir in  
butter; mix well.

Reserve 1 cup oat mixture;  
press remaining oat mixture

onto bottom of prepared  
baking pan.

Bake for 12 to 15 minutes or  
until golden brown. Sprinkle  
with morsels and nuts.

Mix caramel topping with  
remaining flour in small bowl;  
drizzle over nuts to within 1/4  
inch of pan edges. Sprinkle  
with reserved oat mixture.

Bake for 18 to 22 minutes or  
until golden brown.

Cool in pan on wire rack;  
refrigerate until firm.

Cut into bars.





## Cookies

### Cherry Bars

*Al Liebau*

1-1/4 c. all-purpose flour  
1/4 t. salt  
2/3 c. packed brown sugar  
1/2 c. butter, softened.  
2 egg yolks  
1/2 t. vanilla extract  
2 c. egg whites  
2 T. all-purpose flour  
1/2 c. chocolate sundae  
topping  
1/2 c. shredded coconut  
1/2 c. chopped maraschino  
cherries  
1/2 c. chopped nuts

In a bowl mix together and set  
aside the flour and salt.

In another bowl beat the  
brown sugar and butter until  
smooth and creamy. Beat in  
the egg yolks until  
incorporated. Stir in the  
vanilla extract. Stir in the flour  
and salt that was set aside.

Spread evenly in a greased 9"  
square baking pan.

Bake in a preheated 350  
degree oven for 15 minutes.

Place pan on a rack to cool  
slightly.

In a bowl beat the two egg  
whites until soft peaks form.  
Fold in the 2 T. flour,  
chocolate sundae topping,  
coconut, maraschino cherries  
and nuts.

Spread evenly over top of  
warm base.

Bake at 350 degrees for 18 – 20  
minutes longer.

Place pan on a cooling rack to  
cool completely before cutting  
into bars.

Makes 24 bars

## Cookies

### *Cinnamon Balls*

*Margaret (Kocher) Rothlisberger*

3 c. all-purpose flour

2 t. baking powder

1/4 t. salt

1 c. vegetable shortening

1-1/3 c. granulated sugar

2 lg. eggs

1 t. vanilla extract

Cinnamon sugar

3 T. granulated sugar

2 t. ground cinnamon

Preheat oven to 350 degrees.  
Lightly grease 2 baking  
sheets.

Combine the flour, baking  
powder and salt.

In a large bowl, cream the  
shortening and sugar. Beat in  
eggs and vanilla.

Gradually blend in the dry  
ingredients.

Combine the sugar and  
cinnamon in a shallow dish.  
Pinch off 1" pieces of dough  
and roll into balls. Roll in the  
cinnamon sugar and place 1-  
1/2 inches apart on the  
prepared baking sheets.

Bake for 10 to 14 minutes until  
lightly colored. Transfer to  
wire racks to cool.

Yield: 3 to 4 dozen cookies



## Cookies

### *Crabapple Jelly Bars*

*Al Liebau*

1-1/2 c. all-purpose flour  
1/4 c. granulated sugar  
1/4 t. salt  
1 c. shredded cheddar cheese  
1/2 c. finely chopped pecans  
3/4 c. butter  
1 c. crabapple jelly

In a bowl mix together the flour, sugar, salt, cheddar cheese and pecans.

Using a pastry blender or your fingers, cut in butter until mixture resembles coarse crumbs.

Press half of mixture into a greased 9" square baking pan. Set balance of mixture aside for later.

Stir crabapple jelly to loosen and spread evenly over top.

Sprinkle remaining crumb

mixture over crabapple jelly.

Bake in a preheated 350 degree oven for 25 – 30 minutes or until golden brown.

Place pan on a cooling rack to cool completely before cutting into squares.

Makes 24 bars.



## Cookies

### *Double Chocolate Brownies*

*Mary (Vitrano) Krull*

3/4 c. unsifted flour

1/4 t. baking soda

1/4 t. salt

1/3 c. butter

3/4 c. sugar

2 T. water

1 – 12 oz. pkg. Toll House  
chocolate morsels

1 t. vanilla

2 eggs

1/2 c. chopped nuts

Preheat oven to 325 degrees.

In a small bowl combine  
flour, baking soda and salt;  
set aside.

In a small saucepan combine  
butter, sugar and water.  
Bring just to a boil; then  
remove from heat.

Add one cup of Toll House  
morsels and vanilla. Stir until  
morsels melt and mixture is

smooth. Transfer to a large  
bowl.

Add eggs, one at a time,  
beating well after each  
addition. Gradually blend in  
flour mixture. Stir in  
remaining 1 cup Toll House  
morsels and nuts.

Spread in a greased 9" x 9"  
pan, then bake for 30 to 35  
minutes.

Cool completely before  
cutting into squares.



## Cookies

### *Hershey Kiss Cookies*

*Margaret (Kocher) Rothlisberger*

- 1 c. butter or margarine
- 1/3 c. granulated sugar
- 2 t. water
- 2 t. vanilla
- 2 c. sifted all-purpose flour
- 1 c. chopped pecans
- 1 lg. bag Hershey Kisses



Cream butter and sugar. Add remaining ingredients one at a time, mixing after each addition.

Pat a small amount of dough flat in the palm of your hand. Place a Hershey Kiss in the center and wrap the dough around it. Place on cookie sheet and chill about 20 minutes.

Bake at 325 degrees for 20 minutes. Cool slightly and roll in powdered sugar.  
Makes 4 dozen cookies.



## Cookies

### *Lemon Cloud Cookies*

*Sue (Smith) Westfahl*

1-1/2 c. (3 sticks) butter, room temperature

1 c. cornstarch

1-1/2 c. flour

3/4 c. powdered sugar

Frosting

Assorted decorations

Preheat oven to 325.

In a bowl, cream butter. Add cornstarch, flour and powdered sugar. Cream all ingredients until dough has a wet appearance.

Drop by tablespoon onto parchment lined cookie sheet. Bake for 17 minutes.

Cool cookies on sheet or slide the parchment to another surface to cool. (Cookies will be fragile; sliding them from the cookie sheet on to one of these surfaces will make them

less likely to crumble.)

Prepare frosting and frost cooled cookies. Adorn with decorative candies of your choice. I sprinkle mine with crystallized yellow sugar.

Frosting;

5 T. butter, room temperature

3 1/2 cups powdered sugar

6 T. lemon juice, fresh or bottled (I used 5 T. )

Place all ingredients in medium mixing bowl and stir until well combined.

Like eating air with a lemon tang.



## Cookies

### *Lepp Cookies*

*Margaret (Kocher) Rothlisberger*

1 c. granulated sugar  
1 c. margarine  
2 eggs  
1 c. water  
1 t. baking soda  
1 c. molasses  
3 c. flour  
pinch salt  
1/2 t. nutmeg  
1/2 t. cloves  
1/2 t. cinnamon  
1 c. nuts, chopped  
1 c. raisins, rinsed  
1 lb. dates, chopped  
3 c. flour

In a large bowl, cream sugar, margarine and eggs.

Bring 1 cup water to a boil and add baking soda and molasses. Add to mixture in bowl and mix.

Add flour, salt, nutmeg, cloves and cinnamon and mix

well.

Stir in nuts, raisins and dates. Add 3 c. flour and blend in with hands.

Roll out dough on a lightly floured breadboard and cut into desired shape.

Bake 10 minutes at 375 degrees.

## Cookies

### *Low Fat Brownies*

*Bob Dahms*

1 box Dr. Oetker Organic Brownie Mix  
2 eggs  
1/4 c. gelled chia (Note: The mix calls for 1/4 melted butter; however, the chia gel provides the same consistency without any fat)

Soak 1/4 cup natural chia seeds in 1/2 cup water for at least ten minutes. This yields excess gel which can be added to other dishes.

Preheat oven to 350 degrees for shiny pan; 345 degrees for dark/non-stick pan.

Grease bottom of 8-in.sq. baking pan with any non fat cooking spray.

Blend 1 package of brownie mix, 1/4 cup chia gel, and

eggs in a bowl until uniformly moistened, then spread into greased pan.

Bake 35 minutes. Cool; then cut into nine equal squares.

Servings: 9

Footnote: Besides using the above substitute for butter, the mix itself contains several organic ingredients such as cane sugar, wheat flour, and cocoa. No need to cut back on desserts in your diet as long as there are tasty and healthy alternatives such as this.



## Cookies

### ***Monkey Business Brownies***

*Coreen (Wick) Schlitt*

1 pkg. brownie mix (19.5 to 19.8 oz.)

3/4 c. very ripe bananas, mashed (about 2 med.)

3 T. oil

2 lg. eggs

1 c. Milk chocolate chips

1 c. chopped walnuts or pecans

Preheat oven to 350 degrees.

Coat bottom only of 13"x 9" pan with vegetable spray.

Mix with spoon the brownie mix, bananas, oil and eggs.

Spread in pan and sprinkle with chips and nuts.

Bake for 25-30 minutes, and cool completely



## Cookies

### *Nieman Marcus Cookies (The Bogus Ones)*

*Mary (Vitrano) Krull*

A story has been passed around for many, many years regarding a woman who requested the cookie recipe from a waitress after dining at a Nieman Marcus cafe. She claimed to have been charged \$250 on her credit card bill for the information, which Nieman Marcus refused to refund. In revenge, the woman began passing the recipe around to all her friends and relatives with the request that they do the same. In truth, Nieman Marcus had neither cafes nor cookies at the time. This is the bogus Nieman Marcus cookie recipe, very good but not the real one. The recipe following this one was developed later as a result of the hoax and is the real Nieman Marcus cookie. Try them both.

5 c. blended oatmeal  
2 c. sugar  
2 c. brown sugar  
2 c. butter  
4 eggs  
2 t. vanilla extract  
4 c. flour  
2 t. baking soda  
2 t. baking powder  
1 t. salt  
24 oz. chocolate chips  
2-4 oz. Hershey Bars (grated)  
3 c. chopped nuts (your choice)

Preheat oven to 375F.

Measure oatmeal and blend in a blender to a fine powder.

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda.

Add chocolate chips, grated

# Recipes

## Cookies

Hershey Bar and nuts.

Roll into balls (about an inch and a half in diameter) and place about two inches apart on an ungreased cookie sheet.

Bake for 10 minutes. (Recipe may be halved, if desired.)



## Cookies

### *Nieman Marcus Cookies (The Real Ones)*

*Mary (Vitrano) Krull*

1/2 c. (1 stick) butter, softened  
1 c. light brown sugar  
3 T. granulated sugar  
1 lg. egg  
2 t. vanilla extract  
1-3/4 c. all purpose flour  
1/2 t. baking powder  
1/2 t. baking soda  
1/2 t. salt  
1-1/2 t. instant espresso coffee powder  
1-1/2 c. semi-sweet chocolate chips

Preheat oven to 300 degrees.

Cream the butter with the sugars using an electric mixer on medium speed until fluffy (approximately 30 seconds)

Beat in the egg and the vanilla extract for another 30 seconds.

In a mixing bowl, sift together the dry ingredients and beat into the butter mixture at low speed for about 15 seconds. Stir in the espresso coffee powder and chocolate chips.

Using a 1 ounce scoop or a 2 tablespoon measure, drop cookie dough onto a greased cookie sheet about 3 inches apart. Gently press down on the dough with the back of a spoon to spread out into a 2-inch circle.

Bake for about 20 minutes or until nicely browned around the edges. Bake a little longer for a crispier cookie.

Yield: 2 dozen cookies





## Cookies

### ***Oatmeal Walnut Raspberry Bars***

*Mary (Vitran) Krull*

- 3/4 c. softened butter
- 1 c. brown sugar
- 1-1/2 c. flour
- 1/2 t. baking soda
- 3/4 t. salt
- 1-1/2 c. quick cooking oats
- 1 c. walnuts, chopped
- 1 10 oz. jar raspberry preserves

To make the crust and topping, beat 3/4 cup of softened butter with a mixer until smooth and creamy. Add 1 cup of brown sugar to the butter and mix well.

In a separate bowl, combine 1 and 1/2 cups of flour, 1/2 teaspoon of baking soda, 1/2 teaspoon of salt, 1 and 1/2 cups of quick-cooking oats and 1 cup walnuts.. Add this to the butter/brown sugar mixture, and mix well.

Grease/spray a 9" x 13" pan. Press half of the above mixture into the bottom of the pan. On top of the crust, spread 10 ounces of raspberry preserves. Then, sprinkle the rest of the crust mixture on top of the preserves.

Bake for 18 to 20 minutes at 400 degrees.

Cool on a rack; then cut into bars.



## Cookies

### *Peanutios*

*Margaret (Kocher) Rothlisberger*

1 c. granulated sugar  
1 c. brown sugar  
1 c. shortening (3/4 c.  
vegetable shortening & 1/4 c.  
butter or margarine)  
2 c. flour  
1 t baking soda  
1 t. baking powder  
1 t. vanilla extract  
1/4 t. salt  
2 eggs, slightly beaten  
1 c. coarsely chopped dry-  
roasted peanuts (salted or  
unsalted)  
1 c, flaked coconut  
1 c. quick-cooking oats  
2 c. cornflakes

In a large bowl cream sugars  
and shortening

Add remaining ingredients  
one at a time, stirring after  
each addition.

Drop by rounded

teaspoonfuls about 2 inches  
apart on greased cookie sheet.

Bake at 300 degrees for 15 to  
20 minutes or until lightly  
browned.

Makes 3 to 4 dozen 1-1/2 inch  
cookies



## Cookies

### Peppermint Meltaways

Sue (Smith) Westfahl

1 c. butter, softened  
1/2 c. powdered sugar  
1/2 t. peppermint extract  
1 1/4 c. flour  
1/2 c. cornstarch

#### Frosting:

2 T. soft butter  
1 1/2 c. powdered sugar  
2 T. milk  
1/4 t. peppermint extract  
2-3 drops red food coloring  
1/2 c. crushed peppermint  
candies

Cream butter, sugar until  
light and fluffy. Beat in  
extract.

Combine flour and cornstarch  
and add gradually to creamed  
mixture.

Shape into 1-inch balls. Bake  
at 350 for 10-12 minutes. Cool.

Mix frosting ingredients  
except for the candies. Frost  
and sprinkle tops of cookies  
with crushed candy.

Yield: 3 1/2 dozen





## Cookies

### *Potato Chip Cookies*

*Margaret (Kocher) Rothlisberger*

1 c. margarine

2/3 c. sugar

1 egg yolk

1-3/4 c. flour (be exact!)

3/4 c. crushed potato chips

1 t. vanilla

1/2 c. nuts, chopped

Cream butter and sugar. Add remaining ingredients and mix.

Roll in small balls and flatten with bottom of glass dipped in sugar.

Bake on ungreased pan at 350 degrees until light brown. (They burn easily).



## Cookies

### ***Pumpkin Gingerbread Bars (Stealth Health Food)***

*Kathy (Ennis) Mooney*

2 eggs  
1/2 c. brown sugar  
3/4 c. solid pack pumpkin  
2 T. molasses  
1 t. vanilla extract  
3/4 c. all-purpose flour  
1 t. baking powder  
1 t. ground cinnamon  
1 t. ground ginger  
1 T. confectioners' sugar

Preheat oven to 375 degrees.  
Spray a 9-inch square pan  
with nonstick vegetable spray.

Beat eggs with electric mixer  
at high speed 2 minutes. Add  
brown sugar 1 tablespoon at a  
time, beating well after each  
addition.

Add pumpkin, molasses and  
vanilla. Beat at medium speed  
2 minutes.

Combine flour, baking  
powder, cinnamon and  
ginger; stir to blend. Add to  
pumpkin mixture; stir well.

Pour into prepared pan. Bake  
20 minutes or until a wooden  
pick inserted in center comes  
out clean.

Let cool 10 minutes in pan;  
invert onto platter. Sprinkle  
with confectioners' sugar.

Serve warm.

Yield: 12 servings

Approximate nutrition per  
serving: 81 calories, 1 gram  
total fat (trace saturated, 10  
percent fat calories), 2 grams  
protein, 17 grams  
carbohydrate, 31 milligrams  
cholesterol, 55 milligrams  
sodium, 1 gram dietary fiber.

(This recipe provides a good  
source of Vitamin A which

## *Cookies*

helps boost the immune system and reduces the risk of some cancers, inflammatory conditions and macular degeneration.)



## Cookies

### *Raspberry Bars*

*Fran (Kaiser) Becker*

1 c. butter  
1-1/2 c. sugar  
2 eggs plus 2 egg whites  
2-1/2 c. flour  
1/2 t. salt  
12 to 15 oz. jar raspberry jelly  
1/4 c. chopped pecans

Cream butter and 1/2 cup sugar. Beat in 2 egg yolks (save whites). Add flour and salt.

Knead with fingers.

Pat in jellyroll pan.

Bake at 350 degrees for 15 to 20 minutes.

Beat the 4 egg whites until stiff. Fold in 1 c. sugar and nuts.

Spread jelly on top of cake.  
Spread egg white mixture on

top of jelly.

Bake an additional 25 minutes at 350 degrees.

Cut immediately when removed from oven.



## Cookies

### **Seven Layer Brownies**

*Kathy (Ennis) Mooney*

1 stick butter or margarine  
1-1/2 c. graham cracker  
crumbs  
1 sm. pkg. butterscotch chips  
(6 oz.)  
1 sm. pkg. chocolate chips (6  
oz.)  
1 c. shredded coconut  
1 can condensed sweetened  
milk  
1/2 c. chopped walnuts  
(flexibility with the nuts –  
could also use chopped  
pecans and can increase the  
quantity up to 1-1/2 c.)

Using a 13 x 9 inch pan, melt  
the butter and spread it to  
cover bottom of pan.

Next, sprinkle on in layers the  
cracker crumbs, butterscotch  
and chocolate chips, and  
coconut.

Pour sweetened milk over

top; then sprinkle with nuts.

Bake in 350 degree oven for 25  
minutes. Cool completely  
before cutting into 2 inch  
squares.

## Cookies

### *Starlight Mint Surprises*

*Margaret (Kocher) Rothlisberger*

1 c. butter (can use 1/2 butter  
and 1/2 shortening)  
1 c. granulated sugar  
1/2 c. brown sugar, packed  
3 c. flour  
1 t. baking soda  
1/2 t. salt  
2 eggs  
2 T. water  
1 t. vanilla  
Mint wafers  
Walnut halves

Cream butter and sugars  
together.

Sift flour, baking soda and  
salt together and add to  
butter/sugar mixture. Mix  
thoroughly.

Add eggs, water and vanilla  
and mix thoroughly. Cover  
and refrigerate at least 2  
hours.

Flatten 1 T. of dough, press  
mint wafer in center and  
surround with dough.

Place 2 inches apart on cookie  
sheet. Top each with a walnut  
half (or maraschino cherry).

Bake at 375 degrees for 10 to  
12 minutes until golden  
brown.





## Cookies

### *Toffee Squares*

*Margaret (Kocher) Rothlisberger*

1 c. butter  
1 c. firmly packed light brown sugar  
1 egg yolk  
1 t. vanilla  
2 c. sifted all-purpose flour  
1/4 t. salt  
1/2 lb. sweet chocolate, melted  
1/2 c. chopped nuts

Cream butter, adding sugar gradually. Cream well

Add egg yolk and vanilla. Blend.

Add flour and salt. Blend to moisten flour.

Spread in a rectangle about 10 x 15 inches on a greased cookie sheet or in a 10 x 15 x 1 inch pan.

Bake at 350 degrees about 20 minutes. While hot, spread

with melted chocolate. Sprinkle with chopped nuts. Cut into small squares.

Makes about 6 to 7 dozen.





# DESSERTS







## Desserts

### *Almond Puff*

*Margaret (Kocher) Rothlisberger*

1/2 c. butter or margarine,  
softened

1 c. flour

2 T. water

1/2 c. butter or margarine

1 c. water

1 t. almond extract

1 c. flour

3 eggs

confectioners sugar glaze  
(below)

chopped nuts

Preheat oven to 350 degrees.

Cut 1/2 c. butter into 1 c. flour.

Sprinkle the water over  
mixture; mix with fork until  
dough starts to cling  
together. Round into a ball  
and divide in half.

On ungreased baking sheet,  
pat each half into a strip, 12 x  
3 inches. Strips should be

about 3 inches apart.

In medium saucepan, heat 1/2  
c. butter and 1 c. water to  
rolling boil. Remove from  
heat and quickly stir in  
almond extract and 1 c. flour.  
Stir vigorously over low heat  
until mixture forms a ball,  
about 1 minute. Remove from  
heat.

Beat in eggs, all at one time,  
until smooth. Divide in half  
and spread half evenly over  
each strip, covering  
completely.

Bake about 60 minutes or  
until topping is crisp and  
brown. Cool.

Frost with confectioners'  
sugar glaze and sprinkle  
generously with nuts.

Confectioners' Sugar Glaze

1-1/2 c. confectioners' sugar

# Recipes

## *Desserts*

2 T. butter or margarine,  
softened  
1 to 1-1/2 t. almond extract or  
1-1/2 t. vanilla  
1 to 2 T warm water

Mix all ingredients together  
until smooth





## Desserts

### *Angel Food Torte (Birthday Cake)*

*Margaret (Kocher) Rothlisberger*

1 angel food cake  
2 T. cornstarch  
3/4 c. sugar  
2 eggs, beaten  
1 qt. chocolate milk  
1 t. vanilla  
whipping cream

Cut angel food cake into 1 inch squares.

Mix cornstarch and sugar.  
Beat eggs and add to the mixture.

