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Recipes Invented and Collected by
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APPETIZERS AND COCKTAILS

Antipasto

Antipasto is an appetizer meant to share. It consists of assorted foods piled on a plate and usually includes at least thin sliced ham, 2 kinds of cheese, spicy sausage like pepperoni or hard salami, and crackers.

Line a serving plate with washed and dried lettuce, for color.

Arrange on the plate, thin sliced ham in rolls, slices of cheese like Provolone, Mozzarella, Swiss, Muenster, Cheddar, American cheese, thin sliced Pepperoni, and/or thin sliced salami, crackers like Wheat Thins or Triscuits. You may also add thin sliced roast beef and thin sliced turkey breast. Use about 1/4 pound of each type of meat or cheese. Make separate piles for each type of meat or cheese.

You may also add drained canned tuna fish, slices of sweet roasted red peppers, spicy pickled pepperoncinis, stuffed grape leaves, marinated mushrooms, anchovies. Put each item in its own pile.

Some fresh vegetables that can stand alone without dressing are also nice, such as cleaned radishes, either whole or sliced, carrots, slices of sweet green pepper, cherry tomatoes, or olives. And, if you have empty spaces on your plate, you can fill them by decorating with olives, tomatoes and radishes.

Some folks enjoy a tossed salad with Italian dressing on it, with their antipasto.

Some grocery stores sell marinated mozzarella balls, which are nice to add to appetizer choices, but they drip a little and will need a plate. Usually the seasoning includes garlic, basil, and crushed red pepper and vegetable oil. These are best with fresh Italian bread, rather than an antipasto plate, as an alternate appetizer.

Crab Canapés

Trader Joe's sells fabulous frozen mini crab cakes. Bake according to directions and serve with lemon and cocktail sauce (ketchup, horseradish and cayenne pepper.)

You may be able to find these in other stores, but they are not quite as good.

If you like, you may also serve these for dinner with spaghetti on the side. Very good!

Home made fish cakes

I have tried making fish cakes following many recipes that never seem to come out very well. The main problem is that the mixtures are usually too mushy to hold a shape, and they don't taste wonderful. I would not recommend making them from scratch at all, but if you must, this will work well, and is much better than most recipes.

Start with cooked mashed potatoes. You will also need cooked fish. Crab, salmon, or any other fish is ok. Canned fish is ok, but rinse it well, and dry off with paper towel if necessary. If you are using canned shellfish, make sure you remove all shell parts that may be in the can.

Start with about 1 cup of mashed potatoes. Leftovers are very good for this.

Add

- 1 tablespoon chopped onions or scallions
- 1-2 tablespoons chopped celery
- 1 teaspoon chopped parsley (optional)
- 1 raw egg well beaten
- 1 cup or less of canned or fresh fish (cooked).
- Salt and pepper to taste, and other spices, if you like.

Mix it well. The mixture should be mushy but should stay together. If it can't hold a shape add a little more potatoes, bread crumbs, or some flour until it can hold a shape.

Make balls or cakes and roll in bread crumbs. Cookie scoops are great for making fish balls. It's neat and easy. I would recommend getting some in different sizes.

Fry in hot oil, turning as needed until golden brown. This may take about 3 minutes, depending on the size you make.

You can add other tasty things to the mixture and it will be good, for example a shake of cayenne pepper, cooked bacon pieces, finely chopped sweet red or green pepper (this may become an overwhelming flavor so don't use much of this.) Measurements are estimated above. You may vary this depending on what you have or what you like.

Good Luck with this! It is a good dish to be made from leftovers. Enjoy! Serve with lemon and cocktail sauce.

Grog

(alcoholic beverage for a cold)

In an 8 ounce mug stir:

1 tsp. sugar syrup or 1 - 1/2 teaspoons sugar
1 tablespoon lemon juice
1 jigger rum (1 – 2 ounces of rum)

Fill with hot tea or water.

Toddy

In an 8 ounce mug stir:

1 tsp. sugar syrup or 1 - 1/2 teaspoons sugar
1 stick cinnamon or a few shakes of ground cinnamon
1 jigger (1 – 2 ounces) whiskey, rum, or brandy

Fill hot water

Serve with 1/2 lemon slice studded with 3 cloves

Or

Serve over ice

Gary's Bloody Mary Mix (with alcohol)
or
Virgin Mary Mix (without alcohol)

Gary was one of the original owners of the Six Pence Pub in Coram, NY, and this was one of his specialties. Very good!

Mix

- two 48 ounce cans of Tomato Juice
- 2 ounces A-1 Steak Sauce
- 2 ounces Worcestershire Sauce
- 1 ounce celery salt
- 1 ounce reconstituted lime juice

Serve in a tall glass over ice with 1 or 2 ounces of Vodka, or without Vodka and garnish with a celery stalk.

To make this at home, you will need smaller quantities and can easily do the following.

Reserve a 40 ounce apple juice, or other fruit juice bottle and wash it well so it can be used for Bloody Mary Mix.

Add

- Two 18 ounce cans of tomato juice
- 4 1/2 teaspoons A-1 steak sauce
- 4 1/2 teaspoons Worcestershire Sauce
- 2 1/4 teaspoons celery salt
- 2 1/4 teaspoons lemon or lime juice, approximately juice from 1/3rd of a lemon

Serve in a tall glass over ice with 1 or 2 ounces of Vodka, or without Vodka, and garnish with a celery stalk.

Moroccan Tagines with Meatballs

from N.Y. Times

Appetizer - 6 servings

Ingredients

2 lbs. very lean ground beef
coarse salt & fresh pepper to taste
1 medium onion sliced thin
2 cloves garlic minced
2 tablespoons fresh coriander
1 tsp. ground cumin
1 tsp. ground coriander
1 tsp. Hungarian paprika
1/2 tsp. ground allspice

Form the beef into walnut sized balls.

Arrange them in a single layer in a large, heavy skillet or casserole with a wide bottom.

Arrange the onion slices on top and add all ingredients except coriander.

Add just enough water to cover.

Bring to a simmer and cook gently uncovered for 30 minutes or until the sauce has reduced to a thick gravy.

Correct the seasoning and serve sprinkled with coriander.

If one drop of Teriyaki sauce is added to each meatball before serving, this dish is much improved.

Note: A tagine is an earthenware cooking pot, and a tagine dish is a stewed dish.

Kefta Meatballs in Moroccan-Spiced Tomato Sauce

adapted from The Food of Morocco by Paula Wolfert

Ingredients for the kefta meatballs: (Kefta means ground lamb or beef)

2 pounds ground lamb, 1/3 cup crème fraîche, 1/4 cup grated onion, 3 cloves garlic, minced, 1 tablespoon sweet paprika, 2 teaspoons ground cumin, 1/2 teaspoon ground cinnamon, preferably Ceylon, 1/4 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, pinch of cayenne pepper, 2 teaspoons salt, 2 tablespoons fresh cilantro, finely chopped.

Directions to make the meatballs: Combine all of the ingredients in a food processor along with 1/4 cup cold water. Pulse until pasty. Form into 1-inch balls and line up on a baking sheet. Chill until ready to cook.

Make the sauce: **Many Spiced Sauce**

Heat 2 tablespoons extra virgin olive oil in a tagine, deep-sided skillet, or medium-sized Dutch oven over medium heat. Add 1 medium red onion, finely chopped and sauté until soft and translucent, about 7-8 minutes. Mix in 2 cloves garlic crushed to a paste with 1 teaspoon salt, and sauté until fragrant, about 2 minutes.

Whisk in the 3 tablespoons tomato paste and cook for about a minute more.

Add two 28-ounce cans chopped tomatoes, 1/2 teaspoon granulated sugar, 2 teaspoons cumin, 3/4 teaspoon cinnamon, preferably Ceylon, 1/4 teaspoon cayenne pepper, 1 teaspoon ground black pepper. Raise the heat and bring to a boil. Lower the heat and simmer sauce for about 5 minutes to blend the flavors.

Very carefully add the meatballs to the sauce, without stirring. Cover and let simmer for about 10 minutes. Uncover and gently stir to make sure the meatballs are all submerged in the sauce. Cover and continue cooking for another 10-15 minutes, until meatballs are cooked through.

Serve hot with toothpicks or small skewers. Makes approximately 50 kefta meatballs.

Mozzarella Balls

Some grocery stores sell marinated mozzarella balls, which are nice to add to appetizer choices, but they drip a little and will need a plate.

Usually the seasoning includes oil, garlic, basil, and crushed red pepper.

These are best with fresh Italian bread and make a nice appetizer when served at the dinner table. Fresh tomato slices, or cherry tomatoes are very nice with this.

A dipping dish for the bread with fresh olive oil and/or seasoned olive oil is also very nice with this.

You can also buy small fresh mozzarella balls and add the seasoning yourself. Let marinate for at least 1/2 hour.

Enjoy!

Guacamole

This is a wonderful avocado appetizer and there are many variations of recipes for this.

Use ripe avocados. Black Haas avocados that push in just slightly are perfect for this.

Garlic Guacamole

Cut an avocado in half. Remove the large seed in the middle, and scoop out of the shell. Put the avocado in a food chopper with a ripe tomato and 1 or 2 garlic cloves. Add salt and pepper to taste and a 1 teaspoon of lemon or lime juice. Chop in the chopper. Remove to a dish. Stir and serve with tortilla chips.

Mexican Guacamole

Recipe from Puerto Vallarta

Cut an avocado in half. Remove the large seed in the middle, and scoop out of the shell. Put the avocado in a bowl, mortar and pestle style and mash it. Add juice of 1/2 a lime. Add a ripe tomato cut in pieces, 1/2 an onion cut up, 2 tablespoons cilantro cut up, 1 jalapeno pepper cut up. Add salt and pepper to taste. Mash it all together. Stir and serve with tortilla chips.

Mexican Salsa

Recipe from Puerto Vallarta

Cut a ripe tomato cut in pieces. Add 1/2 an onion cut up, 2 tablespoons cilantro, cut up, 1 jalapeno pepper cut up. Add salt and pepper to taste. Mix it all together. Stir and serve with tortilla chips.

For a mild Salsa, do not cut the jalapeno pepper. Instead mix it in whole with the other ingredients, and then remove it and discard. You will still get the flavor, but not the burning hot sensation.

You can make the Mexican Salsa, and add that to the avocado with lime juice for Mexican Guacamole.

FISH APPETIZERS

Smoked Fish

Smoked salmon (lox), comes in regular and Nova. Nova is less salty. 1/4 **lb.** serves 2 to 3 people in large quantities. Serve on bagel with cream cheese and fresh tomato, lettuce, and onion on the side.

Herring . Herring in wine sauce is very good on bagels with cream cheese. Also good with lemon and onions and crackers.

Matjes Herring is a much saltier, spiced variety.

Sardines are good served on a bed of lettuce, with fresh onion slices, lemon, and toast on the side.

Instead of cream cheese you might also like Greek yogurt, or drained non-fat plain yogurt.

Shrimp Cocktail

Buy 1 pound frozen or fresh de-veined shrimp.

Boil a pot of salted water.

Add shrimp. Bring to a full rolling boil and boil for 1 minute.

Remove from heat and let stand for 1 minute.

Rinse immediately with cool water and drain.

Serve on a bed of lettuce with lemon wedges and cocktail sauce.

Serves 8 generously.

Cocktail Sauce

Pour 1/2 cup of Ketchup in a bowl. Add 2 teaspoons red or white horseradish.

If you like it a little spicier you may add a few shakes of Cayenne pepper, or a few shakes of hot sauce, and/or a teaspoon of lemon juice.

Cooked frozen Shrimp

You can buy frozen pre-cooked shrimp. The largest size you can find will be best for shrimp cocktail. Thaw the frozen shrimp in a bowl in the refrigerator overnight. Rinse very well the next day with cool water. Let drain and return to the refrigerator until you are ready to serve it.

Note: Shrimp is very perishable and should be served cold or over a dish of ice if it will be out for a while. It is also extremely easy to overcook. Overcooked shrimp tastes rubbery and is not good.

COSTCO has excellent pre-cooked frozen shrimp. It is much easier to use pre-cooked shrimp than to cook it yourself. Your kitchen will smell fishy if you cook it yourself, and you may need to light a candle in your kitchen for a while to get rid of the fish smell.

Stuffed Olives

Taken from "Tunis: A Ragout with a Secret," by Paula Wolfert,
author of "Paula Wolfert's World of Food" (Harper and Row)

Ingredients: Large pulpy flavorful olives, Oval shaped meatballs, Many Spiced Tomato Sauce.

Pit the olives into corkscrew shapes, and stuff with small oval shaped meatballs.
Slowly poach in a complex, many spiced tomato sauce.

Many Spiced Sauce

(taken from <http://stickygooeycreamychevy.com/2012/01/31/the-second-quarter-kefta-meatballs-in-moroccan-spiced-tomato-sauce/> inspired by Wolfert's "Food of Morocco")

Heat 2 tablespoons extra virgin olive oil in a tagine, deep-sided skillet, or medium-sized Dutch oven over medium heat. Add 1 medium red onion, finely chopped and sauté until soft and translucent, about 7-8 minutes. Mix in 2 cloves garlic crushed to a paste with 1 teaspoon salt, and sauté until fragrant, about 2 minutes.

Whisk in the 3 tablespoons tomato paste and cook for about a minute more.

Add two 28-ounce cans chopped tomatoes, 1/2 teaspoon granulated sugar, 2 teaspoons cumin, 3/4 teaspoon cinnamon, preferably Ceylon, 1/4 teaspoon cayenne pepper, 1 teaspoon ground black pepper. Raise the heat and bring to a boil. Lower the heat and simmer sauce for about 5 minutes to blend the flavors.

This sauce is enough for 50 olives stuffed with meatballs, or about 2 pounds of meat.

Store bought Olives

The best olives you can buy in the store are Goya olives in the jar. The large Spanish olives are the best for appetizers, either with pits, or stuffed with pimento (sweet red pepper.)

BEEF

Beef Bourguignon

(beef in wine sauce)

Take one or two slices of bacon and fry over a low flames. Remove the bacon, or leave it in, but don't let it burn.

Cut a medium onion into slices and then dice. Brown in bacon fat. (You can also use vegetable oil as a substitute.)

Cut up a 1 or 2 pound steak into cubes. It may be a cheap cut of steak because it will get tender when cooked.

Dredge the meat cubes in flour, salt and pepper, then brown in bacon fat with the onions.

Add 1 cup of beef bouillon to the browned meat and onions and 1 cup of dry red wine, such as Burgundy.

The meat should barely be covered with liquid. Simmer 1 1/2 hours, adding more liquid as needed, You may add water and wine (half and half) or just water as the liquid evaporates.

Meanwhile, slice 1/2 pound of mushrooms, or leave them whole if they are very small. Add the mushrooms to the mixture and simmer another 45 minutes.

You may skim off the fat after the liquid is poured in, so you get the flavor without the fat. Fat will accumulate as the dish is cooked. It should be relatively easy to skim it off the top.

Serve with buttered noodles or rice and a green vegetable. Serves 3 or more.

The longer you cook this dish the better it will taste. If you use large meat cubes you may simmer it about 3 hours before adding the mushrooms. Once mushrooms are added, simmer about 40 minutes more. Add salt to taste.

Beef Short Ribs

Ingredients:

12 - 20 pieces of beef short ribs with bones and meat. (This may be 3 – 5 pounds.)

1 large onion, minced, 2-4 peeled and cleaned carrots, cut in small pieces, 2 celery sticks, cut in small pieces, a pinch of dried mint flakes.

Sauce: 1/2 a cup of Ketchup, juice of half a lemon or lime, 1 tablespoon Apple Cider vinegar, 1 tablespoon brown sugar, 1/2 teaspoon garlic powder, 1 teaspoon paprika, 1 – 2 cups of water
You may also add salt and pepper (optional).

This dish takes two days to make properly, but is fabulous! You can also change the flavor by using any barbecue sauce you would like to make. But, this is a very good one.

Place beef ribs in a pan so there is no overlap, and make sure the pan is deep enough to hold the meat and everything else you will be adding without overflowing.

In a large bowl combine ketchup, spices, vinegar, sugar. Add 1/2 cup water and whisk together. Add cut up vegetables to the mix.

Pour this mixture over the ribs making sure all the ribs are covered. If there is not enough sauce to cover, add water as needed.

Cover the pan lightly with foil and make a few toothpick holes in it to let the steam escape.

Bake at 350 degrees for a total of 3-4 hours.

After 40 minutes to an hour, carefully remove the pan from the oven, and remove the foil, opening it away from you so you don't get burned.

Turn each rib over and make sure all the vegetables are getting cooked in the gravy developing. Cover the dish with foil and return to the oven.

Do this again every 40 minutes to an hour. If the water is getting low, add more water.

After 3 – 4 hours, the meat should be falling off the bones. Remove the pan from the oven.

Now you have to trim the meat. This takes a while. Let cool a little. Discard all the bones, gristle and excess fat. Trim the cooked fat chunks off the ribs. Return the trimmed meat to another clean pan that is large enough to hold the meat and gravy.

Strain the vegetables out of the gravy and add them to the trimmed meat.

De-grease the gravy. Pour all the gravy into a glass pitcher and discard all the fat that comes to the top. Add the rest of the gravy to the pan with meat and vegetables. If it is not enough to cover it, add water.

Refrigerate overnight. The next day remove the rest of the fat that rises to the top. It becomes chunks of fat and can be easily removed.

Reheat the dish, adding water as needed to cover the meat and serve with rice.

Beef Stroganoff

(beef in sour cream)

Take one or two slices of bacon and fry over a low flames.

Cut a medium onion into slices and then dice. Brown in bacon fat. (You can also use vegetable oil as a substitute.)

Cut up a 1 or 2 pound steak into small cubes. It may be a cheap cut of steak because it will get tender when cooked.

Dredge the meat cubes in flour, salt and pepper, then brown in bacon fat with the onions.

Add 1 cup of beef bouillon to the browned meat and onions and enough water to cover the meat..

The meat should barely be covered with liquid. Simmer 1 1/2 hours, adding more water as it evaporates.

Add 1/2 pound sliced mushrooms, or 1 can Campbell's Cream of Mushroom Soup. Simmer another 40 minutes.

Add 1 cup sour cream and mix well. Heat until just about boiling. Remove from heat and serve over buttered noodles with fresh green salad. Serves 3 or more.

This dish can be made very quickly if tender meat is used. In that case, after browning the meat and onions, add bouillon and mushrooms or mushroom soup. Simmer 40 minutes or until meat is tender. Add sour cream and voila!!

Broiled Steak

Get a tasty steak and sprinkle with fresh ground pepper and garlic salt,

Broil 3 – 10 minutes on a side depending on thickness.

A steak less than ½ inch thick should be broiled about 3 minutes on a side.

Very thin minute steaks should be broiled only 30 seconds to 1 minute on a side.

A steak 1 – 1/2 inches should be 5 – 8 minutes on a side. Cut it in the center to check desired doneness.

While steak is broiling on the first side, cut up fresh mushrooms and sauté them in butter on the stove.

After the 2nd side has cooked for about 2 minutes (or less if it is very thin) cover with mushrooms and butter from the pan. Continue broiling until done.

Serve with vegetable, good bread and wine (red).

Chili con Carne

Brown 3 hamburgers or 3/4 pound chopped meat. Add 3 tablespoons Chili Powder, a small chopped onion and a small chopped green pepper.

Add 1 can red kidney beans, 1 can tomato sauce.

Simmer for 1/2 hour.

Add water if needed.

Serve over rice.

Serves 2 – 4.

Fred's Chili

Use 1 pound London Broil or round steak cut into 1/2 inch cubes. Sear in a pan until all the liquid is gone and the meat is brown.

Add a lot of Chili Powder, at least 2 tablespoons, a little cayenne (1/4 tsp. more or less), and one green pepper cut up.

Add 1 small can of tomatoes or tomato sauce, 1 can Campbell's consommé broth. Simmer until meat is tender and gravy is thick. This may take anywhere from 1/2 hour to 1 1/2 hours.

Serve over rice with sliced onions.

Serves 2 – 4.

You can use other cuts of meat here, but if they are fatty, you will have to skim off the fat, and you may have to cook it longer, and add water so it doesn't dry up while cooking.. You may also use a beef bouillon cube with 1 1/2 cups of boiling water, if you don't have the Campbell's soup. Be careful when adding hot water to the pan.

This recipe came from Fred Lapitino who said no F'n beans in my Chili!

For those of us who cannot eat beans, we are grateful for the recipe.

Thank you Fred!

Hamburgers

Buy 1 pound ground meat, either lean chopped chuck, ground round, or ground sirloin.

Makes four.

Divide chopped meat into 4 equal parts. Roll each part into a ball, then flatten with the palm of hand. If you have disposable food handling gloves, feel free to use them. Clean up is much easier this way.

Hamburgers taste best when cooked outside over an open fire or charcoal. If you have a Hibachi or outdoor grill, they'll taste better if you use it.

Otherwise, broil 6 minutes on a side. (If you are using a small electric broiler make sure there is enough room below for the fat to run off. If there is not, you will probably have a fire and ruin your meal.)

Add salt and pepper to taste. Serve on warm toasted buns with ketchup, mustard, relish, pickles, onion, tomato, lettuce, cheese, steak sauce, or plain. Avocado slices are also nice.

Enjoy!

Some people prefer rare cooked hamburgers. You may cook these for less time if you like your meat less done.

Baked London Broil

Get a London Broil steak 3/4 pounds to 2 pounds in size.

London Broil is a thick cut of lean steak that can be grilled, but it can also be baked in the oven. Cook it and slice it very thin and serve. London broil is usually cut 1 1/2 to 2 1/2 inches thick.

If you buy a whole London broil, you can cut it in half and freeze each section of steak. It freezes well, and you can cook it frozen, fresh, or thawed.

3/4 pounds will feed two people generously, and most pieces are about 3/4 to 1 pound in size.

Heat the oven to 350 degrees. Put your London broil in a small pan. Add 2 tablespoons chives and 1/4 cup sliced mushrooms, if you like. Bake it 15 minutes. Remove the pan from the oven. Turn the steak over. Mix the chives and mushrooms in the drippings and add them to the top of the steak. Bake another 15 minutes or less and you're done. If you like your beef rare, check the doneness so you don't over-cook it.

Or, if you start with frozen steak, bake it for 30 minutes before you flip it. It will need another 20 minutes or more to finish cooking. Check the doneness by making a small cut in the middle of the steak.

Enjoy!

Pepper Steak Chinese Style

Serves 2

(To serve 4 or more increase the amount of beef used to up to 1 1/2 pounds. After that, add more of the other ingredients.)

Ingredients:

3/4 pounds thinly sliced beef.

1 small onion

1 beef bouillon cube and 1 cup boiling water

1/2 green pepper cut in pieces

1 celery stalk chopped

1/4 cup sliced cabbage pieces and/or 1 cup bean sprouts

Serve over hot cooked rice with fried noodles or Saltine crackers and Soy Sauce.

This dish can be cooked in a few minutes, or it can be simmered for 1 1/2 hours until done. If you use minute steaks or thin sliced round steak, it will take only a few minutes. If you use chuck steak or any other kind of meat that requires longer cooking to tenderize it, it will take a much longer time. Some meat immediately toughens up when liquid is added and requires longer cooking to tenderize. Both results are quite fine and instructions are below.

Quick Pepper Steak

Cut minute steaks into thin strips. Brown in a few tablespoons of hot oil. Peanut oil or soy oil are recommended. Remove seared meat from pan. (If liquid accumulates while searing the meat, drain it off and reserve to use later.)

Slice onion, green pepper, celery and cabbage, and any other vegetables handy. Fry vegetables in about 3 tablespoons of hot oil, until the vegetables are tender.

If you use fresh bean sprouts, separately put them into a pot of boiling water for about 1 minute to remove any bitter taste. Drain and save for later.

Dissolve 2 tablespoons of cornstarch in 1/4 cup cold water. Add 1 beef bouillon cube and a cup of boiling water and 1 tablespoon Soy Sauce, and if you have any liquid left over from searing the meat in the oil, add it here. (You may use any type of beef bouillon here, it doesn't matter. It is best to add heated liquid to a hot pan of food, otherwise it may splatter excessively.)

Return the meat to the frying pan with vegetables, except for the bean sprouts. Season with a few shakes of Soy Sauce. Stir and fry together for about a minute.

Add bouillon mixture and simmer 5 minutes, stirring often. Toss in bean sprouts and cook for about a minute longer. You may leave a lid on the pan when you are done cooking to let the bean sprouts finish heating up, while you are preparing the dinner plates with rice.

Simmered Pepper Steak

Prepare the dish in the same way, but you may have to add water and stir occasionally as the dish cooks. You may also skim off any fat that may accumulate during cooking. But in this recipe, do not add cabbage in the beginning or your dish will taste like cooked cabbage. After you have added the bouillon mixture, cook the meat until the meat is tender, about 1 1/2 hours, or less. Then add the bean sprouts, and if you like, sautéed cabbage pieces.

Pot Roast with Beer

This is exceptional using a potting roast beef, like a cross rib roast, or a chuck roast.

Get a 3 – 4 pound roast beef for potting. Add salt, pepper and sprinkled with garlic salt and dredge in flour. In a large pot brown meat and a medium onion cut into slices and then diced.

Add 1 bottle of beer, 1 beef bouillon cube, 1/2 tsp. ground thyme and a few shakes of fresh ground black pepper, and hot water to almost cover.

Add 4 carrots peeled and cut in pieces.

Simmer until done, 2-4 hours, flipping occasionally.

It is best to slice up this roast before it is finished cooking because it is difficult to slice soft meat that is falling apart.

When the meat smells like it is done, usually after about 1 ½ - 2 ½ hours, take it out of the pot, and let it cool a little on a dish or cutting board. Trim off the fat and discard it and slice the meat. Strain the gravy and skim off the fat. Then return the sliced meat, gravy, and carrots to the pot, and continue cooking it until done. If you like you can add potato pieces, which will take about an hour to cook in simmering gravy. Add water, if you don't have enough liquid.

This meat needs to simmer. It can be cooked on top of the stove or in the oven. I usually need to set the oven to at least 375 degrees to keep the meat simmering. You might be able to get away with 350 degrees, depending on what type of pot you are using. It may simmer in Corning ware at 325 degrees. Please check it if you are cooking this inside the oven to make sure it is simmering.

Herbal Aromatic Pot Roast

Cajun Style Pot Roast

(I first had a pot roast like this in New Orleans, made by an old Cajun resident.)

This is exceptional using a potting roast beef, like a cross rib roast, or a chuck roast.

Get a 3 – 4 pound roast beef for potting. In a large pot brown meat and a medium onion cut into slices and then diced. Add 4 carrots peeled and cut in pieces, 2 tablespoons of chopped parsley, 1 tsp brown sugar, 1/4 tsp ground thyme, a few shakes of allspice, a bay leaf, 1/4 tsp dried mint flakes, 1 chicken bouillon cube, a little garlic powder, salt and pepper. Add water until meat is barely covered.

Simmer until done, 2-4 hours, flipping occasionally.

It is best to slice up this roast before it is finished cooking because it is difficult to slice soft meat that is falling apart.

When the meat smells like it is done, usually after about 1 ½ - 2 ½ hours, take it out of the pot, and let it cool a little on a dish or cutting board. Trim off the fat and discard it and slice the meat. Strain the gravy and skim off the fat. Then return the sliced meat, gravy, and carrots to the pot, and continue cooking it until done. If you like you can add potato pieces, which will take about an hour to cook in simmering gravy. Add water, if you don't have enough liquid.

This meat needs to simmer. It can be cooked on top of the stove or in the oven. I usually need to set the oven to at least 375 degrees to keep the meat simmering. You might be able to get away with 350 degrees, depending on what type of pot you are using. It may simmer in Corning ware at 325 degrees. Please check it if you are cooking this inside the oven to make sure it is simmering.

Sherri's Pot Roast

Get a brisket or chuck roast for potting. It should be 3-4 pounds if possible. In a large pot brown meat and a medium onion cut into slices and then diced.

Add 2 sticks of celery, 4 carrots cut into pieces, $\frac{1}{4}$ - $\frac{1}{2}$ cup ketchup, 2 tablespoons of soy sauce, water to barely cover the meat, and simmer until done, 2-4 hours.

If you are using a thinner brisket it may take only 2 hours. A larger roast will be 3 – 4 hours.

It is best to slice up this roast before it is finished cooking because it is difficult to slice soft meat that is falling apart.

When the meat smells like it is done, usually after about $1\frac{1}{2}$ - $2\frac{1}{2}$ hours, take it out of the pot, and let it cool a little on a dish or cutting board. Trim off the fat and discard it and slice the meat. Strain the gravy and skim off the fat. Then return the sliced meat, gravy, and carrots to the pot, and continue cooking it until done. If you like you can add potato pieces, which will take about an hour to cook in simmering gravy. Add water, if you don't have enough liquid.

This meat needs to simmer. It can be cooked on top of the stove or in the oven. I usually need to set the oven to at least 375 degrees to keep the meat simmering. You might be able to get away with 350 degrees, depending on what type of pot you are using. It may simmer in Corning ware at 325 degrees. Please check it if you are cooking this inside the oven to make sure it is simmering.

Potted Steak

Cut a medium onion into slices and then dice. Brown in vegetable oil.

Salt and pepper a well-marbled chuck steak with some bones on it.

Brown the meat in the pan with the onions. (You may flour the meat first if you like. It will make a thicker gravy.)

Add 1 cup of chicken broth or a chicken bouillon cube and a cup of hot water.

Bring to a boil and simmer 1 1/2 hours (covered) or until meat begins to get soft.

Peel and slice a few carrots and add them to the pan.

Simmer 1/2 hour more. Meat should fall away from the bones.

Note: Add water as needed. It will boil away and dinner will burn if you don't add it. Check water levels about every 20 minutes or so. It is best to add boiling or very hot water. You may have to add up to 2 1/2 cups of water depending on your pan, etc.

Let the dish settle a while and skim off the fat from the top, or if you have time, cool the dish and remove the cold solid formed fat. Then reheat the dish later.

Serve warm over hot rice or noodles.

Good with horse radish if you like horse radish. Enjoy!

Potted Steak with Beer

Cut a medium onion into slices and then dice. Brown in vegetable oil.

Add 1 – 2 pounds chuck steak cut in strips, salted and peppered and sprinkled with garlic salt and dredged in flour. Brown the meat in the pan with the onions.

Add 1 bottle of beer, 1 beef bouillon cube, $\frac{1}{4}$ tsp. ground thyme and a few shakes of fresh ground black pepper.

Bring to a boil and simmer 1 1/2 to 2 hours (covered) until meat is tender. Replenish water as necessary. The meat should at least be barely covered with liquid. Skim off excess fat.

Serve with mashed potatoes and another vegetable. This gravy is fabulous with mashed potatoes. Carrots glazed in brown sugar are also good.

Roast Beef with Gravy

Ingredients:

3 – 5 pounds roast beef. Rib eye, round, cross rib are all good cuts of meat for this.
1 chicken bouillon cube
2 cups water

Put the roast on a rack in a pan. Insert a meat thermometer into the thickest part of the meat. Sprinkle the roast with salt.

Put a chicken bouillon cube in the bottom of the pan. Add 2 cups of water.

You may have to add water to the pan as the roast is cooking. You do not want the water to evaporate, as it becomes the base for the gravy. The roast should be in a rack above the water line and should not be sitting in the water.

Bake in the oven at 350 degrees about 20 – 25 minutes per pound. The roast is done when the meat thermometer says it is. It is best to cook it to medium rare or rare in the center, so you can reheat the leftovers on another day.

Remove the roast from the pan and let it rest while you make the gravy.

You may use “au jus” which is the liquid pan drippings with the fat removed. Pour the pan drippings into a bowl. Skim off the fat. Strain out any of the lumps and you have “au jus” gravy.

Or you can make thicker gravy. Skim the fat from the pan drippings. Add 2 heaping tablespoons of flour to the pan. Mix it well with the pan drippings. Add 1/2 cup water or more. You should have about 1 1/2 cups liquid all together. Mix it all very well or use a whisk to combine it. Bring it to a boil in the pan scraping the bottom and sides to get all the cooked drippings into the gravy. Simmer about 1 minute. Then strain the gravy into a small pot to get the lumps out and simmer for a few minutes. If the color is not dark enough for you, add a few shakes of soy sauce. If there's not enough gravy, add more water. If there's still fat in it, skim it off. Mix it a little with a whisk.

Voila! Fabulous thicker gravy!

Note: To remove fat from gravy or pan drippings it is best to pour the liquid into a glass container. The fat will rise to the top and you can see it easily. Spoon it out of the glass and into a container you will discard, like an old milk carton. Or refrigerate the liquid. The fat will solidify on the top. You can easily remove it with a knife and spoon.

Shish Kebab

Shish Kebab is skewered pieces of meat, or vegetables, which are then grilled or barbecued. The meat is often marinated and put on sticks with pieces of raw vegetables in between. Skewer the meat and vegetables and cook until done to your liking, usually medium for lamb and beef, and well cooked for chicken.

Vegetables that work well are onions, bell peppers, mushrooms, zucchini chunks. If you are only grilling vegetables you might also try pieces of eggplant, squash or carrot, but anything that tastes good grilled is fine here. Balsamic vinegar makes a good marinade for vegetable Shish Kebab.

Lamb Shish Kebab

Lamb Shish Kebab should be made from leg of lamb. Ask the butcher to cut it into shish kebab pieces for you. Use the marinade below and marinate the pieces for at least an hour, but overnight in the refrigerator is best. The meat should be very lean.

Lamb marinade

Combine 1 cup salad oil, 4 tablespoons dill, 1/2 teaspoon thyme, 1/2 - 1 teaspoon mint, 1/2 teaspoon or more of marjoram, 1 pinch of Italian seasoning and 1/4 cup or more of liquid. You may use fruit juice like pineapple, cranberry, or other acidic juice, or a light fruity wine.

Beef Shish Kebab

Pieces of sirloin steak work very well for beef shish kebab. Have the butcher cut them into squares that fit well on a skewer. Marinate for a long time, overnight if possible in the refrigerator.

Beef Marinade

Combine 1 cup Soy Sauce, 1 onion, 2 garlic cloves, and 1/4 cup gravy master or 1 teaspoon seasoned salt, or celery salt, and vinegar to taste.

Chicken Shish Kebab

Cut up pieces of chicken breast, unless you prefer dark meat. You can buy boneless chicken thighs and cut them into pieces. Coat chicken pieces with barbecue sauce before grilling, or you may marinate them in the sauce over night in the refrigerator.

Chicken Marinade - Use Barbecue Sauce for Chicken

In a bowl whisk together: 1/4 cup Ketchup, 1/2 teaspoon garlic powder, 1/4 teaspoon salt (optional), 1/2 teaspoon paprika, 1 teaspoon vinegar, (white, apple cider, tarragon are all fine), 1 and 1/2 teaspoons brown sugar (light or dark are both ok), juice of 1/2 a lemon or lime.

Skewer the marinated meat and vegetables and grill until done.

Snitzel – German Veal Cutlet

Use thin leg of veal cutlets (scallopini).

One pound will serve 4 or more. It should be sliced thin. Some people prefer to pound it with a meat mallet to tenderize, but it should not be necessary if the meat is sliced thin.

Sprinkle on meat: Salt
 Garlic powder
 Pepper
 Paprika

In a bowl place: 1 or 2 eggs
Sprinkle with: Salt
 Garlic powder
 Pepper
 Paprika

Beat with a fork.

In another bowl place breadcrumbs.

For 1 pound of meat 1/2 - 1 cup of breadcrumbs should be sufficient.

Dip meat piece by piece into egg mixture, then into bread crumbs.

Fry in hot oil turning sides occasionally until dark golden or light brown.

Soybean oil, often known as vegetable oil, is good for frying food. Wesson, Crisco, and store brands work well. Soybean oil does not add any extraneous flavors. When the oil is hot enough it does not soak into the food.

Turn on a flame over medium heat. Toss in some crumbs. When they begin to sizzle the oil is the right temperature.

Fry for about 5 – 10 minutes.

Drain on paper towel.

Serve with lemon wedges and potato salad. (German potato salad is wonderful here!)

If you don't want to stain your fingers use disposable food handling gloves. You can also use a plastic bag instead of a bowl for the bread crumbs. Shake well to cover all the meat with crumbs.

Enjoy!

Stuffed Cabbage

Serves 4 or more

Ingredients:

1 pound ground round (chopped beef)

1/2 cup cooked rice

2 eggs

juice of one lemon

48 oz. can of tomato juice or equivalent (you might use tomato puree or tomato paste and water instead)

1 tablespoon sugar

1 large onion, minced

3/4 teaspoon salt

1/2 teaspoon garlic powder

1 tablespoon paprika

small can of sauerkraut

head of green (white) cabbage

Put some water up to boil

Combine: meat, rice, eggs, onion, salt, garlic, paprika. Mix very well with hands.

If you have disposable food handling gloves, use them, as the paprika has a tendency to stain your fingernails.

Put in a very large pot:

Tomato juice

Pinch of salt

Sauerkraut

Turn on a low flame.

Cabbage: Remove core from cabbage. Put the cabbage head in a large container and pour boiling water over the remaining cabbage to soften the leaves. Let stand about 5-10 minutes.

Cabbage rolls: Roll meat in cabbage leaves and close like an interfolded newspaper.

Place gently in pot of tomato juice.

Roll a few small meat balls and put in pot with cabbage rolls.

Shred leftover cabbage and throw into pot.

Add lemon juice and sugar.

Cover. Simmer 1 1/2 hours or until cabbage is soft and meat is cooked.

Stir occasionally. Add sugar to taste. Serve with good bread or noodles or pasta.

This dish can make those with sensitivity to gas very uncomfortable. To avoid the problem, boil the sauerkraut and discard the boiled water. Do this again. Likewise, boil the cabbage head twice and discard the boiled water each time. This will diminish the gas problem significantly, and may entirely eliminate it.

You may double the amount of meat, rice, eggs, and spices to feed a larger group.

Stuffed Peppers and Meatballs

Serves 4 or more

Ingredients:

1 pound ground round (chopped beef)

1/2 cup cooked rice

1 egg

48 oz. can of tomato juice or equivalent (you might use tomato puree or tomato paste and water instead)

1 large onion, minced

3/4 teaspoon salt

1/4 teaspoon garlic powder

1 tablespoon paprika

4 green peppers

Combine: meat, rice, egg, onion, salt, garlic, paprika. Mix very well with hands.

If you have disposable food handling gloves, use them, as the paprika has a tendency to stain your fingernails.

Put in a very large pot:

Tomato juice or tomato paste diluted with water

Turn on a low flame.

Stuff peppers with meat mixture.

Place gently in pot of tomato juice.

Roll a few small meat balls and add to the pot.

Cover. Simmer 1 1/2 hours or until peppers are soft and meat is cooked.

Stir occasionally. Serve with good bread or noodles or pasta.

You may double the amount of meat, rice, eggs, and spices to feed a larger group. You can add more green stuffed peppers, or just add more meatballs. The meat will taste the same.

Tacos

Brown 1 pound lean chopped meat (chuck, round or sirloin beef) with $\frac{1}{4}$ cup chopped onions. Drain off fat. Add 2 tablespoons Chili Powder and a pinch of Cayenne Pepper. Add a small can of Del Monte Tomato Sauce and 1 can of water. Add $\frac{1}{2}$ cup chopped green pepper and simmer $\frac{1}{2}$ hour.

Serve in prepared Taco Shells with grated American cheese, sliced lettuce and tomatoes, and a bit of sour cream.

You may use Cheddar, Jack, or Asiago cheese as good alternatives.

You may use no salt added Del Monte Tomato Sauce if you need to limit your salt intake.

BREAD, ROLLS, ETC.

Bagels from the Internet - 5 Recipes

(These recipes are not tested and should be used only as a guide for those wishing to experiment.)

Bagel making requires mixing some flour, water, yeast. Cover let set 20 minutes. Add more flour, mix well and beat. Let rise 20 minutes or more. Beat it down and let it rise again.

Then separate it into bagel balls and let rise again. After rising, cut a hole in the middle with an apple corer or something like that. Boil for 2 minutes on a side. Drain then top with whatever you like and bake until done. Or roll the dough like a rope and shape into a bagel. Or put your finger through the ball and shape it like a bagel.

Recipe 1 - Yield 1 dozen bagels

Ingredients

- 4 1/4 cups all-purpose flour
- 2 (.25 ounce) packages active dry yeast
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 3 tablespoons white sugar
- 1 tablespoon salt
- 1 tablespoon white sugar

Directions

1. In large bowl, combine 1-1/2 cups flour and yeast. Mix water, 3 tablespoons sugar and salt together, and add to the dry ingredients. Beat with a mixer for half a minute at a low speed, scraping the sides of the bowl clean. Beat at a higher speed for 3 minutes. Then, by hand, mix in enough flour to make a moderately stiff dough.
2. Turn out onto a lightly floured surface and knead until smooth and elastic (8-10 minutes). Cover, let rest for 15 minutes.
3. Cut into 12 portions, shape into smooth balls. Poke a hole in the center with your finger, and gently enlarge the hole while working the bagel into a uniform shape. Cover, let rise 20 minutes.
4. Meanwhile, start a gallon of water boiling. Put 1 tablespoon of sugar in it, mix it around a bit. Reduce to simmering.
5. When the bagels are ready, put 4 or 5 bagels into the water, and cook 7 minutes, turning once. Drain them. Place on a greased baking sheet, and bake at 375 degrees F (190 degrees C) for 30 to 35 minutes. Remove from oven, eat hot or cold.
6. Broiling option: For a glossier surface, place raised bagels on an ungreased baking sheet prior to boiling them. Broil them five inches from heat for 1 to 1-1/2 minutes on each side. Then put them into the hot water to be boiled as above. Note: do not bake broiled bagels as long as non-broiled ones, 25 minutes should be long enough.

Recipe 2 - Yield 1 dozen

Ingredients

- 4 1/2 cups all-purpose **flour**
- 3 tablespoons white sugar
- 1 1/2 teaspoons **salt**
- 1 (.25 ounce) package active dry yeast
- 1 2/3 cups warm water
- 2 tablespoons margarine
- 1 tablespoon white sugar
- 2 teaspoons salt

Directions

1. Mix together the unsifted flour, 3 tablespoons sugar, 1-1/2 teaspoons salt, yeast, water, and butter in the bread machine on the manual setting.
2. OR, mix 1-1/2 cup flour, 3 tablespoons sugar, 1-1/2 teaspoons salt, and yeast. Heat water and butter to 120-130 degrees F. Add water to dry ingredients; beat 2 minutes at medium speed on mixer. Add 1/2 cup flour, beat at high speed 2 minutes. Stir in more flour to make a stiff dough. Knead 8-10 minutes. Cover and let rise. Punch down. Cover; let rest 15 minutes.
3. Remove from bread machine.
4. Divide dough into 12 pieces; shape 3 pieces into smooth balls. Poke a 1 inch hole in each. Drop bagels into a large skillet with 1 inch water (simmering) with 1 tablespoon sugar and 2 teaspoons salt in the water. Cook on medium low heat for 3 minutes, turn and cook 2 minutes; turn again, cook 1 minute more. Drain on towels. Repeat for rest of dough. Place on greased cookie sheet.
5. Bake at 375 degrees F (190 degrees C) for 20-25 minutes. Remove from sheets and cool. If desired, before baking, mix 1 egg white and 1 tablespoon water, brush on bagels, and sprinkle with sesame, poppy, or caraway seeds.

Recipe 3 - Yield 6 bagels (These must be gigantic bagels !)