Add chocolate milk and cook in a double boiler until a little thick. If mixture doesn't thicken, add a little more cornstarch. Add vanilla. Cool.

Using a spring form pan, make a single layer of angel food cake pieces. Spoon some of cooled chocolate milk

mixture over the angel food cubes, making sure it is worked into the openings between the cubes and also along the sides of the pan. Continue alternating layers of cake and chocolate milk mixture.

Refrigerate overnight. Top with whipped cream.

## Desserts

### *Apple Rhubarb Crisp*

*Kathy (Ennis) Mooney*

3 c. chopped fresh or frozen  
rhubarb  
2 med. tart apples, peeled and  
chopped  
1 egg  
3/4 c. sugar  
1/4 c. maple syrup  
1/4 t. ground nutmeg  
1/4 t. ground cinnamon  
1 c. all-purpose flour  
1/2 c. packed brown sugar  
Pinch salt  
1/2 c. cold butter or margarine

In a bowl combine the  
rhubarb, apples, egg, sugar,  
syrup, nutmeg and cinnamon.  
Pour into a greased 2-qt.  
baking dish.

In another bowl combine the  
flour, brown sugar and salt.  
Cut in butter until the mixture  
resembles coarse crumbs.  
Sprinkle crumb mixture  
evenly over fruit mixture.

Bake at 350 degrees for 45 to  
55 minutes or until bubbly.



## Desserts

### *Apple Snickers Salad (Dessert)*

*Mary (Vitranò) Krull*

6 full-sized Snickers candy bars

6 apples, cored and cut into bite-sized pieces

1 sm. Container whipped topping

1 sm. Box instant vanilla pudding (do not prepare)

Mix the dry pudding into the whipped topping thoroughly.

Add Snickers and apple pieces and mix.

Chill before serving.

Note: The name indicates "salad", but this is actually a dessert.





## Desserts

### *Apple, Pear and Cranberry Pie*

*Sue (Smith) Westfahl*

Cheddar crust: I use my regular pastry recipe

2-3/4 c.flour

1 T. powdered sugar

3/4 t. salt

6 oz. sharp cheddar cheese (1 1/2 cups)

4 T. butter, cut in small cubes, well chilled

1/4 c. lard

1/4 c. vegetable shortening

4-6 T. ice water

Pulse together flour, sugar and salt in food processor. Scatter cheese and butter over mixture, and quickly pulse several times just to submerge them in the flour. Scoop shortening and lard in small spoonfuls and scatter them over mixture; pulse again quickly several more times until they disappear into the flour.

Sprinkle in 4 T. of the ice water and pulse again, just until the water disappears.

Dump mixture into large bowl or onto pastry board.

Lightly rub dough with your fingers, adding more water, 1 T. at a time, as needed. When dough holds together, stop.

Divide in half and form into a fat disk. Wrap in plastic and refrigerate for at least 30 minutes. Roll out and put in pie plate.

Filling:

2-1/4 pounds apples (I use Cortlands) sliced thin

2-3 pears, peeled and sliced or chunked

1 cup cranberries, fresh or frozen or dried.

Juice of 1/2 lemon or 1-2 T. lemon juice

3/4 cup sugar

2 T. cornstarch or flour

1/2 t. cinnamon

# Recipes

## Desserts

1/4 t. nutmeg

1/4 t. salt

2 T. butter

Place sliced, peeled apples, pears and cranberries in a large bowl. Sprinkle with lemon juice and toss gently. Combine sugar and flour or cornstarch and spices and salt. Pour half into bottom of pie shell and stir the rest into the fruit mixture. Toss gently. Spoon filling into the pie crust and dot with butter.

Top with second crust, seal and flute edges. Bake at 425 for 10 minutes. Reduce temperature to 350 and continue baking for 40 minutes. If edges get too brown, cover with foil or metal pie strip.

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## Desserts

### *Banana Cream Delight*

*Margaret (Kocher) Rothlisberger*

1 c. flour  
1/2 c. nuts, chopped  
1 stick margarine  
1 8 oz. pkg. cream cheese  
1 c. powdered sugar  
Cool whip (1/3 of a 16 oz. container)  
4 bananas  
2 sm. Pkg. vanilla instant pudding  
3-1/3 c. milk  
Cool whip (remaining 2/3 of a 16 oz. container)

Mix flour, nuts and margarine by hand and press into a 9 x 13 pan.

Bake at 350 degrees for 15 minutes. Cool.

Cream the cream cheese and add 1/3 of a 16 oz container of cool whip. Spread on the cooled crust. Refrigerate for 15 minutes.

Slice 4 bananas over the top.

Mix the 2 packages of vanilla pudding with the milk. Spread over the bananas. Top with remaining cool whip (2/3 of 16 oz. container).



## Desserts

### **Berry Tart with Mascarpone Cheese**

*Mary (Vitrano) Krull*

sweet pastry dough  
pie weights or raw rice for  
weighting shell  
1 c. mascarpone cheese (about  
8 ounces)  
1/3 c. well-chilled heavy  
cream  
1/4 c. sugar  
1-1/2 c. small strawberries  
1 c. raspberries  
1 c. blueberries  
1 c. blackberries  
2 T. sweet orange marmalade  
2 T. dark berry liqueur such  
as blueberry, blackberry, or  
cassis

### **Sweet Pastry Dough**

1-1/3 c. all-purpose flour  
2 T. sugar  
1/4 t. salt  
1 stick (1/2 c.) cold unsalted  
butter, cut into 1/2-inch cubes  
1 lg. egg yolk

1-1/2 T. ice water

Whisk together flour, sugar,  
and salt in a large bowl. Blend  
together flour and butter with  
your fingertips or a pastry  
blender until most of mixture  
resembles coarse meal with  
small (roughly pea-size)  
butter lumps. Beat together  
yolk, vanilla, lemon juice, and  
water with a fork and stir into  
flour with fork until  
combined well.

Gently knead with floured  
hands in bowl until a dough  
forms. Turn dough out onto a  
floured surface and gently  
knead 4 or 5 times.

Form dough into a ball, then  
flatten into a disk and chill,  
wrapped in plastic wrap, at  
least 1 hour and up to 2 days.

Preheat oven to 375°F.

On a floured surface with a

## Desserts

floured rolling pin roll out dough into an 11-inch round (about 1/8 inch thick) and fit into a 9-inch tart pan with a removable fluted rim. Roll rolling pin over top of shell to trim dough flush with rim and with a fork prick bottom of shell all over. Chill shell 30 minutes, or until firm.

Line shell with foil and fill with pie weights or raw rice. Bake shell in middle of oven 20 minutes and carefully remove foil and weights or rice. Bake shell until golden, about 10 minutes more, and cool completely in pan on a rack. Shell may be made 1 day ahead and kept in pan, loosely covered, at room temperature.

In a bowl with a whisk or an electric mixer beat together mascarpone, cream, and sugar until mixture holds stiff peaks. Spoon mixture into

shell, spreading evenly.

Quarter strawberries and in a large bowl combine with remaining berries. In a small saucepan simmer marmalade and liqueur, stirring, until reduced to about 3 tablespoons and pour over berries. With a rubber spatula gently stir berries to coat evenly. Mound berries decoratively on mascarpone cream.

Tart may be assembled 2 hours ahead and chilled. Bring tart to room temperature and remove side of pan before serving.





## Desserts

### *Blueberry Streusel Cake*

*Dennis Hill*

1 pkg. yellow cake mix (1 lb.  
2.25 oz.), preferably Duncan  
Hines, divided  
1 t. ground cinnamon, divided  
2 T. + 1/3 c. butter, melted  
3/4 c. buttermilk  
3 eggs  
1/4 c. + 1 T. all-purpose flour,  
divided  
3 T. lemon juice, divided  
1 T. grated lemon zest  
1 pkg. fresh blueberries (6 oz.)  
1/2 c. powdered sugar  
1 T. water

Preheat oven to 350 degrees.  
Butter and flour a 9"  
springform pan.

Combine 3/4 c. cake mix with  
1/2 t. cinnamon. With fingers,  
work in 2 T. melted butter  
until mixture clumps.

In a large bowl, with mixer at  
low speed, beat buttermilk,

eggs, 1/4 c. flour, 2 T. lemon  
juice, lemon zest, along with  
remaining cake mix, butter  
and cinnamon, about 30  
seconds. Increase speed to  
medium-high and beat 2  
minutes. Set aside 1 cup  
batter; pour remainder into  
pan.

Combine blueberries with  
remaining flour; toss to coat.  
Sprinkle berries evenly on top  
of batter in pan. Spoon  
reserved batter carefully on  
berries; then sprinkle on  
reserved crumb mixture.

Bake for 45 to 50 minutes or  
until a toothpick inserted in  
center comes out with moist  
crumbs clinging. Cool in pan  
on rack for 20 minutes.

Remove from pan; cool on  
rack. Combine powdered  
sugar with 1 T. water and  
remaining lemon juice; drizzle  
over cake.



## Desserts

### ***Butter Pecan Torte***

*Mary (Vitrano) Krull*

#### Crust

1 c. crushed saltine crackers  
1 c. crushed graham crackers  
1/2 c. melted butter

#### Filling

1-1/2 c. milk  
1 qt. butter pecan ice cream  
6 oz. vanilla pudding

#### Topping

whipped cream or Cool Whip  
4 Heath candy bars, crushed

Mix saltines, graham crackers  
and melted butter.

Press into the bottom of a 13"  
x 9" baking pan and bake at  
350 degrees for 10 minutes.  
Cool to room temperature.

Mix milk, ice cream and  
pudding together. Pour over  
cooled crust. Top with

whipped cream or whipped  
topping and sprinkle with  
crushed Heath bars.

Refrigerate at least eight  
hours prior to serving. May  
also be frozen.

## Desserts

### *Carrot Cake*

*Margaret (Kocher) Rothlisberger*

1-1/2 c. oil (Wesson, Mazola)  
2 c. sugar  
3 eggs, beaten  
2-1/2 c. flour  
2 t. cinnamon  
2 t. baking soda  
2 t. vanilla  
1 t. salt  
2 c. shredded raw carrots  
2 c. flaked coconut  
1 c. chopped walnuts  
1 8 oz. can crushed pineapple  
(do not drain)

Mix ingredients in the order shown using a spoon.

Bake in a greased 9 x 13 pan at 325 to 350 degrees for 50 to 60 minutes. For cupcakes, bake for 20 to 25 minutes.

### Icing

1 (3 oz.) pkg. cream cheese  
1/4 c. melted butter  
2 t. milk

1 t. vanilla  
pinch of salt  
powdered sugar - enough to make the right consistency to spread



## Desserts

### Cheese Cake

*Margaret (Kocher) Rothlisberger*

#### Crust

9 whole cinnamon graham  
crackers, crushed into crumbs  
4 T. butter, melted

#### Filling

1 lb. 1% lowfat cottage cheese  
1 lb. lowfat vanilla yogurt,  
drained  
8 oz. cream cheese (regular,  
not lowfat)  
1-1/2 c. sugar  
1 t. lemon zest  
1/4 t. salt  
3 eggs

Mix crust ingredients  
together. Spray springform  
pan with vegetable spray. Pat  
crust mixture into bottom  
only of springform pan (not  
sides).

Bake at 350 degrees for 10-15  
minutes.

Drain cottage cheese on paper  
and mix in food processor to  
cream. Mix in remaining  
filling ingredients. Pour filling  
over crust.

Bake at 500 degrees for 10  
minutes. Lower oven  
temperature to 200 degrees  
and bake for 1 to 1-1/2 hours  
or until temperature in center  
of cake is 150 degrees.

Optional: Top with 1 lb. sliced  
strawberries mixed with 1/2 c.  
sugar.





## Desserts

### *Cheese Torte*

*Margaret (Kocher) Rothlisberger*

2 c. graham crackers (16 whole crackers), crushed  
1/3 stick margarine  
2-3 T sugar  
1 10-1/2 oz. pkg. miniature marshmallows  
2 8-oz. pkg. cream cheese  
1 pt. whipping cream (plus 1/2 pt. for top if desired)  
grated lemon rind (optional)

Mix graham cracker crumbs, soft margarine and sugar together and press into the bottom and sides of a torte pan. Save a little for sprinkling over the top of the torte.

Over low heat melt marshmallows in milk. Pour over the cream cheese and lemon rind and beat until smooth.

Whip 1 pint whipping cream until stiff. Fold into the milk, marshmallow, cream cheese mixture. Pour into the crust and refrigerate overnight.

This could also be made in a 9 x 13 baking dish and cut into squares.

NOTE: To make an unbaked graham cracker pie shell, use 1-1/4 c. crushed graham crackers (about 18), 1/4 c. soft butter or margarine and 1/4 c. sugar. Blend. Press into a 9 inch pie plate and refrigerate until ready to fill.

## Desserts

### *Chocolate Cheese Cake*

*Kathy (Ennis) Mooney*

#### Crust:

1 c. finely crushed chocolate wafers

1 T. sugar

2 T. margarine, melted

Combine crumbs, sugar, and melted margarine. Press into bottom of an 8 inch spring form pan.

Bake at 350 degrees for 10 min. Set aside to cool.

#### Filling:

3 8oz. pkgs. cream cheese

3/4 c. sugar

1/4 c. cocoa

2 t. vanilla

3 eggs

Combine and blend softened cream cheese with sugar, cocoa, & vanilla.

Add eggs one at a time, mixing well after each addition. Pour batter over chocolate crumb crust.

Bake at 350 degrees for approximately 45-50 min. Cool. Remove springform pan rim, then chill thoroughly before serving.

(Cheesecake freezes well if you want to make in advance. Thaw at room temperature before serving.)





## Desserts

### *Chocolate Potato Cake*

*Margaret (Kocher) Rothlisberger*

1 c. butter or margarine  
2 c. sugar  
3 squares bitter chocolate  
1 c. mashed potatoes  
4 eggs, separated  
3/4 c. milk  
2-1/2 c. flour  
1/2 t. salt  
5 t. baking powder  
1/4 t. nutmeg  
1/4 t. allspice  
1/2 t. cinnamon  
1/2 t. cloves  
1 t. vanilla  
1 c. chopped nuts

Cream butter and sugar. Add 4 egg yolks. Mix well and add mashed potatoes.

Melt chocolate over hot water and add to mixture.

Measure flour and sift along with the salt, baking powder

and spices. Add vanilla.

Alternate adding small amounts of flour and milk, mixing well after each addition until all has been added. Add nuts.

Beat 4 egg whites until stiff. Fold into batter. Pour into greased tube pan that is dusted with flour.

Bake at 350 degrees about an hour. Test by inserting a toothpick in center. If it comes out clean, cake is done.





## Desserts

### **Cool Mandarin Dessert**

*Mary (Vitrano) Krull*

1 can (11 oz.) mandarin  
oranges  
2 pkg. (3 oz each) sugar-free  
orange gelatin  
2 c. boiling water  
1 pt. orange sherbet

calories, 1 g fat, 15 g carbs.,  
trace fiber



Drain oranges, reserving the  
juice; add enough water to  
juice to measure 1 cup.  
Refrigerate the oranges.

In a large bowl, dissolve  
gelatin in boiling water. Stir in  
reserved juice. Add sherbet,  
stirring until dissolved.

Refrigerate for 1 hour or until  
very thick. Fold oranges into  
gelatin mixture; cover and  
refrigerate overnight.

Makes 10 servings.

One serving (1/2 cup) 134

## Desserts

### Cracker Torte

Sue (Smith) Westfahl

3/4 c. fine soda cracker  
crumbs (Saltines)  
1 t. baking powder  
3 egg whites  
1 t. vanilla  
1/8 t. salt  
1 c. sugar  
3/4 c. chopped nuts  
1/2 c. heavy whipping cream  
1 T. powdered sugar

Combine cracker crumbs and  
baking powder. Set aside.

Beat egg whites and salt until  
soft peaks form. Add vanilla  
and continue beating until  
stiff. Gradually add sugar  
and beat thoroughly.

Fold the crumb mixture and  
chopped nuts into the stiffly  
beaten egg whites.

Spread in a buttered 9-inch  
pie plate. Bake at 350 for 25

minutes. Cool thoroughly.

Whip the cream; add sugar to  
taste and spread over cooled  
meringue. Chill for 8 hours.



## Desserts

### *Cream Cheese Bars*

*Barbara (Meyer) Heffron*

2 pkg. of Pillsbury crescent rolls

2 - 8 oz. pkg. cream cheese

1 egg

3/4 c. sugar

1 t. vanilla

sugar

cinnamon

sliced almonds if desired

Layer & press first package of crescent rolls into a greased 13X9 inch pan.

Mix the cream cheese, egg, sugar & vanilla until well blended.

Spread cheese mixture over the layer of crescent rolls.

Add the second layer of crescent rolls to cover.

Bake at 350 degrees for 5 min.

Remove from oven & sprinkle with desired blend of sugar & cinnamon mixture to taste.

Add sliced almonds, if desired.

Return to oven & bake an additional 25 min. or until crescent roll layer is lightly browned.





## Desserts

### Danish Apple Bars

*Kay Dahms*

#### Pastry Step Ingredients:

2-1/2 c. flour

1 t. salt

1 c. shortening

1 egg yolk

2/3 c. milk

1 c. Frosted Corn Flakes

Mix flour, salt together, then cut in shortening.

Mix egg yolk enough to blend and add milk to make 2/3 cup. Gradually add yolk mixture to flour to make pastry similar to pie crust.

Roll 1/2 of the dough mixture to fit bottom of low edge baking pan (pizza and aluminum 11 by 16 inch both work well). Sprinkle crushed cereal on top of dough layer (Corn Flakes may be sweetened and substituted for Frosted Flakes)

#### Filling Step Ingredients:

8-10 apples sliced

1 t. cinnamon

1 T. water

1 c. sugar

1 egg white

Peel & slice apples and place over cereal. Mix sugar and cinnamon and sprinkle over apples.

Roll out remaining dough and place on top of sliced apples. Pinch edges together. Beat egg white and water until stiff & brush over the top.

Bake 1 hour at 375 degrees.

#### Glazing Step Ingredients:

4 T. butter

2 c. confectioner's sugar

1 t. vanilla

1/3 c. milk

Pinch of salt (optional, but recommended)

## Desserts

Soften butter to creamy consistency. Add sugar, alternating with milk as needed to maintain spreadable mix. Blend in vanilla. Glaze the apple bars with icing while still warm.

Allow to set for at least one hour prior to cutting. Cut into approximately 1 1/2 by 3 inch bars. Serve at room temperature (optional but nice to refrigerate and serve chilled in summer).

Makes about 12 servings (24 bars; even after you sample the irregular shaped corners while cutting!)



## Desserts

### *Date Refrigerator Torte*

*Margaret (Kocher) Rothlisberger*

1/2 lb. chopped dates  
1 c. water  
3 T. butter  
1 t. baking soda  
1/2 c. flour, sifted  
1 c. nuts, chopped  
2 eggs  
1 c. sugar  
1/2 c. flour, sifted  
1 pt. whipping cream,  
whipped  
2 t. chocolate syrup

Boil dates, water and butter  
until soft.

Add baking soda and let  
stand until cool. Add 1/2 c.  
sifted flour and nuts.

In a separate bowl beat eggs.  
Mix in 1 cup sugar and add  
1/2 c. sifted flour. Add to date  
mixture.

Pour into a 9 x 12 baking pan  
and bake for 1/2 hour in a 350  
degree oven.

Cool. Cover with whipped  
cream and dribble 2 t.  
chocolate syrup over the  
cream. Swirl the chocolate  
into the cream with a butter  
knife so it looks swirled or  
streaked.

Refrigerate overnight.



## Desserts

### *Easy Blackberry Cobbler*

*Margaret (Kocher) Rothlisberger*

- 4 c. fresh blackberries
- 1 T. lemon juice
- 1 lg. egg
- 1 c. sugar
- 1 c. all-purpose flour
- 6 T. melted butter

Preheat oven to 375 degrees.

Place blackberries in a lightly greased 8" square baking dish and sprinkle with lemon juice.

Stir together egg, sugar and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping.

Bake at 375 degrees for 35 minutes or until lightly browned and bubbly.

Let stand 10 minutes.

Serve warm with whipped cream if desired. Garnish with fresh mint sprig.

Note: Can be baked in 6 (8 oz.) ramekins on a foil-lined baking sheet for the same amount of time.

Servings: 6

Prep time: 10 min.

Bake time: 35 min.

Stand time: 10 min.



## Desserts

### *English Toffee Cake*

*Bill Bauer*

1 chocolate cake mix  
1/3 c. Kahlua  
1 t. unflavored gelatin  
1 pt. whipping cream  
1/4 c. sugar  
6 Skor or Heath bars, broken  
up

Bake cake according to  
package directions in two 9"  
pans.

Cool. Slice each cake in half  
horizontally so you have four  
rounds.

Pour Kahlua in a glass  
measuring cup. Sprinkle  
gelatin in it and soak for five  
minutes.

Heat the Kahlua/gelatin  
mixture in the microwave for  
20 seconds so the gelatin  
dissolves when stirred.

Whip the cream, gradually  
adding sugar, until soft peaks  
form. Add dissolved gelatin  
mixture.

Lay cake rounds on counter.  
Evenly divide whipped cream  
on each round; leave the sides  
bare. Sprinkle each layer with  
the crushed candy. Stack  
rounds.

Refrigerate overnight.





## Desserts

### *Fall Apple Bavarian Cheesecake*

*Dennis Hill*

1/3 c. butter, melted  
1-1/4 c. graham cracker  
crumbs  
2 pkgs. (8 oz. each) cream  
cheese, softened  
1/2 c. plus 3 T. sugar, divided  
1/2 t. vanilla  
2 eggs  
1 apple, peeled, cored and  
sliced  
1/4 c. sliced almonds  
1/4 t. ground cinnamon

Preheat oven to 350 degrees F.

Mix butter and crumbs; press  
firmly onto bottom and up  
side of 9-inch pie plate.

Beat cream cheese, 1/2 cup of  
sugar and vanilla in large  
bowl with mixer on medium  
speed until well blended. Add  
eggs, 1 at a time, blending  
after each addition.

Pour into crust; top with  
apple slices (in a wheel  
pattern with additional slices  
for hub) and sprinkle with  
almonds.

Combine cinnamon and  
remaining sugar; sprinkle  
over cheesecake.

Bake 40 minutes or until  
center is almost set. Cool on  
wire rack.

Refrigerate 3 hours or  
overnight. Store leftovers in  
refrigerator.





## Desserts

### *French Silk Pie*

*Sue (Smith) Westfahl*

1 c. sugar  
1 c. (2 sticks) butter  
2 eggs  
2 blocks (1 oz. each) bitter  
chocolate, melted and cooled  
2 T. instant coffee  
1-2 t. rum or brandy, (I use  
one)  
1 c. chopped nuts  
1 baked pie shell  
Whipping cream, shaved  
bittersweet chocolate

Combine sugar and butter.  
Beat with electric mixer until  
light and fluffy, about 5  
minutes.

Beat in eggs, one at a time,  
beating at least 3 minutes  
after each addition.

Add chocolate, coffee and  
rum or brandy, stirring well  
to blend.

Stir in nuts and spoon into  
baked pie shell. Cover with  
plastic wrap and chill at least  
8 hours or overnight.

Before serving, top with  
whipped cream and shaved  
chocolate.



## Desserts

### *Fruit Cocktail Squares*

*Al Liebau*

- 1 c. all-purpose flour
- 1 t. baking soda
- 1/4 t. salt
- 3/4 c. granulated sugar
- 1 egg, beaten
- 2 c. fruit cocktail, partially drained
- 1/3 c. packed brown sugar
- 1 t. ground cinnamon

In a bowl mix together the flour, baking soda and salt and set aside.

In a medium mixing bowl, mix together the sugar, egg and fruit cocktail. Blend in the flour mixture.

Spread evenly in a greased 8" square cake pan. Mix the brown sugar and cinnamon together and spread evenly over cake.

Bake in a pre-heated 350 degree oven for 40-45 minutes

until golden brown.

Place pan on a rack to cool completely before cutting into squares.

You may put a dollop of whipped cream on each square when serving.

Makes 16 squares



## Desserts

### *Ice Cream Dessert*

*Eileen (Burkwald) Strauss*

1 lg. pkg. Pecan Sandies  
cookies

2/3 c. margarine

3 squares bitter chocolate

1-1/2 c. powdered sugar

3 egg yolks, beaten

3 egg whites, stiffly beaten

1/2 gallon ice cream (mint-  
chocolate chip, butter pecan,  
peppermint, chocolate or  
vanilla)

Crush cookies and pat into a  
greased 9 x 13 pan. Reserve 1  
cup of crushed cookies for top.

Melt margarine and chocolate.  
Mix in powdered sugar and  
beaten egg yolks.

Fold stiffly beaten egg whites  
into the chocolate mixture.  
Pour over crumbs in pan and  
freeze.

Soften ice cream and spread

over frozen crust. Sprinkle  
remaining 1 cup of cookie  
crumbs on top and freeze.



## Desserts

### *Jewish Apple Cake*

*Kathy (Ennis) Mooney*

#### Batter

3 c. all-purpose flour  
2-1/2 c. sugar  
1 c. vegetable oil  
4 eggs  
1/2 t. salt  
7 T. orange juice  
2-1/2 t. vanilla  
3 t. baking powder

#### Apple Filling:

8 lg. apples, peeled, cored and sliced (I have noticed on line versions of this recipe that use only 3 or 4 apples)  
2 t. cinnamon  
1/4 c. sugar

Preheat oven to 350 degrees.  
Grease and flour a 10-inch tube pan.

In a large bowl, beat together batter ingredients until

smooth.

In a separate bowl, mix together apples, cinnamon and sugar.

Pour half of the cake batter into the prepared pan. Top with half of the apples and then the remaining cake batter. Complete the layering with the remaining apples.

Bake 1 hour and 45 minutes in the preheated oven.

Serves: 14



## Desserts

### *Lemon Meringue Ice Cream Pie*

*Sue (Smith) Westfahl*

1/3 c. butter

2 t. grated lemon rind

1/3 c. lemon juice

1/4 t. salt

1 c. sugar

2 eggs

3 egg yolks

1 quart vanilla ice cream,  
softened

1 baked 9" pie shell

3 egg whites

1/2 c. sugar

Melt butter in a double boiler.  
Add lemon rind, juice, salt  
and 1 cup sugar.

Beat whole eggs and yolks in  
a bowl and stir into butter  
mixture. Cook over boiling  
water, stirring constantly until  
thick and smooth. Cool.

Soften the ice cream and press  
half of it into the bottom of

the pastry shell, then cover  
with half of the lemon filling.  
Freeze until firm. Repeat  
layers. Freeze until firm.

Make a meringue of egg  
whites and sugar. Spread over  
pie, sealing to the edge. Place  
pie on a wooden board.

Bake at 475 for 4-5 minutes  
until meringue is golden  
brown. Return pie to freezer  
until serving time.

\*Take out of freezer about 30  
minutes before serving.

Makes 8 servings.





## Desserts

### Maple-Ginger Pear Crisp

Sue (Smith) Westfahl

2 pounds firm ripe pears  
(about 6 medium), peeled,  
cored and cut into bite-size  
chunks

1 T. lemon juice

1/3 cup pure maple syrup

2 t. freshly grated ginger or  
use candied ginger

Pinch salt

Topping:

1/2 cup oatmeal

1/2 cup brown sugar

1/4 c. flour

1/4 t. ginger

1/4 t. cinnamon

1/8 t. freshly grated nutmeg

1/4 t. salt

6 T. butter, melted and cooled

Butter a 2-quart baking dish.  
Preheat oven to 350.

In a large bowl, combine  
pears and lemon juice and

toss gently. Add maple syrup,  
grated ginger and salt and  
toss again to combine.

In another large bowl, whisk  
together oats, sugar, flour,  
ginger, cinnamon, nutmeg  
and salt. Slowly drizzle in  
butter and stir with a fork  
until mixture is crumbly and  
all the ingredients are  
incorporated. Keep mixture  
crumbly, breaking up any  
large crumbs with the fork or  
your fingers.

Spoon fruit into baking dish.  
Evenly sprinkle crumbs on  
top of fruit.

Bake until fruit is bubbling  
and topping is browned,  
about 45-55 minutes.

Serve hot or warm.  
Outstanding!

Serves 6-8.



## Desserts

### *Never Fail Chocolate Cake*

*Barbara (Meyer) Heffron*

2 eggs  
2 c. sugar  
1/2 c. shortening  
2 c. flour  
1/2 c. cocoa  
1/2 t. salt  
1/2 c. sour milk  
2 t. baking soda  
1 c. boiling water  
1 t. vanilla

greased 13X9 inch baking pan.

Bake at 350 degrees for 30-40 min. until toothpick inserted into center of cake is clean.

In large mixing bowl beat eggs, sugar, & shortening. Sift & add flour, cocoa & salt. Blend. Mixture will be stiff.

Add sour milk to mixture & beat. (tip- to sour the milk add very small amount of vinegar to the milk until it curdles)

Dissolve baking soda in boiling water & add to mixture. Add vanilla & beat all ingredients thoroughly. Pour the cake batter into

## Desserts

### *Peach Kuchen*

*Margaret (Kocher) Rothlisberger*

7-8 very large peaches

1 c. flour

1/2 t. salt

1 t. sugar

1 t. baking powder

1/2 c. margarine

1 egg

2 T. milk

#### Topping

1/2 c. brown sugar

1/4 c. white sugar

1-1/2 T. flour

2 T. butter

1/4 t. cinnamon

Pour boiling water over peaches so skins peel off easily. Remove skins. Cut each peach into 8 pieces with flat sides.

Sift dry ingredients and combine with butter.

Beat egg with milk and add to

mixture. Mix well.

Spread dough in greased oblong pan. Stand peaches up side by side in rows.

Mix topping ingredients with fingers and crumble topping over peaches.

Bake at 375 degrees for 25 - 30 minutes until browned and peaches are soft.

Note: Apples may be used instead of peaches (Dutch Apple Kuchen)



## Desserts

### *Pumpkin Shortbread Bars*

*Dennis Hill*

#### Crust

- 1 pkg. yellow cake mix
- 1 egg
- 8 T. butter, melted

Preheat oven to 350 degrees.

Combine cake mix, egg and butter.

Mix well and spread mixture into bottom of a lightly greased 13 x 9 inch baking pan.

#### Filling

- 1 pkg. (8 oz.) cream cheese, softened
- 1 can (15 oz.) pumpkin
- 3 eggs
- 1 t. vanilla
- 8 T. butter, melted
- 1 box (16 oz.) powdered sugar
- 1 t. cinnamon
- 1 t. nutmeg
- 1/2 c. crushed pecans

In a large bowl, beat the cream cheese and pumpkin until smooth.

Add the eggs, vanilla and butter and beat together.

Add the powdered sugar, cinnamon, nutmeg and mix well.

Spread pumpkin mixture over the cake batter and sprinkle pecans on top.

Bake for 40 to 50 minutes. Do not over-bake. The center will be gooey and will set when refrigerated.

Serve with whipped topping.



## Desserts

### *Raspberry Shortcake*

*Al Liebau*

Cut into squares. Makes about  
30 squares

1 pound cake (about 10 oz.)  
cut into 12 slices  
1/3 c. cranberry juice  
2 c. fresh whole raspberries  
2 pkg. vanilla instant pudding  
(4-serving size)  
2-1/2 c. milk  
4 c. whipped topping

Line a 13" x 9" ungreased pan  
with the 12 slices of pound  
cake. Drizzle cranberry juice  
evenly over the top. Spread  
the raspberries evenly over  
the top

Prepare the 2 packages of  
instant pudding to package  
directions, using 2-1/2 c. milk  
for both packages. Fold in 1  
cup of whipped topping and  
spoon over the raspberries.

Spread 3 cups of whipped  
topping evenly over top. Chill  
at least 1 hour.

## Desserts

### *Rhubarb & Custard Pie*

*Bill Bauer*

9 inch pie crust  
4 c. rhubarb diced to 1/2 inch  
1 c. sugar  
1/4 c. flour  
3 eggs slightly beaten  
1 T. sugar  
3/4 c. whole milk  
1 t. vanilla



Preheat oven to 425 degrees.

Stir together the rhubarb, sugar and flour. Place in pie shell.

Mix together eggs, 1 T sugar, milk and vanilla. Pour over rhubarb.

Bake at 425 degrees for 10 minutes on middle oven rack. Turn oven down to 350 degrees and bake an additional one hour and ten minutes.

## Desserts

### *Rhubarb Cake*

*Bill Bauer*

#### Cake

- 1 egg, beaten
- ½ c. brown sugar
- ½ c. unsalted butter, softened
- 1 t. vanilla
- 1 c. sour milk (1 cup whole milk with 1 T. vinegar)
- 1 t. baking soda
- 2 c. flour
- 2 ½ c. rhubarb, diced to ½ inch

#### Topping

- 1/2 c. sugar
- 1/2 t. cinnamon
- 2 T. flour
- 1 T. butter, softened

Preheat oven to 350 degrees.  
Butter and flour a 9X13  
baking dish.

Mix first five ingredients. Add  
baking soda and flour and  
mix well. Stir in rhubarb.  
Pour into baking dish.

Mix topping ingredients and  
sprinkle on top of the cake.

Bake 45 minutes or until a  
toothpick inserted and  
removed from the middle of  
the cake comes out clean.





## Desserts

### *Rhubarb Custard Pie with Oats Topping*

*Mary (Vitrano) Krull*

3 c. rhubarb, partially peeled,  
cut in 1/4" pieces

3 T. flour, well rounded

1 (9") unbaked pie shell

2 T. thick dairy sour cream

1 c. sugar

3 eggs, separated

#### Topping:

1 1/2 c. old fashioned or quick  
cooking oats

1 c. brown sugar

1/4 c. butter

1/2 t. cinnamon

Place cut rhubarb in large  
mixing bowl. Combine flour  
and sugar. Add to rhubarb,  
mix and let stand while  
preparing the crust.

Using your favorite pastry  
recipe for a single crust pie,  
make a pie shell with a high  
fluted edge in order to hold

all of the topping. Brush the  
bottom and sides of crust with  
egg white from separated egg  
(prevents crust from  
becoming soggy).

Beat egg yolks and sour cream  
until thick; add to rhubarb  
mixture. Pour into pie shell.

Combine topping ingredients;  
spread evenly over pie.

Bake at 400 degrees for 10  
minutes; reduce heat to 350  
degrees and bake 50 minutes  
more.



## Desserts

### *Shamrock Torte*

*Dennis Hill*

#### Crust:

1 stick margarine or butter  
1 c. flour  
1 c. chopped nuts (I use pecans)

Cut butter/margarine into flour and mix in nuts. Press mix into the bottom of a 9 X 13 pan.

Bake at 375 degrees until lightly browned.

#### Second layer:

1 - 8 oz. pkg. cream cheese, softened  
1 c. powdered sugar  
1 c. whipped cream (I use Cool Whip)

Mix above ingredients and spread on cooled crust. (I often use 12 oz. of cream cheese and 1-1/2 c. Cool Whip)

#### Third layer:

2 pkg. Pistachio instant pudding mix, 4 serving size  
2-2/3 c. milk

Combine pudding mixes and milk, mix will be thick, and spread over cream cheese layer.

#### Fourth layer:

Spread more whipped cream (Cool Whip) over Pistachio layer and if desired sprinkle with more chopped nuts or other topping, i.e., toasted coconut or graham cracker. Refrigerate.





## Desserts

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### *Simple Elegance Dessert*

*Bob Dahms*

- 1 Trader Joe "triple ginger" cookie
- 1 Girl Scout "thin mint" cookie
- 1 Fresh strawberry
- 1 Teaspoon of low fat whipped cream

Use ginger cookie as the base  
Add thin mint as second layer  
Add strawberry in center  
Crown with dab of whipped cream

(serves one)





## Desserts

### *Snowball Cake*

*Dennis Hill*

1 pkg. (2-layer size) Devil's Food cake mix  
1 pkg. (8 oz.) 1/3 less fat Philadelphia cream cheese, softened  
1 egg  
2 T. granulated sugar (or sugar substitute)  
1 pkg. (3.4 oz. regular or 1 oz. sugar-free) Jell-O vanilla flavor instant pudding  
1/4 c. powdered sugar  
1 c. cold milk (fat free if desired)  
2 c. thawed Cool Whip (lite if desired)  
1 c. flaked coconut

Heat oven to 350 degrees.

Prepare cake batter in 2-1/2 qt. ovenproof bowl as directed on package; scrape sides of bowl.

Beat cream cheese, egg and

sugar until well blended; spoon into center of batter in bowl.

Bake 1 hour and 5 minutes or until toothpick inserted in center comes out clean. Cool in bowl for 10 minutes.

Loosen cake from bowl with knife; using potholders if necessary invert onto wire rack. Remove bowl and cool cake completely.

Meanwhile beat dry pudding mix, powdered sugar and milk in medium bowl with wire whisk for 2 minutes. Stir in Cool Whip. Refrigerate until ready to use.

Place cake on plate and frost with pudding mixture. Cover with coconut. Keep refrigerated.

## Desserts

### *State Fair Cream Puffs*

*Margaret (Kocher) Rothlisberger*

1 c. water  
1/2 c. vegetable shortening  
1-1/2 c. sifted flour  
1/3 t. salt  
4 large eggs  
1 large egg white  
1 pt. whipping cream  
4 t. granulated sugar  
1 t. vanilla  
powdered sugar

Bring water and shortening to a vigorous boil in large kettle. Add flour and salt; stir until mixture works away from kettle. Put batter in large mixing bowl and mix for a short time to cool batter a little.

Add eggs and egg white, one at a time; mixing thoroughly after each addition. If necessary, add just enough milk for a batter that is loose but not too soft. (Batter

should be firm enough to hold its shape when dropped from a spoon). Mix batter well for a few minutes.

With tablespoon, drop batter onto ungreased cookie sheet, making circular mounds.

Bake in preheated 450 degree oven 25 to 30 minutes or until golden brown and dry. Cool on rack. Cut off tops.

Beat whipping cream until stiff; fold in granulated sugar to taste and vanilla. Fill cream puffs with whipped cream; replace tops. Sprinkle with powdered sugar. Refrigerate.

Makes about 1 dozen.





## Desserts

### *Turtle Pumpkin Pie*

*Dennis Hill*

1/4 c. plus 2 T. caramel ice cream topping, divided  
1 Honey Maid graham pie crust (6 oz.)  
1/2 c. plus 2 T. chopped Planter's pecans, divided  
2 pkg. (3.4 oz. each) Jell-O vanilla flavor instant pudding  
1 c. cold milk  
1 c. canned pumpkin  
1 t. ground cinnamon  
1/2 t. ground nutmeg  
1 tub (8 oz.) Cool Whip whipped topping, thawed, divided  
1/3 c. (plus extra from squeeze bottle for decoration) caramel ice cream topping (I purchased a 15 oz. bottle of Hershey's Classic Caramel Sundae Syrup, used 1/3 cup for the bottom of the pie and then used the squeeze bottle to decorate the finished pie just before serving.)

NOTE: Recipe quantities adjusted below for making a 9" pie with home-made crust.

1 9" home-made graham cracker pie crust (See recipe below)  
1/2 c. plus 4 T. chopped pecans, divided  
1 pkg. (1.5 oz.) AND 1 pkg (1 oz.) Jell-O sugar-free vanilla flavor instant pudding  
1-1/4 c. cold fat-free milk  
1-1/4 c. canned pumpkin  
1-1/8 t. ground cinnamon  
1/2 t. ground nutmeg  
1 tub (8 oz.) Cool Whit Lite whipped topping, thawed, divided

### Graham Cracker Crust

1-1/2 c. graham cracker crumbs (about 20 crackers, I used low-fat)  
3 T. sugar (a sugar substitute can be used)  
1/3 c. butter or margarine, melted



# Recipes

## Desserts

Mix sugar and butter or margarine with crumbs and press into the bottom of a 9" pie plate.

Heat oven to 350 degrees and bake crust for 10 minutes.  
Cool completely.

When crust is cool, pour 1/4 cup (or 1/3 cup for 9" pie) caramel topping into crust; sprinkle with 1/2 cup nuts.

Beat pudding mixes, milk, pumpkin and spices with whisk until blended.

Stir in 1-1/2 cups Cool Whip.  
Spoon into crust and level.  
Refrigerate 1 hour,

Top with remaining Cool Whip, caramel topping and remaining nuts just before serving.

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## Desserts

### Walnut Cheesecake Bars

*Al Liebau*

2 c. all-purpose flour  
2/3 c. packed brown sugar  
1/2 t. salt  
1 c. finely chopped walnuts  
2/3 c. cold butter, cut into cubes  
1 lb. cream cheese, softened  
1/2 c. granulated sugar  
2 eggs  
1/4 c. milk  
1 t. vanilla extract

In a bowl mix together the flour, brown sugar, salt and walnuts. Using a pastry blender or your fingers, cut in the butter until the mixture resembles coarse crumbs.

Set half aside, and press remainder evenly into a greased 13" x 9" baking pan.

Bake in a preheated 350 degree oven for 10 – 15 minutes or until lightly

browned. Cool slightly on a rack.

To make topping, in a bowl beat the cream cheese and granulated sugar until smooth. Beat in 2 eggs until incorporated. Stir in milk and vanilla extract.

Spread evenly over warm base, then spread the reserved base mixture on top.

Bake at 350 degrees for 20 – 25 minutes longer, or just until set. Place on a rack to cool completely and cut into bars.

Store any leftover bars in the refrigerator.



# ENTREES





## **The History of Aprons**

Author Unknown

I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath, because she only had a few, it was easier to wash aprons than dresses, and they used less material, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that ' old-time apron' that served so many purposes.

### **REMEMBER:**

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron. I don't think I ever caught anything from an apron.

## Entrees

### *Angel Hair Pasta with Chicken*

*Dennis Hill*

2 T. olive oil, divided  
2 skinless, boneless chicken breast halves, cut into 1" cubes  
1 carrot, sliced diagonally into 1/4" pieces  
1 pkg. (10 oz.) frozen broccoli florets, thawed  
2 cloves garlic, minced  
12 oz. angel hair pasta  
2/3 c. chicken broth  
1 t. dried basil  
1/4 c. grated Parmesan cheese

Heat 1 T. oil in medium skillet over medium heat; add chicken. Cook, stirring, until chicken is cooked through, about 5 minutes. Remove from skillet and drain on paper towel.

Heat remaining oil in same skillet. Begin heating water for pasta. Add sliced carrot to skillet; cook, stirring, for 4

minutes. Add broccoli and garlic to skillet; cook, stirring, for 2 minutes longer.

Cook pasta according to package directions. While pasta is cooking, add chicken broth, basil and Parmesan to skillet. Stir to combine.