Ingredients

- For the Bagels:
 - 1 1/4 cups water
 - 4 1/2 cups bread **flour**
 - 3 tablespoons white sugar
 - 1 teaspoon **salt**
 - 2 tablespoons vegetable **oil**
 - 1 tablespoon instant yeast
 - 4 quarts water
 - 1 cup honey (optional)
- Toppings:
 - 2 tablespoons poppy seeds (optional)
 - 2 tablespoons sesame seeds (optional)
 - 2 tablespoons dried onion flakes (optional)
 - 1 tablespoon coarse salt (optional)

Directions

1. Combine 1 1/4 cup water, flour, sugar, 1 teaspoon salt, vegetable oil, and yeast in the mixing bowl of a stand mixer. Mix on low speed using the dough hook until well-developed, about 8 minutes. To ensure the gluten has developed fully, cut off a walnut-sized piece of dough. Flour your fingers, and then stretch the dough: if it tears immediately, the dough needs more kneading. Fully developed dough should form a thin translucent "windowpane."
2. Transfer the dough to a lightly oiled bowl, cover it with plastic wrap and a kitchen towel, and let rise for 2 hours.
3. Punch the dough down, place it on a lightly floured work surface, and use a knife or dough scraper to divide the dough into 6 pieces (or more, for smaller bagels). Roll each piece of dough into a sausage shape about 6 inches long. Join the ends to form a circle. Repeat with the remaining dough, and let the bagels rest for 15 minutes.
4. Preheat oven to 475 degrees F (245 degrees C). Line a baking sheet with parchment paper. Arrange small plates with poppy seeds, sesame seeds, and onion flakes next to the baking sheet.
5. Bring 4 quarts water to a boil in a large pot. Add honey, if desired (see Editor's Note). Boil the bagels, three at a time, until they rise to the surface of the pot, about 1 minute per side. Remove the bagels with a slotted spoon and place them on the parchment-lined baking sheet.

Dip the tops of the wet bagels into the toppings and arrange them, seeds up, on the baking sheet. Sprinkle with coarse salt, if desired. Bake in the preheated oven until the bagels begin to brown, 15 to 20 minutes

Recipe 4 - Pumpernickel Bagels - Yield 1 baker's dozen

Ingredients

- 1 1/4 cups warm water
- 1 cup whole-wheat **flour**
- 4 teaspoons active dry yeast
- 1 cup rye flour
- 1/2 cup molasses
- 1/3 cup unsweetened cocoa powder
- 1 tablespoon vegetable **oil**
- 1 tablespoon instant coffee granules
- 1 tablespoon caraway seeds
- 1 1/2 teaspoons **salt**
- 1 1/4 cups all-purpose flour
- 1 gallon water

Directions

1. Combine warm water, whole-wheat flour, and yeast in a small bowl. Let stand until the yeast softens and begins to froth and bubble, about 10 minutes.
2. Mix rye flour, molasses, cocoa powder, vegetable oil, coffee granules, caraway seeds, and salt in a large bowl. Add yeast mixture and all-purpose flour. Turn dough onto a floured surface; knead until smooth and elastic, about 10 minutes. Grease a large bowl.
3. Transfer dough to greased bowl; cover with warm damp towel or plastic wrap. Let rise in a warm area until doubled in size, about 1 hour.
4. Preheat an oven to 450 degrees F (230 degrees C). Grease a baking sheet.
5. Bring water to a boil in a large pot. Divide dough into 13 pieces; shape into balls. Press a hole into the center of each dough ball; pull dough to form a 1-inch hole in the center, keeping dough about 1/2-inch thick. Drop dough circles into boiling water, 3 or 4 at a time. Boil each side for 45 seconds. Remove with a slotted spoon and drain for about 1 minute. Arrange boiled bagels on prepared baking sheet.

Bake bagels in the preheated oven until just starting to brown on the bottom, 8 to 10 minutes.

Recipe 5 - Yield 1 dozen Bagels I (these looked good) submitted by Sally**Ingredients**

- 4 1/2 cups all-purpose **flour**
- 3 tablespoons white sugar
- 1 1/2 teaspoons **salt**
- 1 (.25 ounce) package active dry yeast
- 1 2/3 cups warm water
- 2 tablespoons margarine
- 1 tablespoon white sugar
- 2 teaspoons salt

Directions

1. Mix together the unsifted flour, 3 tablespoons sugar, 1-1/2 teaspoons salt, yeast, water, and butter in the bread machine on the manual setting.
2. OR, mix 1-1/2 cup flour, 3 tablespoons sugar, 1-1/2 teaspoons salt, and yeast. Heat water and butter to 120-130 degrees F. Add water to dry ingredients; beat 2 minutes at medium speed on mixer. Add 1/2 cup flour, beat at high speed 2 minutes. Stir in more flour to make a stiff dough. Knead 8-10 minutes. Cover and let rise. Punch down. Cover; let rest 15 minutes.
3. Remove from bread machine.
4. Divide dough into 12 pieces; shape 3 pieces into smooth balls. Poke a 1 inch hole in each. Drop bagels into a large skillet with 1 inch water (simmering) with 1 tablespoon sugar and 2 teaspoons salt in the water. Cook on medium low heat for 3 minutes, turn and cook 2 minutes; turn again, cook 1 minute more. Drain on towels. Repeat for rest of dough. Place on greased cookie sheet.
5. Bake at 375 degrees F (190 degrees C) for 20-25 minutes. Remove from sheets and cool. If desired, before baking, mix 1 egg white and 1 tablespoon water, brush on bagels, and sprinkle with sesame, poppy, or caraway seeds.

Banana Nut Bread

Turn on oven and heat to 350 degrees while you are preparing the ingredients.

Combine:

- 2 eggs, well beaten
- 2 tsp. baking powder
- 1/2 tsp. vanilla and to make it better add 1 tsp. Amaretto liquor
- a pinch of cardamom (a baking spice very nice for pastry-like items)
- 1/2 tsp. salt (optional)
- 2/3 cup sugar
- 1/4 cups Wesson oil or any soybean oil (Vegetable Oil is often Soybean oil – check the label).

(I use Soybean oil in baking because it has no flavor, so it doesn't interfere with what you are making, and it is pretty digestible.)

Beat this all together with a whisk

Add

- 1 cup mashed bananas and mix well.

Add

- 1 and 3/4 cups sifted flour
- 1/4 cup milk

Stir together and mix well. (Batter will not be smooth)

Stir in:

- 1/2 cup chopped filberts (hazel nuts) or pecan meal or chopped walnuts

Pour into 9x5x3 inch greased loaf pan, sprayed with PAM.

Drizzle the top with honey and slice through it with a knife, swirling it into the bread.

Bake at 350 degrees for one hour or until done.

Chocolate Nut Bread: Substitute 1 cup Hershey's chocolate syrup for bananas. Leave out Amaretto and honey.

This makes one large loaf.

If you use 1 1/2 times this recipe you can make two smaller loaves.

Blueberry Muffins

(2 recipes, one with butter, one without)

Butter Blueberry Muffins with Butter

Preheat oven to 375 degrees.

Melt 1/4 cup butter and to it

1/2 cup sugar.

1-2 eggs, beaten.

1 cup milk

1 tsp. vanilla.

3 tsp. baking powder

2 cups flour.

Mix just enough to dampen flour. (Batter should not be smooth.)

Add 1 cup blueberries.

Makes about 18 muffins.

Bake at 375 degrees for about 30 minutes.

Blueberry Muffins – No Butter

This is an Excellent Recipe!

Preheat oven to 375 degrees.

Beat with whisk:

2 extra large eggs or 3 large eggs

Add

4 and 1/2 tsp. baking powder

6 oz. soybean oil (Wesson or Crisco or store brand are all good)

1 cup of sugar or a little more if the berries are sour

1 and 1/2 tsp. vanilla

a pinch or two of cardamom (a nice bakery spice)

Beat well with a whisk.

Add:

3 cups flour

9 oz. milk

Stir well until moistened.

Add

1 and 1/2 cups blueberries or more

Mix well.

(Note: Blueberries can be purchased during blueberry season, rinsed and frozen. They keep well for a year. If using frozen berries, rinse the ice off them first, before putting them in the batter.)

Fill paper lined muffin tins 2/3rds full. **Makes 24 muffins.**

Bake at 375 degrees for about 30 minutes or until done.

Blueberry-Peach-Oatmeal Muffins – No Butter

This recipe is good for lowering cholesterol and blood pressure.

Preheat oven to 375 degrees.

Beat with whisk:

2 extra large eggs or 3 large eggs

Add

4 and 1/2 tsp. baking powder

6 oz. soybean oil (Wesson or Crisco or store brand are all good)

1 cup of sugar or a little more if the berries are sour

1 and 1/2 tsp. vanilla

a pinch or two of cardamom (a nice bakery spice)

Beat well with a whisk.

Add:

3 cups flour

9 oz. milk

Stir well until moistened.

Add

One to one and a half cups blueberries, 2 peaches cut up in small pieces, 3 tablespoons wheat germ, 3 tablespoons oatmeal, until a 2 cup container is filled with fruit and grains.

Mix well.

(Note: Blueberries can be purchased during blueberry season, rinsed and frozen. They keep well for a year. If using frozen berries, rinse the ice off them first, before putting them in the batter.)

Fill paper lined muffin tins 2/3rds full. **Makes 24 muffins.**

Bake at 375 degrees for about 30 minutes or until done.

Bran Muffins

Mix 2 eggs, well beaten, with 4 tablespoons of Soybean Oil, 1/2 cup of honey, 1 teaspoon vanilla, 1/4 teaspoon grated lemon rind, 1/4 teaspoon Cinnamon, or a pinch of Allspice or ground Cardamom.

Add 2 cups of Raisin Bran cereal, 2 cups of flour, 5 teaspoons baking powder, 1 1/2 cups of milk, and a half cup of blueberries (optional), or 1/4 cup of chopped walnuts (optional).

Mix as little as possible, but it should be thoroughly mixed. Over mixing will make the muffins tough. Let it sit a little while after you mix it.

Put the batter in muffin tins. I like to use paper muffin cups because they are easy to deal with.

Bake at 350 degrees about 45 minutes, or until done.

This recipe makes 18 muffins.

You can increase the quantities to make 24 muffins if you like. These muffins should freeze well after you make them, so you can have one or two any time. Enjoy!

Chocolate Nut Bread

Turn on oven and heat to 350 degrees while you are preparing the ingredients.

Combine:

- 2 eggs, well beaten
- 2 tsp. baking powder
- 1/2 tsp. vanilla
- a pinch of cinnamon
- 1/2 tsp. salt (optional)
- 2/3 cup sugar
- 1/4 cup soybean oil (Vegetable Oil is often Soybean oil – check the label).

(I use Soybean oil in baking because it has no flavor, so it doesn't interfere with what you are making, and it is pretty digestible.)

Beat this all together with a whisk

Add

- 1 cup Hershey's Chocolate Syrup and mix well.

Add

- 1 and 3/4 cups sifted flour
- 1/4 cup milk

Stir together and mix well. (Batter will not be smooth)

Stir in:

- 1/2 cup chopped filberts (hazel nuts) or pecan meal or chopped walnuts

Pour into 9x5x3 inch greased loaf pan, sprayed with PAM.

Bake at 350 degrees for one hour or until done.

This makes one large loaf.

If you use 1 1/2 times this recipe you can make two smaller loaves.

Challah and Rolls

Dissolve and mix 1 1/2 tsp yeast, 1/2 cup warm water.

In a large bowl place 1/2 cup butter, 1/2 cup margarine or oil, 3/4 cup light brown sugar, 2 pinches of salt.

Mix 1/3rd cup powdered milk with 1/2 cup boiling water. (You might try fat free milk here instead of powdered milk, using slightly more than 1/2 cup.) Add to butter and sugar and stir until melted.

When lukewarm, combine the milk, butter, sugar and yeast mixture.

Add one at a time and mix each addition well: 4 whole eggs, 2 more egg yolks.

Add 6 cups of flour, about 1 cup at a time, stirring well between additions.

Turn out onto a floured surface and knead until smooth (about 5 minutes).

Place in a greased bowl turning once, cover and let rise until double in size (2 hours). Punch down. Let it rise again until double and punch down.

Divide the dough into 3 parts. This makes 2 loaves and about a dozen rolls.

Place in a greased pan. Let rise. Brush the top with beaten egg yolk and milk. Sprinkle with poppy seeds.

Bake at 375 degrees for 20 minutes. Rolls should be done. Cover the breads with foil and continue baking another 25 minutes.

Remove from oven and from pans and let cool in well circulated area.

You may also cut the dough into strands and made braided Challah, as an alternative.

Corn Muffins

Mix:

1 cup of milk
1 cup of corn meal (yellow or white)
1 teaspoon baking powder
1 teaspoon sugar
1 egg well beaten
1 heaping teaspoon sour cream
1 teaspoon Soybean Oil
1/4 -1/2 cup flour

The batter should be like a medium to thin pancake batter consistency.

Grease muffin tins and fill 2/3rds full.

This recipe makes about a dozen muffins, or maybe less.

Bake at 350 degrees about 25 minutes or until a toothpick comes out clean.

Kim's Cranberry Bread

Beat one egg.

Add 2 tsp baking powder, 1 tsp. cinnamon, 1 tsp grated orange rind, 1/4 cup soft butter, 2/3 cup sugar of more.

Cream together.

Add 2 cups flour, 3/4 cup orange juice. Mix well.

Add 2 cups of rinsed and dried whole or chopped cranberries, 1/2 cup whole or chopped walnuts.

Grease a loaf pan as this recipe sticks.

Bake 1 hour at 350 degrees.

Alternate recipe:

Instead of butter and 3/4 cup orange juice, use 3 ounces soybean oil, and 5 ounces orange juice.

Use 1 cup sugar instead of 2/3 cups sugar.

Use 3 cups of cranberries, which is about what's in a bag of fresh cranberries.

You may vary the quantities of these ingredients as you like.

You may also make cupcake muffins instead of a whole cranberry bread, or a few small loaves. Bake about 30-45 minutes. It's done when the top is lightly browned and a toothpick comes out clean.

Oat Bran Muffins

Mix 1 cup of boiling water with 1 cup of oat bran and let sit for 10 minutes.

(If you don't have any oat bran you can probably use oatmeal you have in the house. The muffins will not be as smooth, but should still be quite good.)

Beat 2 eggs.

Add 1/4 cup honey, 1/4 cup soybean oil, 1 1/4 teaspoons of baking soda, 1 cup of sour milk or yogurt.

When the oat mixture is cooled off, add it to the egg mixture. (If it's too hot it will cook the eggs prematurely -not what you want.)

Add 1 1/2 cups of whole wheat flour.

Mix well.

Add 1 cup of raisins or blueberries, and 1 cup of chopped walnuts, or other nuts you may have.

Fill muffin tins about 2/3rds full. Use paper muffin cups for ease if you have them.

Bake at 350 degrees about 25 minutes until done.

When using raisins in baking, I recommend pouring boiling water over them and let them sit in a bowl while you get everything else ready. Pour off the water, and those drained raisins will be quite ready for your baking needs.

Dissolve yeast (1 ½ tsp or 1 packet). This is enough yeast for one or two loaves, using 3 – 6 cups of flour.

Use 1 part liquid to 3 parts flour. Liquid includes water, milk, eggs, buttermilk, sour cream, juice, etc. Acid liquids help make a finer bread texture. A little lemon juice, vinegar, beer or tangy fruit juice can be used instead of salt.

Oven temperature can be 325 degrees to 400 degrees.

A pan with water on the bottom of the oven and brushing the dough with water will give a crusty finish.

Brown sugar or honey may be used as sweeteners.

Use ¼ cup – ½ cup butter, shortening, or oil.

Sample bread options are listed below:

Tasty White Bread 1

Dissolve 1 ½ tsp yeast in 1 cup warm apple juice, 2 tablespoons oil, 1 tablespoon honey. Add ½ cup of flour with a little brown flour mixed in. Add water with a little rum in it. Use 1 tsp rum for 3 / 4 cup water. Add 2-3 cups of white flour.

Mix the dough. Let it rest a bit. Knead it. Put it in a greased bowl and let it rise in a warm place, like inside the oven, covered loosely with something so it won't dry out. Let it rise to a size double in bulk. This may take an hour or longer. Then knead it again and let it rise again. Then knead it again. Let the dough rest a bit. Then divide into two loaves, shape it and put it into two greased loaf pans. Put the loaves in the oven, and let the dough rise again for at least 30 minutes. Turn the oven to 375 degrees on convection oven setting, and let the dough finish rising. Bake it for about 45 minutes. The bread should sound hollow when you tap on it. Makes 2 small loaves.

Tasty White Bread 2

Dissolve 1 ½ tsp yeast in juice of 1 / 2 of a lemon with 2-3 tablespoons of sugar, some warm water, 2 tablespoons of oil and ½ cup flour. Mix well. Add 2 cups flour, 1 1/2 cups warm water and another 1 / 2 to 1 cup of flour as needed.

Mix the dough. Let it rest a bit. Knead it. Put it in a greased bowl and let it rise in a warm place, like inside the oven, covered loosely with something so it won't dry out. Let it rise to a size double in bulk. This may take an hour or longer. Then knead it again and let it rise again. Then knead it again. Let the dough rest a bit. Then divide into two loaves, shape it and put it into two greased loaf pans. Put the loaves in the oven, and let the dough rise again for at least 30 minutes. Turn the oven to 375 degrees on convection oven setting, and let the dough finish rising. Bake it for about 45 minutes. The bread should sound hollow when you tap on it. Makes 2 small loaves.

Dissolve 1 ½ tsp yeast 3 tablespoons of sugar, 2 tablespoons warm water, 1 small can Safeway Tomato sauce (no salt added), a little (room temperature or warm) chives and a little flour. You may also add a little oil. Alternately add up to 1 1 / 2 cups warm water and up to 3 cups flour, as needed.

Mix the dough. Let it rest a bit. Knead it. Put it in a greased bowl and let it rise in a warm place, like inside the oven, covered loosely with something so it won't dry out. Let it rise to a size double in bulk. This may take an hour or longer. Then kneed it again and let it rise again. Then knead it again. Let the dough rest a bit. Then divide into two loaves, or rolls and shape it and put it into pans. Put the dough in the oven, and let the dough rise again for 30 minutes. Turn the oven to 375 degrees on convection oven setting, and let the dough finish rising. Bake it for about 30-45 minutes. The bread should sound hollow when you tap on it.

If you make hamburger rolls with this, make sure there is no dusted flour on top of the buns, or it will burn.

Popovers

Beat 2 eggs. Add 3/4 cup milk. Add 3/4 cup sifted flour and 1/4 tsp salt (or no salt).

Beat a lot.

(This works quite well in a blender.)

Grease muffin tins. Fill 2/3rds full with batter.

Bake at 450 degrees for 15 minutes, then turn oven down to 350 degrees and bake another 20 minutes.

Do not open oven until done! Popovers rise because of steam so a hot oven is necessary.

Serve hot with butter.

Makes about one dozen.

Potato Yeast Bread or Rolls

For sweet rolls that can also be used as pastries:

Mix 1 1/2 tsp yeast with 3/4 cups warm water, 1/3rds cup of sugar (or less), 1/2 tsp salt (or none), 1/2 cup warm mashed russet potatoes, 1/3rds cup butter or oil, 1 eggs, a little lemon juice, a little cardamom, and combine with 3 1/2 – 3 3/4 cups of flour.

Knead it well and refrigerate the dough for 2 hours or more.

Divide the dough into 2 parts. Roll out each part and fill it with something nice, or not.

Fillings could be raisins and sugar, or nuts and sugar, or apples and sugar, or chocolate chips and cinnamon, or apricot or strawberry jam, or anything you like.

Roll like a jelly roll and slice it into 9 circles. Put in a greased round pan and bake at 375 degrees for about 25 minutes. Makes 18 rolls.

This is a very tasty dough.

HOMEMADE PRETZELS

(this recipe came from a newspaper article)

You will need:

1 bowl
2 packets of dry, yeast
1 ½ cups warm water
2 tablespoons sugar
1 teaspoon salt
4 cups flour
waxed paper
1 cookie sheet
coarse salt
1 egg, beaten

Here's what you do:

1. Mix yeast and water in a bowl.
2. Add. sugar and table salt.
3. Add flour. Mix.
4. Put the dough on some waxed paper on a table and knead it until it's smooth.
5. Cut off pieces and make them into shapes you like. Don't make them too thick or they'll be doughy. Try not to make them too thin or they'll be too brittle.
6. Place them on a cookie sheet.
7. Brush the pretzels with a beaten egg and then sprinkle them with the coarse salt. Cover all the top of the pretzel with egg.
8. Bake them at 425 degrees for 12 to 15 minutes or until they're golden brown.
9. Eat them!

-Susan, Margie and Anne Malloy, West Newton Mass.

Good Raisin Bread

Dissolve Mix 1 ½ tsp yeast, 1/4 cup warm water, 1/3 cup sugar, 1 1/2 cups milk, 4 tablespoons oil, 1 tsp. vanilla, a pinch of cardamom, 1 egg and beat it all.

Soak 1 cup of raisins in boiling water for a while. Drain. Add 1 tsp. cinnamon, 2 tablespoons brown sugar and toss.

Add 3 1/2 cups flour and raisins to the milk and yeast mixture. Beat with dough hooks for about 2 minutes. Add a little flour if necessary so that you can shape the dough into a ball.

Put it in a greased bowl and let it rise in a warm place, like inside the oven, covered loosely with something so it won't dry out. Let it rise to a size double in bulk, about 1 - 1 1/2 hours. Then punch it down and kneed it again and let it rise again.

If you like cinnamon swirl roll the dough out and spread it with more brown sugar and cinnamon. Roll the dough like a jelly roll.

Shape it into one large or two small loaves and put it into greased loaf pan. Let rise again until double in bulk.

Put the loaves in a 400 degree oven for 15 minutes. Then turn the oven down to 350 degrees. Bake about another 30 minutes until the bread is browned and sounds hollow if you knock on the pan. Remove from oven and cover with a cloth to soften the crust.