Return chicken to skillet. Reduce heat and simmer for 4 minutes.

Drain pasta. Place in large serving bowl. Top with chicken and vegetable mixture. Serve immediately.



## Entrees

### *Arizona Dreaming Pork Chops*

*Bill Bauer*

(Note: Arizona Dreaming is a salt free spice mixture sold by Penzey's Spices stores in Wauwatosa and Madison, on line at [www.penzeys.com](http://www.penzeys.com)).

2 pork chops, 3/4 to 1 inch thick

1 t. Arizona Dreaming

2 cloves garlic, minced or pressed

1 t. chopped fresh parsley or

1/3 t. parsley flakes, crumbled

1/4 t. salt

2 t. olive oil or bacon fat

Rub pork chops with Arizona Dreaming, garlic, parsley, and salt.

Heat oil in skillet over medium high heat. Brown chops on both sides.

Place in baking dish and bake

in 350 degree oven for 30 minutes, more for thicker chops, less for thinner.





## Entrees

### *Baked Chicken with Swiss Cheese*

*Kathy (Ennis) Mooney*

6 boneless chicken breasts  
6 slices of Swiss cheese  
1 can cream of chicken soup  
1 c. white wine  
1 stick butter –melted  
2 c. Pepperidge Farm Stuffing mix

Place chicken breasts in a 9 x 13 baking dish. Put one slice of Swiss cheese on each chicken breast.

In a bowl, mix soup and wine. Pour soup/wine mixture over chicken.

Melt butter. Mix melted butter and stuffing mix.

Spoon stuffing mixture over chicken, covering all the chicken. Cover with foil. Bake at 350' for 40 minutes.

## Entrees

### **Baked Pork Chops**

*Roger Muencheberg*

2- 1/2 lbs. boneless pork  
chops (6+ chops)  
2 – 10 oz. cans of mushroom  
soup  
1/4 pt. heavy cream  
2 c. sliced onions  
Several drops of Gravy  
Master for coloring  
2 T. butter  
Salt  
Pepper

Brown the chops in a fry pan  
with 2 T. butter. Season with  
salt and pepper. When  
browned, remove from fry  
pan and place in a 9" x 13"  
roasting pan.

Microwave the onions for 4  
minutes on high. Transfer the  
warm onions into the frying  
pan and brown.

In a mixing bowl, combine the  
mushroom soup, the heavy

cream and the Gravy Master.  
Pour over the pork chops.

Place the browned onions on  
top of the chops.

Cover with aluminum foil  
and bake at 350 degrees for 2  
hours. Reduce to 300 degrees  
and continue baking another  
2-3 hours or until chops are  
tender.

Serve with mashed potatoes.

## Entrees

### ***Baked Salmon with Black Olive Salsa***

*Dennis Hill*

1 salmon fillet (1-1/2 lb.)  
1/4 c. sliced pitted black olives  
1/4 c. chopped green pepper  
1/4 c. chopped red onion  
5 cherry tomatoes, quartered  
1/4 c. Kraft Sun Dried Tomato  
Vinaigrette Dressing



Preheat oven to 400°F. Place salmon, skin side down, on foil-lined baking sheet.

Combine remaining ingredients; spoon over salmon.

Bake 18 to 20 minutes or until salmon flakes easily with fork.

Prep time: 10 min.

Total time: 30 min.

Servings: 6



## Entrees

### ***Beef Stroganoff***

*Roger Muencheberg*

1-1/2 lbs. round or sirloin  
steak - cubed  
Flour  
Butter  
1 can sliced mushrooms,  
drained  
1/2 c. chopped onions  
Clove garlic, optional  
1 can beef broth or mushroom  
soup  
Salt  
Pepper  
1 c. sour cream  
Wide egg noodles, cooked

Dip steak cubes in flour and  
brown in butter. Add  
mushrooms, onions and garlic  
and brown lightly.

Stir in beef broth or  
mushroom soup.

Cover and simmer, stirring  
occasionally for about one  
hour or until tender.

Gradually stir in sour cream  
and cook over low heat for  
about 5 minutes.

Serve over egg noodles.



## Entrees

### ***Bruschetta Chicken Bake***

*Kathy (Ennis) Mooney*

- 1 can 14.5 oz diced tomatoes
- 1 pkg. stuffing mix for chicken, (Stove Top, 6 oz. size)
- 1/2 c. water
- 2 cloves garlic; minced
- 1 1-1/2 boneless chicken breast, cut into bite size pieces
- 1 t. dried basil leaves
- 1 c. Kraft shredded mozzarella



Heat oven to 400 degrees.

Stir tomatoes, stuffing, water and garlic until mix is moistened.

Place chicken in 13 x 9 baking dish, sprinkle with basil, top with cheese and stuffing mix

Bake 30 minutes or until chicken is cooked through.

Serves 6

## Entrees

### ***Campbell's Broccoli and Chicken Divan (modified)***

*Kathy (Ennis) Mooney*

4 c. fresh or frozen broccoli flowerets

4 skinless, boneless chicken breasts, cooked and cut into chunks. (You could leave them whole too if you wanted)

1 can (10 3/4 oz.)

Campbell's® Condensed Cream of Chicken Soup (regular or 98% Fat Free)\*\*

This can also be made with Cream of Broccoli Soup

1/2 c. milk

1/2 c. shredded Cheddar cheese (see notes below)

2 T. dry bread crumbs

1 T. melted butter

Put broccoli in 12 x 8 x 2" shallow baking dish. Top with chicken.

Stir soup and milk in bowl. Pour over chicken. Sprinkle with cheese.

Mix bread crumbs with butter and sprinkle on top.

Bake at 350°F. for 30 min. or until chicken is cooked through.

\*\* A few hints and suggestions. Campbell's has this recipe posted a few times on their site. What is listed above is what I did when I modified their recipe.

(1) Put 1/3 cup of cheese in with the soup and milk mixture that gets poured over the chicken. Makes it a little more cheesy!

(2) Because we like a crunchier top, we double the bread crumbs and use a little more butter to make more of a crust/topping.

(3) To cut calories use the fat free soups, skim milk, and low fat or fat free cheese.



## Entrees

### *Cheese-Lovers Pasta Roll-Ups*

*Dennis Hill*

1 egg, beaten  
1 container (15 oz.) Ricotta Cheese  
2 c. 2% milk shredded Italian Three Cheese Blend  
4 green onions, chopped  
1 T. Italian Seasoning  
1 jar (26 oz.) spaghetti sauce, divided  
16 lasagna noodles, cooked  
1/4 c. grated Parmesan Cheese

Heat oven to 375 degrees F.

Mix first 5 ingredients until well blended.

Spread 1/2 cup spaghetti sauce onto bottom of 13X9-inch baking dish. Spread each noodle with 3 T. Cheese mixture; roll up. Place seam-side down in dish.

Top with remaining sauce

and Parmesan; cover.

Bake 40 to 50 minutes or until heated through, uncovering the last 10 minutes.

This one is easy for those "I'm in a hurry" nights.



## Entrees

### ***Cheesy Chicken Enchiladas***

*Eileen (Burkwald) Strauss*

1 lb. boneless, skinless chicken breast halves, cut into 1/2 inch pieces

1 env. Taco seasoning

1 jar (16 oz.) chunky salsa

1 can (16 oz.) black beans, rinsed & drained

1 can (8-3/4 oz.) whole kernel corn, drained

2 c. Sargento Mexican Blend shredded cheese

1 can (15 oz.) enchilada sauce, divided

8 flour tortillas

2 T. sliced ripe olives

Prepare chicken with taco seasoning as directed on seasoning package. Cool 10 minutes. Stir in salsa, beans, corn and 1 c. cheese.

Spread 1/3 c. enchilada sauce on bottom of 13 x 9 baking dish. Place 2/3 c. chicken mixture down center of each

tortilla and roll up. Place in dish, seam side down on top of sauce.

Pour remaining enchilada sauce over tortillas. Sprinkle with remaining cheese and the sliced ripe olives.

Bake at 375 for 20 minutes or until cheese is melted and filling is hot.

Yield: 8 servings





## Entrees

### *Chicken Lo Mein*

*Dennis Hill*

1/2 lb. spaghetti, uncooked  
1/4 c. Kraft Asian Toasted  
Sesame Dressing  
1 lb. boneless, skinless chicken  
breast, cut into strips  
2 cloves garlic, minced  
1 pkg. (16 oz.) frozen bell  
pepper and onion strips,  
thawed & drained  
1/2 c. fat-free reduced-sodium  
chicken broth  
1 T. peanut butter  
1/4 c. lite soy sauce  
2 T. chopped cilantro  
2 T. chopped Planter's  
Cocktail Peanuts

Cook spaghetti in large  
saucepan as directed on  
package.

Meanwhile, heat dressing in  
large nonstick skillet on  
medium high heat. Add  
chicken and garlic; stir fry 3  
min. or until chicken is no

longer pink.

Add vegetables, broth and  
peanut butter; stir fry an  
additional 3 to 4 min. or until  
meat is cooked through.

Drain spaghetti; return to  
pan. Add chicken mixture  
and soy sauce; mix well.

Spoon onto serving platter;  
sprinkle with cilantro and  
peanuts.

Prep time: 10 min.

Total time: 25 min.

Servings: 4 (2 cups each)





## Entrees

### *Delicious Chicken & Dressing*

*Al Liebau*

- 1 – 8 oz. pkg. stuffing or dressing mix
- 1 can cream of mushroom soup
- 2 c. chicken broth
- 2 eggs, well beaten
- 3 c. chicken, cooked and diced
- 1/2 c. milk

Combine the stuffing mix, 1/2 can of the soup, chicken broth and eggs and toss lightly. Spread mixture in an 11" x 7" baking dish. Top with the chicken.

Combine the remaining 1/2 can of soup and the milk. Pour over the chicken and stuffing mixture.

Cover the pan with foil and bake at 350 degrees for 45 minutes or until set.

Makes 8 – 10 servings.



## Entrees

### *Drunken Beef*

Mary (Vitrano) Krull

Sirloin tip roast (4-5 pounds)

Oregano

Pepper

2 Cans French Onion Soup

1 Can Beer

1 Jigger Bourbon or Whiskey

1 Can Beef Gravy (if not enough gravy)

Rub oregano and pepper (no salt) into roast. Place in a metal 13" x 9" baking pan and roast at 500 degrees for one hour. Remove to a large bowl; cover and refrigerate overnight.

Mix together soup, beer, bourbon or whiskey and beef gravy in a large bowl. Slice beef thinly and layer in baking pan with soup mixture.

Cover tightly with aluminum foil and bake at 350 degrees for 3 – 4 hours. Thicken gravy

if necessary. Serve with rolls.

This smells wonderful while baking and is equally at home on a holiday buffet or for a Super Bowl game.



## Entrees

### *Easy Rice Casserole*

*Al Liebau*

- 1 lb. ground beef
- 1 med. onion, chopped
- 3/4 c. celery, sliced
- Salt and pepper to taste
- 1 can cream of chicken soup
- 1 can cream of celery (or  
cream of mushroom) soup
- 1 c. rice, uncooked
- 2 soup cans water
- 1 can chow mien noodles

In a skillet, brown round beef.  
Add onion, celery and salt  
and pepper. Cook for 5  
minutes. Place in a large  
casserole.

Add soups, rice and water.  
Stir well, and bake at 350  
degrees for 45 minutes.

Sprinkle with chow mien  
noodles and bake 15 minutes  
longer.

8 servings





## Entrees

### Egg Foo Yung

*Dennis Hill*

8 eggs, beaten  
1 c. thinly sliced celery  
1 c. finely chopped onion  
1 c. bean sprouts  
1/2 c. diced fresh mushrooms  
1/3 c. chopped cooked chicken breast  
1/3 c. cooked and crumbled ground beef  
1/3 c. chopped cooked pork  
1 t. salt  
1/4 t. ground black pepper  
Sauce  
2 cubes chicken bouillon  
1-1/2 c. hot water  
1-1/2 t. white sugar  
2 T. soy sauce  
6 T. cold water  
1-1/2 T. cornstarch

Beat eggs in a large bowl.

Add the celery, onion, bean sprouts, mushrooms, chicken, beef, pork, salt and pepper. Mix together.

Heat oil in a medium skillet or wok and brown egg mixture 1/2 C. at a time. When all of the mixture is browned, set aside.

To Make Sauce: Dissolve the bouillon in the hot water in a small saucepan; add sugar and soy sauce and blend well over medium heat. Add cold water and cornstarch and stir until thick and smooth.

Yield: 4-6 servings



## Entrees

### *Fiesta Turkey Bake*

*Dennis Hill*

12 oz. Tri-color rotini  
1 can (10.75 oz.) reduced fat  
cream of chicken soup  
1/2 c. milk  
1-1/2 c. shredded Mexican  
style taco cheese with  
seasoning, divided  
1-1/2 c. (about 1/2 lb.) diced  
cooked turkey  
1 can (11 oz.) Mexican style  
corn with peppers, drained  
1 can (4.5 oz.) chopped green  
chilies, mild (optional)

Preheat oven to 375 degrees.

Cook and drain rotini  
according to package  
directions.

Combine soup, milk and 1  
cup cheese in large bowl. Stir  
in pasta, turkey, corn and  
chilies.

Spoon into lightly greased 11

x 7 baking dish. Sprinkle with  
remaining 1/2 cup cheese.

Bake uncovered for 25  
minutes or until heated  
through.





## Entrees

### **Hot Chicken Salad Casserole**

*Kathy (Ennis) Mooney*

Mix together the following ingredients and place in a 8" diameter baking dish (This makes enough for two small casseroles or one 9 ½ x 11" dish): To make a larger serving, use amounts in second column.

2 c. cooked chicken (cubed)  
1 c. diced celery  
2 c. cooked rice (1 cup raw rice)  
¾ c. mayonnaise  
1 t. chopped onion  
1 c. chopped mushrooms (8 oz can)  
1 t. lemon juice  
1 t. salt  
1 can undiluted cream of chicken soup  
1 can sliced water chestnuts  
Peas (optional)

#### TOPPING

Saute: 1/2 stick of margarine + 4 oz sliced almonds  
Crumble up 1 cup cornflakes or Wheat Chex (some type of unsweetened, crunchy, cereal)

Put topping on the casserole and bake at 350 degrees for about 45 minutes.

Casserole can be made ahead of time and refrigerated till ready to bake. Put topping on right before casserole goes into the oven.

Topping stays crunchy even when you reheat, so I often bake the night before and then just reheat in microwave (approx. 10 min. or till hot) before serving.





## Entrees

### *Italian Stew*

*Dennis Hill*

2 lbs. turkey Italian sausage,  
casings removed  
1 c. chopped onion  
3/4 c. chopped green pepper  
3 garlic cloves, minced  
1 can (28 ounce) diced  
tomatoes, undrained  
1 can (15 ounce) Italian-  
seasoned tomato sauce  
1/2 lb. fresh mushrooms, sliced  
1 c. water  
1/2 c. beef broth  
1/2 c. dry red wine or  
additional beef broth  
1-1/2 c. cooked Rotini  
1/2 cup shredded reduced-fat  
mozzarella cheese

In a large saucepan coated  
with cooking spray, cook the  
sausage, onion, green pepper  
and garlic until meat is no  
longer pink; drain.

Add the tomatoes, tomato  
sauce, mushrooms, water,

broth and wine or additional  
broth. Bring to a boil.

Reduce heat; cover and  
simmer for 1 hour.

Add pasta; heat through.

Top each serving with 1  
tablespoon cheese.

## Entrees

### *Macaroni Casserole*

*Al Liebau*

Butter

2 onions, diced

1 green pepper, diced

1 lb. ground beef

1 lb. fresh mushrooms

2 cans tomato soup

Water

1/2 lb. small shell macaroni,  
cooked & drained

1/2 lb. grated cheese

In a small amount of butter,  
brown the onions and pepper.

Add ground beef and  
mushrooms and brown,  
stirring constantly.

Add tomato soup, 1 soup can  
of water, macaroni and  
cheese.

Place in greased casserole  
dish and bake at 350 degrees  
for 50-60 minutes.

8 servings

## Entrees

### *Madras Chicken*

*Dennis Hill*

1/2 c. chopped green pepper  
1/2 c. chopped onion  
1 clove garlic, minced  
1 to 2 t. curry powder  
1 T. butter or margarine  
4 boneless skinless chicken  
breasts (about 1-1/4 lb.), cut  
into 1 inch pieces  
1 can (14-1/2 oz.) whole  
tomatoes, drained, cut up  
1 t. lemon juice  
1/2 t. dried thyme leaves  
1/8 t. black pepper  
1/2 lb. (8 oz.) Velveeta  
Pasteurized Prepared Cheese  
Product, cut up

Cook and stir green pepper,  
onion, garlic and curry  
powder in butter in large  
saucepan until vegetables are  
tender crisp. Add chicken;  
cook and stir 5 min. or until  
chicken is no longer pink.

Stir in tomatoes, lemon juice,

thyme and black pepper.  
Reduce heat to low; simmer 5  
min. or until chicken is  
cooked through.

Add prepared cheese product;  
stir until melted.

Serve over hot cooked rice  
(Minute rice, if desired).

Serves 4.





## Entrees

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### ***Meat Loaf***

*Margaret (Kocher) Rothlisberger*

- 1 lb. ground chuck
- 1 med. onion, chopped
- 1/2 green pepper, chopped
- 1 t. salt
- dash pepper
- 1 egg
- 1/4 c. bread crumbs
- 1 can Campbell's tomato soup

Mix all ingredients except tomato soup together.

Place in loaf pan leaving room on sides to add tomato soup, but do not add the soup yet.

Bake at 350 degrees for about one hour. Pour tomato soup over loaf and bake an additional 1/2 hour.

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## Entrees

### *Meat Turnovers*

*Al Liebau*

#### Crust

1 c. biscuit/baking mix

1/4 c. cold water

Combine the baking mix and water in a bowl and mix until a soft dough forms. On a floured surface, knead gently until dough is no longer sticky (about 6 or so times). Gently roll into an 11" x 7" rectangle. Cut in half.

#### Filling

1 – 3 oz. pkg. cream cheese, softened

1 T. milk

1/2 c. cooked turkey, chicken or ham

1/2 c. cooked peas

4 t. sliced almonds

1 T. fresh parsley, minced

1 T. onion, finely chopped

1-1/2 t. pimentos, diced

1/4 t. salt

1/4 t. pepper

1/4 t. garlic powder

1 T. butter, melted

1 can cream of chicken soup or chicken or turkey gravy

In a mixing bowl, beat the cream cheese and milk until smooth. Stir in the remaining ingredients, except the butter.

Spoon half the mixture onto each rectangle. Carefully fold pastry over filling and seal edges tightly with a fork.

Brush tops with butter (1/2 T. melted butter for each).

Place on a greased cookie sheet. Bake at 350 degrees for 30 – 35 minutes so the tops are golden brown.

While baking, beat about half a can or a little more of condensed cream of chicken soup, undiluted. You may use chicken or turkey gravy in place of the soup. Serve with the turnovers.



## Entrees

### *Pan-Seared Tilapia with Tabasco Broth*

*Bill Bauer*

#### Tilapia

4 (6-oz.) skinless tilapia filets  
1/2 c. flour seasoned with salt and white pepper  
2 lg. eggs  
1 c. cornflake crumbs  
1 c. vegetable oil  
1/2 c. minced parsley or chives, for garnish

#### Tabasco Broth

1 c. tomato juice  
1/2 t. minced garlic  
1 T. unsalted butter  
1/2 t. Tabasco sauce, or to taste

Season the filets with salt and pepper. Place the seasoned flour in one bowl. In a separate bowl, beat the eggs; and in a third bowl, place the cornflake crumbs. Coat each fillet in the flour, then in the eggs, and finally in the cornflake crumb. Shake off

any excess coating. Place on a baking sheet and let rest for 20 to 30 minutes.

In a 12-inch nonstick skillet, heat the oil over high heat to 360 degrees. Add the breaded fillets and pan-fry, until golden brown on both sides (turn only once) and cooked through, approximately 3 minutes per side. Remove from the pan and keep warm.

Make the broth. In a saucepan, bring the tomato juice and garlic to a boil; decrease the heat and whisk in the butter. Simmer for 5 minutes. Stir in the Tabasco.

Ladle 1/4 cup of hot broth into each soup plate. Place a crisp tilapia fillet in the center of each bowl on top of the broth, and garnish with a sprinkling of minced parsley, chives, or green herbs.



## Entrees

### **Prime Rib Roast**

*Roger Muencheberg*

While a good rib roast is not inexpensive, this very simple recipe is virtually foolproof.

#### Ingredients:

- 1 (5 lb.) standing beef rib roast
- 2 t. salt
- 1 t. ground black pepper
- 1 t. garlic powder

Allow roast to stand at room temperature for at least 1 hour. Preheat the oven to 375 degrees F.

Combine the salt, pepper and garlic powder in a small cup.

Place the roast on a rack in a roasting pan so that the fatty side is up and the rib side is on the bottom. Rub the seasoning onto the roast.

Roast for 1 hour in the preheated oven. Turn the

oven off and leave the roast inside. DO NOT OPEN THE DOOR! Leave it in there for 3 hours.

Thirty to forty minutes before serving, turn the oven back on to 375 degrees F to reheat the roast. The internal temperature should reach at least 145 degrees F.

Remove from the oven and let rest for 10 minutes before carving into servings.

Enjoy!