Squaw Bread

I have not made this bread, but it sounds like a good recipe from:

<http://www.food.com/recipe/squaw-bread-152552>

Yield 4 loaves UnitsUS

- 2 cups water
- $\frac{1}{3}$ cup oil
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup raisins
- 2 (1/4 ounce) packets yeast or 3 teaspoons yeast
- $\frac{1}{4}$ cup warm water
- 1 tablespoon honey
- 2 $\frac{1}{2}$ cups flour
- 3 cups whole wheat flour
- 1 $\frac{1}{2}$ cups rye flour
- $\frac{1}{2}$ cup powdered milk
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ cup cornmeal
- melted butter

DIRECTIONS

1. In blender, put 2 cups water, oil, honey, brown sugar and raisins.
2. Liquefy that puppy.
3. Proof yeast with $\frac{1}{4}$ cup water and 1 tablespoon honey.
4. Combine 1 cup flour, 2 cups whole wheat, 1 cup rye, milk and salt.
5. Add liquid mixture and yeast mixture.
6. Beat for 2 minutes.
7. Gradually add rest of flour till it pulls away from sides of bowl.
8. Turn out onto floured board and knead until smooth and elastic.
9. Add flour as needed.
10. Grease large bowl and put dough inside.
11. Let rise until doubled, about 1 $\frac{1}{2}$ hours.
12. Punch down dough; divide in 4 pieces.
13. Cover and let rest 10 minutes.
14. Sprinkle 2 baking sheets with cornmeal.
15. Shape the 4 pieces into loafs; cover and let rise until doubled, 60 minutes.
16. Preheat oven to 375°.
17. Bake for 35 minutes or crust is browned.
18. Brush with butter.

White Bread

Dissolve and mix 1 ½ tsp yeast, 1 /2 cup warm water.

In another container mix 1 cup milk, 1 cup boiling water, 2 tablespoons butter or shortening, 2 tablespoons sugar, 1 tablespoon salt. Stir until lukewarm. Then add to yeast mixture.

Add 3 cups flour and mix well. Add 3 cups more flour and stir vigorously. If dough sticks to sides of bowl add enough flour so it does not.

Knead well until the dough is smooth and satiny (about 12 minutes). Shape into a ball and place in a greased bowl. Turn once and cover. Let it rise in a warm place, like inside the oven, until double in bulk, about 1 1/2 hours. Then punch it down pressing sides inward, and flatten it out like a pancake. Keep smacking it until all the gas is out, if possible. Cover and let it rest 15 minutes. Divide the dough in half. Knead each half and shape into a smooth ball and let rest.

Shape it into loaf and put it into greased loaf pan. Let rise again until double in bulk, about 1 hour.

Bake at 375 degrees about 45 minutes or until crust is golden brown.

This bread does not taste very good and is not worth making.

Good White Bread

Dissolve and mix 1 ½ tsp yeast, 1/ 4 to 1 /2 cup warm water, 1 tablespoon sugar, 2 tablespoons oil, 1/ 2 cup flour. Add 1 1/2 cups flour and 1/2 to 1 cup warm water. Mix and knead. Add flour if it is sticky. Let rise 1 1/2 hours. Punch down and let it rise again until double in bulk. Then punch down and shape into a loaf and put it into greased loaf pan. Let rise again until double in bulk, about 1 hour and bake at 375 degrees about 45 minutes or until crust is golden brown. This bread will rise 3 times in all. Makes one loaf.

Superb Whole Wheat Bread

Mix 1 ½ tsp yeast, 1 tablespoon brown sugar, 2 tsp salt, 3 tablespoons wheat germ, 1 cup brown flour.

Heat 2 cups milk, 2 tablespoons brown sugar, 3 tablespoons molasses, 3 tablespoons butter until the butter begins to melt. Add this warm mixture to the flour and stir well.

Add 5 cups white flour mixing until doughy. Turn out onto a floured surface, adding up to 1 cup flour and knead for about 10 minutes until smooth and satiny. Shape into a ball.

Put it in a greased bowl and let it rise in a warm place, like inside the oven, covered loosely with something so it won't dry out. Let it rise to a size double in bulk, about 1 1 / 2 hours. Then knead it again and let it rise again.

Then knead it again. Let the dough rest a bit. Then divide into three loaves, shape it and put it into three greased loaf pans. Put the loaves in the oven, and let the dough rise again until the top comes just above the edge of the loaf pan, about 1 1 / 2 hours. Bake at 375 degrees for 45 minutes.

Yeast Bread

Dissolve and mix 2 tsp yeast, 1 /2 cup warm water, 1 tablespoon sugar, 2 tablespoons oil. Add 1/2 cup flour and mix well. Then add 2 cups of flour and 1 1/2 cups warm milk, water, juice, or any other liquid. You may also add flavoring to the liquid, such as lemon juice, or vanilla, chives, or anything you like. Add more flour if needed so the dough is manageable. Mix it, knead it and let it rise 3 times total for best results.

Shape it into loaf after 2 risings, and put it into greased loaf pan. Let rise again until double in bulk, about 1 hour.

Bake at 375 degrees about 45 minutes or until crust is golden brown.

BREAKFAST FOODS

Breads for Breakfast

Toast of any variety is always good. Rye toast is excellent with butter. Whole wheat toast is excellent with butter and honey.

English muffins can be purchased plain, or in other varieties such as cinnamon raisin or onion.

Bagels are best when bought fresh from a bagel store and toasted. Serve with butter or cream cheese.

Rolls fresh from a bakery or home made are excellent with hot coffee.

Mrs. Burton's Granola Inspired by Mark

In a large bowl combine:

1 pound. Rolled Oats (Quaker Oats are good) and as much as you like of the following or similar foods found in a health food supermarket, or in barrels in California

Wheat Germ

Coconut

Cashews

Peanuts

Raisins

Sunflower Seeds

Sesame Seeds (hulled)

Almonds

Add 1/2 cup peanut oil and 1 cup honey.

Mix well.

Place in an oblong baking dish and bake at 375 degrees for 45 minutes, stirring often.

Store in a closed container. Eat plain or with milk. If you like it chunkier add more honey.

Very delicious, nutritious cereal for breakfast or any other time of the day!

I recently changed this recipe a little. It is not as good, but is still quite good and it is better for women in the 40+ range.

Instead of using peanut oil, use soybean oil (vegetable oil). Start with the Oatmeal, as above and add about half the same quantity of dry roasted, unsalted soy beans, instead of peanuts, cashews, sunflower seeds and sesame seeds. Add walnuts, wheat germ, dried cranberries and raisins. Coconut, cashews, peanuts and sesame seeds add lots of extra calories, and not the kind of nutrition the over 40 crowd needs. Those of us with cholesterol problems need to stay away from coconut and other saturated (hard) vegetable fats. Add the same amount of honey and mix it all well. Bake it, stirring often, to keep from burning, and to distribute the honey and oil evenly.

GREAT COFFEE

Grind your own beans!

Get Melitta Coffee from a supermarket, or get coffee beans from a coffee and nut store, or another specialty store.

Many different types of coffees are available.

Arabica beans are also called gourmet beans and make much better coffee than the regular beans, or regular ground coffee. Usually, the more expensive the coffee, the better the beans have been washed before you get them. When considering price, think about how much a cup of coffee will cost you. The better the beans and the finer the grind, the more cups of coffee you can get per pound. I grind my beans very fine, but not quite espresso grind. I use 2 coffee scoops (4 tablespoons total) for 5 to 8 cups of boiling water. The coffee is excellent! (This is less than half the amount of ground coffee you might be used to using.)

Some coffee varieties are listed here.

Jamaica Blue Mountain is the best coffee.

Jamaica High Mountain is also excellent.

Columbian Supremo is very good.

Mexican coffee is mild.

Guatemala smells good and is mild and slightly bitter.

Kona is a little sour but flavorful.

Mocha Java is a low acid coffee and is always good.

The best coffee you can make is probably a blend suited to your taste.

Jamaica High Mountain and Guatemala blended makes an exquisite coffee.

I usually make a mixture of 3 parts Mocha Java, 1 part Guatemala or Columbia Supremo. This is a very low acid blend and tastes great for breakfast.

Grind the coffee very fine. Use a filter cone, filter and coffee pot or some other container.

Measure 1 tablespoon coffee for each cup of coffee you would like, into the filter and cone.

Boil water separately, 6 oz. to 8 oz. for each cup of coffee desired. Always start with fresh cold water. The coffee is best if the water is not quite to the boiling point.

Add a dash of salt to the coffee grounds, or not.

Measure boiled water. Pour in a little, enough to wet the coffee grounds and let drip through. Then add the rest of the water and let drip completely through.

Voilà - great coffee! This coffee does not need sweetener or milk or cream. But you may serve with half and half, milk or cream and sugar if desired.

Eggs

(Helpful hints) If possible, leave eggs out of the refrigerator a few minutes before cooking to remove the chill and prevent the shell from cracking when boiled. For boiled eggs, when the water begins to boil, turn it down to a gentle simmer. Be careful not to overcook, or your eggs will be tough. Usually, one or two eggs serves one person. Toast and bacon are excellent additions to breakfast eggs.

Boiled Eggs:

Make a tiny hole in one end of each raw egg with a straight pin. Gently place the eggs in a pan of either boiling or cold water, with a spoon, so the eggs are covered with water. If the water is cold bring it to boiling point, then continue simmering as follows.

	<u>Starting with Boiling Water</u>	<u>with Cold Water</u>
Soft-Cooked	3-5 min.	0-2 min.
Medium-Cooked	5-10 min.	3-5 min.
Hard-Cooked	15-20 min.	12-15 min.

Rinse hard cooked eggs in cold water. To peel eggs, tap shell gently with a spoon and remove shell. Soft-cooked eggs are fun to eat in an egg cup. Peeled, hard-cooked eggs can be sliced in an egg slicer.

Scrambled Eggs:

Crack eggs in a bowl. Add about 1 tablespoon of milk for each egg, and a dash of salt and pepper. Beat lightly with a fork or gourmet whip. Grease a frying pan well with butter or margarine, and as it begins to bubble add the egg mixture. Cook 1 min. over medium heat and begin to beat lightly with your fork or gourmet whip. Continue scrambling until done, usually 1 or 2 minutes. Serve immediately.

Fried Eggs:

Grease a frying pan well with butter or margarine, otherwise, eggs will stick.

Crack eggs gently in a bowl to prevent yolk from breaking. When butter begins to bubble add eggs and a little salt and pepper.

Sunnyside Up: Turn flame down to medium heat. Cook 1 minute. Cover with a small pot cover and turn heat down low for 1 ½ - 2 minutes. For a runny center, remove from heat immediately with spatula.

Over Easy: Cook 1 minute on medium heat and carefully turn over with a spatula. Cook for another 1-2 minutes and remove from heat and serve.

CHEESE OMELET:

In a bowl beat 2 eggs with a fork. Add a dash of salt and pepper and 2 tbsp. milk. Stir well with fork.

Pour eggs into frying pan with sizzling butter. Tilt pan so the egg is spread all over it. Sprinkle egg liberally with grated cheese. As egg begins to bubble, fold sides towards the middle. Cook about 1 minute folded or until desired browning.
Serve hot! One serving.

CHEESE OMELET SUPREME:

In a bowl beat 2 eggs with a fork.

(Note in this recipe 1 oz. of chopped vegetables is the same as 2 tablespoons.)

Separately chop: 2 oz. onion, 1 oz. bell or frying peppers, 1 oz. mushrooms. Fry vegetables lightly in oil until onions are lightly browned. Remove vegetables from the pan and add to the egg bowl.

Chop 1 slice of ham and add it to the egg mixture.

Chop 2 or 3 slices of cheese. Add about 1/3rd of it to the egg mixture and beat the mixture well. Pour the egg mixture into a well buttered frying pan. Sprinkle egg with the rest of the chopped cheese. As egg begins to bubble, fold sides towards the middle. Cook about 1 minute folded or until desired browning.
Serve hot! One serving.

Fruits

Citrus fruits such as oranges or grapefruits are good.

Cantaloupe and other melons are good.

Fresh berries for cereal or on the side are good.

Juices

Orange, grapefruit, and tomato juice are breakfast favorites, but nectar juices, apple juice, pineapple juice and cranberry juice are also refreshing.

FRENCH TOAST

In a bowl beat 2 eggs with a fork.

Add: 2 tbsp. milk.

2 tbsp. butter cut into very small pieces. (or 2 tbsp. Wesson Buttery Flavor Oil or other oil).

1 tsp. white or brown sugar.

3 pinches of cinnamon or 1/8 tsp, grated lemon rind.

Beat all this together with fork.

Dip bread slices in egg and fry in bubbling butter about 2 minutes on a side, or until nicely browned. This mixture be enough for about 4-6 slices of white bread.

Serve hot with powdered sugar, lemon, and butter, or with maple syrup.

Bacon and/or sausage go well with this delight!

Serves 2.

Mimi's Cafe Pain Perdu

8 Servings

Balboa Mix Ingredients:

12 oz. Cream Cheese

1/2 cup Orange Marmalade

Preparation:

Cut cream cheese into smaller pieces and place in mixer. Add marmalade and mix approximately 10 minutes on medium speed, scraping the sides frequently.

Perdu Ingredient:

16 pieces egg-white bread

Preparation

Trim crusts off egg-white bread; add scoop of balboa mix to center of a slice of bread. Do not press down. Top with another slice of bread to form a “sandwich.”

French Toast Batter

3 eggs, whisked

1/2 cup Half and Half

1 1/2 tablespoon Sugar

1/4 teaspoon Salt

1/4 teaspoon Vanilla

1/4 teaspoon Cinnamon

1/4 teaspoon Nutmeg

Zest of 1/4 Orange

Preparation: Add eggs, Half and Half, sugar and spices together and mix; add orange zest.

Grilling: Dip Pain Perdu “sandwich” in French toast batter. Cook French toast on flat griddle to a golden posted at meemos kitchen brown on both sides. Slice diagonally. Add strawberries, blueberries and raspberry puree across entire center. Dust with powdered sugar.

Pancakes and Waffles:

The best pancakes and waffles are made from prepared mixes. You may have to sift the packaged flour, but add your own eggs, milk and butter.

Excellent Pancakes:

Use Aunt Jemima mix. Add eggs, milk, sour cream instead of butter. Add a little lemon rind and about 1 tsp powdered sugar for about 2 cups of batter. Prepare as usual. You may top this with fresh fruit and or syrup. Yum!

French Pancakes or Crepes

This easy recipe came from the Fannie Farmer Cookbook.

Use 1 cup of milk, 1 cup of flour, two eggs. Beat well in a blender until smooth. Cover and let sit for 1/2 hour. The batter will be very thin.

Cover a pan with oil. Let it get hot. Pour the batter on the pan, tilting it until you have a very thin pancake. Let cook on one side about a minute or until almost done. Flip it over and finish cooking it. You have to cook these thin pancakes one at a time, but try to keep them warm, covered in the oven while the others cook.

You can fill a pancake with yogurt cheese or other things while it is still on the pan. Fold the pancake over, and let the filling warm up. Serve with fruit toppings and maple syrup, or other combinations.

You can cover these warm pancakes with butter and cinnamon sugar and roll up. Or you can serve with fresh lemon, powdered sugar and maple syrup.

Cereals:

There are many cereals available in grocery stores today and most are fortified with vitamins and minerals. For children who do not eat vegetables, today's cereals will furnish many of the required nutriment.

Cereal and milk is a healthy breakfast food. Many cereals can be used in dessert recipes for added nutrition and flavor instead of flour. Wheat germ and rolled oats are exceptionally good additions to cookies and pies.

Sausage and Bacon

Breakfast sausage may come in links or patties. Cook in a covered pan with a little water until browned all around and thoroughly cooked, about 10-20 min. If it is pre-cooked, it can be successfully broiled for about 5 minutes.

Bacon

Regular bacon comes in strips and can be fried or broiled. Make sure it is thoroughly cooked and be careful to pour off the excess fat to avoid fires. It takes about 5-10 minutes. You can also microwave bacon if you use a bacon tray to collect fat. Cover bacon strips with paper towels and drain off excess fat as needed. You can cook 6-9 pieces in 5-10 minutes in a microwave.

Canadian Bacon

This bacon has much less fat than regular bacon. Fry it or broil it and it will be delicious. Be careful not to overcook, but make sure it has been cooked well throughout, about 5 minutes.

Breakfast Ham

Pre-cooked, smoked ham can be cooked just like Canadian Bacon and is very good with breakfast.

Cakes and other Desserts

Apple Cinnamon Raisin Cake Recipe from Dr. Linda Falconio

2 cups sugar
1 cup vegetable oil
2 eggs
1 tsp cinnamon
1 tsp baking soda
1 tsp salt
1 tsp vanilla
3 cups diced raw apples
(Golden delicious work well)
1 cup dates (raisins, currants or combo of 2 or all)
2 cups flour
1 cup nuts (walnuts)
Cream sugar and oil
Add in eggs, salt, baking soda and vanilla.

Combine well.

Add remaining ingredients-apples, dates, flour, nuts
and blend well with spoon.

Pour batter into greased & floured 9 x 13 cake pan.
Bake at 350 degrees approx. 1 hour (check at 50 to 55 minutes.)
Insert a clean, dry knife in the center of the cake.
It should come out clean.

Can sprinkle with powdered sugar after it is cool.

Enjoy!

Apple Pie

Make good pie crust.

Grease a pie pan and put in the bottom layer of the pie crust.

Peel 6 or 7 apples. Use 2 – 3 different varieties and a little lemon juice if they are very sweet. Remove the core and cut the apples into slices. (Note: apple seeds are said to have arsenic in them and can be toxic. Make sure there are no apple seeds in your pie.)

I recommend using McIntosh Apples, Delicious Apples and Granny Smith Apples together.

Put the cut apple slices in a large bowl. Toss with 1/2 cup – 3/4 cup sugar and 1/4 teaspoon to 1 teaspoon of cinnamon (optional). Add 1 to one and a half tablespoons of cornstarch or flour as a thickener. You can also add 1/4 cup of raisins (optional) just for fun.

Put the fruit and sugar mixture into the pie pan and flatten it a little.

Make the top pie crust. Roll it thin if possible. Cover the apples and crimp the sides of the pie to keep the juices in.

Make a few slits in the top to let the steam escape. If you want a shiny top, brush the top crust with beaten egg white or dab it with milk.

Sprinkle the top with sugar (optional).

Bake at 400 degrees for 10 minutes, then turn the oven down to 350 degrees and bake another 50 minutes until the top crust is a dark golden color.

You may want to put a drip pan on the shelf below your baking pie to catch any overflow sugar. If bubbling sugar spills over the pie and lands in your oven it will burn and smell awful. It's best to try to catch the drips before they hit the oven floor.

Enjoy!

Babka

In a large bowl mix:

3/4 cup flour

1/4 cup sugar

1 package yeast

Heat:

1/2 cup milk

1/4 cup butter until butter melts.

Add to flour and beat for 3 or 4 minutes by hand.

Add 3 eggs and 1/2 cup flour and beat a lot.

Add about 2 more cups of flour until a soft dough is formed.

Knead for 5 minutes until bubbles begin to form under the surface.

Let rise in a greased bowl covered for 1 1/2 hours. Punch down and let rise again 1 hour.

Prepare chocolate filling:

Melt one 6 ounce package of semi sweet chocolate chips.

Remove from heat and add 2 tablespoons honey and 1 teaspoon cinnamon

Divide the dough in half. Roll out into a square and spread with chocolate.

Roll like a jelly roll.

Place in two greased loaf pans. Let rise for an hour.

Bake at 350 degrees 25 – 30 minutes until there's a hollow sound when tapped. Let cool 15 minutes. Remove from pans and let cool.

Prepare glaze:

1 cup confectioners sugar with 4 teaspoons water. Whisk together. Spread on top and let dribble down the sides.

Alternate fillings:

You can use raisins, cinnamon, nuts, brown sugar, other fruit fillings, as alternatives, and you can make filled rolled pastries, instead of a loaf, in a round cake pan. Top with glaze and serve.

Brandied Peaches

If you have too many fresh peaches and you are afraid some may go bad, or if they have begun to, never fear – they make a perfect dessert of Brandied Peaches!

Take your rotten (not too rotten) or fresh peaches and put them in boiling water for a few seconds. Remove and peel. Discard any bruised parts. Divide each peach into 2 halves and save a few pits.

You'll have to mix water and sugar and boil it, but just how much depends on how many peaches you have. For 3 pounds of peaches boil 1 1/2 cups of water and 1 cup of sugar for 10 minutes. Add a few peach pits and remove them when the syrup turns nicely pink. Add 2 whole cloves or a pinch of ground cloves for flavor. If using whole cloves, remove them after a little while.

Add the prepared peach halves a few at a time to the sugar syrup and cook until tender, about 5 minutes. Remove each cooked peach half from the syrup, when done and put them in a clean jar. After all peaches are cooked, stop cooking the sugar syrup and add 2 tablespoons of your favorite brandy, rum, vermouth, or whatever good brandy you have handy to the sugar syrup. Pour the brandied syrup over the peaches in the jar.

Chill and serve later.

Magnifique!

Brownies

Preheat Oven to 350 degrees.

Melt at low heat or over double boiler (or in microwave):

1/2 cup butter (1 stick)

2 one oz. squares of unsweetened chocolate

Remove from heat.

Add:

1 cup sugar

Blend in 2 eggs, one at a time

Add 1 tsp. vanilla

Stir in 3/4 cup sifted flour

Add 1/2 cup chopped nuts

Mix it all well.

Spread in 8x8x2 inch pan, well greased.

Bake at 350 degrees for 30 minutes, just until the top starts to get cracks in it. Be careful not to overbake.

Cool and sprinkle with powdered sugar.

Peppermint Brownies

Preheat Oven to 350 degrees.

Melt at low heat or over double boiler (or in microwave):

1/2 cup butter (1 stick)

2 one oz. squares of unsweetened chocolate

Remove from heat.

Add:

1 cup sugar

Blend in 2 eggs, one at a time

Add 1 tsp. vanilla

Stir in 3/4 cup sifted flour

Add 1 large Candy Cane broken into pieces

Mix it all well.