Prep Time: 5 Minutes

Cook Time: 5 Hours

Servings: 6



## Entrees

### *Quick Chicken Casserole*

*Al Liebau*

2 c. cooked chicken, diced (or cubed if larger pieces wanted)

1 can cream of mushroom soup

2 T. minced onion

1/2 c. celery, diced

2 c. cooked noodles

1/2 c. mayonnaise

1 t. salt

Combine all ingredients and pour into a 1-1/2 – 2 quart casserole dish.

Bake at 350 degrees for 20 minutes.

6 servings

## Entrees

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### *Reuben Casserole*

*Mary (Vitrano) Krull*

2 lbs. sauerkraut, drained  
1 lb. corned beef – sliced or  
chipped  
1-1/3 c. Thousand Island  
dressing  
1 lb. Swiss or baby Swiss  
cheese  
12 slices bread - rye,  
pumpernickel, sourdough  
1/2 stick butter, melted

Layer first four ingredients in  
a 13 X 9 inch baking pan.

Cube the bread and shake  
with melted butter until well  
coated. Press bread into top  
of casserole.

Bake at 350 degrees for 30  
minutes. It tastes just like a  
Reuben sandwich.



## Entrees

### ***Rosemary-Roasted Chicken & Potatoes***

*Dennis Hill*

6 oz. (3/4 of 8-oz. pkg.)  
Philadelphia Cream Cheese,  
softened  
2 t. dried rosemary leaves,  
divided  
1 t. pepper, divided  
1 whole roasting chicken (3-  
1/2 lb.)  
6 T. Kraft Zesty Italian  
Dressing, divided  
2 lb. red potatoes (about 5),  
cut into 1-inch chunks  
6 slices Oscar Mayer Bacon,  
crisply cooked, crumbled  
2 green onions, sliced

Heat oven to 375°F.  
Mix cream cheese, 1 t.  
rosemary and 1/2 t. pepper.  
Starting at neck of chicken,  
use handle of wooden spoon  
or fingers to carefully separate  
skin from meat of the breast,  
thighs and legs of chicken,  
being careful to not tear the

skin. Spoon cream cheese  
mixture under skin; use  
fingers to push and spread  
some of the mixture out to  
thighs and legs.

Place chicken in shallow pan  
and brush with 2 T. dressing.

Toss potatoes with remaining  
dressing, rosemary and  
pepper in separate pan.

Bake chicken and potatoes 1-  
1/4 hours or until chicken is  
done (165°F), stirring potatoes  
every 30 min. Transfer  
chicken to large serving dish,  
reserving juices in pan.

Let chicken stand 10 min.

Meanwhile, add bacon and  
onions to potatoes; mix  
lightly. Spoon around chicken  
in dish.

Skim fat from reserved  
chicken juices in pan; discard.

# Recipes

## *Entrees*

Spoon juices over chicken and potatoes.

Prep time: 20 min.

Total time: 1 hr. 45 min.

Servings: 6



## Entrees

### *Sausage Zucchini Skillet*

*Dennis Hill*

1 lb. Italian turkey sausage  
links, casings removed  
2 lg. zucchini, chopped  
1 lg. sweet onion, chopped  
2 garlic cloves, minced  
1 can (14-1/2 oz.) no salt  
added diced tomatoes,  
undrained  
1/4 t. pepper  
2 c. hot cooked rice

Serve with rice. Servings: 4



Crumble sausage into a large nonstick skillet coated with cooking spray.

Add zucchini and onion; cook and stir over medium heat for 4 minutes. Add garlic; cook and stir until meat is no longer pink. Drain.

Stir in tomatoes and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 4 to 5 minutes or until liquid is evaporated.



## Entrees

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### ***Shell Macaroni with Hamburger***

*Al Liebau*

2 T. shortening  
2 T. onion, chopped  
1 lb. ground beef  
2-1/4 c. shell macaroni, cooked  
1 c. tomatoes with liquid  
Salt and pepper to taste

In a skillet with 2 T. melted shortening, cook the onion and ground beef until the meat is no longer pink. Add the macaroni, tomatoes and salt and pepper. Stir well and simmer for 10 minutes.

4 servings

## Entrees

### *Slow Oven Beef Stew*

*Kathy (Ennis) Mooney*

2 lbs. beef for stew cut in 1 1/2 inch pieces

3/4 c. Burgundy wine

2 med. onions, cut in eighths

3 stalks celery, cut diagonally

4 med. carrots, cut in half crosswise and lengthwise

1 can stewed tomatoes

1/3 c. quick cooking tapioca

1 T. sugar

1 T. salt

1/4 t. pepper

1/2 t. basil

2 med. red potatoes cut in slices 1/4 inch thick

Combine meat, wine, onions, celery, carrots, tomatoes, tapioca, sugar, salt, pepper and basil in a 2 1/2 quart casserole. Cover tightly and cook in slow oven (300 degrees) for 2-1/2 hours.

Stir potatoes into stew and continue cooking, covered, for

1 hour or until meat and vegetables are done, stirring occasionally. (You can add more of any veggies that you particularly like and skip any that you don't care for. One of the best things about this recipe is the aroma when it is cooking.)

Serves: 6



## Entrees

### *Slow-cooker Chicken Cacciatore*

*Dennis Hill*

1/4 c. Kraft Zesty Italian Dressing  
3 lb. mixed chicken thighs and drumsticks  
1/2 lb. fresh mushrooms, sliced  
1 lg. onion, coarsely chopped  
1/2 c. each red and green pepper strips  
1 clove garlic, minced  
1 can (14.5 oz.) crushed tomatoes  
1 t. salt  
1 t. dried thyme leaves  
4 c. hot cooked long-grain white rice

Heat dressing in large skillet on medium-high heat. Add chicken, in batches; cook 2 to 3 min. on each side or until each piece is browned on both sides.

Place mushrooms, onions,

peppers and garlic in slow cooker; top with chicken.

Combine tomatoes, salt and thyme; pour over ingredients in slow cooker. Cover with lid.

Cook on Low 6 to 8 hours (or on High 5 hours). Serve chicken mixture over rice.

Prep time: 15 min.

Total time: 8 hr. 15 min.

Servings: 8





## Entrees

### *Southwestern Shells with Chicken and Corn*

*Dennis Hill*

1 - 16 oz. pkg. small pasta shells cooked per pkg.

directions

1/2 lb. skinless, boneless chicken breast cut into 1/2" pieces

2 T. flour

2 T. vegetable oil

12 oz. can evaporated milk (I add about 2oz to keep the recipe from getting too dry)

8 oz. (about 2 c.) Monterey Jack cheese, shredded

1-1/2 c. frozen kernel corn, thawed and drained

2/3 c. scallions, chopped

1/2 c. thick and chunky salsa, good quality

1 bunch fresh cilantro, finely chopped (I use dried)

4 oz can mild green chilies

1/4 t. salt

1/4 t. black pepper

Combine chicken and flour,

toss to coat.

Heat oil in a small skillet and add chicken. Saute until brown on all sides. Reduce heat.

Slowly add evaporated milk. Cook until slightly thickened (about 4 minutes). Remove from heat.

Stir in half of the cheese and all of the corn, scallions, salsa, green chilies with their liquid, salt and pepper. Toss in pasta and fold all in together.

Place in a baking dish that has been lightly sprayed with cooking spray. Sprinkle the remaining cheese on top and bake at 375 for 20-25 minutes. Serve warm.

Serves 6.

NOTE: I cook the chicken and make the sauce in the

# Recipes

## *Entrees*

recommended skillet but combine all the other ingredients in a large bowl then add the sauce with chicken and toss.



## Entrees

### *Spaghetti Sauce and Meatballs*

*Mary (Vitrano) Krull*

Sauce:

2 cans tomato paste  
1 med. onion, chopped  
2 T. oil  
1/2 t. oregano  
1/2 t. thyme  
1/2 t. marjoram  
1 t. basil  
1 T. sugar  
1/2 t. garlic powder  
1 t. salt  
Dash of pepper  
6 cans water (use cans from tomato paste)

Cook slowly adding more water if needed. Simmer at least 1 hour before adding meatballs.

Meatballs:

2 lbs. ground chuck  
4 eggs

1/4 c. bread crumbs  
1/4 c. grated Romano cheese  
Use the same seasonings in the same quantities as used in the sauce, except omit sugar

Mix all ingredients together and form into balls. Drop into sauce and simmer for 1 hour.

Serve with pasta. Seasonings may be adjusted to taste.

This recipe was jotted down by my Mother as she watched my Sicilian Grandmother (my Dad's Mother) make her pasta sauce. My Grandmother did not speak English, only Italian, nor did she measure anything. It was a handful of this and a pinch of that. So measurements are only approximate.



## Entrees

### *Sunday-Best Garlic Roast Beef*

*Mary (Vitrano) Krull*

8 lg. cloves garlic, unpeeled  
1 top sirloin roast (4 lb.), with  
some fat intact  
3 lg. cloves garlic, minced  
1 t. dried thyme  
1/2 t. salt  
12 lg. cloves garlic, peeled,  
cloves cut in half lengthwise  
2 sprigs fresh thyme  
2 bay leaves  
1/2 t. salt  
1/2 c. olive oil  
Ground black pepper  
1-1/2 c. low-sodium beef broth  
  
1-1/2 c. low-sodium chicken  
broth

For the beef: Toast unpeeled  
garlic cloves in small skillet  
over medium-high heat,  
tossing frequently, until  
spotty brown, about 8  
minutes. Set garlic aside.  
When cool enough to handle,

peel cloves and cut into 1/4-  
inch slivers. Using paring  
knife, make 1-inch-deep slits  
all over roast. Insert toasted  
garlic into slits.

For the garlic-salt rub: Mix  
minced garlic, thyme, and salt  
together in small bowl. Rub  
all over roast. Place roast on  
large plate and refrigerate,  
uncovered, at least 4 hours or  
preferably overnight.

For the garlic paste: Heat  
halved garlic cloves, thyme,  
bay leaves, salt, and oil in  
small saucepan over medium-  
high heat until bubbles start  
to rise to surface. Reduce heat  
to low and cook until garlic is  
soft, about 30 minutes. Cool  
completely. Strain, reserving  
oil. Discard herbs and transfer  
garlic to small bowl. Mash  
garlic with 1 tablespoon garlic  
oil until paste forms. Cover  
and refrigerate paste until  
ready to use. Cover and

## Entrees

reserve garlic oil.

Adjust oven rack to middle position, place nonstick roasting pan or broiler pan bottom on rack, and heat oven to 450 degrees. Using paper towels, wipe garlic-salt rub off beef. Rub beef with 2 T. reserved garlic oil and season with pepper.

Transfer meat, fat side down, to preheated pan and roast, turning as needed until browned on all sides, 10 to 15 minutes. Reduce oven temperature to 300 degrees. Remove roasting pan from oven. Turn roast fat side up and, using spatula, coat top with garlic paste. Return meat to oven and roast until internal temperature reaches 125 degrees on instant-read thermometer, 50 to 70 minutes. Transfer roast to cutting board, cover loosely with foil, and let rest for 20

minutes.

For the jus: Drain excess fat from roasting pan and place pan over high heat. Add broths and bring to boil, using wooden spoon to scrape browned bits from bottom of pan. Simmer, stirring occasionally, until reduced to 2 cups, about 5 minutes. Add accumulated juices from roast and cook 1 minute. Pour through fine-mesh strainer. Slice roast crosswise against grain into 1/4-inch slices. Serve with jus.

Serves 6 to 8.





## Entrees

### *Texas Meat Loaf*

*Margaret (Kocher) Rothlisberger*

2 lbs. ground beef  
1/2 c. Minute Rice (uncooked)  
1/4-1/2 c. fine bread crumbs  
1 - 8 oz. can stewed tomatoes  
1 lg. onion, diced  
1 egg  
2 t. worcestershire sauce  
Dash tobasco  
1 T. brown sugar  
1/4 t. mustard  
Salt & pepper to taste

Mix all ingredients together.  
Bake in loaf pan for 1 hour at  
350 degrees.





## Entrees

### *Turkey in a Pot*

*Margaret (Kocher) Rothlisberger*

4-5 lb. turkey breast (if frozen, it doesn't need to be thawed)

1 med. onion, chopped

1 rib celery, chopped

1/4 c. margarine, melted

Salt, to taste

Lemon pepper, to taste

1-1/2 c. chicken broth

Wash turkey breast and pat dry. Place in greased 5-quart slow cooker.

Put onion and celery in cavity. Pour margarine over turkey and sprinkle with seasonings. Pour broth around turkey.

Cover and cook on high for 6 hours. Let stand 10 minutes before carving. The turkey may be browned by baking it in a 325 degree oven for 15-20 minutes after it has finished cooking in the slow cooker.

Prep time: 8-10 minutes

Cooking time: 6 hours

Servings: 10-12

Tips: Transfer 1/2 c. of the drippings to a non-stick skillet. Add 1/2 cup of water and heat until simmering. In a small jar blend 2 T. flour with 1/2 c. water and shake until smooth. Stir into simmering broth, continuing to heat and stir until smooth and thickened. Serve over hot sliced turkey.



## Entrees

### *Turkey Lo Mein*

*Dennis Hill*

8 oz. linguine, uncooked  
2 lb. turkey breast tenderloins,  
cut into 1/4 inch strips  
2 T. canola oil, divided  
1/2 lb. sliced fresh mushrooms  
1-2/3 c. julienned sweet red,  
yellow and/or green peppers  
1/3 c. chopped onion  
1/3 c. stir-fry sauce

Cook linguine according to  
package directions.

Meanwhile, in large skillet or  
wok, stir-fry turkey in batches  
in 1 tablespoon hot oil for 5 to  
6 minutes or until no longer  
pink. Remove and keep  
warm.

In the same pan, stir-fry  
mushrooms in remaining oil  
for 3 to 4 minutes or until  
crisp-tender. Add peppers  
and onion; stir-fry for 2 to 3  
minutes or until vegetables

are tender.

Add turkey and stir-fry sauce;  
cook and stir for 2 to 3  
minutes or until heated  
through.

Drain linguine; add to turkey  
mixture and toss to coat.

Prep time: 10 min.

Total time: 30 min.

Servings: 8 (1 cup each)





## Entrees

### *Vegetarian Meatballs*

*Dennis Hill*

1 c. breadcrumbs (I use Italian style)

1 c. finely chopped walnuts

1 c. finely diced onion

1/3 c. grated Parmesan cheese

6 eggs, beaten

1/2 c. chopped fresh parsley  
or 2 T. parsley flakes. (I halve this if using Italian crumbs)

1 to 2 garlic cloves, finely chopped or 1/4 t. garlic powder (I use minced garlic - store bought, and don't scrimp)

NOTE: Depending on the size of your eggs, you may need to add additional breadcrumbs to make sure your mix is dry enough.

Mix all the ingredients. Form into meatballs.

They can be browned in oil in a frying pan or deep fried. I deep fry mine at 370 degrees

for 3 minutes.

Place 1 cup spaghetti sauce in the bottom of your crockpot then place meatballs in the crockpot and cover with additional sauce.

Simmer on low for 3-4 hours. Use with pasta, on subs with sliced mozzarella or serve as is.





## Entrees

### ***Yummy Wishbone Italian Chicken***

*Kathy (Ennis) Mooney*

Boneless/skinless chicken breasts

Mayonnaise

Italian breadcrumbs (if you only have plain, mix in a dash of dry Italian herbs)

Wishbone Italian dressing

Preheat oven to 325 degrees.

Slather mayo all over the chicken and coat with Italian bread crumbs.

Place chicken in a 9 x 13 inch baking dish. Add just enough Wishbone dressing to cover the bottom of the baking dish. (\*Option: Add more dressing if you would like to have extra sauce for pasta.)

Cover with foil and bake for about 45 minutes. (The length of time you will need to bake

the chicken will depend on how thick the chicken breasts are. Sometimes it can help to pound them to a similar thickness.)

Half way through baking, baste the chicken with the Italian dressing.

# FAVORITE RESTAURANTS







## *Favorite Restaurants*

### *Favorite Restaurants of the Class of '62*

Several classmates indicated their favorite restaurants in their reunion website profiles:

Kathy (Bartz) Perry - Sea Pines Country Club Restaurant, 30 Governors Road, Hilton Head Island, SC

Midge (Bauer) Anton - Johnny Manhattan's, 3718 Hubertus Rd., Hubertus, WI

Cookie Bellman - Su Casa, N81W15094 Appleton Ave., Menomonee Falls, WI

Pete Budde - The Salt Lick, 18300 FM Rd 1826, Driftwood, TX

Dennis Hill - The Olive Garden

Eileen (Burkwald) Strauss - Eileen also likes the Olive

Garden in addition to The Pasta Tree, 1503 N Farwell Ave, Milwaukee, WI (The Chef/owner is Suzette Metcalf MFHS class of 1985)

Connie Campbell - Mark's East Side, 1405 East Wisconsin Avenue, Appleton, WI

Bill Friz - Outback Steakhouse, 910 Dana Drive Redding, CA

Mike Johnson - Zelo, 831 Nicollet Mall, Minneapolis, MN

Tom Krainer - The New Fox & Hounds Restaurant & Tavern, 1298 Friess Lake Road, Hubertus, WI

Carol (Lake) Siefke - The Corner Bakery, El Paso, TX. There are two locations - 655 Sunland Park Drive and 1350 George Dieter Drive

## *Favorite Restaurants*

Clare (Merriam) Sauer - Port  
Edward Restaurant, 20 West  
Algonquin Road, Algonquin,  
IL

Karen (Riske) Wagner - Chez  
Max, 10622 Patterson Avenue,  
Henrico, VA

Ron Steffen - Friendship  
House, 2260 Lincoln St,  
Rhineland, WI

Mary (Vitrano) Krull -  
Maggiano's Little Italy, 2500  
North Mayfair Road, B4,  
Wauwatosa, WI.

Diana (Wegener) Perry -  
Rhinehart's Oyster Bar, 3051  
Washington Road Augusta,  
GA

## *Favorite Restaurants*

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### *Restaurante Botin*

*Bob Dahms*

Located in Plaza Major in Madrid, Spain

We dined here while stationed overseas in the early 1970s and haven't found a more unique restaurant since. The food was excellent and the atmosphere absolutely historic. Known for their roast suckling pig which was juicy and delicious.

According to the restaurant's web site, Botin is still in business and listed in the Guinness Book of Records as the oldest working restaurant in the world. It was founded by Frenchman, Jean Botin in 1725 and has been in the Gonzalez family for four generations.

Over a four year period, we took dozens of friends and

family there and understand that the restaurant has been visited by famous people from writers to royalty and from politicians to Hollywood stars. If you haven't already read it, check out Ernest Hemingway's book, *The Sun Also Rises*, where the author describes one of his meals at the restaurant.

For a copy of the menu and access to on-line reservations, see ([www.botin.es](http://www.botin.es)).



## *Favorite Restaurants*

### *Stables Ranch Grille*

*Bob Dahms*

Stables is the main dining room at Tubac Resort, about 35 miles south of Tucson, Arizona. The restaurant is open to the general public and looks out over a magnificent golf course along the Santa Cruz River. The structure is well preserved and part of an historic ranch built by the Otero family who moved there in 1789 in search of a favorable area to raise cattle.

The menu is varied and items made fresh daily. It is one of only two places where I've had filet mignon so tender you could cut it easily with a sharp glance. The first was Ross's steak house in Omaha, Nebraska which has since closed. Although beef is represented in most of their specialties, menu options also include veal medallions,

chicken roulade, and onion-crusted walleyed pike. The atmosphere at Stables is warm and inviting and the service is excellent. If you ever visit southern Arizona, Stables would be a superb choice for a relaxing and memorable meal.

For more information, see:  
<http://www.tubacgolfresort.com>

## *Favorite Restaurants*

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### *The Arlington Diner*

*Bob Dahms*

Located at 2921 South Glebe Road in Arlington, Virginia.

This is a fabulous, inexpensive diner located just south of Washington, DC and half way between US Route 1 and Interstate 395. From traditional breakfast fare to roast lamb pita sandwiches to generous dinners (poached salmon over rice was one of our favorites), the food was consistently good and the staff personable. Up until retirement in 2004, we lived about a mile from there and the owner lives in the same general neighborhood.

If you go, say 'hi' to the owner, Louis, for me.





# SALADS



## **Tips for a Fresh Salad**

Wash lettuce immediately, layer it in paper towels and put it in a closed ziplock bag in the refrigerator. It's ready at a moment's notice.

Fruit salads will look perfect when you use an egg slicer for slicing strawberries, kiwis or bananas.

Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.

Romaine, arugula or spinach will add a whole host of vitamins and nutrients to your salad, including vitamin A, vitamin C and folate.

Control exactly how much dressing goes into your salad by referring to the serving suggestion on the label. It's also a good idea to keep the dressing on the side so you can add a little at a time without overdoing it.

Fruit like orange sections, cubed mango or dried, unsweetened cranberries will add not only more flavor and color but also vitamins and antioxidants.

When eating a salad as your main meal, make sure it provides at least 10 to 15 grams of protein per serving. To meet this requirement, add 3/4 cup of chickpeas or lentils, two hard boiled eggs or 1/4 cup of nuts.

Salad dressings do not have to be anything complex. A simple dash of olive oil, vinegar and some grainy mustard makes for a great dressing.

Dress the salad just before serving.

For the most part, stay away from berries for your fruit salad. They quickly disintegrate and make a big mess of the rest of your salad.

Fruit will develop its full flavor potential at room temperature, so don't over chill.

## Salads

### *All-American Potato Salad*

*Mary (Vitrano) Krull*

2 lbs. Yukon Gold potatoes,  
peeled and cut into 3/4-inch  
cubes

1-1/2 t. table salt

3 T. dill pickle juice , plus 1/4  
cup finely chopped dill  
pickles

1 T. yellow mustard

1/4 t. ground black pepper

1/2 t. celery seed

1/2 c. mayonnaise

1/4 c. sour cream

1/2 onion, red (small) ,  
chopped fine

1 rib celery, chopped fine

2 hard-cooked eggs, peeled  
and cut into 1/4-inch dice  
(optional)

Place potatoes in large  
saucepan with cold water to  
cover by 1 inch. Bring to a boil  
over high heat.

Add 1 teaspoon salt. Reduce  
heat to medium-low, and

simmer until potatoes are  
tender, 10 to 15 minutes.

Drain potatoes thoroughly,  
then spread out on rimmed  
baking sheet.

Mix 2 tablespoons pickle juice  
and mustard together in small  
bowl and drizzle mixture over  
potatoes. Toss until evenly  
coated.

Refrigerate until cooled, about  
30 minutes.

Mix remaining tablespoon  
pickle juice, chopped pickles,  
remaining 1/2 teaspoon salt,  
pepper, celery seed,  
mayonnaise, sour cream, red  
onion, and celery in large  
bowl.

Toss in cooled potatoes, cover,  
and refrigerate until well  
chilled, about 30 minutes.

(Salad can be refrigerated in  
airtight container for up to 2



## Salads

days.)

Gently stir in eggs, if using,  
just before serving.

Make sure not to overcook the  
potatoes. Keep the water at a  
gentle simmer and use the tip  
of a paring knife to judge the  
doneness of the potatoes. If  
the knife inserts easily into the  
potato pieces, they are done.

Serves 4 to 6.



## Salads

### *Awesome Pasta Salad*

*Mary (Vitrano) Krull*

16 oz. pasta (fusilli spiral),  
cooked  
3 c. cherry tomatoes (halved)  
1/2 lb. provolone cheese  
(cubed)  
1 green bell pepper (cut into 1  
inch pieces)  
1/4 lb. pepperoni (sliced, cut  
in half)  
10 oz. black olives (drained)  
4 oz. pimentos (drained)  
8 oz. Italian salad dressing

Cook the pasta in boiling  
salted water. Rinse with cold  
water and drain.

Mix the next six ingredients  
together in a large bowl. Add  
the dressing and toss until  
everything is well-coated.

Store in refrigerator until  
ready to serve.

## Salads

### *Chicken Fruit Salad*

*Margaret (Kocher) Rothlisberger*

4 c. diced cooked chicken  
3 c. diced celery  
3 c. red seedless grapes  
1 can (20 oz.) pineapple  
tidbits, drained well

Dressing:

3/4 c. mayonnaise  
1/4 c. sour cream  
3/4 c. whipped topping  
1/4 c. sugar

Mix together salad  
ingredients.

Mix together dressing  
ingredients and pour over  
salad.

Can be served on a leaf of  
lettuce.

Serves 10 – 12

Note: This is a little sweeter

than the usual chicken salad. I have driven all the way to the Upper Krust in Watertown to buy it in quart size containers. The last time I went I noticed they were selling a recipe book, and there was the recipe for the salad I enjoyed so much!.





## Salads

### *Cole Slaw*

*Fran (Kaiser) Becker*

#### Dressing:

2 c. mayonnaise

1/3 c. sugar

1/3 c. parmesan cheese

1/2 t. salt

1/4 t. pepper

Mix above ingredients well.

#### Salad:

1 med. Head cauliflower, bite size pieces

1 med. Head cabbage, coarsely chopped

1 med. Onion, chopped

1 lb. bacon, fried crisp, crumbled

In large bowl put a layer of cauliflower and 1/4 of the dressing, a layer of cabbage and 1/4 of the dressing, a layer of onion and 1/4 of the dressing and a layer of bacon and the remainder of the dressing.

Chill overnight.

Toss before serving.

## Salads

### ***Cranberry Orange with Cherry Gelatin***

*Margaret (Kocher) Rothlisberger*

2 - 3 oz. pkgs. cherry flavored gelatin

2-1/2 c. boiling water

1 c. crushed pineapple including juice

1 - 10 oz. pkg. Indian Trail cranberry orange sauce, thawed

Dissolve gelatin in boiling water.

Stir in cranberry orange sauce and pineapple.

Pour into mold.

Chill until set.



## Salads

### ***Crunchy Pea Salad with Ranch Dressing***

*Mary (Vitrano) Krull*

- 1 c. celery, diced
- 1 c. cauliflower, chopped
- 1 (10 ounce) pkg. frozen petite peas
- 1/4 c. green onions, diced (or to taste)
- 3/4 c. Ranch dressing
- 1/4 c. sour cream
- 1 c. cashews, chopped

Mix all ingredients except cashews.

Chill.

Sprinkle cashews on top when ready to serve.

Note: 1/4 c. crisp-cooked, crumbled bacon may be added to the topping if desired.





## Salads

### *Endive, Pear, and Bleu Cheese Salad*

*Kathy (Ennis) Mooney*

1/2 c. walnuts, halved  
1 (1 oz) slice rye bread, cubed  
2 t. fresh rosemary, chopped  
1 sm. garlic clove, chopped  
1 t. olive oil  
3 assorted ripe (firm) pears  
such as Bosc, Anjou, or Bartlett  
1 T. fresh lemon juice  
(divided)  
1/2 c. low fat buttermilk (1%)  
1/2 t. Worcestershire sauce  
1/4 t. freshly ground black  
pepper  
2 oz. crumbled bleu cheese  
(divided use)  
1-1/4 lbs. endive, trimmed and  
cut crosswise into 1/2 inch  
thick slices

Preheat oven to 400'.

On a small baking sheet,  
combine walnuts, bread  
cubes, rosemary, garlic and  
olive oil; toss well. Toast until

fragrant (5-6 minutes); let  
cool.

Halve, core and slice pears. In  
a small bowl, combine pear  
slices and 1 teaspoon lemon  
juice; toss well.

In another small bowl,  
combine remaining 2  
teaspoons lemon juice,  
buttermilk, Worcestershire  
sauce, pepper, and half of the  
bleu cheese.

Arrange endive on plate or  
platter with pears. Sprinkle  
with remaining cheese and  
walnut mixture; drizzle with  
dressing.

Serving size: about 2-1/2 cups  
salad and 2 tablespoons  
dressing. Calories 235.

## Salads

### ***German Potato Salad*** ***(family recipe)***

*Kathy (Ennis) Mooney*

5 lbs. potatoes (boiled and skinned)

6 strips bacon

3/4 stick butter

2 heaping T. flour

2 c. water

1/2 c. vinegar

3/4 c. sugar

1 t. salt

2 onions, chopped

Fry the bacon, remove it from the pan.

Add butter to the bacon fat.

Add the flour. Add the water gradually; add vinegar and sugar. Add the salt.

In a large bowl, mix the chopped onions with the boiled potatoes.

Pour the vinegar sauce over the potatoes; crumble the

bacon and sprinkle of over the top of the salad.

(This was a hot weather staple of my childhood. I still like this sweet and sour version of potato salad best. I have not found a store version that compares to this one.)

## Salads

### *Ken's Classic Red Potato Salad*

*Ken Stanke*

3 lbs. red potatoes  
2 T. milk  
2 T. white vinegar  
2 T. yellow mustard  
2 T. sugar  
2 T. prepared horseradish  
1 c. fine chopped sweet onion  
2 bundles scallions (about 3/4 c. - use some of the green)  
1 t. salt - optional  
1 t. black pepper  
1 to 1 1/2 c. celery cut in small pieces  
1/2 c. cooked and chopped bacon, can use bacon bits but not as good as the real stuff  
5 hard boiled eggs, 3 in the mix & 2 for the topping  
1 1/2 c. Hellmann's Real Mayonnaise, it's ok to add more to make a better mix

Use a large mixing bowl and start with 3lbs. of cooked

small red potatoes, sliced with skin on. Ok to remove some of the skin as it comes off when slicing.

Mix in a separate bowl the milk, vinegar, mustard, sugar, horseradish, onions, salt & pepper. Then add the celery, bacon, 3 hard boiled eggs (sliced & chopped). Then mix in the Mayo.

Pour this over the potatoes and mix until all the potatoes are coated. Don't worry about breaking the slices when mixing. It's ok to add more mayo and a little milk if needed.

Place in serving bowl and top with 2 sliced eggs. Sprinkle a little parsley and paprika for color. Cool and serve. Best if it sits over night.



## Salads

### *Mandarin Orange Delight*

*Eileen (Burkwald) Strauss*

1/4 c. sliced almonds  
2 T. sugar  
1/2 t. Salt  
pepper - dash  
2 T. powdered sugar  
1/4 c. salad oil  
1 T. parsley  
2 T. vinegar  
cayenne pepper or tabasco  
sauce - dash  
1 lg. head lettuce  
1/2 c. Celery, chopped fine  
1/2 c. Onions (green with tops)  
2 c. Mandarin oranges,  
drained

Cook almonds with 2 T. sugar  
in frying pan until brown.

Cool and pound with hammer  
between two pieces of waxed  
paper.

Mix salt, pepper, powdered  
sugar, salad oil, parsley,  
vinegar and cayenne or

tobasco to make dressing.

Toss lettuce, celery, onions  
and Mandarin oranges  
together.

Pour dressing over lettuce  
mixture.

Top with almonds.

## Salads

### *Mandarin Orange Salad*

*Margaret (Kocher) Rothlisberger*

- 1 c. Mandarin orange sections,  
drained
- 1 c. pineapple tidbits, drained
- 1 c. miniature marshmallows
- 1 c. sour cream

Fold all ingredients together  
lightly.

Chill overnight.

Makes 4 to 5 servings



## Salads

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### *Mexican Cole Slaw*

*Margaret (Kocher) Rothlisberger*

1/8 c. vinegar

3 T. sugar

1/4T. salt

1.2 t. celery seed

1/2 c. mayonnaise

chopped onion

chopped cabbage

Toss all ingredients together.



## Salads

### *Orange Juice Fruit Salad*

*Mary (Vitrano) Krull*

6-8 apples

6-8 pears

1 qt. fresh strawberries

1 lg. can Mandarin oranges  
(drained)

6 bananas (add last, just  
before serving)

1 sm. pkg. vanilla or French  
vanilla pudding

1-1/2 c. orange juice

Cut fruit into bite size pieces.

Cook pudding and orange  
juice on stove to boiling. The  
sauce recipe may have to be  
doubled depending on how  
much fruit is cut.

Let cool 1/2 hour.

Mix all of this together and  
refrigerate - 4 apples, 4 pears,  
1 quart strawberries, 1 large  
can oranges and 3 bananas.  
Bananas can be added at the

very end just prior to serving.

Amounts may be decreased.

This recipe makes a huge  
bowl of fruit salad for a  
crowd.

The salad will last perhaps  
three days but no longer than  
that.

## Salads

### *Southwestern Barley Salad*

*Dennis Hill*

3/4 c. barley, uncooked  
2 ears corn on the cob, husks  
and silk removed  
1 sm. green pepper, chopped  
1/2 c. chopped red onion  
1/2 c. Tuscan House Italian  
Dressing and Marinade  
1/4 c. chopped cilantro  
2 T. lime juice

Cook barley as directed on  
package.

Meanwhile, place corn ears  
directly on stovetop flame on  
medium-low heat; cook 4  
minutes or until corn is  
evenly roasted, using tongs to  
frequently turn ears.

Cool 5 minutes. Cut kernels  
off cobs; place in medium  
bowl. Add all remaining  
ingredients; mix lightly.

Refrigerate 1 hour.

NOTE: If you don't have a gas  
range, you can use 1 drained  
11-oz. canned corn. Cook and  
stir the corn in a nonstick  
skillet on medium heat 10  
minutes or until kernels are  
roasted around the edges.



## Salads

### *Spinach, Strawberry, Pecan Salad*

*Mary (Vitrano) Krull*

1 lb. fresh spinach, washed & dried

1 pt. strawberries, washed & halved

1/2 c. pecan halves, toasted

#### Dressing

1/3 c. raspberry vinegar

1 t. dry mustard

1 t. salt

1/2 c. sugar

1 c. vegetable or olive oil

Combine dressing ingredients in a blender.

Toss dressing with spinach, strawberries and hot pecans.

Note: 1-1/2 T. poppy seeds may be added to the dressing if desired.





## Salads

### *Tuna on a Shoestring Salad*

*Kathy (Ennis) Mooney*

1 can (6 oz.) tuna, drained  
1 c. raw carrots, shredded  
1 c. diced celery  
3/4 to 1 c. mayonnaise  
1/4 c. diced onion  
1 can (4 oz.) shoestring  
potatoes

Break tuna into a large bowl.

Mix in carrots, celery,  
mayonnaise and onion.

Cover and chill.

Just before serving fold in  
shoestring potatoes.

Arrange salad in bowl or on a  
plate lined with lettuce.

Serves: 4

(My Mom submitted this  
recipe to St. Mary's Parish  
Cookbook that was published

in 1973. It is still a family  
favorite.)



## Salads

### *Vegetable Salad*

*Al Liebau*

3 c. canned or frozen corn,  
thawed

1 can (15 oz.) black beans,  
rinsed and drained

3 med. Tomatoes, seeded and  
diced

1 c. green peppers, chopped

1 c. sweet red peppers,  
chopped

Combine all ingredients in a  
large bowl.

#### Dressing

1/4 c. olive or vegetable oil

3 T. lime juice

2 T. fresh cilantro or parsley,  
minced

1 garlic clove, minced

1/4 t. salt

1/4 t. pepper

Combine all dressing  
ingredients in a jar with a  
tight-fitting lid and shake  
well.

Pour over vegetables and toss  
to coat.

Cover and refrigerate for at  
least 2 hours before serving.

8 servings



## Salads

### **Warm German Potato Salad**

*Bill Bauer*

2 med. potatoes  
3 slices bacon  
1/2 c. chopped onion  
1 T. flour  
2 t. sugar  
3/4 t. salt  
1/4 t. celery seeds  
1/4 t. pepper  
1/3 c. water  
2 T. vinegar

Boil potatoes. Peel and slice thin.

Fry bacon slowly in skillet. Transfer bacon to paper towel.

Saute onion in bacon fat until golden brown. Blend in flour and seasonings. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Stir in water and vinegar. Return to heat and bring to boil, stirring

constantly. Boil 1 minute.

Stir in potatoes and crumbled bacon. Remove from heat, cover and let stand until ready to serve.

Serves 2.







# SANDWICHES







## Sandwiches

### *Cashew Chicken Salad Sandwich*

*Dennis Hill*

2 c. cooked diced chicken  
1/2 c. chopped salted cashews  
1/2 c. chopped red apple  
1/2 c. chopped peeled cucumber  
1/2 c. mayonnaise or Miracle Whip  
1/2 t. granulated sugar  
1/2 t. salt  
Dash pepper  
6 lettuce leaves, optional  
6 Kaiser rolls or croissants, split

In a large bowl, combine the chicken, cashews, apple and cucumber.

In a small bowl, combine the Miracle Whip or mayonnaise, sugar, salt and pepper.

Add chicken mixture and toss to coat.

Place a lettuce leaf, if desired, and 1/2 cup chicken salad on each roll bottom; replace tops.

Yield: 6 servings



## Sandwiches

### *Whipped Cream Cheese Dill Cucumber Sandwiches*

*Mary (Vitrano) Krull*

1 (8 oz.) pkg. whipped cream  
cheese  
1 (.7 oz.) pkg. dry Italian-style  
salad dressing mix  
1 (1 lb.) loaf cocktail rye bread  
1 cucumber, thinly sliced  
Dill weed



In a small bowl, mix whipped  
cream cheese and dry Italian-  
style dressing mix.

Spread equal portions of the  
mixture on slices of the  
cocktail rye bread.

Top each with a slice of  
cucumber.

Sprinkle with dill weed.

Note: Dry Hidden Valley  
Ranch dressing may be  
substituted for the Italian dry  
dressing mix.

## Sandwiches

### ***Yummy Ham Sandwiches***

*Fran (Kaiser) Becker*

2 pkgs. Hawaiian rolls 24  
count (found by deli counter)  
1 lb. Swiss cheese  
1 lb. ham

Sauce:

2 sticks melted butter  
4 T. brown sugar  
2T Worcestershire sauce  
2 T. dry mustard

Boil sauce ingredients.

Assemble sandwiches and  
place on jelly roll pan.

Brush tops with sauce and  
sprinkle 1-2 T poppy seeds  
over top. Pour rest of sauce  
over sandwiches.

Cover with foil and  
refrigerate overnight.

Bake uncovered 20 min. at 340  
degrees.

Enjoy!







# SNACKS & MISCELLANEOUS







## Snacks & Misc.

### Caramel Corn Puffs

Mary (Vitrano) Krull

2 sticks butter  
2 c. brown sugar  
1/2 c. Karo corn syrup (light)  
1/2 t. vanilla  
1/2 t. baking soda  
2 pkgs. Oke-Do-Ke or Old  
Dutch hullless corn puffs (Do  
not use the butter flavored  
puffs)  
Cashews (Other types of nuts  
may be used)

Combine butter, brown sugar  
and corn syrup in a saucepan.  
Stir in vanilla and baking  
soda. Boil for 5 minutes (This  
will bubble up.)

Put corn puffs in a baking pan  
(I use a roasting pan). Add  
nuts and mix. Pour mixture  
over corn puffs and stir until  
well coated.

Bake at 250 degrees for 1  
hour.

Turn every 15 minutes.



## *Snacks & Misc.*

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### ***Chex Mix Scramble***

*Sue (Smith) Westfahl*

- 1 10.5 oz. box of Cheerios
- 2 pkgs. 5 and 6.5 oz. pretzels  
(sticks and bow knots or  
twists)
- 12 oz. box Wheat Chex cereal
- 6.5 oz. box Rice Chex cereal
- 2 12 oz. pkgs. Peanuts

Mix together and toss  
carefully with the following  
mixture:

- 2 cups oil
- 2 T. Worcestershire sauce
- 1 T. garlic salt
- 1 T. seasoned salt

Mix oil and sauce together  
first and pour over cereal.  
Then sprinkle with salts.

Put in a large roaster and bake  
at 250 for 2 hours, stirring  
every 15 minutes.

Makes 8 quarts.

## Snacks & Misc.

### *Chex Muddy Buddies*

*Sue (Smith) Westfahl*

9 c. rice, corn or Honeynut  
Chex cereal  
1/2 c. creamy peanut butter  
1/4 c. butter  
1 6 oz. bag semisweet  
chocolate chips  
1 t. vanilla  
1-1/2 c. powdered sugar

Spread on waxed paper to cool.

Store in airtight container in refrigerator.

Makes 9 cups snack.

Measure cereal into large bowl.

Microwave peanut butter, butter and chocolate chips uncovered on high 1 minute; stir. Microwave 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla.

Pour cereal into chocolate mixture, stirring until evenly coated. Put powdered sugar in a zip lock plastic bag and add cereal mixture. Seal and shake until well coated.



## *Snacks & Misc.*

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### *Cocktail Sauce*

*Ken Stanke*

1 c. ketchup  
3 T. prepared horseradish  
2 T. lemon juice  
hot pepper sauce, 4 to 5  
dashes

Mix, chill and serve

This is used with lobster we catch in the Florida Keys and shrimp we net in Edgewater, Florida. Much better than what is available at the local store.



## Snacks & Misc.

### *Cranberry Orange Caramel Corn*

*Sue (Smith) Westfahl*

12 c. popped popcorn  
1 c. dried cranberries  
1/2 c. whole almonds  
1/2 c. butter  
1/2 c. brown sugar  
1/4 c. light corn syrup  
2 T. orange juice  
2 t. vanilla  
1/2 t. baking soda

Preheat oven to 275. In a very large bowl combine popped corn, cranberries and almonds; set aside.

In a 2-qt. saucepan, cook and stir the butter, brown sugar, and corn syrup over medium heat until the butter is melted. Stir in the orange juice. Bring to boiling over medium heat. Boil at a moderate rate for 2 minutes. Remove from heat. Stir in vanilla and baking

soda (mixture will foam up).

Pour syrup over popcorn mixture in bowl; stir to coat well. Transfer to a 15x10 x 1-inch baking pan. Bake for 30 minutes, stirring twice.

Transfer caramel corn to a large sheet of greased heavy foil; cool.

Makes 20 (1/2 cup) servings.

## *Snacks & Misc.*

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### *Cranberry Peach Sauce*

*Bill Bauer*

1/2 lb. peaches, either frozen  
or fresh, sliced

1/2 of a Vidalia onion,  
chopped

1 lb. cranberries (4 cups)

2/3 c. sugar

Combine peaches and onion  
in a 2 qt. saucepan with about  
one cup water.

Simmer until onions and  
peaches soften, about 40  
minutes.

Add the cranberries and sugar  
and simmer 15 minutes more.



## Snacks & Misc.

### *Cream Cheese Frosting*

*Margaret (Kocher) Rothlisberger*

1 - 3 oz. pkg. cream cheese

1/4 c. melted butter

2 t. milk

1 t. vanilla

pinch salt

powdered sugar, enough to  
make the right consistency to  
spread.

Mix all ingredients together.

This is a good frosting for  
carrot cake.



## *Snacks & Misc.*

### *Evelyn's Pudding Frosting*

*Margaret (Kocher) Rothlisberger*

3 T. flour

1 c. milk

1 c. powdered sugar

1 c. butter

1 t. vanilla

Cook flour and milk until thick.