Spread in 8x8x2 inch pan, very well greased.

Bake at 350 degrees for 30 minutes, just until the top starts to get cracks in it. Be careful not to overbake.

Cool and sprinkle with powdered sugar.

Great for the Holidays!

Buttermilk Glaze for Carrot Cake

In a saucepan combine: 2/3 cup confectioners sugar, 1/4 teaspoon baking soda, 1/3 cup buttermilk or sour milk. 1/3 cup butter, 2 tablespoons light corn syrup.

Bring to a boil and stir over medium heat. Boil gently for 5 minutes. Remove from heat and stir in 1/2 teaspoon vanilla.

Banana Nut Bread

Turn on oven and heat to 350 degrees while you are preparing the ingredients.

Combine:

2 eggs, well beaten

2 tsp. baking powder

1/2 tsp. vanilla and to make it better add 1 tsp. Amaretto liquor

a pinch of cardamom (a baking spice very nice for pastry-like items)

1/2 tsp. salt (optional)

2/3 cup sugar

1/4 cups Wesson oil or any soybean oil (Vegetable Oil is often Soybean oil – check the label).

(I use Soybean oil in baking because it has no flavor, so it doesn't interfere with what you are making, and it is pretty digestible.)

Beat this all together with a whisk

Add

1 cup mashed bananas and mix well.

Add

1 and 3/4 cups sifted flour

1/4 cup milk

Stir together and mix well. (Batter will not be smooth)

Stir in:

1/2 cup chopped filberts (hazel nuts) or pecan meal or chopped walnuts

Pour into 9x5x3 inch greased loaf pan, sprayed with PAM.

Drizzle the top with honey and slice through it with a knife, swirling it into the bread.

Bake at 350 degrees for one hour or until done.

Chocolate Nut Bread: Substitute 1 cup Hershey's chocolate syrup for bananas. Leave out Amaretto and honey.

This makes one large loaf.

If you use 1 1/2 times this recipe you can make two smaller loaves.

Cake for Topping

Heat oven to 400 degrees.

Whisk together:

1 well-beaten egg

1/2 cup vegetable oil (Soybean oil is very good)

1/2 cup sugar

1/2 teaspoon almond extract

1/2 teaspoon vanilla

2 teaspoons baking powder

Add:

1 1/2 cups flour

1/2 cup milk

Mix well.

Bake in 8x8 inch pan at 400 degrees for 20-15 minutes until toothpick comes out clean.

Or if you want it to look like a pretty dessert, bake it in a glass pie dish.

Top with anything delicious like cherry pie filling, frozen strawberries with juice thickened, maybe some whipped cream. Mmmm...

Or you can dust it with powdered sugar and add ice cream.

Quick Chocolate Cake

Melt 2 squares of unsweetened chocolate and combine with 1/2 cup Wesson oil or any Soybean Oil.

Add:

1 cup sugar

1/2 cup milk

2 eggs

1 tsp. vanilla

3/4 cup sifted flour

2 tsp. baking powder

Beat hard for several minutes.

Bake in 2 floured pans 15-20 minutes at 375 degrees.

Fill and frost with chocolate frosting. Just like Sara Lee!

Ruby's Mistake Proof Chocolate Cake

Preheat oven to 350 degrees.

Mix:

- 1 and 1/2 cups flour.
- 1 cup sugar.
- 1 tsp. baking powder.
- 1 tsp. baking soda.
- 1/2 tsp. salt.
- 3 tbs. cocoa.

In a large bowl, make a dam of the flour mixture.

On the left side, add:

- 1 tsp. vanilla
- 5 tablespoons Wesson oil or any Soybean Oil

On the right side, add:

- 1 tablespoon vinegar
- 1 cup water

Mix it all together.

Pour into greased 8 X 8 X 2 inch pan and bake at 350 degrees for 30 minutes or until cake bounces when pressed in center.

Light Christmas Cake

Using an electric mixer at high speed beat for 1 1/2 minutes:

1/2 cup vegetable oil, 1 cup sugar, 2 eggs, 3/4 teaspoon cinnamon, 1/2 teaspoon ground cloves, 1/2 teaspoon ground nutmeg, 1 teaspoon baking soda, 1/2 teaspoon salt (optional).

Add 2 cups of flour and 1 cup of applesauce. Mix well.

Add: 3/4 cups raisins, 1/2 cup chopped walnuts.

Blend using an electric mixer at speed #3 for 1 1/2 minutes.

Bake at 350 degrees for 1 – 1/4 hours in a round pan with very high sides, or you may use a greased and floured bundt pan. A toothpick should come out clean when you prick the cake.

Sprinkle with powdered sugar or you may pour a sugar glaze over it.

Sugar Glaze for Cakes and Cookies

Mix 1 cup of Confectioner Sugar or Powdered Sugar with a little boiled water, maybe up to 1/4 cup of boiled water. The water can be warm or cooled. I often use water left over water from the tea kettle, as it is already sterile and usually not hot.

Whisk the sugar and water together until you get the thickness you desire. The more water you add, the thinner the glaze will be. If it becomes too thin, add more confectioner sugar.

This glaze should look white. If it looks clear it may not dry on your cake or cookies, and might remain sticky. That is not the best, but for cakes, you can always sprinkle powdered sugar on top for a nice effect.

Use this for a pastry glaze, on bundt cakes, or on cookies, where you may brush it on and add sprinkles or other decorations.

You may also add about 1/4 teaspoon of vanilla or other flavor. Too much extract will be overpowering and not good.

You might also try 1/4 teaspoon of flavored brandy, Kahlua for coffee, Amaretto for almond, Frangelica for hazelnut or others.

Instead of water, you could also use orange juice for an orange glaze. This is excellent and very tasty if you want to add a nice orange touch to a pastry. You could also add 1 tablespoon or less of grated orange rind to this glaze for a nice effect and flavor contrast.

Enjoy!

Chocolate Cherry Cake

Preheat oven to 350 degrees.

Mix:

- 1 and 1/2 cups flour.
- 2/3 cup sugar.
- 1 tsp. baking powder.
- 1 tsp. baking soda.
- 1/2 tsp. salt.
- 3 tbs. cocoa.

In a large bowl, make a dam of the flour mixture.

On the left side, add:

- 1 tsp. vanilla
- 1 teaspoon cherry brandy
- 5 tablespoons Wesson oil or any Soybean Oil

On the right side, add:

- 1 tablespoon vinegar
- 1 cup Trader Joe's Cherry Cider

Mix it all together.

Pour into greased 8 X 8 X 2 inch pan and bake at 350 degrees for 30 minutes or until cake bounces when pressed in center.

Add Black Cherry Glazed Topping and Whipped Cream

Black Cherry Glazed Topping

Get a can of Black Cherries. Put it into a glass microwaveable pitcher. Cover the cherries with enough syrup or water to make 2 cups.

Add 2 tablespoons corn starch. Add sugar to taste and 1 teaspoon cherry brandy. Mix well and dissolve the corn starch. Cook in the microwave 5 – 10 minutes until the mixture boils and becomes thick. Let cool and add it to the top of the cake.

Top with sweetened whip cream.

Delicious!

French Chocolate Mousse

taken from the Fannie Farmer Cookbook

Melt over hot water in a pan: One 6 ounce package of semi-sweet chocolate and two tablespoons water.

Cool slightly.

Separate four eggs:

Beat whites until stiff and set aside.

Beat yolks until thick and lemon colored.

Add to egg yolks:

chocolate

one tsp. vanilla, rum, or brandy.

Beat it all up.

Fold in egg whites.

Spoon into cups, chill 12 hours or more.

Super Rich:

Add 1/4 cup fine sugar (confectioner's) to melted chocolate, then 1/4 pound sweet butter, bit by bit. Use six eggs.

Note: Tastes best after two days in refrigerator.

This recipe came from the Fanny Farmer cookbook and is delicious, but because it has raw eggs, I do not make it anymore.

Chocolate Pudding

Hardly worth making these days because you can buy pre-made pudding anywhere, but in case you'd like to make some yourself, here is the recipe.

You can make this in a double boiler, or in a microwaveable glass pitcher or bowl.

Melt 1/2 - 1 square of chocolate. Gradually add 1/3rd cup sugar and 1/8th teaspoon of salt. Add 1 1/2 cups of milk and heat thoroughly. Add 1/2 teaspoon vanilla.

Mix 1/2 cup cold milk with 3 tablespoons of cornstarch, until cornstarch is pretty much dissolved.

Whisk this mixture with the other ingredients. Cook for 10 minutes stirring very often. If using a double boiler, you should cover it after 10 minutes and cook another 10-12 minutes until you can no longer taste the cornstarch. In the microwave, total time will likely be about 5 - 10 minutes, but remember to stir often until it's thick and bubbly and pretty smooth.

Let cool and serve, or refrigerate for later.

Chocolate Whipped Cream Cake

Get two half pints or one pint of heavy cream. It usually comes ultra pasteurized, but that is ok.

Chill the heavy cream and also chill the bowl you will use. Make sure it is a large bowl.

Put the cream in the bowl and beat it, preferably with an electric mixer. Set it at Whip Cream, and beat until you have peaks forming gently. Then beat it slowly a little more.

If you over-beat this, it will turn into butter - not what you want.

When the peaks form pretty sturdily add Hershey's chocolate syrup to taste, probably about 1/4 cup to 1/2 cup. Just squirt a bunch or pour a bunch into the cream and stir gently with a spatula. It should be light chocolate color when you are done. Taste a little and when you like it, there's enough syrup in it.

Then if necessary, beat gently again so the peaks still form.

You can use this to fill or ice almost any dry cake and it will be wonderful.

You can make a two layer cake of any kind, or buy a sponge cake, angel food, or any other cake. If it is a bundt cake, or one layer, you can slice it in half, so you will be able to add the whipped cream as filling and icing.

And for an exquisite cake, before you fill it with chocolate whip cream, pour a little rum or brandy on the inside layer of a layer cake.

Exquisite New York Cheesecake (one large cake or two small ones)

Crust:

Line a 9 inch spring form pan and with aluminum foil (to prevent leaks, and to help for easy removal of cake). Grease the aluminum foil using 2 tablespoons of grease.

Smash gram crackers until you have 1/2 cup crumbs. Sprinkle them in pan so that they stick to the bottom and sides. Or use 2 disposable aluminum pans, grease that, and then sprinkle with crumbs for crust (see below).

Filling:

Beat until soft four 8 oz. packages of cream cheese.

Add, one at a time, 6 eggs, beating well after each.

Add:

1 cup sugar

1/4 tsp. salt

1/2 tsp. lemon rind

1 and 1/2 tsp. vanilla

Mix well and pour into pan.

Important!

Set pan in a larger pan that has a cloth on the bottom and is filled with 1/2 inch hot water. (This helps keep the cheesecake moist, and is the secret that makes Robin's cheesecakes better than everyone else's.) Bake at 325 degrees for 1 hour. Cool away from draft. Top with cherry pie filling, pineapple, or serve plain with coffee.

Pineapple topping:

Get a can of pineapple chunks in juice. Chop it a bit in a blender or buy the kind with small chunks. Mix 1/4 cup cold water with 2 tablespoons corn starch.

In a microwaveable container add the pineapple, juice, and cornstarch mixture. Add sugar if necessary to make it sweet. You may need 1/3 cup – 2/3 cup sugar.

Stir the juice, cornstarch mixture, and sugar if you use it.

Microwave until the mixture gets bubbly and the liquid looks clear, rather than cloudy.

This should take 5 – 10 minutes on high. Stop it and stir occasionally so it cooks evenly.

Be careful not to get burned! This is very hot and splattery!

Cool the topping and add to the cheese cake. It will set up a little like pudding when chilled. If it's too cold before you get it on the cake, just stir it up. You can use a toothpick and poke a few holes in the cake and then add the pineapple mixture. It's best to add the topping when it is lukewarm, so it drips inside the cheesecake. This is really excellent and my favorite!

You can easily make any fruit topping with about 1 cup of fresh fruit pieces, the cornstarch/water mixture, and add about a cup of water or fruit juice and enough sugar to make it taste good. Cook as for pineapple topping.

Dessert - Two Small cakes

Ingredients:

- 2 disposable aluminum cake pans, either round or square.
- 4 8 oz. packages of cream cheese
- 6 large eggs
- 1/4 tsp salt
- 1/2 tsp. lemon rind
- 1 1/2 tsp vanilla
- Approximately 2 tablespoons of Crisco
- Approximately 1/4 cup graham cracker crumbs

Heat the oven to 325 degrees.

Rub Crisco on the inside of the pans and sprinkle them with crumbs, shaking off the excess. The crumbs should stick to the bottom and sides nicely. Bake them in the oven for 3 - 5 minutes until baked on the side. Don't let it Burn!

Put the cream cheese in a large bowl and microwave it until it is soft enough to whip, about 2 - 4 minutes. Whip it with a heavy duty electric beater, beat until fluffy. Add eggs one at a time, beating well after each. Add sugar, lemon rind, salt, and vanilla and mix well. Pour half the batter in each pan.

Get a pan large enough to hold both baking dishes, or one for each. Set a clean dish rag in the large pan and set the batter pans on the dish rag. Before you close the oven door, add very hot water from the kitchen sink or tea kettle, so that the batter pans are sitting in about 1/2 inch of hot water.

Bake it for one hour and let cool away from drafts.

These cakes freeze wonderfully well just plain. If you wish to add fruit toppings, do so after you've removed them from the freezer. Fruit toppings do not freeze well at all. You may serve these from the pans.

Chill for up to 3 days. Add cherry, pineapple, or blueberry topping, or serve plain. This cake tastes best on the 3rd day. Make sure you cover it with plastic wrap in the refrigerator once it has cooled.

The hot water baking bath will ensure that the texture is creamy as a smooth custard. The filling for this recipe is the award winning New York Cheesecake, and this recipe was taken from the New York Times.

Italian Cheesecake, also called Italian Cheese Pie

This makes a very large cake that is extremely filling. And it may leak, so make sure to put the cake on a larger plate to catch any dripping liquid.

Make a pie crust from scratch or a box, and make enough for a top and bottom of a 9 inch pie.

Flako Pie crust mix is fine.

Grease a large baking pan with removable sides. Line it with the pie crust.

Drain 3 pounds of Ricotta Cheese.

In a very large bowl beat 6 eggs. Add 2 cups of sugar, grated rind of 2 lemons and 2 oranges, 1 teaspoon vanilla, and a pinch of cinnamon. Mix well.

Add drained Ricotta Cheese and blend it all together until smooth.

Add the cheese mixture to the pie crust lined pan.

Bake at 350 degrees for one hour or until golden brown on top.

Let cool. Then remove the sides of the pan. Place cake on a large plate because it is likely to leak once it is cut.

This cake is delicious and an Italian specialty cake. Enjoy!

Yogurt Cheese Cheesecake

(This is a variation of New York Cheesecake, made with non-fat yogurt)

Crust:

Line a 9 inch spring form pan and with aluminum foil (to prevent leaks, and to help for easy removal of cake). Grease the aluminum foil using 2 tablespoons of grease.

Smash gram crackers until you have 1/2 cup crumbs. Sprinkle them in pan so that they stick to the bottom and sides. Or use 2 disposable aluminum pans, grease that, and then sprinkle with crumbs for crust (see below).

Filling:

Start with 32 ounces of Dannon Non-Fat Yogurt.

Drain this through a cheap coffee filter in the refrigerator for at least 6 hours or overnight. This will reduce to half the amount. Discard the liquid and save the “yogurt cheese.”

Beat the cheese in a large bowl until light and fluffy. Add 4 large eggs, one at a time, beating well after each addition. Add 2/3 cup of sugar, 1/2 teaspoon grated lemon rind, 1 tablespoons fresh squeezed lemon, 1 teaspoon vanilla, and 1/2 teaspoon Amaretto or Frangelica.

Mix well and pour into pan.

Important!

Set pan in a larger pan that has a cloth on the bottom and is filled with 1/2 inch hot water. (This helps keep the cheesecake moist, and is the secret that makes Robin's cheesecakes better than everyone else's.) Bake at 325 degrees for 1 hour. Cool away from draft. Top with cherry pie filling, pineapple, or serve plain with coffee.

Pineapple topping:

Get a can of pineapple chunks in juice. Chop it a bit in a blender or buy the kind with small chunks. Mix 1/4 cup cold water with 2 tablespoons corn starch.

In a microwaveable container add the pineapple, juice, and cornstarch mixture. Add sugar if necessary to make it sweet. You may need 1/3 cup – 2/3 cup sugar.

Stir the juice, cornstarch mixture, and sugar if you use it.

Microwave until the mixture gets bubbly and the liquid looks clear, rather than cloudy. This should take 5 – 10 minutes on high. Stop it and stir occasionally so it cooks evenly. Be careful not to get burned! This is very hot and splattery!

Cool the topping and add to the cheese cake. It will set up a little like pudding when chilled. If it's too cold before you get it on the cake, just stir it up. You can use a toothpick and poke a few holes in the cake and then add the pineapple mixture. It's best to add the topping when it is lukewarm, so it drips inside the cheesecake. This is really quite good, even on yogurt cheesecake.

You can easily make any fruit topping with about 1 cup of fresh fruit pieces, the cornstarch/water mixture, and add about a cup of water or fruit juice and enough sugar to make it taste good. Cook as for pineapple topping.

Key Lime Yogurt Cheesecake

(This is a variation of New York Cheesecake, made with non-fat yogurt)

Crust:

Line a 9 inch spring form pan and with aluminum foil (to prevent leaks, and to help for easy removal of cake). Grease the aluminum foil using 2 tablespoons of grease.

Smash gram crackers until you have 1/2 cup crumbs. Sprinkle them in pan so that they stick to the bottom and sides. Or use 2 disposable aluminum pans, grease that, and then sprinkle with crumbs for crust (see below).

Filling:

Start with 32 ounces of Dannon Non-Fat Yogurt.

Drain this through a cheap coffee filter in the refrigerator for at least 6 hours or overnight. This will reduce to half the amount. Discard the liquid and save the “yogurt cheese.”

In a large bowl combine 4 large whisked eggs, 2/3 cup of sugar, 1/2 teaspoon grated lemon rind, 3 - 4 tablespoons fresh squeezed key lime juice and Meyer lemon juice, 1/4 teaspoon vanilla, and 1 teaspoon Bacardi light rum, 1 tablespoon lemon or lime flavored olive oil, if you have it. Add the cheese. Beat, whisk, or mix well with a spoon until light and creamy.

Mix well and pour into pan.

Important!

Set pan in a larger pan that has a cloth on the bottom and is filled with 1/2 inch hot water. (This helps keep the cheesecake moist, and is the secret that makes Robin's cheesecakes better than everyone else's.) Bake at 325 degrees for 1 – 1 1/4 hours, until the filling is well set. Cool away from draft. Top with raspberry sauce and key lime slices if you have them, or serve plain with coffee.

Raspberry Sauce:

Get fresh raspberries. Rinse well. Put in a deep bowl. Add sugar to taste. Cover with a paper towel and microwave on high until it gets syrupy. Spoon onto cheese cake just before serving or save for pancake topping.

Good Coffee Cake

Beat together:

- 1/2 cup sugar
- 1/2 cup softened butter
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt (optional)
- 1 teaspoon vanilla

Add:

- 1 cup sour cream
- 2 cups flour

Mix well.

Topping:

- Combine 1/2 cup chopped nuts, 1 teaspoon cinnamon, 1/2 cup brown sugar
- 1/2 cup raisins (optional)

Put half the batter in a greased tube pan and add half the topping. You may sprinkle with raisins (optional).

Cover the topping with another layer of batter. Add the rest of the topping and press lightly into the batter.

Bake at 350 degrees for 45 minutes or until a toothpick comes out clean.

Coffee Cake (hint of lemon)

Cake Batter:

Beat together

- 1 2/3 cups sugar
- 1 cup soybean oil
- 3 large eggs
- 1 tablespoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon grated lemon rind

Add:

- 1 cup plain nonfat yogurt
- 3 cups flour

Mix well.

Coffee Cake Filling:

Combine 1/2 cup brown sugar, 1/2 cup chopped nuts, 1/2 cup raisins (soaked in boiling water, then drained), 1 teaspoon cinnamon.

Add half the cake batter to a pan or use two loaf pans. Add the filling. Top with the other half of the batter. Swirl a knife gently through the batter and filling.

Bake at 350 degrees until done, when a toothpick comes out clean, about an hour.

Quick Coffee Cake

Make: **Cake for Topping** (below).

Add coffee cake topping from **Cynthia's Crumb Cake**

This recipe is for a smaller dessert can be made in an 8x8 inch brownie pan, or a large glass pie dish.

Heat oven to 400 degrees.

Whisk together:

1 well-beaten egg
1/2 cup vegetable oil (Soybean oil is very good)
1/2 cup sugar
1/2 teaspoon almond extract
1/2 teaspoon vanilla
2 teaspoons baking powder

Add:

1 1/2 cups flour
1/2 cup milk

Mix well. Pour the batter into a baking pan.

Turn oven down to 350 degrees and bake for 20 minutes.

Meanwhile make Cynthia's Crumb cake topping:

Ingredients: 1 cups flour
1/3 cup sugar
1 tsp. cinnamon
1 sticks of butter
1/2 tsp. vanilla

Melt the butter. Add vanilla. Pour this over the dry mixture. Mix it with a fork to spread evenly over the cake. If you have a pastry fork, use it. It makes excellent quality crumbs.

Remove cake from the oven after 20 minutes. Add the crumb cake topping, sprinkling it on evenly.

Return the cake to the oven for about 10 more minutes. A toothpick should come out clean when the cake is done.

When cool, remove the cake from the pan, or sprinkle it with powdered sugar and serve it from the pan.

Cynthia's Crumb Cake

Follow the directions on a package of yellow cake mix. Put the batter in a large pan for a large one layer cake. Bake at 350 degrees 20-25 minutes until done. Remove the cake from the oven and add crumb topping. Return the cake to the oven for about 10 more minutes. When cool, remove the cake from the pan and sprinkle it with powdered sugar.