Cool slightly.

Cream butter, powdered sugar and vanilla.

Add cooled, cooked mixture one tablespoon at a time and beat well.

NOTE: This is a good cupcake frosting. For chocolate frosting, add 1 square melted bitter chocolate.

## *Snacks & Misc.*

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### ***Fish Batter***

*Margaret (Kocher) Rothlisberger*

1 egg

milk

salt

1 T. vegetable oil

1 t. baking powder

flour - as much as needed to

make batter the desired

consistency

Mix all ingredients together.

If too thick, thin with  
additional milk.



## *Snacks & Misc.*

### ***Rhubarb Jam***

*Margaret (Kocher) Rothlisberger*

5 c. rhubarb

5 c. sugar

1 c. water with pineapple juice

1 c. pineapple, crushed

2 pkg. wild strawberry Jello

Cook rhubarb and sugar with the juice and water until it comes to a boil, stirring well.

Add the drained pineapple and cook for 5 minutes.

Turn off the heat.

Add the Jello and pour into jars while hot.

Store in the refrigerator.



## *Snacks & Misc.*

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### *Seasoned Pretzels*

*Sue (Smith) Westfahl*

1 pkg. Hidden Valley Ranch  
Dressing  
1 t. dill weed  
1-1/2 T. lemon pepper  
1 T. garlic powder  
1 c. oil  
1 lb. sourdough pretzels

Combine all ingredients  
except pretzels. Break pretzels  
into bite-size pieces.

Pour seasoning mixture over  
pretzels and toss well but  
gently. Bake on a greased  
cookie sheet at 300 degrees for  
15 minutes.

Store in a metal container.

## *Snacks & Misc.*

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### *Tartar Sauce*

*Margaret (Kocher) Rothlisberger*

3 heaping table-sized T.

mayonnaise

2 capfuls lemon juice

3 heaping table-size t. relish,  
drained

chopped onion, if desired





# SOUPS





## Soups

### ***Butternut Squash Soup***

*Kathy (Ennis) Mooney*

1 butternut squash (about 3 lbs.)  
3 slender white parts only of 1-1/2 larger leeks, split lengthwise, washed and cut into 1 inch long pieces  
3 c. whole milk  
3 c. water  
Salt and freshly ground pepper  
Fresh grated nutmeg

Optional garnish:

1 tart apple, peeled, cored and diced  
About 1/3 c. chopped toasted hazelnuts or walnuts  
About 1/2 c. crème fraiche or heavy cream

Peel the squash. Remove the seeds and string, then cut into 1-2 inch chunks. Toss into a large Dutch oven.

Add the leeks, milk, and water. Salt generously and bring to a boil.

Lower heat to a simmer and cook 25 – 35 minutes or until squash is soft enough to mash when pressed lightly with the back of a spoon.

Using a blender or food processor, puree the soup in batches until it is very smooth.

Thin to desired consistency with milk or water. Season with salt, pepper and nutmeg.

Reheat if necessary. (This soup is best when truly hot.)

To serve, ladle the soup into bowls, spoon over the apples and nuts and garnish with a little crème fraiche or cream.

Serves 6. 180 calories per serving (without garnish).



## Soups

### *Dutch Cheese Soup*

*Mary (Vitrano) Krull*

1/4 c. vegetable oil  
2 T. butter  
1/2 c. diced onions  
1 c. diced cauliflower  
2 potatoes, cut into 1/2" cubes  
1/2 c. carrots, cut into one half-inch cubes  
4 c. chicken stock  
4 oz. Canadian bacon, diced  
5 oz. Gouda cheese, thinly sliced  
8 slices sourdough baguette  
Salt & pepper to taste

Heat oil on medium-high heat in a 1.5-quart saucepan.

Add onion and sauté until softened. Add cauliflower, carrots and potato; sauté for 5 minutes. Stir in chicken stock and bring to a boil.

In a small skillet, heat the

Add the Canadian bacon and sauté until lightly browned.

Add bacon to soup. Reduce heat to low and cover, simmering until vegetables are tender (about 15 minutes).

Pour soup into four individual flameproof crocks or bowls. Top each portion with two bread slices and one-quarter of the cheese.

Place under the broiler until cheese is bubbly.

Serve immediately.

Servings: 4



## Soups

### *Gazpacho Soup*

*Bob Dahms*

Gazpacho, Spanish for "garden soup" (also spelled gaspacho in Portugal) is a tomato-based, raw vegetable soup. It originated in the southern region of Andalucia, Spain but is quite commonly found across the Iberian peninsula. The soup is highly popular during the summer months and is most refreshing when served cold. This is a relatively mild version.

3 med. tomatoes  
1 cucumber, peeled  
1/4 bell pepper, any color  
seeded  
1 lg. rib celery  
1/2 sm. onion  
1-14.5 oz. can of no-salt diced  
tomatoes  
1/2 c. chopped parsley or  
cilantro (save a couple  
pinches for garnish)  
2 T. of balsamic vinegar

juice and zest of 1 very small  
lime (approximately 1/2  
tablespoon)

1/2 t. of black pepper  
1/2 c. green onions or chives,  
chopped (garnish topping)

Chop first four ingredients  
separately, one by one, in a  
food processor, pulsing until  
they are uniformly diced.

Combine above in a large  
bowl. Next, add diced canned  
tomatoes, chopped  
parsley/cilantro, vinegar,  
lime, zest, pepper seasoning  
and mix.

Chill in refrigerator for at  
least one hour. Prior to  
serving garnish with chopped  
green onions or chives and a  
pinch of parsley.

Servings: 4

Footnote: If a spicier option is  
desired try adding 1/2

# Recipes

## Soups

jalapeño pepper (seeded), 1 small garlic clove, and an additional 1/2 teaspoon of black pepper.





## Soups

### *Light Cabbage Soup*

*Mary (Vitrano) Krull*

3 c. nonfat beef, vegetable or chicken broth (beef is the best)  
2 garlic cloves, minced  
1 T. tomato paste  
2 c. chopped cabbage  
1/2 yellow onion  
1/2 c. chopped carrot  
1/2 c. green beans  
1/2 c. chopped zucchini  
1/2 t. basil  
1/2 t. oregano  
salt & pepper

Spray pot with non stick cooking spray saute onions carrots and garlic for 5 minutes.

Add broth, tomato paste, cabbage, green beans, basil, oregano and Salt & Pepper to taste.

Simmer for a about 5-10 minutes until all vegetables are tender then add the

zucchini and simmer for another 5 or so minutes.

I have tried different variations - leaving out green beans, adding chopped green onions in addition to the yellow onion. All are very good. You can customize it a bit.

Serves 6 - 8



## Soups

### *Light Vegetable Soup*

*Mary (Vitrano) Krull*

2 med. garlic clove(s), minced

1 med. onion(s), diced

2 med. carrot(s), diced

1 med. sweet red pepper(s),  
diced

1 med. stalk(s) celery, diced

2 sm. zucchini, diced

2 c. green cabbage, shredded

2 c. Swiss chard, chopped

2 c. cauliflower, small florets

2 c. broccoli, small florets

2 t. thyme, fresh, chopped

6 c. vegetable broth

2 T. parsley, or chives, fresh,  
chopped

1/2 t. table salt, or to taste

1/4 t. black pepper, or to taste

2 T. fresh lemon juice,  
optional

Put garlic, vegetables, thyme  
and broth into a large soup  
pot. Cover and bring to a boil  
over high heat; reduce heat to

low and simmer, partly  
covered, about 10 minutes.

Stir in parsley or chives;  
season to taste with salt,  
pepper and lemon juice.

Some say that this soup is the  
secret to weight-loss success.  
It's a great mid-day snack or  
pre-meal hunger-reducer.

Servings: 12 (1 cup servings)



## Soups

### *Machine Shed Cream of Potato Soup*

*Mary (Vitrano) Krull*

2 1/2 lbs. baby red potatoes,  
quartered  
3/4 lb. bacon, cut into 1-1/2  
inch pieces  
1/4 bunch celery, diced  
1 jumbo yellow onion, diced  
1 qt. milk  
1 qt. water  
3 T. chicken soup base (sold in  
a jar - thick like a paste)  
1 t. salt  
1 t. black pepper  
1 t. garlic powder, optional  
1-1/2 stick margarine  
1 c. flour  
1/2 c. parsley, chopped  
1 c. whipping cream  
Shredded cheese for garnish

Size "B" potatoes can be used,  
but cut into bite-size pieces.  
Cover potatoes with water,  
boil 1 1/2 minutes. Drain after  
5 minutes and set aside.

In a large pot, saute bacon,  
onions and celery until celery  
is tender. Drain grease and  
return to pot. If you like bacon  
crisp, cook bacon separately  
in microwave. When cooled,  
crumble into small pieces.

Add milk, water, chicken  
base, salt, pepper, and garlic.  
Heat until very hot but do not  
boil.

In a saucepan, melt margarine  
and stir in flour to make a  
roux. Mix well and let bubble  
for 1 minute.

Gradually add roux to soup,  
stirring constantly. Cook until  
thick and creamy. If you feel it  
is not thick enough, add a  
small amount of mashed  
potato flakes to thicken. Be  
careful not to add too much  
because the soup thickens a  
bit after it cools, and you  
don't want to end up with  
stew.



## Soups

Stir in potatoes, parsley, and cream.

Serve hot and garnish with cheese, bacon bits and/or chopped green onions.

NOTE: I cut the red potatoes into small bite-sized pieces, not just quarter them. Use fresh parsley, not dried. This freezes very well. When first thawed, it looks rather curdled but blends well after heating.



## Soups

### *Tavern Cheese Soup*

*Dennis Hill*

5 c. peeled, diced russet potatoes (about 2 lbs)  
1 1/2 c. water  
1 c. chopped celery  
1 c. chopped leeks  
2 t. chicken bouillon granules  
8 oz. cheddar cheese, shredded  
2 c. milk  
1 c. beer (near beer or water)  
2 t. Worcestershire sauce  
1 t. salt  
1/4 t. dry mustard  
1/4 t. white pepper

In large saucepan over high heat, bring potatoes, 1-1/2 cups water, celery, leeks, and bouillon granules to a boil.

Reduce heat to low, cover and simmer for 25 minutes or until potatoes are fork tender.

Remove from heat (do not drain) and mash mixture until smooth.

Stir in cheese until melted.

Stir in milk, beer, Worcestershire sauce, salt, dry mustard, and white pepper. Stir over low heat until hot.

Serve immediately.



## Soups

### *Vegetarian West African Soup*

*Dennis Hill*

2/3 c. roasted peanuts  
2 t. vegetable oil  
2 c. chopped onions  
6 c. (1 inch) cubed, peeled sweet potato  
1 T. ground cumin ( I used 1 t. of curry in my recipe instead of the one T. cumin.)  
1/2 t. black pepper  
1/4 t. salt  
2 (15 1/2 - oz.) cans chickpeas, drained  
2 (14 1/2 - oz.) cans vegetable broth  
1 (28 - oz.) can diced tomatoes, undrained  
Flat-leaf parsley sprigs (optional)

Place peanuts in a food processor, process until smooth (about 2 minutes), scraping sides of bowl once.

Heat oil in a Dutch oven over

medium-high heat.

Add onions, saute 7 minutes or until lightly browned.

Add peanut butter, potato, and next 6 ingredients, bring to a boil.

Reduce heat, simmer, uncovered, 30 minutes or until potato is tender.

Garnish with parsley, if desired.

Servings: 8 - 1-1/2 cups each.





# VEGETABLES & SIDES



## **Vegetable Hints**

When cooking vegetables that grow above the ground, the rule of thumb is to boil them without a cover.

When cooking greens, a lump of sugar added to the water will help them retain their fresh color. To keep boiled vegetables bright-colored, add a few drops of olive oil to the water.

Fresh vegetables require little cooking or seasoning. If the vegetable is older, dress it up with sauces or seasoning.

To cut down on the odors of cooking cabbage or cauliflower, add a little vinegar to the water.

Keep bean sprouts and jicama fresh and crisp by submerging them in a container of water and refrigerating them.

Fresh lemon juice will remove onion scent from hands.

To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.

Vinegar can remove spots caused by tomatoes Soak the spot with vinegar and wash as usual.

To keep vegetables from discoloring after they are peeled, cut the pieces into a bowl of salted water (about 1 tablespoon to a quart of water). This works well with potatoes and other produce.

To wash greens, fill sink with water. Cut off and discard stem ends. Add trimmed greens to water, gently submerging them once or twice. Let stand in water a few minutes. With your hands, lift out washed greens; do not disturb sand that has accumulated on bottom. Place washed greens in a large colander to drain. Before cooking, rinse drained greens under running water two or three times.

Onions, broccoli and Brussels sprouts will cook faster if you make an X-shaped cut at the base of the vegetable.

To restore fresh flavor to frozen vegetables, pour boiling water over them, rinsing away all traces of the frozen water.

## Vegetables & Sides

### Calico Beans

Mary (Vitrano) Krull

4 oz. bacon, diced  
1 lb. lean ground beef  
1/2 c. chopped onions  
1 (16-oz.) can kidney beans,  
rinsed and drained  
1 (21-oz.) can pork and beans  
1 (15-oz.) can butter beans,  
rinsed and drained  
1/2 c. ketchup  
1/2 c. packed brown sugar  
1 T. vinegar  
1 t. prepared mustard  
1 t. salt

In a skillet, cook bacon until crisp. Remove to paper towels to drain. Discard drippings.

In the same skillet, cook beef and onion until the beef is browned and the onion is tender. Drain fat.

Combine ground beef and bacon with all remaining ingredients.

Spoon into a 2-qt. casserole.

Bake, uncovered, at 300° for 1 hour or until the beans are as thick as desired.

Recipe can be easily doubled for a larger group.

Serves: 8

Note: I often use a crock pot for this recipe.





## Vegetables & Sides

### *Cauliflower Au Gratin*

*Dennis Hill*

3 pkgs. (16 oz. each) frozen cauliflower, thawed (I use fresh, steamed)

1 lg. onion, chopped

1/3 c. butter, cubed

1/3 c. all-purpose flour

1/2 t. salt

1/4 t. ground mustard

1/4 t. pepper

2 c. fat-free milk

1/2 c. grated Parmesan cheese

TOPPING:

1/2 c. soft whole wheat bread crumbs

2 T. butter, melted

1/4 t. paprika

In a Dutch oven, bring 1 in. of water to a boil. Add cauliflower; return to boil.

Cover and cook for 3 minutes.

Drain and pat dry.

Meanwhile, in a large saucepan, saute onion in butter until tender.

Stir in the flour, salt, mustard and pepper until blended; gradually add milk. Bring to boil; cook and stir for 1-2 minutes or until thickened. Remove from the heat.

Add cheese; stir until melted.

Place cauliflower in a 13-in. x 9-in. baking dish coated with cooking spray. Pour sauce over top.

For topping, combine the bread crumbs, butter and paprika. Sprinkle over sauce.

Bake, uncovered, at 350 for 30-35 minutes or until bubbly.

Yield: 12 servings

## Vegetables & Sides

### *Easy Baked Cheese & Vegetable Twist*

*Dennis Hill*

2 eggs

4 oz. cream cheese, softened

1/2 c. 2% shredded Italian

three cheese blend

3 c. frozen broccoli cuts,  
thawed, drained (I use fresh  
broccoli steamed for 4 min.)

1/2 lb. fresh mushrooms, cut  
into quarters (pick out small  
ones, they work better)

1/2 c. cherry tomatoes, cut in  
half

4 green onions, sliced

2 cans (8 oz. each) refrigerated  
crescent dinner rolls

Heat oven to 375 degrees F.

Mix first 3 ingredients in large  
bowl until well blended.

Stir in next 4 ingredients.

Unroll crescent dough;  
separate into 16 triangles.

Arrange in 11-inch circle (5 in.  
opening in center) on  
parchment - or foil lined  
baking sheet, with short sides  
of triangles overlapping in  
center and points of triangles  
toward outside.

Spoon cheese mixture onto  
dough near center of circle at  
overlap of dough. Bring  
outside points of triangles up  
over filling, then tuck under  
dough in center of ring to  
cover filling.

Bake 35 to 40 min. or until  
crust is golden brown and  
filling is heated through.





## Vegetables & Sides

### *Easy Cheesy Corn Bake*

*Dennis Hill*

4 oz Philadelphia Cream  
Cheese, softened  
3/4 c. milk  
3 eggs, beaten  
1 can (15 1/2 oz.) whole kernel  
corn, drained  
1 can cream-style corn  
1 pkg. (8 1/2 oz.) corn muffin  
mix  
1 c. shredded cheddar cheese

Preheat oven to 375 degrees F.

Whisk cream cheese and milk  
until smooth. Stir in  
remaining ingredients until  
well blended.

Pour into 13x9-inch baking  
dish sprayed with cooking  
spray.

Bake 34 to 36 min. or until  
golden brown.

I have doubled this recipe in a

13 x 9 pan and baked long  
enough to insure it is set in  
the center.





## Vegetables & Sides

### *Easy Vegetable Rice Medley*

*Dennis Hill*

- 1 T. canola oil
- 1 c. chopped onions (about 1 medium)
- 1/2 c. chopped carrot (about 1 medium)
- 1/2 c. chopped celery (about 1 stalk)
- 1/2 c. chopped red pepper
- 1 can (14 1/2 oz.) fat-free reduced-sodium chicken broth
- 1 1/2 c. Minute White Rice, uncooked
- 1 c. frozen peas

Heat oil in nonstick skillet. Add onions, carrots, celery and peppers; Cook 5 min. or until tender.

Add broth; bring to boil.

Stir in rice and peas; cover. Simmer 5 minutes.

Remove from heat Let stand 5

minutes before serving.

Makes 4 servings, 1-1/4 cups each



## Vegetables & Sides

### *Eggplant Casserole*

*Al Liebau*

- 1 med. eggplant
- 2 eggs, beaten
- 1/2 stick margarine
- 1 c. cracker crumbs
- 1 green pepper, diced
- 2 pimentos, diced
- 1 lg. onion, diced
- 2 c. cream style corn
- 1 c. grated cheese
- Salt and pepper to taste



Pare the eggplant and cut into 1" cubes. Cook in boiling salted water for 10 minutes and drain.

Add the remaining ingredients and mix well.

Add salt and pepper to taste.

Pour into a greased baking dish and sprinkle with grated cheese if desired. Bake at 350 degrees for 55 – 60 minutes.

8 servings

## Vegetables & Sides

### *Fresh Vegetable Saute*

*Dennis Hill*

2 T. olive oil

1-1/2 c. each: broccoli and  
cauliflower florets

1 c. diagonally sliced carrots

3/4 c. each: snow peas and  
sliced yellow squash

1/2 c. each: sliced mushrooms,  
red pepper strips and onion  
wedges

1/4 c. red wine vinegar

1 env. Good Seasons Italian  
Dressing Mix

Heat oil in large skillet on  
medium-high heat. Add  
vegetables; cook and stir until  
crisp-tender.

Stir in vinegar and dressing  
mix; cook until heated  
through, stirring occasionally.

Prep time: 20 min.

Total time: 1 hr. 45 min.

Servings: 6





## Vegetables & Sides

### *Garden Zucchini Pie*

*Dennis Hill*

3 c. refrigerated loose-pack  
hash brown potatoes or 5  
med. whole potatoes  
1 egg, beaten  
1/4 c. onion, finely chopped  
1/4 c. Parmesan cheese, grated  
2 med. zucchini, thinly sliced  
(2-1/2 c.)  
1 clove garlic  
1 T. margarine or butter  
3 eggs, beaten  
1/4 c. cheddar or Swiss cheese,  
shredded (3 oz.)  
1/2 c. milk  
2 t. snipped fresh oregano or  
1/2 t. dried oregano leaves,  
crushed  
1/4 t. salt  
1/4 t. pepper

If using whole potatoes, wash  
and peel. In a food processor  
fitted with a medium  
shredding disc, coarsely shred  
the potato, or shred with a  
grater. To prevent darkening,

place shredded potato in a  
bowl of cold water  
immediately. Rinse potato  
shreds well and drain.  
Squeeze to remove any excess  
water.

In a large mixing bowl  
combine the 1 egg, onion and  
Parmesan cheese. Stir in  
potatoes.

Transfer potato mixture to a  
9" pie plate or 10" quiche dish.  
Pat the mixture in the bottom  
and up the sides of the dish.

Bake uncovered in a 400  
degree oven for 35 to 40 min.  
or till golden.

Cool slightly on a wire rack.  
Reduce oven temperature to  
350 degrees.

In a large skillet, cook  
zucchini and garlic in hot  
margarine or butter till  
zucchini is crisp-tender; cool

## *Vegetables & Sides*

slightly.

Arrange zucchini mixture atop the crust.

In a small mixing bowl combine the remaining 3 eggs, cheddar or Swiss cheese, milk, oregano, salt and pepper.

Pour atop the zucchini mixture in the crust.

Bake at 350 degrees for 25 to 30 min. or till filling appears set when gently shaken.

Let stand for 10 min. before serving. If desired, before serving, sprinkle with fresh oregano leaves.

Makes 8 side-dish servings.

## Vegetables & Sides

### *Garlic Scalloped Potatoes*

*Mary (Vitrano) Krull*

3 lbs. yellow potatoes, peeled  
and sliced very thin

2 cloves garlic

6 T. unsalted butter

Coarse salt

Pepper, freshly ground

1-1/2 pts. Heavy cream

Preheat oven to 325 degrees.

Rinse sliced potatoes in cold  
water. Pat dry in a towel.

Rub a 13 x 9 inch pan with  
garlic cloves and butter well.

Arrange the sliced potatoes in  
layers in the dish, seasoning  
between each layer with salt  
and pepper. Dot with  
remaining butter, and pour  
cream over potatoes.

Bake until cream has been  
absorbed by potatoes, about 1  
hour and 20 minutes.

Increase temperature to 400  
degrees. Bake until top has  
browned, about 10 minutes.

Serve immediately.

Note: Used 2 cloves minced  
garlic, rubbed on dish and  
layered with potatoes. Uses  
less butter, about 3 T.





## Vegetables & Sides

### ***Green Beans with Toasted Hazelnuts & Brown Butter***

*Mary (Vitrano) Krull*

1 t. table salt

1 lb. green beans, stem ends snapped off

4 T. unsalted butter

1/2 c. hazelnuts (about 2 1/2 ounces), skinned, chopped fine, and toasted in small skillet over medium heat until just fragrant, 3 to 4 minutes  
Table salt and ground black pepper

Bring 2-1/2 quarts water to boil in large saucepan over high heat; add salt and green beans, return to boil, and cook until beans are bright green and crisp-tender, 3 to 4 minutes.

Meanwhile, fill large bowl with ice water. Drain beans in colander and transfer beans immediately to ice water.

When beans no longer feel warm to touch, drain in colander again and dry thoroughly with paper towels.

Heat 1/4 cup water and beans in 12-inch skillet over high heat; cook, tossing frequently, until beans are warmed through, about 1 to 2 minutes. Season with salt and pepper to taste and arrange neatly on warm serving platter. Top beans with toasted hazelnuts and brown butter and serve immediately.



## Vegetables & Sides

### ***Make Ahead Mashed Potatoes***

*Kathy (Ennis) Mooney*

15 med. (5 lbs.) potatoes,  
peeled and quartered  
8 oz. cream cheese, room  
temperature  
1 c. sour cream  
2 t. onion powder  
Salt and freshly ground black  
pepper to taste  
2 egg whites, slightly beaten  
4 T. butter  
1/3 c. chopped chives  
(optional)

Spray a large casserole dish or  
crock pot with vegetable-oil  
cooking spray.

In a large pot of boiling water  
over medium-high heat, cook  
potatoes until tender when  
pierced with a fork; remove  
from heat and drain.

In the same cooking pan,  
mash potatoes with a potato

masher, potato ricer, fork, or  
beat with electric hand mixer,  
until there are no lumps.  
NEVER use a blender or food  
processor to make mashed  
potatoes.

Add cream cheese, sour  
cream, onion powder, salt,  
pepper, egg whites, and  
chopped chives (if desired);  
blend well. Dot with butter.

Cool mashed potatoes  
slightly, cover, and then  
refrigerate. The prepared  
mashed potatoes may be  
made up to a week ahead of  
time. If preparing ahead,  
place in an ovenproof baking  
dish, allow to cool slightly,  
cover, and refrigerate.

When ready to heat the  
potatoes:

Preheat oven to 350 degrees F.

Take potatoes out of the



## *Vegetables & Sides*

refrigerator 30 minutes before baking. Bake, loosely covered, 40 minutes or until steaming hot in center.



### Crock-pot Variation:

Cooking the prepared mashed potatoes in the crock-pot is a great way to keep the oven freed up for the other dishes.

Take the prepared mashed potatoes out of refrigerator about 3-1/2 hours before serving time. Place in crock-pot. Cover and cook on low heat for approximately 3 hours, stirring once or twice.

After potatoes are cooked, stir, and then add some additional dollops of butter just before serving.



## Vegetables & Sides

### Maple Glazed Brussels Sprouts

*Kathy (Ennis) Mooney*

1-1/2 lbs. frozen Brussels sprouts  
1 t. soy sauce  
1 t. Dijon mustard  
1/4 c. maple syrup  
1/4 t. salt  
Coarsely ground black pepper  
1 t. vegetable oil  
1 sm. onion, cut into slivers  
1 sm. to med. red bell pepper cut into thin strips

Steam frozen Brussels sprouts, drain.

Combine soy sauce, mustard, maple syrup, salt and pepper; stir with a whisk.

Heat oil in a heavy skillet.

Add onion and red bell pepper; sauté 5 minutes.

Add Brussels sprouts and

sauté 4 minutes.

Add soy sauce mixture. Cook until vegetables are coated and glaze thickens – may take about 5 minutes at high heat.

Serve immediately.

Serves 6



## Vegetables & Sides

### *Pan-Browned Brussels Sprouts*

*Bill Bauer*

1-1/2 T. unsalted butter  
1 T. olive oil  
2 garlic cloves, sliced thin  
10 Brussels sprouts, trimmed and halved lengthwise  
1/2 c. raw pepitas (shelled pumpkin seeds)  
Salt and pepper

Melt 1 tablespoon butter with oil in a 10-inch heavy skillet over moderate heat. Add garlic and cook, stirring, until pale golden. Transfer garlic to a small bowl.

Reduce heat to low, arrange sprouts cut sides down in skillet in one layer and sprinkle with pepitas and salt to taste. Cook, uncovered, without turning, until sprouts are crisp-tender and undersides are golden brown, 10 to 15 minutes. Transfer

sprouts, browned sides up, to a plate, leaving pepitas in pan.

Add remaining 1/2 tablespoon butter to skillet and cook pepitas over moderate heat, stirring, until golden, about 1 minute. Stir in garlic. Spoon mixture over sprouts and season with pepper.

Serves 2.





## Vegetables & Sides

### Scalloped Potatoes

*Al Liebau*

8 med. potatoes  
1/4 c. green pepper, chopped  
1/4 c. minced onion  
1 can cream of mushroom  
soup  
1 c. milk  
Salt to taste

a little shredded cheese.



Pare and slice the potatoes. In a 2-quart baking dish, alternate layers of potatoes, peppers and onion.

Combine the soup, milk and salt and pour over the vegetables.

Cover and bake at 350 degrees for about 90 minutes.

10 – 12 servings

Note: I sometimes top with crumbled bacon for a change or mix in a little leftover ham from the holidays or top with



## Vegetables & Sides

### *Slow-cooker "Baked" Beans*

*Dennis Hill*

3 cans (15 oz. each) pinto  
beans, drained, rinsed  
1 c. Kraft Original Barbecue  
Sauce  
1 sm. onion, chopped  
1/4 c. firmly packed light  
brown sugar  
2 slices Oscar Mayer Center  
Cut Bacon, chopped



Place all ingredients in slow  
cooker; mix well.

Cover with lid. Cook on LOW  
for 4 to 6 hours (or on HIGH  
for 3 hours).

Prep time: 15 min.

Total time: 6 hr. 15 min.

Servings: 10 - 1/2 cup each

## Vegetables & Sides

### ***Southwest Baked Beans***

*Kathy (Ennis) Mooney*

2 c. (15 oz.) dark red kidney beans

1 c. (15 oz.) light red kidney beans

1 c. (16 oz.) black beans

1 c. (28 oz.) Italian, plum tomatoes drained and chopped

1 c. chopped yellow onion

2 lg. garlic cloves, chopped

1/2 c. dark molasses

1/4 c. cider vinegar

2 T. light clover honey

2 t. dried oregano

2 t. dry mustard

2 t. ground cumin

1-1/2 t. ground ginger

1 T. chili powder

Pinch of crushed red-pepper flakes

Salt to taste

Preheat oven to 350 degrees.

Rinse and drain beans in a colander. Place in an oven-

proof casserole.

Add tomatoes, onion, garlic, molasses, vinegar, honey, oregano, mustard, cumin, ginger, chili powder, red pepper flakes and salt.

Fold together gently so beans don't break.

Bake covered for 45 minutes.

Remove cover, stir and bake, uncovered 30 minutes more or until hot and bubbly.

Serves: 8-10



## Vegetables & Sides

### *Spinach Casserole*

*Al Liebau*

1/2 lb. bacon  
2 pkg. frozen chopped spinach  
2 eggs, slightly beaten  
2 c. milk  
1 t. salt  
2/3 c. soft bread crumbs  
1-1/2 c. provolone cheese,  
shredded  
Paprika

Dice the bacon and pan broil until crisp. Drain on absorbent paper.

Cook spinach according to the directions on the package. Drain thoroughly.

Beat 2 eggs slightly. Add the milk and salt. Stir in spinach, bread crumbs, bacon and cheese.

Pour mixture into a 1-1/2 qt. baking dish. Sprinkle a little shredded cheese around

outside edge.

For color, sprinkle a little paprika over cheese. Bake at 375 degrees for 30-35 minutes.





# WINE



## **Wine Facts**

The smell of young wine is called an "aroma" while a more mature wine offers a more subtle "bouquet".

In ancient Greece, a dinner host would take the first sip of wine to assure guests the wine was not poisoned, hence the phrase "drinking to one's health."

California is the fourth-largest wine producer in the world, after France, Italy, and Spain.

Most wine is served in a glass that has a gently curved rim to help contain the aromas in the glass. The thinner the glass and the finer the rim, the better. A flaring, trumpet-shaped glass dissipates the aromas.

Wine grapes rank number one among the world's fruit crops in terms of acres planted. One ton of grapes makes about 60 cases of wine, or 720 bottles. One bottle of wine contains about 2.8 pounds of grapes.

When wine and food are paired together, they have "synergy" or a third flavor beyond what either the food or drink offers alone.

Champagne, one of the world's greatest sparkling wines, is popularly but erroneously thought to have been invented by the Benedictine monk Dom Pierre Perignon (1638-1715). Although he did not invent or discover champagne, he founded many principles and processes in its production that are still in use today. And he purportedly declared upon drinking the bubbly beverage, "I am drinking stars".

Not all wines improve with time. In fact, a vast majority of wines produced are ready to drink and do not have much potential for aging. Only a rare few will last longer than a decade.

European wines are named after their geographic locations (e.g., Chassagne-Montrachet Morgeot and Bordeaux) while non-European wines (e.g., Pinot Noir and Merlot) are named after different grape varieties.

Traditionally, wine was never stored standing up. Keeping the wine on its side kept the wine in contact with the cork, thereby preventing the cork from drying, shrinking, and letting in air. However, wine can be stored vertically if the bottle has an artificial cork.

The Germans invented *Eiswein*, or wine that is made from frozen grapes.



## **Wines With Foods**

**Written by: Bill Bauer**

To many, a good meal is not complete without a good wine. An appropriate wine compliments the food. So, what is an “appropriate” wine? Here, in this section of our cookbook, I will share with you what I have learned, and what I have experienced, in pairing wines with foods both in my home and at restaurants. More about wine at restaurants later. For now, beware!

### **Red Wine with Red Meat; White Wine with White Meat**

We’ve all heard this. It’s so simple, too simple. What do we select if we are having Chicken Cacciatore with its wonderful garlicky tomato sauce? What wine with Coq Au Vin, both white and dark meat chicken slow cooked with onions, garlic, pancetta, tomato paste and red wine? Think of the tastes of the dishes. The light, dry, almost grapefruity taste of a Pinot Grigio, or Pinot Gris (same wine, just different name), would be trampled by the savory and acidic tastes of these dishes. A red wine would pair better. Perhaps a Pinot Noir, with its medium body and smoothness, would please our guests. A French red Burgundy, also made from the pinot noir grape, would work as well.

You’ve gathered that it’s not just about the color of the meat. We must also think of the other ingredients of the meal and the methods of preparation of the foods. They will point you to the “appropriate” wine.

### **Grape Basics**

While there are thousands of grape varieties, there are ten basic ones that you will see on wine labels and that can help you choose the right wine.

**Sauvignon Blanc** is a white grape that makes a dry, fresh white wine that is frequently described as “having the aromas of green grass and gooseberries.” These wines are best drunk young, which is why even very good ones are now sold in screw-top bottles. New Zealand and Australia have become large producers. In the United States, the Dry Creek Valley of California produces some very nice sauvignon blanc wines.

**Chardonnay** grapes produce a white wine that is usually a bit fuller and smoother than the sauvignon blanc wines. Frequently aged in oak barrels, the lesser priced chardonnay wines from California taste too oakey, sometimes even woody. Chardonnay grapes are also used to make white wine in the Burgundy region of France.

**Cabernet Sauvignon** grapes are widely grown and are very versatile in making wines. If you are having a grilled steak for supper, you can't beat a cabernet sauvignon from California or the French Bordeaux region. Cabernets usually have a rich red color, a dry, yet full, taste and age very well in your cellar.

**Pinot Noir** grapes are probably best known for making the fine wines of the Burgundy region of France. California's Russian River Valley and Mendocino County also produce some excellent pinot noir wines that have a bit less body than a cabernet, and hence, go well with pork dishes, salmon, veal and roast chicken.

**Merlot** grapes produce a smooth, plummy wine. Though greatly derided in a movie of a few years ago, merlot wine remains very popular. The ones from Chile and the Pomerol region of France are really quite nice and not at all like the "two buck chuck" from California. Merlot is great with grilled burgers and beef stew.

**Syrah, or Shiraz,** grapes are grown in California, Chile and the Rhone region of France. They produce a wine of deep red color and warm, smooth body. The Rhone wines are especially noted for their delightful hint of black pepper. Syrahs are very good with roast lamb, aged cheeses and sausages.

**Pinot Grigio, or Pinot Gris,** grapes produce very crisp, light and refreshing white wines suitable for enjoying on the porch near the end of a warm summer day. Italy produces some of the best pinot grigio wines. In the United States, Oregon and Washington are producing some very good ones.

**Riesling** grapes are grown all over the world and, depending on climate, soil type, and harvest times, produce a very diverse tasting group of wines. The German "kabinet" is a very mild, somewhat dry, white wine; the "spatlese" is only a little bit fuller; the "auslese" develops more taste and more body; the "beerenauslese" shows the sweetness of late harvest grapes; the "trochenbeerenauslese" has a fullness like nectar; and, the "isewine" is said to be the ultimate in

white wines. I don't personally know that for its price is beyond that which I would spend for something to be consumed.

**Semillon** is a grape used to make many white wine blends in the United States, Australia, South Africa and South America. By itself, it makes a dry wine and is therefore frequently blended with chardonnay or sauvignon blanc.

**Tempranillo** grapes are grown extensively in Spain where they are used in Rioja wines and numerous blends. The wines are medium bodied with a deep ruby color and tastes of fruits and spice. Being fruity tasting, tempranillo wines go well with roasted pork and chicken.

## **Food and Wine Pairings**

In the previous section, you learned about the basic types of grapes and the wines they make. In Europe, wines are usually named for the regions producing them, e.g. Burgundy, Bordeaux, Rhone, Rhine, Moselle, Alsace, etc. In the United States, wines are named for the grapes used to make them, e.g. merlot, pinot noir, chardonnay, etc. You also noted from the food pairings for each grape that heavy dishes call for full bodied wines, and light dishes call for light bodied wines; salty foods work well with acidic white wines; fatty dishes call for acidic reds; spicy foods are counterbalanced by savory reds; and, desserts call for sweet acidic wines.

### **Pairings**

Soft cheeses such as brie and camembert – champagne, sparkling white, sauvignon blanc.

Firm cheeses such as aged gouda, cheddar – chardonnay, rose, viognier.

Seafood appetizers – sparkling white, white Bordeaux.

Light fish such as orange roughy, sole, walleye, cod – chardonnay, torrentes, albarino.

Savory fish such as salmon, fish stews – California chardonnay, viognier, rose.

Pasta with cream sauce – chardonnay.



Pasta with broth and wine sauce such as paella – merlot, Spanish rioja.

Tomato based sauces – chianti riserva, California zinfandel.

Roast chicken, duck or turkey – pinot noir, Rhone

Roasted or grilled pork – Rhone, Bordeaux.

Ground beef or lamb – California zinfandel, Spanish tempranillo.

Steak or lamb chops – cabernet sauvignon, malbec, Bordeaux.

Roast beef or lamb – cabernet sauvignon, syrah, shiraz.

## **Wine Tips**

**Shopping for wine.** If you are an experienced wine buyer, you already have your favorite vendor. You trust his/her recommendations. He knows your tastes and price range. My comments here are for the newcomer. Find yourself a medium sized store that sells enough volume to keep its prices down, not a “wine boutique,” not a big box store. Find a store with salespeople who know wine and are eager to help you select a wine that will go well with your dinner. If the salesperson first shows you a \$60 bottle of wine, run! A good salesperson will know that you are new to this adventure and will first ask about your menu and what price range you would like to have. You can get very suitable wines for under \$20 a bottle. Always buy an extra bottle. Once in a great while, because of a defect in the cork, lengthy exposure to sunlight or other mishandling, a bottle of wine will spoil. Having a backup bottle will save your dinner party.

**Storing wine.** All wines should be kept in a dark, constant temperature, constant humidity, location. Bottles with corks need to be placed horizontal or near horizontal so that the cork is kept moist. This is unnecessary for bottles with screw-tops or synthetic stoppers.

**After dinner.** You haven’t finished the bottle and wonder how to keep it. VacuVin makes a hand operated vacuum pump that is very easy to use and available at most stores selling kitchen tools. Put the special stopper in the bottle, place the pump on top, and pump the air out of the bottle. Keep white wine in the fridge; red wine can sit on the

counter, out of sunlight. I can't say how to save champagne. I've never had any left over.

**Bargain wines.** Generally, avoid them. My rule is that if it costs less than \$7, or has a critter on the label, I won't buy it. (Sorry, Yellowtail.)

**Non-vintage wines.** Some wineries produce wines without the year of production on the label. These are blends of grapes from numerous vineyards and are produced so that the Gallo you are having tonight is just like the Gallo you had last month or last year. By the way, Gallo Hearty Burgundy is a good and inexpensive red wine that goes well with spaghetti, lasagna or pizza.

**Price and quality.** Keep in mind that price and quality are moving targets. A vineyard may produce an excellent wine one year and just a so-so wine the next year. If you find a wine that you really like a lot, go back to your vendor immediately and buy as much as you think you will consume in the next year or two. My vendor once recommended a French rose to me that was terrific (and only cost \$8). The next week, I bought another to confirm that it was so good. It was. The following week, I returned to the store to buy more. It was gone. Others found out how good it was and bought out the stock. Nowadays, with computerized inventories, stores can also see what wine is selling well and may raise the price. A couple of years ago, my local grocery store, with a well stocked wine section, had a Chilean white wine for \$6.99. I bought one bottle to try and liked it. Two weeks later, its price was \$7.99. The price is now \$13.99.

**Wine at Restaurants.** Selecting a wine at a restaurant can be very challenging. If you are dining at an upscale restaurant and cost is not a great concern, ask to have the wine steward, or sommelier, assist you. He/she knows the wines the restaurant stocks and will recommend, based on the menu selections you have made, a wine that will complement your food and be within your price range. Most restaurants don't have wine stewards. You are on your own to choose a wine. I frequently select one of the "house" wines. Chances are they go well with the foods the place offers, are reasonably priced and taste good. After all, this is what the staff drinks. No house wines? You look at the wine list and, not wanting to appear cheap, select the second least expensive wine. Restaurants know this and frequently place an inexpensive wine second on the list and inflate the price tremendously. You're better off taking the cheapest wine on the list. Now, what if you see a wine you like but it is only sold by the bottle and you might not drink the whole bottle? Simply ask your server if he will recork the

bottle if you don't finish it. Sometime you may have a special wine at home that you would like to have with your dinner. Well, bring your own bottle. First though, check with the restaurant to be sure it allows that and ask what the corkage fee will be. The corkage fee is what the place charges to open and serve your wine. Corkage fees usually run between \$10 and \$20, depending on what the restaurant's profit margin is on its own wines.

### **My Personal Favorites**

Here is a list of some of my favorite wines for frequent consumption. They are consistently quite good and I recommend them for your enjoyment.

- Gruet brut. A sparkling white wine from New Mexico. \$12.
- Gloria Ferrer Sparkling White, from California. \$18
- Any red wine from the Rhone region of France. Medium bodied. \$16
- Any red wine from the Bordeaux region. Full bodied. \$20
- Any Beaujolais red wine. \$22
- Any pinot grigio from Sicily. White, dry, light. \$11
- Dry Creek Valley Sauvignon Blanc. California, white, dry. \$16
- Grand Fleur DeLyeth, Sonoma, California. A dry, red wine made of a blend of cabernet, merlot and petit syrah grapes. Great with lamb or veal. \$18.

Here's to good cooking and good wine. As Julia Child would say at the close of her cooking show, "Bon Appetit!"



# Biographies

*Al Liebau*

*Fran (Kaiser) Becker*

*Barbara (Meyer) Heffron*

*Jeanne (Kuenzi) Kelling*

*Bill Bauer*

*Kathie (Scott) Novy*

*Bob Dahms*

*Kathy (Ennis) Mooney*

*Coreen (Wick) Schlitt*

*Kay Dahms*

*Dennis Hill*

*Ken Stanke*

*Diana (Wegener) Perry*

*Margaret (Kocher)  
Rothlisberger*

*Eileen (Burkwald) Strauss*

*Mary (Vitrano) Krull*

# Biographies

*Roger Muencheberg*

*Russ Fons (Deceased)*

*Sue (Smith) Westfahl*

*Wendy (Loveless) Garfein*





*Every person who enters our lives makes a contribution. Some make a very strong impression. Others make only a brief appearance before heading off but make a connection just the same. It is ever so rewarding when they return to us after such a long absence.*

*Thank you to all of our classmates who have been kind enough to share some of their favorite recipes with us.*

*Mary (Vitrano) Krull*