Crumb topping:

Ingredients: 2 cups flour
2/3 cup sugar
2 tsp. cinnamon
pinch of salt
2 sticks of butter
1 tsp. vanilla

Melt the butter. Add vanilla. Pour this over the dry mixture. Mix it with a fork and spread evenly over the cake.

If you have a pastry fork, use it. It makes excellent quality crumbs.

As a healthier topping, you may use soy bean oil (vegetable oil) instead of butter. 2 sticks of butter is equal to 1 cup. I have used 3/4 cups oil and 1/4 cup Bailey's Irish Cream, instead of butter. Instead of 2 cups of flour, I used half flour and half Kretschmer's honey crunch wheat germ. This topping is excellent on top of sliced apples with a little sugar. It makes a great cobbler!

Crumb Topping for Coffee Cakes

Enough for one large cake

Ingredients:

2 cups flour
2/3rds cup sugar
2 tsp. cinnamon
pinch salt
2 sticks butter
1 tsp. vanilla

Melt butter.

Add vanilla.

Pour over dry mixture and mix with a fork.

Sprinkle evenly over cake batter and bake until done.

Doughnuts, baked, not fried

from King Arthur Flour, Baker's Catalogue, P.O. Box 876, Norwich, Vt 05055
1-800-827-6836

Ingredients:

Use 1 cup pastry flour for a more tender donut, or 7/8 cup all-purpose flour.

1/2 cup sugar

1 tsp. baking powder

1/8 tsp cake and donut flavor (cardamom or nutmeg may also be used)

1/4 tsp. salt

1 tsp. cinnamon

3 tablespoons of dried buttermilk powder and 2 tablespoons of water
or tablespoons of buttermilk, yogurt.

3 tablespoons oil

2 eggs

****Beat the eggs, oil, and buttermilk mixture until foamy. Whisk together all the dry ingredients.**

Add the liquid to the dry ingredients and mix until just combined.

Grease the donut pan with spray and fill each donut section half full.

Bake the donuts at 375 degrees for 10 to 12 minutes, or 8 to 10 minutes for mini-donuts.

They will spring back lightly when touched and be quite brown on top. Cool on a wire rack. Glaze with icing, or coat with cinnamon sugar.

Yield 6 standard donuts or 24 min-donuts.

**** I recommend beating the eggs, and adding the buttermilk mixture, oil, sugar, salt (optional), spices, and baking powder. Whisk this until it is nice and frothy. Then add the flour and mix until just moistened. When the donuts are done sprinkle with powdered sugar.**

You may also omit cinnamon and use blueberries for blueberry donuts, or try other variations for other flavors.

French Chocolate Mousse
taken from the Fannie Farmer Cookbook

Melt over hot water in a pan: One 6 ounce package of semi-sweet chocolate and two tablespoons water.

Cool slightly.

Separate four eggs:

Beat whites until stiff and set aside.

Beat yolks until thick and lemon colored.

Add to egg yolks:

chocolate

one tsp. vanilla, rum, or brandy.

Beat it all up.

Fold in egg whites.

Spoon into cups, chill 12 hours or more.

Super Rich:

Add 1/4 cup fine sugar (confectioner's) to melted chocolate, then 1/4 pound sweet butter, bit by bit. Use six eggs.

Note: Tastes best after two days in refrigerator.

This recipe came from the Fanny Farmer cookbook and is delicious, but because it has raw eggs, I do not make it anymore.

Fruit Cobbler

You can use any kind of fruit you like. Make a fruit and sugar mixture and put it in a greased baking pan, and cover it with a topping and bake at 350 degrees for 40 minutes until done.

Fruit Mixture:

Mix 2 tablespoons corn starch with 1/4 cup sugar, 1/4 cup honey, 1/2 teaspoon cinnamon, 5 cups of sliced peaches or cleaned apple slices. Remove all seeds. If you slice the fruit very thin, you may leave the skin on.

Butter an 8 inch square baking dish. Add the fruit mixture. Sprinkle 1/4 cup sugar on it.

Add one of the following toppings.

Lattice Pie Crust:

Make a crust with 1 cup flour, 2 teaspoons baking powder, 3-4 tablespoons of milk, a little oil, shortening, or butter.

Crumb topping:

Mix 3/4 cup flour, 2 teaspoons baking powder, 1/4 cup finely ground almonds, 1/4 cup sugar, 4 tablespoons butter, 1 egg, 1/2 cup milk. Crumble up the mixture and drop it on top of the fruit.

Cinnamon nut topping:

Mix 1/2 cup chopped nuts, 1/2 cup white or dark brown sugar, 1 teaspoon cinnamon. Sprinkle on top of the fruit and bake.

I have tried using oatmeal for this topping and it never comes out good. The rolled oats seem to dry out and get harder. I would not recommend it.

Fruit Salad

Put in a large bowl:

One can of pineapple chunks in juice

One can of peaches or pears or mixed fruit in syrup

Add fresh fruit, but remove the seeds and cores first:

grapes

cherries

apples, peeled and chopped (or you can leave the skin on)

plums, with or without skins, cut in pieces

oranges sections and their juices, without the pulp or skins

one banana cut up

melon balls, all sorts

Add: 1/2 cup orange juice

1/2 cup of Hawaiian punch or other red fruit juice

(Cherry apple cider is probably fine and healthier)

Add one thin slice of lemon.

Refrigerate 2 hours and remove the lemon or it will make the fruit salad bitter.

Chill and serve.

Berries are ok to add, but they are likely to get mushy and not look attractive at all.

Fresh strawberries, blueberries, and raspberries are extremely healthy, and would be better used as a topping garnish or on the side of the dish.

Grasshopper Pie (chocolate-mint cream pie)

Make or buy a chocolate pie crust.

Combine 1 1/2 cups chocolate wafer crumbs, 1/2 cup butter, and press into a 9 inch pie pan.

Bake at 375 degrees for 8 minutes.

Melt 2 cups of miniature marshmallows with 3 tablespoons and 2 teaspoons of milk.

Chill until slightly thickened.

Stir in 1/2 cup of Vandermint Liqueur of 1/4 cup green Crème de Menthe and 1/4 cup white Crème to Cacao.

Whip 1 cup of heavy cream. Fold into the mixture and add a little green food color if needed.

Mound it into the chocolate pie shell.

Chill and serve.

Serves 6 – 8 people.

Italian Country Lemon Cake
from Gail Levin's recipe in Newsday Jan. 14, 1996

Beat together:

- 1 cup granulated sugar
- 1 cup corn oil
- 3 eggs or 2 extra large eggs
- 1 tablespoon baking powder
- pinch grated nutmeg
- grated peel of one lemon

Add:

- 1 cup plain nonfat yogurt
- 3 cups flour

Mix well and bake in a large pan or two loaf pans at 350 degrees until done, about an hour.

Peach Cobbler

Make Peach Fruit Filling.

Peel 5 peaches and slice. (You may drop the peaches in boiling water for a few seconds to remove skins easily.)

Combine peach slices, 2 tablespoons cornstarch dissolved in a small amount of water, 1/2 cup white or brown sugar, cinnamon to taste, or 1/2 teaspoon Frangelica (hazelnut liqueur.)

Put the fruit mixture in a lightly greased or buttered pie dish.

Add Crumbly Topping, or use as a pie filling, or cake topping or filling with a plain cake for topping.

Crumbly Topping:

Combine 2 ounces (1/2 stick) of butter, 4 tablespoons of ground nuts, 4 tablespoons of brown sugar, 3 tablespoons of flour, 1 tablespoon of oatmeal, 1 little cinnamon.

Mix well until crumbly.

Spread or sprinkle over the fruit filling.

Bake at 350 degrees for an hour, or until done.

Serve with whipped cream (optional).

Peach Pie

Make good pie crust.

Grease a pie pan and put in the bottom layer of the pie crust.

Peel 6 or 7 peaches. Drop them into boiling water for a few seconds and the skins will peel off easily.

Slice peaches in a large bowl. If you slice them very thin, you can leave the skins on.

Toss with 1/2 cup – 3/4 cup sugar and 1/4 teaspoon to 1 teaspoon of cinnamon (optional). Add 1 to one and a half tablespoons of cornstarch or flour as a thickener.

Put the fruit and sugar mixture into the pie pan and flatten it a little.

Make the top pie crust. Roll it thin if possible. Cover the peaches and crimp the sides of the pie to keep the juices in.

Make a few slits in the top to let the steam escape. If you want a shiny top, brush the top crust with beaten egg white or dab it with milk.

Sprinkle the top with sugar (optional).

Bake at 400 degrees for 10 minutes, then turn the oven down to 350 degrees and bake another 50 minutes until the top crust is a dark golden color.

You may want to put a drip pan on the shelf below your baking pie to catch any overflow sugar. If bubbling sugar spills over the pie and lands in your oven it will burn and smell awful. It's best to try to catch the drips before they hit the oven floor.

Enjoy!

Pear Cake
from N.Y. Times Magazine April 28, 1991

Dessert

One 9-inch cake

Adapted from *More Classic Italian Cooking*, by Marcella Hazan; Alfred A. Knopf

Ingredients:

2 tablespoons butter, plus additional butter for the pan.

1/2 cup dry, fine, unflavored bread crumbs

2 eggs

2 pounds ripe pears

1/4 cup milk

1 cup granulated sugar

tiny pinch salt

1 1/2 cups flour

Preheat the oven to 350 degrees.

Grease a 9-inch round layer cake pan with butter and sprinkle with the bread crumbs.

Turn the pan upside down and tap it or shake it lightly to get rid of all the loose crumbs.

In a bowl beat together the eggs and milk.

Add sugar and salt and continue beating until well combined.

Add the flour mixing thoroughly with the other ingredients.

Peel the pears, slice in half and scoop out the seeds and core. Cut lengthwise into thin slices.

Add to the bowl mixing them well with the other ingredients. The batter will be very thick. Spoon the batter into the pan leveling it off with the back of a spoon or spatula.

Dot the surface with butter.

Bake in the top rack of a preheated oven for 45 minutes, or until the top is lightly golden.

Remove it from the pan as soon as it is cool and firm enough to handle. It may be served lukewarm or cold.

Note: To seal the deal, follow up with a glass of good, dry Marsala wine (as opposed to the cheap, sweet cooking Marsala).

Pear Honey Cake

New York Times Recipe Sept. 15, 1996

Ingredients:

2 pounds ripe pears
juice of one lemon
10 tablespoons unsalted butter
3/4 cup sugar
2 eggs
1 cup flour
1/2 tsp. baking powder
1/2 tsp. salt
1/3 cup honey

Cream 8 oz. butter and sugar, add eggs and beat in one at a time.

Add dry ingredients and half the lemon juice.

Peel and slice the pears and toss them with half the lemon juice.

Spread the batter in a 9" spring form pan.

Add the pear slices decoratively. Dot with remaining butter.

Drizzle the honey on top.

Bake at 350 degrees about 1 hour.

Emilinda's Pecan Tarts

Crust:

Blend: 1/4 lb. butter and 8 oz. cream cheese.

Add: 1 and 1/2 cup flour and 1/4 tsp. lemon rind.

Makes enough for 48 tiny tarts or 24 muffin size.

Line shells, cutting dough with a small glass or a beer mug or a glass for the larger shells. Or roll little balls of dough about 3/4 inch in diameter and drop into tiny tart cupcake holders. Press down with a pestle tool if you have one, and shape into a mini pie crust shell.

Refrigerate dough in molds.

Filling:

Place 1 and 1/2 cups light brown sugar in bowl.

Add 3 eggs, one at a time, beating well after each addition.

Add 1 tsp. amaretto or other flavor.

Add 2 tablespoons of melted butter.

Mix well.

Get 2- 2 1/2 cups pecans and chop them (or approx. 2 cups of pecan meal), reserving a few for garnishing the top (or not).

Add nuts to the egg and sugar mixture and mix well.

Fill shells and bake at 350 degrees for 25 minutes for tiny tarts, 35-45 minutes for muffin size tarts.

These freeze well and can be used months later.

Pecan Tarts with Apricots

Crust:

Blend: 1/4 lb. butter and 8 oz. cream cheese.

Add: 1 and 1/2 cup flour and 1/4 tsp. lemon rind.

Makes enough for 48 tiny tarts or 24 muffin size.

Line shells, cutting dough with a small glass or a beer mug or a glass for the larger shells. Or roll little balls of dough about 3/4 inch in diameter and drop into tiny tart cupcake holders. Press down with a pestle tool if you have one, and shape into a mini pie crust shell.

Refrigerate dough in molds.

Filling:

Place 3/4 cup light brown sugar in bowl.

Add 1 extra large egg beating well.

Add 1/2 tsp. amaretto or other flavor.

Add 1 tablespoons of melted butter.

Mix well.

Get 1 1/4 cups pecans and chop them (or approx. 1 1/4 cups of pecan meal).

Add 1 1/2 cups glacéed apricots cut into pieces.

Add nuts and fruit to the egg and sugar mixture and mix well.

Fill shells and bake at 350 degrees for 25 minutes for tiny tarts, 35-45 minutes for muffin size tarts.

These freeze well and can be used months later.

Carol Wollam's Caramel Pecan Rolls – Sticky Bun Recipe

(This was a recipe from a Minnesota Home Economics Teacher, as given to me by Carol Wollam.)

I found it difficult and time consuming, and not the best recipe. But it was very popular at Lakeshore Gardens 4th of July events.

This recipe makes 36 pastries and you need 4 round cake pans to bake them in.
You will make pastry dough, add filling, roll the dough and make pastry rounds.
In each pan you will make a pecan-caramel sauce and place 9 pastry rounds on top of each.

It is important to put the caramel topping sauce on the bottom of the pan. If you put it on top of the pastries while they cook, it will drip all over your oven, and burn on the pastries.

We can try to make these using other doughs, easier to make, and other toppings, also easier to make. The result should be the same or better.

Dough:

Combine: 1 1/2 cups of warm water

1 package yeast

2/3 cup sugar

1 1/2 teaspoons salt (optional)

2 eggs, one at a time

2/3 cups softened butter

1 cup warm mashed potatoes, made with Betty Crocker Potato Buds mixed with water, or use Russet potatoes.

7 – 7 1/2 cups of flour

Make the dough and refrigerated for 2 hours.

Split it into 4 parts, for use in 4 round pans.

Filling: Make 4 of these mixtures, one for each pan, to be used with 1/4 of the dough made.

Mix: 1/4 cup brown sugar

1 teaspoon cinnamon

1/2 cup melted butter (This is way too much butter! You might just brush the rolled dough with a light coating of melted butter and then sprinkle it with brown sugar and cinnamon.)

Roll out the dough and spread with the filling. Roll like a jelly roll. Cut each roll into 9 pieces.

Pecan- Caramel Sauce:

In each pan place 3/4 cups brown sugar, 2 tablespoons light corn syrup. Mix well and heat together in the pan over the stove top. Add 3/4 cup chopped pecans. Mix well and spread out on the pan to cover the whole thing. (I found this mixture awful to work with because it instantly got hard like candy and would not spread nicely.)

Place 9 pieces of rolled dough in each pan.

Bake at 375 degrees for 25 minutes.

Alternate Sticky Bun Recipes

Two-Way Caramel-Pecan Coffee Rings of Rolls by Joanne Larson

From Catherine Hanley's [America's Best State Fair Recipes](#), donated by Kenny Verhoef, in memory of his late wife, Sharon Verhoef.

Dough:

Dissolve 2 packages of yeast (or 5 teaspoons) in 1/2 cup warm water and 1 teaspoon of sugar.

In a large bowl:

Cream together 1/2 cup butter, 1/2 cup sugar (less 1 teaspoon used with yeast), 2 large eggs.

Add: yeast mixture, 2 cups of flour and 1 1/2 teaspoons salt (optional), milk.

Beat at medium speed for 3 minutes.

Stir in 3 –4 cups more flour until the dough pulls away from the sides of the bowl.

Knead the dough for 8-10 minutes or until smooth and elastic.

Place dough in a greased bowl, cover and let rise until double in bulk, about 1 hour.

Punch down dough, roll out, and fill with filling.

Filling: Spread dough with 6 tablespoons of soft butter, 1 teaspoons cinnamon and 1 1/2 cup sugar, divided evenly over the dough.

Roll up like jelly rolls and cut into 36 pieces.

Pecan- Caramel Sauce:

Heat together 2 1/4 cups light brown sugar, 1 1/4 cups butter, 5 tablespoons of light corn syrup, until sugar is melted.

Pour the sauce in the bottom of the pans. Sprinkle with 3/4 cups chopped pecans. Place the filled dough pieces on top of the pecan-caramel sauce. Cover the pans and let rise until double in bulk, about another hour.

Bake at 350 degrees for 20-25 minutes until browned. Wait one minute and invert the pan onto a wire rack set over wax paper. Let stand one minute and remove the baking pan. Let cool.

Alternate Sticky Bun Recipes

Consider using soybean oil instead of butter, and Rugelach filling instead of cinnamon and sugar.

Also consider walnuts, instead of pecans, and possibly honey, instead of corn syrup. You might want to soak walnuts first in boiling water to soften them a little.

You might also want to add a little lemon juice or lemon rind and cardamom to the dough for extra nice pastry flavors.

Good Pie Crust

Sift together:

1 and 1/2 cups flour

3 tablespoons sugar

1/8 tsp. salt

Add: 1/4 lb. cold butter that has been cut into pieces.

Mix together with hands until butter and flour mixture looks like oatmeal flakes.

Combine:

1 and 1/2 tsp. vanilla

1/4 cup and 1 tsp. cold water

Add water to flour and mix quickly.

Press together until you can form a ball.

Chill in freezer for 1/2 hr to make firm enough to roll.

Roll out. Form into a ball again and roll out again.

Fit unto pie pan and trim edges.

This makes enough pastry for a generous top and bottom layer.

Sherri's Mom's Pie Crust

1 and 1/4 cups flour
1/4 tsp. salt
1/3-1/2 cup shortening
1/4 tsp. baking powder
1/3-1/2 cold water

Bake 35-45 minutes in slow oven, 325 degrees.

Easy Pineapple Carrot Cake

(from Ann Ladd)

Combine and mix well: 2 beaten eggs, 2/3 cup oil, 1 cup sugar, 1 tsp. cinnamon, 1 tsp vanilla.

Add:

1 1/2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt (optional)
1 cup of grated carrots
1/2 cup of pineapple

Mix it for 2 minutes with an electric mixer.

Bake at 350 degrees until done using a 8x8 brownie pan, about 25- 35 minutes.

Sprinkle with powdered sugar when cool and serve.

Or use the more traditional cream cheese icing or buttermilk glaze.
(Not at all necessary – adds too many unnecessary calories and work.)

Pineapple Carrot Cake with Buttermilk Glaze

Make the glaze while the cake is in the oven baking.

Cake ingredients:

2 cups flour

1 1/2 cups sugar

1/2 cup vegetable oil

3 eggs

2 tsp cinnamon

1 tsp baking soda

1/2 tsp salt (optional)

2 teaspoons vanilla

3/4 cups buttermilk or sour milk

8 ounce can of crushed pineapple

2 cups of finely grated raw carrots (about 4 large carrots - drain all liquid)

1 cup nuts (walnuts)

1 cup coconut

Beat together: eggs, buttermilk or sour milk, vegetable oil, salt, baking soda, and vanilla. Combine well. Fold in remaining ingredients and mix well.

Pour batter into greased & floured 9 x 13 cake pan.

Bake at 350 degrees 45 minutes or until center springs back when touched.

As soon as the cake is done prick it all over with a fork and slowly pour buttermilk glaze over it. Let cool in pan and cut into slices. This is a very heavy cake.

Buttermilk Glaze

In a saucepan combine: 2/3 cup confectioners sugar, 1/4 teaspoon baking soda, 1/3 cup buttermilk or sour milk. 1/3 cup butter, 2 tablespoons light corn syrup.

Bring to a boil and stir over medium heat. Boil gently for 5 minutes. Remove from heat and stir in 1/2 teaspoon vanilla.

I'm not sure where this recipe came from, but I'm pretty sure Ann Ladd's Easy Pineapple Carrot Cake was just as good.

You can buy cream cheese icing, if you like that, for this cake, or use the buttermilk glaze. Or you can skip the icing and use powdered sugar.

Personally, I don't like to use corn syrup in anything. It's very sticky and has a tendency to make dessert toppings too hard too quickly.

Pound Cake

In a large bowl beat at 2 1/2 minutes at speed 8 on your electric Mixmaster:

1 cup softened butter, 2 cups sugar, 4 eggs, 1 tsp vanilla, 1 tsp. grated lemon rind.

Add 3 cups flour, 3/4 tsp. salt, 1/2 tsp. baking soda, 1/2 tsp. baking powder and 1 cup buttermilk, (or substitute 3/4 cup sour cream and 1/4 cup milk mixture)

Beat well on speed 3 for 2 1/2 minutes.

Pour into two well greased (or spray with Pam) loaf pans, or one very large bundt or other pan.

Bake at 350 degrees for 1 hour and 10 minutes, or until toothpick comes out clean.

For a variation on this, **Cinnamon and Raisin Pound Cake**, you may take 1 cup of raisins and soak them in boiling water for a few minutes. Drain and add lots of brown sugar (about 1/2 cup) and about a tsp. of cinnamon. Mix well.

Put half the batter in the pan, add the raisin mixture. Then add the rest of the batter. Gently cut through the batter to swirl.

This is extremely sweet and delicious!

Pound Cake - (no butter)

In a large bowl beat at 2 1/2 minutes at speed 8 on your electric Mixmaster:

1 cup soybean oil or other vegetable oil, 2 1/3 cups sugar, 4 eggs, 1 tsp vanilla, 1 tsp. grated lemon rind, 1 1/2 tablespoons of fresh lemon juice, 1/2 teaspoon baking soda, 1 1/2 teaspoons baking powder, a large pinch of cardamom.

Add 3 cups flour, and 1 cup buttermilk, (or substitute 3/4 cup sour cream and 1/4 cup milk mixture)

Beat well on speed 3 for 2 1/2 minutes.

Pour into two well greased (or spray with Pam) loaf pans, or one very large bundt or other pan.

Bake at 350 degrees for 1 hour and 10 minutes, or until toothpick comes out clean.

You may also add the Cinnamon and Raisin Swirls as above.

Homemade Slurpee

This recipe was created by Joey K.

Ingredients:

1 plastic glass
soda
spoon

1. Pour soda in the glass.
2. Put the glass in the freezer for an hour.
3. Take the glass out of the freezer and mix well.
4. Repeat steps 2 and 3.
5. Eat and enjoy!

State Fair Sticky Buns

This recipe was Joanne Larsen's award winner from the book State Fair Recipes

Two-Way Caramel-Pecan Coffee Rings or Rolls

Pecan Rolls makes 36 pastries, 9 each in four 8 1/2 inch to 9 inch round pans,
Or use two 9X13 inch pans and put 18 pastries in each.

Dissolve 5 teaspoons of active dry yeast in 1/2 cup of warm water with 1 teaspoon of sugar.

In a large bowl cream together:

2 eggs

1/2 cup soft unsalted butter

1/2 cup sugar

Add:

1 1/2 cups scalded milk cooled to lukewarm

yeast mixture

2 cups of flour

1 1/2 teaspoons salt (optional)

Beat with electric mixer at medium speed for 3 minutes. (Or beat well until well blended.)

Add another 3 to 4 cups of flour and mix well until the dough pulls away from the sides of the bowl. Then turn the dough out onto a floured surface and knead for 8 to 10 minutes, until smooth and elastic.

Grease a large bowl. Add the dough and cover and let rise until double in bulk, about 1 hour.

Punch down the dough and separate it into 2 parts.

Roll out the dough into two 18 inch by 15 inch rectangles.

Make filling and top each rectangle with filling.

Or top each piece of dough with 3 tablespoons butter, and 1/4 cup cinnamon sugar.

Filling is a combination of 6 tablespoons butter, 1/2 cup sugar, 1 teaspoon cinnamon

Roll up tightly starting from 18 inch. Cut into 1 inch pieces.

Prepare muffin tins or pans.

Grease the bottom.

Make caramel topping

In a medium size pan heat 2 1/4 cups light brown sugar, 1 1/2 cups butter, 5 tablespoons light corn syrup. Heat until the sugar is melted.

Divide the melted topping evenly in greased cupcake cups, or spread evenly in greased pans. Get 3/4 cup chopped pecans. Sprinkle them evenly over the caramel topping.

Then add the pastry rounds. Set them into prepared muffin tins, containing caramel topping and pecans, and let rise until double in size about 45 minutes.

Preheat oven to 350 degrees and bake 20 – 25 minutes until deep golden brown. Cool the rolls in the pan one minute. Then invert the pan on a baking sheet or wire rack over waxed paper. Let stand 1 minute. Then lift up the baking pan.

The pastries will be covered with a gooey hot topping.

The pastry slices can also be laid out in a bundt pan to make a coffee ring.

Sticky Cinnamon Pecan Buns - a Healthier Version

(This recipe was adapted from Joanne Larsen's award winner listed in [State Fair Recipes](#) and omits the corn syrup, and uses much less butter.)

Pecan Rolls makes 36 pastries, 9 each in four 8 1/2 inch to 9 inch round pans,
Or use two 9X13 inch pans and put 18 pastries in each. You may also use muffin tins.

Dissolve 5 teaspoons of active dry yeast in 1/2 cup of warm water with 1 teaspoon of sugar in a large bowl.

In a smaller bowl cream together or whisk: 2 eggs, 1/4 cup soybean oil, 1/2 cup sugar. Add 1 1/2 cups warm milk and mix well. Add to the large bowl with the yeast and stir.

Add to the large bowl:

2 cups of flour

1 teaspoon Meyer lemon juice

Beat with electric mixer at medium speed for 3 minutes. (Or beat well by hand and whisk until well blended.)

Add another 3 to 5 cups of flour and mix well until the dough pulls away from the sides of the bowl. Knead for 8 to 10 minutes, or until smooth and elastic. (I recommend using thin plastic food handling gloves for this. You can knead the dough, grease the bowl, and cover the rising dough with these plastic gloves. Then use them again for punching down the dough, shaping, etc.)

Grease a large bowl, or the same bowl you were using. (No need to wash it out yet – just oil it well.) Add the kneaded dough and cover and let rise until double in bulk, about 1 hour. (You can cover it with the plastic gloves loosely.)

After the dough is double in bulk, punch it down, knead it a bit more, return it to the bowl and let rise again until double in bulk. Then punch down the dough and separate it into 2 parts. Let it rest a few minutes so it becomes more pliable. Roll out the dough into two 18 inch by 15 inch rectangles on wax paper.

Brush or spread evenly 3 tablespoons melted butter over each rectangle. Then sprinkle each section with half the filling.

Filling is a combination of 1/2 cup brown sugar, 2 teaspoons cinnamon. Or you can add more cinnamon and more sugar. You may also include finely chopped pecans, or raisins, or other fruit or nut combinations, or chocolate, if you like. Roll up the dough tightly starting from 18 inch side. You may refrigerate the 18 inch dough rolls in wax paper while getting the rest ready. They are easier to cut when cold. Before placing them in the prepared pans you will have to cut the dough rolls into 1 inch pieces of pastry rounds.

Prepare the pans. Grease the bottom very well. I pour soybean oil in and spread evenly with a paper towel.

Make caramel topping : In a medium size Pyrex dish or pitcher, microwave together 2 1/2 cups light brown sugar, 1/2 cups butter. Cook it until it boils, about 2 – 5 minutes, and remove promptly. You can also do this in a pan on a stove. If you just boil it, the topping will be sweet, but not all that sticky. Boiling for another minute should make it more candy/sticky like. Or you could add some honey, instead of all sugar, but the flavor will change if you use honey.

Pour the melted topping evenly in greased pans.

Get 3/4 cup chopped pecans. Sprinkle them evenly over the warm melted caramel topping.

Then add the pastry rounds. Set them into prepared pans, containing caramel topping and pecans, swirl sides facing over the pecans and up at you. Let rise until double in size about 45 minutes.

Preheat oven to 375 degrees and bake 20 – 25 minutes until deep golden brown.

Cool the rolls in the pan one minute. Then invert the pans on baking sheets or wire racks over waxed paper, or onto a pan with parchment paper or foil. Let stand 1 minute. Then lift up the baking pan. The pastries will be covered with a gooey hot topping. Be careful! Let cool a bit. Serve warm or freeze for later. These re-heat very well.

Strawberry Mousse

Mix one package (4 servings) of Wild Strawberry flavor Jello with 3/4 cup boiling water. Add 1 cup of ice and stir until somewhat set. Remove extra ice cubes. Add 1 cup of sliced cleaned strawberries, or 1 cup of thawed, previously frozen strawberries in sugar. Add 1/2 cup Cool Whip.

Blend and refrigerate for 30 minutes or more.

The Cool Whip is not particularly good for you, but this is a tasty dessert.

Sherri's Strawberry Pie – The BEST!!

Make a pie crust and cook it.

Get lots of fresh strawberries, at least 4 pints.

Make the glaze first because it takes the longest.

Clean and hull the strawberries.

Gently toss 2 – 3 pints of strawberries with 2 tablespoons Cointreau or other orange flavored brandy, or orange juice, and set aside.

Glaze:

In a medium size pot place 1 pint cleaned strawberries. Smash them with a potato masher. Add 1 cup sugar, 2 1/2 tablespoons cornstarch, 1/2 cup cold water.

Or you may put all this in a blender and liquefy. Then transfer the mixture to a medium size pot. (The glaze will not look as red as if you smash the strawberries by hand.)

Simmer the smashed fruit mixture until the liquid turns clear, stirring constantly. Remove from heat and strain. Add 1 tablespoon butter and cool.

Line the pie crust with whole strawberries that have been tossed in orange liquor or orange juice. Fill up the entire pie crust with fresh berries, cutting some in pieces if needed. Cover berries in the bottom of the pan completely with the cooled glaze.

Top with mounds of whip cream and add extra fresh strawberries on top.

Whipped Cream: Whip 1 cup of Heavy Cream and add 4 tablespoons of sugar.

This dessert is fabulous and will give you a very happy mouth! Enjoy!

Sugar Glaze for Cakes and Cookies

Mix 1 cup of Confectioner Sugar or Powdered Sugar with a little boiled water, maybe up to 1/4 cup of boiled water. The water can be warm or cooled. I often use water left over water from the tea kettle, as it is already sterile and usually not hot.

Whisk the sugar and water together until you get the thickness you desire. The more water you add, the thinner the glaze will be. If it becomes too thin, add more confectioner sugar.

This glaze should look white. If it looks clear it may not dry on your cake or cookies, and might remain sticky. That is not the best, but for cakes, you can always sprinkle powdered sugar on top for a nice effect.

Use this for a pastry glaze, on bundt cakes, or on cookies, where you may brush it on and add sprinkles or other decorations.

You may also add about 1/4 teaspoon of vanilla or other flavor. Too much extract will be overpowering and not good.

You might also try 1/4 teaspoon of flavored brandy, Kahlua for coffee, Amaretto for almond, Frangelica for hazelnut or others.

Instead of water, you could also use orange juice for an orange glaze. This is excellent and very tasty if you want to add a nice orange touch to a pastry. You could also add 1 tablespoon or less of grated orange rind to this glaze for a nice effect and flavor contrast.

Enjoy!

Whipped Jello

Start with a very large bowl.

Make Jello as on package only instead of cold water add a tray full of ice cubes. Stir gently with a spoon. Let sit a while with ice cubes until it gels.

Meanwhile, make a package of Dream Whip for each package of Jello, or get heavy cream and whip it. Or you can use some other kind of pre-made whipped topping like Cool Whip.

When Jello is somewhat set, remove ice cubes. Beat the Jello at high speed with an electric mixer until it almost triples in size. This takes 5-10 minutes of whipping.

Fold in the whip cream mixture, mixing it, but not quite evenly. Pour into dessert dishes and refrigerate.

By not mixing it the Jello and whip cream mixture evenly, there will be pockets of cream inside the dessert making a nice surprise!

Quick dessert and very good!

COOKIES

Black Forest Christmas Cookies

(This recipe was shared by my daughter-in-law, Ann Lynne Kotfica – a great recipe! Thank you Ann Lynne!)

Make chocolate cookie dough. Separate dough into cookie size pieces. Put a sweet cherry in each, and roll into a ball and bake at 350 degrees until done, about 10-12 minutes when tops are beginning to crack.

Use 1 can of sweetened cherries, drained.

You may use either unsweetened chocolate for a firmer cookie, or bittersweet chocolate for a softer cookie. The softer version may be better.

Cookie dough:

Cream 1/2 cup of butter with 1 cup white sugar and 3/4 cup light brown sugar with electric mixer, until light and fluffy.

Beat in 3 eggs and 1 tsp almond extract about 3 minutes.

Beat in 4 ounces of melted chocolate.

Gradually stir in 2 cups of flour and 2 teaspoons baking powder and a pinch of salt. Mix it only to blend it evenly. Then refrigerate the dough for one hour.

(You should not add anything hot to eggs, because they will start to cook prematurely, so you might try doing it in the following order instead. But, the cookies may not be as light, and may be more brownie like.)

Melt 4 ounces of chocolate and 1/2 cup butter in a large bowl in a microwave. Let cool a bit. Add 1 teaspoon almond extract, 1 cup white sugar, 3/4 cup light brown sugar, mix well. Beat in 3 eggs, one at a time. Add 2 teaspoons baking powder. Beat well. Add 2 cups of flour. Mix well.

Refrigerate for one hour so the dough becomes stiff enough to work with.

Heap 1 tablespoon of dough on wax paper. Imprint a thumbhole. Insert a cherry, and wrap into a pretty ball.

Continue until all the dough and cherries are used up.

Bake until tops are puffed and beginning to crack. Makes 36-40 cookies.

Butter Cookies

In a very large bowl, and using an electric heavy duty mixer,

Blend

1 egg

2 tsp. vanilla

1 and 1/3 cups of sugar

2 and 1/2 tsp. baking powder

1/4 tsp salt (You may omit this)

2 cups of softened sweet butter.

For excellent flavor:

Grate a lemon.

Add the rind and the juice of the lemon to the butter mixture.

Beat well until the mixture is well creamed.

Add:

6 cups of flour

Beat with dough hooks until the dough is thoroughly kneaded.

If doing this by hand the mixture should be of sandy texture and will require kneading thoroughly.

Refrigerate overnight, and later, roll out on a flat surface and cut into different shaped cookies. Top with some different flavored jams.

Bake 20 minutes at 375 degrees.

Variations: Instead of vanilla, add juice and grated rind of one lemon OR add 1 tsp. almond extract and 1 tsp. artificial butter flavor.

These cookies improve over a two week period. They should be stored in a tightly covered container.

Butter Horns

I have never made these, but I have eaten them and they were delicious. Good Luck!

This recipe makes 48 Butter Horns.

Make the dough. Roll it out. Sprinkle with the nut mixture. Cut the dough into triangle-like pieces and roll each one starting at the wide end into a little crescents. Bake and you're done!

Dough:

Ingredients: 8 ounces of sour cream 2 cups of flour, 2 sticks of margarine (1 cup), 1 egg yolk. (Do not use butter.)

Crumble flour and margarine. Add sour cream and egg yolk and beat well. Make 3 balls and chill them for at least 2 hours.

Cut each ball in half. Roll out on a floured surface.

Filling:

Mix well 1 cup of finely chopped nuts (in a blender or equivalent), 1 cup sugar, 2 teaspoons cinnamon.

Sprinkle the rolled out dough with filling and cut each into 8 pie wedges. (You will have 6 pieces of dough to roll out, so use 1/6th of the filling for each piece of dough.)

Roll each cookie from the large end up and put on a greased cookie sheet, or you can freeze them at this point for baking later.

Bake at 350 degrees approximately 20 minutes until golden. Put the last folded side down.

You may sprinkle the finished product with powdered sugar.

With all the talk of cholesterol and that margarine is also very bad for you, I would not recommend making this recipe - too unhealthy. But it was mighty tasty!

Chocolate Chip Cookies only healthier!

Preheat Oven to 375 degrees.

Sift:

- 2 and 1/4 cups flour (whole wheat)
- 1 tsp. baking soda
- 1 tsp. salt

Combine:

- 1/2 cup softened sweet butter
- 1/2 cup Crisco shortening or soybean oil
- 3/4 cup granulated sugar
- 3/4 cup firmly packed brown sugar
- 1 tsp. vanilla
- 1/2 tsp. water

Beat until creamy.

Beat in two eggs.

Add flour mixture.

Stir in two cups (12 oz.) chocolate chips and 1 cup chopped nuts.

Drop by well-rounded half-teaspoonfuls on to greased cookie sheets.

Bake 10-12 minutes at 375 degrees.

* This is a variation of the Toll House Cookie recipe. It has fewer calories and is better for you!

Chocolate Chip - Oatmeal Cookies

from a recipe supposedly purchased from Nieman-Marcus Cafe in Dallas, for \$250.00,
and then distributed by that person

5 dozen cookies

Ingredients:

- 1 cup butter
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1 tsp. baking soda
- 2 cups flour
- 12 oz. package chocolate chips
- 5 cups rolled oats (oatmeal)
- 4 Oz. of Hershey chocolate bar
- 1/2 tsp salt
- 1 1/2 cups chopped nuts

Chop the oatmeal in a blender and blend to a fine powder.

Cream butter and sugar and vanilla and eggs.

Add all the dry ingredients.

Add the chocolate chips.

Grate the Hershey chocolate bar and add it.

Roll the dough into balls and place 2 inches apart on cookie sheet.

Bake at 375 for 10 minutes.

Fran's Butter Cookies

Ingredients:

2 sticks butter
1/2 cup sugar
2 cups flour
1 egg
1 tsp. extract, any flavor

Cream butter and sugar.

Add extract.

Beat egg and blend.

Add flour.

Use cookie gun or press.

Bake 10-12 minutes at 400-425 degrees.

Hamantaschen Cookies

Hamantaschen Cookies represent the three-corned hat of the villain Haman. They are triangular shaped buttery cookies with fruit filling.

The cookie dough:

Cream together 1 1/4 cups sugar, 1/2 cup soybean oil, 1/2 cup unsalted butter.

Add 1 teaspoon grated orange rind, 1 teaspoon vanilla, 2 beaten eggs and 1/3 to 1/2 cup good orange juice (no calcium, and it should be fairly fresh), 3 teaspoons baking powder. Mix it up well or beat it together for a little while.

Blend in 4 to 5 cups of flour. The dough should be soft, but not too soft to handle.

Refrigerate overnight.

Roll the dough flat and cut out round shapes with a diameter 2 1/2 - 3 1/2 inches. Put a small amount of fruit filling in the center, and fold up the sides to form a 3-cornered hat shape.

Fruit filling:

You may use any type of jam, canned cherry pie filling, or glacéed apricots or prunes. If you are using fruit that has been preserved the cookies will last longer than if you use more perishable fruit fillings. Cookies with cherry pie filling should be refrigerated if they last longer than a day or they will probably get moldy.

I especially liked the cookies filled with cherry pie filling, and also those with glacéed apricot pieces topped with strawberry or apricot jam.

Bake at 350 degrees for 20 minutes.

Aunt Jo's Honey Balls (Struffoli)

Slightly beat 8 eggs.

Add:

2 tsp. baking powder

1/3 cup sugar

2 oz Grand Marnier liquor

Beat well.

Add:

4 cups flour

Mix together and knead.

Cut dough into strips and roll the strips into small balls.

(I read that you may also cut the strips into small squares using a pizza cutter. Toss with a little flour so the pieces remain separated, and continue as you would with little balls.)

Fry balls in melted Crisco shortening or in Soybean Oil (vegetable oil) until well browned. I usually use more than a large can of Crisco, so make sure you have plenty of Crisco on hand before you start frying! Use a deep pot or pan when deep-frying these cookies. Or use Soybean Oil for frying, and lots of that.

Drain and place on paper towels and let cool.

Boil 2 lb. honey in a very large pot.

Add fried dough balls

or

Add fried dough balls, candied fruit, and chopped nuts.

(I usually add a bag of whole almonds, a container of candied red cherries, 1/2 cup of golden raisins, dried pineapple and papaya chunks. I tried apricots which did not work well. They tended to melt in the boiled honey. I also tried chocolate chips - what a disaster! They totally melted! Any dried or candied fruits that will hold their shape when mixed with boiling honey should be fine here.)

(Walnuts are also really good coated with boiling honey, but you want to use large pieces here.)

Mix well.

Carefully spoon into paper cupcake dishes and add sprinkles.

Store in airtight containers or eat shortly after. Will be good for a few weeks if stored properly.

NOTE: Honey balls take literally hours to make, but they are rare and wonderful when finished.

Gluten-Free Honey Fruit and Nut Balls

This recipe was made up from Aunt Jo's Honey balls, only without eggs, flour, or leavening. You may use as much or as little of the various ingredients as you like. It is basically boiled honey with walnuts mixed in, and other fruit and nuts. Add almond flour as a thickener and shape the sticky mixture into balls. Roll the sticky balls into a powdered nut mixture so you can handle them like cookies. I added grated Nestles Semi-Sweet chocolate chips to the final coating. It looks good and it tastes pretty good. Enjoy!

My first recipe used the following quantities:

1 pound honey (enough to cover the bottom of the pot about 1/4 inch in depth)
1 1/2 to 2 cups walnuts lightly chopped
1/2 cup glacéed cherries, chopped
1/2 cup golden raisins
1 teaspoon Grand Marnier liquor
1/4 teaspoon cinnamon
1/2 – 3/4 cup almond flour (ground blanched almonds)
(Reserve about 1/4 cup almond flour for the final coating to be mixed with the grated chocolate.)
1/4 cup Nestles semi-sweet chocolate chips, grated, (or chopped in a blender).

Boil 1 lb. honey in a very large pot.

Add chopped walnuts, chopped candied cherries and raisins. Add 1 teaspoon Grand Marnier for flavor and a little cinnamon. Mix well.

Add almond flour (or very finely ground almonds). Add enough so the mixture gets creamy and starts to thicken.

Let the mixture cool and put it in wax paper rolls and chill for about an hour or more.

The mixture will be very sticky.

Wearing plastic gloves, cut off little pieces and roll into balls about 3/4 inch in diameter.

In a plastic bag mix equal amounts of almond flour and grated chocolate chips.

Put the sticky balls in the bag about 5 at a time and shake them until they are completely coated with this very fine dark and light sand looking mixture. Place on wax paper and let set.

You may put 3 finished balls in a paper cupcake liner.

This is a nice way to serve these treats or to give away as gifts!

Lebkuchen - German Spice Cookies

In a microwave proof container, large enough to allow for boiling (a 4 cup glass container is good)

Add:

1 cup sugar

2/3 cup honey

1/3 cup shortening or butter

Boil until dissolved, stirring occasionally, very carefully.

(Note: this mixture becomes very hot and dangerous. Watch it carefully and use a potholder.)

After all the sugars are dissolved allow to cool.

Beat 1 or 2 eggs in a large bowl using a heavy duty electric mixer.

Add 1/3 - 1/2 cup water to it and beat well.

Add:

1 tablespoon baking soda (try 1 tablespoon baking powder)

1/2 tsp. salt

1 tsp. cinnamon

1 tsp. cloves

the grated rind of one whole lemon

the grated rind of one whole orange

2/3 cup chopped or ground nuts (almonds, hazel nuts, pecan meal, walnuts, are all good)

Mix well.

Add:

4 cups flour (brown flour is probably great)

cooled sugar mixture

Beat with dough hooks until a sticky dough is formed. If it is too sticky, add a little flour until it can be handled.

Wrap it in wax paper and Chill dough for several days in refrigerator.

Roll out between 2 sheets of wax paper about 1/4 inches thick, and cut to size of a playing card, or use round cookie cutters.

Bake 15-20 minutes at 350 degrees.

Frost with sugar glaze (confectioners sugar and boiled water) and sprinkles (non pareils). Store in airtight container.

NOTE: These cookies usually taste best a few days or a week after they are made. They keep very well for several weeks.

Lemon Bars

from The Barefoot Contessa Cookbook 1999

found on the Internet at foodnetwork.com.

The original pdf was listed as

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Prep Time: 10 min

Inactive Prep Time: 30 min

Cook Time: 55 min

Serves: 20 squares or 40 triangles

Ingredients

For the crust:

1/2 pound unsalted butter, at room temperature, 1/2 cup granulated sugar, 2 cups flour, 1/8 teaspoon kosher salt

For the filling:

6 extra-large eggs at room temperature, 3 cups granulated sugar, 2 tablespoons grated lemon zest (4 to 6 lemons), 1 cup freshly squeezed lemon juice, 1 cup flour.

Confectioners' sugar, for dusting

Directions

Preheat the oven to 350 degrees F.

For the crust, cream the butter and sugar until light in the bowl of an electric mixer fitted with the paddle attachment. Combine the flour and salt and, with the mixer on low, add to the butter until just mixed. Dump the dough onto a well-floured board and gather into a ball. Flatten the dough with floured hands and press it into a 9 by 13 by 2-inch baking sheet, building up a 1/2-inch edge on all sides. Chill.

Bake the crust for 15 to 20 minutes, until very lightly browned. Let cool on a wire rack. Leave the oven on.

For the filling, whisk together the eggs, sugar, lemon zest, lemon juice, and flour. Pour over the crust and bake for 30 to 35 minutes, until the filling is set. Let cool to room temperature. Cut into triangles and dust with confectioners' sugar.

This recipe is good and may be modified using what you have on hand.

Salted butter is ok for the crust, as is unsalted butter, and the salt may be omitted. The crust is basically a partially cooked shortbread or butter cookie dough. You can successfully knead the dough and spread the dough in the pan wearing food handling gloves. There is no need for additional floury mess.

If you don't have 1 cup of fresh squeezed lemon juice, you could add a little filtered water to make up the difference. I have successfully made the filling using sour lemons, Meyer lemons (sweeter) and lime juice. Any combination of fairly sour citrus fruit juices will work. And if you have large lemons, you can use grated lemon rind from one lemon and it will probably be enough "zest."

The lemon curd on these cookie bars look cloudy because it is made with flour, so you must generously cover the baked cookies with powdered sugar on the top. But, this recipe holds the lemon curd in place and makes a lovely and tasty cookie!

Oatmeal Cookies

Preheat oven to 350 degrees.

Beat one egg in a bowl.

Add:

- 1/2 cup of soft butter
- 1/2 cup shortening
- 1 cup white sugar
- 1 tablespoon brown sugar

Cream together.

Add (through a sifter):

- 1 and 1/2 cups flour
- 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt

Mix well. Add some wheat germ (about 4 tablespoons).

Add:

- 1/4 cup milk
- 1 and 3/4 cup oatmeal

Mix well.

Put 1 cup of raisins in a bowl and pour boiling water over it.

Let the raisins sit for a few minutes in the water to soften. Then drain.

Add:

- 1 cup of drained raisins, softened with boiling water.
- About 1/4 to 1/2 cup chopped nuts. (Walnuts are best here.)

Mix well.

Drop by teaspoonfuls onto greased cookie sheet and bake for 15 minutes at 350 degrees.

Using a cookie scoop makes this very easy and pretty quick.

These sweeten as they cook. Smaller cookies get a little better done than larger ones, and the raisins actually begin to caramelize as they cook. I would recommend making smaller cookies and baking them well.

Oatmeal Cookies with Almonds and Chocolate Chips

Preheat oven to 350 degrees.

Beat one egg in a bowl.

Add:

- 1/2 cup of soft butter
- 1/2 cup shortening
- 1 cup white sugar
- 1 tablespoon brown sugar

Cream together.

Add (through a sifter):

- 1 and 1/2 cups flour
- 1/2 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt

Mix well. Add some wheat germ (about 4 tablespoons).

Add:

- 1/4 cup milk
- 1 and 3/4 cup oatmeal

Mix well.

Put 1 cup of raisins in a bowl and pour boiling water over it.

Let the raisins sit for a few minutes in the water to soften. Then drain.

Add:

- 1 cup of drained raisins, softened with boiling water.
- About 1/4 to 1/2 cup chopped almonds
- 1 cup semi-sweet chocolate chips

Mix well.

Drop by teaspoonfuls onto greased cookie sheet and bake for 15 minutes at 350 degrees. Using a cookie scoop makes this very easy and pretty quick.

These sweeten as they cook. Smaller cookies get a little better done than larger ones, and the raisins actually begin to caramelize as they cook. I would recommend making smaller cookies and baking them well. Chocolate – oatmeal-almond cookies are fabulous!

Rainbow cookies

I got this recipe from Ellen Fieschel, who got it from her friend, Camille, and she has been making these cookies for years. Enjoy!

4 eggs, separated
8 ounces almond paste (not marzipan) (you may use Solo almond filling)
1-1/2 cups (3 sticks) unsalted butter
1 cup granulated sugar
1 tsp. almond extract
2-1/2 to 3 cups flour
1/4 tsp. salt
Green food coloring
Red food coloring
1 (12-ounce) jar raspberry and apricot preserves
2 bags chocolate chips, or one large bag

Preheat oven to 350 degrees. Grease three 9 x 13 x 2-inch baking pans. Line each with wax paper and grease the paper. (We use Pam.)

Beat the egg whites with an electric mixer until stiff peaks form; transfer them to another bowl. Add the almond paste to the electric mixer bowl, breaking it apart with a fork. Add the butter, sugar, egg yolks and almond extract, and beat until light and fluffy. Beat in the flour and salt. Lightly stir in the beaten egg whites.

Remove one-third of the batter and spread it evenly into one prepared pan. Remove another one-third of the batter to a small bowl, blend in the green food coloring, and spread it evenly into the second pan. Add the red food coloring to the remaining batter and spread it into the third pan. Use a wet spatula to spread the batter thinly.

Bake the cakes for 15 minutes, or until the edges are golden brown. Remove the cakes from the pans, peel off the wax paper, and cool on racks.

Heat the preserves in the microwave. Place the green cake layer on a flat baking sheet and spread half of the preserves to the edges. Cover with the white layer and spread with the remaining preserves. Cover with the red layer, cover with plastic wrap, weigh down with a large cutting board, and refrigerate overnight.

The next day, melt the chocolate over hot, not boiling, water. Spread it to the edge of the cake and let it harden for about 30 minutes. Trim the edges evenly and cut into 1-inch squares. Makes about 8 dozen.

Instead of wax paper, you may line the pans with foil, as is done for some cheesecake recipes. Lightly grease the pan so the foil sticks to it, add the foil, grease the foil, and add the batter. When you remove the cake, you may lift it out and peel off the foil.

Notes

1. I used a different jam for each layer, but not the whole jar. I just covered the cake with a thin layer. It is important to heat the jam; it spreads better.
2. I only used wax paper. I do not know if you would have a problem with aluminum foil. My friend who gave me the recipe only used wax paper also. I had no problem with melting or sticking; it peeled away very easily. I think Amaretto instead of almond extract would be quite interesting. If you use it, please save me one to taste.
3. I think the cookies will last about two weeks if you cover them tightly with plastic wrap. I do not know for sure, because they disappear quickly.
4. Six ounces of chocolate chips is about one cup. I have large bags and just squeezed out what I thought would be the approximate amount. I do not think it has to be exact.
5. I found the almond paste in the baking section of Waldbaum's. However, I used Solo almond filling last time. The cookies taste exactly the same whichever you use.

Revisions 2026

You can make 1-1/2 times this recipe and use one jar of Bonne Maman Apricot Preserves and one jar of Bonne Maman Raspberry Preserves. It works out well.

Make your own almond paste - it is better. For the original recipe, use 1-1/2 cups blanched almond flour and 1-1/2 cups powdered sugar. Add 1 to 2 teaspoons almond extract with a little water, about 1/4 to 1/2 cup. Mix well. You may use more or less almond flour and powdered sugar, but this amount works well.

For those of us who should not be eating butter, these cookies can be made perfectly well using soybean oil. Use just a little less: 1-3/8 cups oil is good for the original recipe.

I switched to parchment paper instead of wax paper.

For the chocolate topping, I melt a generous amount of chocolate chips in the microwave - about 1-1/2 cups - and add a little water. Once it starts to melt, I take it out and whisk until smooth. Then I spread it over the top layer and cool it in the refrigerator for about 15 minutes. Take it out and score the top with a knife where you will want to cut the cookies. Otherwise, the chocolate cracks when you cut them.

I do not use food coloring anymore. Instead, I first put raspberry jam on the bottom layer, a dark color; then a cookie layer; then apricot jam, a lighter color; then the final cookie layer; and finally the chocolate, a dark color. It looks fine and tastes great!

Rugelach - a Jewish fruit filled Cookie

Fillings may vary according to your preference. The cookie dough works well with a variety of fillings. Adding eggs to the filling will make the filling moist and possibly too full. Fillings work very nicely without eggs for a less messy cookie.

Dough ingredients:

8 oz. cream cheese
1/4 lb. unsalted butter
1/4 tsp. grated lemon rind
1 and 1/2 cups flour

Filling ingredients:

3 eggs (can be omitted)
1 and 1/2 cups light brown sugar
1 tsp. Amaretto or other flavoring
1 and 1/2 cup raisins
1 and 1/2 cups ground nuts
2 tsp. cinnamon
2 tablespoons melted butter (can be omitted)

Directions:

Soften cream cheese and butter for 1 minute or so in microwave oven.
Blend cream cheese, butter, and lemon rind, using a Sunbeam Mixmaster or equivalent..
Add flour and mix with dough hooks until you have a nice, soft dough.
Beat the eggs in a large bowl until frothy, or leave out the eggs altogether.
Add cinnamon, flavoring, and sugar, and mix well.
Put the raisins in a container and pour boiling water over them (to re-hydrate).
Let them sit a few minutes, then drain and chop in a blender.
Add 2 tbs. melted butter to the sugar mixture.
Fold in the nuts and raisins and mix well.

If the dough is too soft to handle, refrigerate it for a while.
Roll out the dough between 2 pieces of wax paper, and spread it with the filling.
Roll the dough like a jelly roll and chill for about 20 minutes.
Slice rounds off the roll and put on a greased cookie sheet.

These cookies work quite well with other fruit fillings, as well. Combinations I like best are 1) pecan meal, raisins and cinnamon, 2) apple, walnut, and cinnamon, 3) pear and walnut, 4) chocolate chip and cinnamon. Use approximately equal amounts of sugar, fruit, and nuts, when using a combination of the three.

Bake at 350 degrees for 25 minutes.

These cookies freeze very well and can be held for special occasions several months later.

Snickerdoodles (Cinnamon Crisps)

Mix:

- 1/2 cup butter
- 1/2 cup shortening
- 1 and 1/2 cups sugar
- 2 eggs
- 2 and 1/2 cups flour

Add:

- 2 tsp. cream of tartar
- 1 tsp. baking soda
- 1/4 tsp. salt

Separately mix 2 tbsp. cinnamon and 1/4 cup sugar.

Make balls of dough and roll in the cinnamon-sugar mixture.

Place on an ungreased cookie sheet at least 2 inches apart.

Bake for about 10 minutes at 400 degrees.

Springerli- Swiss Anise Cookies

Separate 4 large eggs and beat whites and yellows separately. Then combine them and beat together.

Add:

1 pound confectioners sugar
grated lemon rind from one lemon

Add: 1 tsp. salt (optional)

4 cups flour

1 teaspoon baking powder

Mix well. Cover. Let stand or refrigerate for 3 hours.

Roll out the dough until 1/4 inch thick. Roll this out with a printed roller if you have one.

Cut into squares

Grease a cookie pan and sprinkle with anise seeds. If you can't find anise seeds, you may use the larger fennel seeds.

Place cookies over the seeds 1/2 inch apart.

Let dry on pan overnight.

Bake 25 minutes at 325 degrees.

I have not made these cookies, but I heard they are quite good.

Note: there is no fat or cholesterol in these cookies.

CHEESE

Homemade Ricotta

Basic instructions: heat milk, add acid, drain, enjoy.

You may use Lactaid Milk and juice from Meyer Lemons, or vinegar or any other edible acid. Heat and simmer in the Microwave a few minutes, until the curds form and separate from the water. Stir and drain in a coffee filter in the fridge. Good for a few days in the fridge.

Fresh Homemade Ricotta Gourmet - April 2006 - Yield: Makes about 2 cups cheese

from: <http://www.epicurious.com/recipes/food/printerfriendly/Fresh-Homemade-Ricotta-234282>

When creative director Richard Ferretti came to *Gourmet* two and a half years ago, he brought along a recipe for homemade fresh ricotta. It is more delicate in flavor than any store-bought version and has a lovely dry curd. Some of us make it at home often because it takes just a few minutes of active time. Topped with honey and cinnamon, it's also great for dessert.

Combine 2 quarts whole milk, 1 cup heavy cream,
1/2 teaspoon salt, 3 tablespoons fresh lemon juice

Slowly bring milk, cream, and salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching. Add lemon juice, then reduce heat to low and simmer, stirring constantly, until the mixture curdles, about 2 minutes

Pour the mixture into the lined sieve over a bowl and let it drain 1 hour. After discarding the liquid, chill the ricotta, covered; it will keep in the refrigerator 2 days.

from : <http://www.seriousseats.com/recipes/2010/02/how-to-make-fresh-ricotta-fast-easy-homemade-cheese-the-food-lab-recipe.html>

yield: approximately 1/2 cup ricotta cheese

2 cups whole milk, 1/4 tsp table salt, 2 tablespoons white vinegar or lemon juice

1. Line colander with four layers of cheesecloth or 2 layers of food-safe paper towels and set over large bowl. Combine milk, salt, and vinegar or lemon juice in microwave-safe glass 1-quart liquid measure. Microwave on high heat until lightly bubbling around edges, 2 to 4 minutes (milk should register about 165°F on an instant-read thermometer). Remove from microwave, and stir gently for 5 seconds. Milk should separate into solid white curds and translucent liquid whey. If not, microwave for 30 seconds longer. Repeat until fully separated.
2. Using slotted spoon or wire skimmer, transfer curds to prepared colander, cover exposed top with plastic wrap, and allow to drain until desired texture is reached. Store in covered container in refrigerator for up to 5 days.

Yogurt Cheese

Yogurt often has a tart/sour taste.

You can strain it using a coffee filter over an empty glass or container. Most of the sour liquid will drain out.

Take 1 cup or more of nonfat or other yogurt and place it in a coffee filter over an empty container, and put it in the refrigerator and let drain over night.

You will be left with a cheese, much like cream cheese, and it can be used the same way.

Discard the watery sour liquid.

The creamy cheese left can also be used instead of mayonnaise as a dressing in many salads.

Tuna salad can use yogurt cheese, instead of mayonnaise, cutting fat (if you use non-fat yogurt) and calories, while adding more protein. Add a little lemon juice and fresh ground pepper and it is quite good.

You can also make flavored cheeses by adding spices. Fresh ground pepper and finely chopped fresh garlic mixed well with this cheese makes a very savory cheese that goes well with crackers or chips.

You can also blend it with avocado for a smooth guacamole.

This yogurt cheese is delicious as a pancake crepe filling, when topped with fresh strawberries, and strawberry sauce. It should only be heated to very warm, so the cheese does not curdle.

I would not recommend using this product in cooking by itself as it has a tendency to curdle and be very unattractive. But when mixed with raw eggs and then cooked, it holds together quite well and could be used for a ricotta filling or in a cheesecake.

Make this with Dannon Non-Fat yogurt if you can get it. It works quite well with that, and is much better for us than cream cheese, and spreads and tastes about the same.

Enjoy!

CHICKEN AND TURKEY

Baked Chicken

Baked chicken is very delicious, but can take a long time to cook. And the meat can get very dried out. There are a few different ways of making excellent baked or roasted chicken.

You can cook a whole chicken, thoroughly rinsed and cleaned. Put it on a rack in a pan. Add 1 chicken bouillon cube and one or two cups of water, to cover the bottom of the pan with up to 1/2 inch of liquid. The water line should be below the rack.

Cook chicken until it is done, basting with juices once in a while, about every 20 minutes.

You may start cooking at 400 to 450 degrees and then turn the temperature down to 350 degrees after 30 to 45 minutes. Or you may cook it at 350 degrees from the start.

A hot oven will reduce the cooking time to a total of 1 to 1 1/2 hours. Otherwise, it may take as long as 2 hours to cook. If you stuff the chicken, it may take even longer.

You may also bake chicken in pieces, using the same method, but you don't need water or bouillon in the pan. Simply baste the chicken pieces with the drippings from the pan. It will be delicious.

Some folks like to add spices to their baked chicken. You may add salt, pepper, paprika, or other spices.

Baked Chicken with Barbecue Sauce

Make **Barbecue Sauce** below. This is excellent on baked, broiled, and barbecued chicken.

Buy a chicken and cut it into small pieces: legs, wings, thighs, breasts, or smaller pieces. Rinse thoroughly and place chicken pieces in a pan.

You may start cooking at 400 to 450 degrees and then turn the temperature down to 350 degrees after 30 to 45 minutes. Or you may cook it at 350 degrees from the start.

A hot oven will reduce the cooking time to a total of 1 to 1 1/2 hours. Otherwise, it may take as long as 2 hours to cook. Make sure to baste the chicken pieces with the drippings from the pan about every 20 minutes.

After cooking for at least 30 minutes, remove the pan of partially cooked chicken and slather each piece with barbecue sauce below.

Return to the oven and bake at 350 degrees until done, for about another half hour or more. You may still continue basting if you like.

Barbecue Sauce

In a bowl whisk together:

1/4 cup Ketchup

1/2 teaspoon garlic powder

1/4 teaspoon salt (optional)

1/2 teaspoon paprika

1 teaspoon vinegar, (white, apple cider, tarragon are all fine)

1 1/2 teaspoons brown sugar (light or dark are both ok)

juice of 1/2 a lemon or lime

Broiled Chicken

Buy a chicken and cut it into small pieces: legs, wings, thighs, breasts, or smaller pieces. Rinse thoroughly and place chicken pieces in a pan. Add salt, and pepper if you like.

Put under the broiler for about 5 – 8 minutes. Remove and turn the pieces over, and broil for another 5 – 8 minutes. Continue this process until the chicken is done, usually about 20 minutes to 1/2 hour.

After cooking for at least half way through you may add barbecue sauce. But once you do this, the chicken will be very likely to burn easily due to the sugar in the barbecue sauce. Watch your chicken carefully and turn often so it doesn't burn. Possibly move your chicken to a lower shelf in your broiler.

You may also use Jerk Chicken seasoning on broiled chicken. (See Jerk Chicken.)

Barbecued Chicken

Follow the same instructions as for Broiled Chicken, but place on a barbecue grill instead of in a broiler.

Barbecue Sauce

In a bowl whisk together:

1/4 cup Ketchup

1/2 teaspoon garlic powder

1/4 teaspoon salt (optional)

1/2 teaspoon paprika

1 teaspoon vinegar, (white, apple cider, tarragon are all fine)

1 1/2 teaspoons brown sugar (light or dark are both ok)

juice of 1/2 a lemon or lime

Chicken Cacciatore

Brown one chopped onion in a large frying pan in 2 tablespoons oil. Add 1 garlic clove pressed, grated, or chopped. Add one green pepper cut into small pieces.

Meanwhile, salt, pepper and flour a chicken cut into pieces.

When onions are lightly golden, add chicken and brown it with the vegetables.

When all is nicely browned, add a can of peeled tomatoes, mashed or cut up, (or puree, or tomato sauce.) You may use either a large or small can of tomatoes, but if you use a small can, you may have to add water while cooking. A large can should provide plenty of sauce for spaghetti.

Bring to a boil. Simmer covered for 1 hour, stirring occasionally, and basting chicken with the sauce. Skim off the fat and discard.

Serve with spaghetti on the side, or over rice.

Chicken Cutlets

Use thin sliced boneless chicken breasts. Rinse them before you begin.

One pound will serve 4 or more. It should be sliced thin. Some people prefer to pound it with a meat mallet to tenderize, but it should not be necessary if the meat is sliced thin.

You may also want to remove any tendons before you start. Smaller pieces, "Chicken Tenders," can also be cooked this way.

Sprinkle on meat: Salt
 Garlic powder
 Pepper
 Paprika

In a bowl place: 1 or 2 eggs, 2 tablespoons of milk
Optional - Sprinkle with: Salt, Garlic powder, Pepper, Paprika

Beat egg mixture with a fork.

In another bowl place breadcrumbs. Or, put crumbs in a clean plastic bag.

For 1 pound of meat, use 1/2 - 1 cup of breadcrumbs.

Dip meat piece by piece into egg mixture, then into bread crumbs. If you have small pieces of chicken, you can do several pieces at a time. If you don't want to stain your fingers use disposable food handling gloves.

Cover chicken pieces well with breadcrumbs, and place on wax paper.

When all the pieces are breaded you can begin frying. This goes very fast so don't leave the stove once you start.

Use a pan and fill with enough oil to cover, usually about 1/2 inch. Set heat on medium high and put in a few crumbs. Once it starts to sizzle, the oil is ready. Do not use a very shallow pan because the oil can boil over. A deeper pan is better.

Fry chicken in hot oil turning sides occasionally until dark golden or light brown.

Soybean oil, often known as vegetable oil, is good for frying food. Wesson, Crisco, and store brands work well. Soybean oil does not add any extraneous flavors. When the oil is hot enough it does not soak into the food.

Fry for about 5 – 10 minutes.

Drain on paper towel.

Serve with lemon wedges and potato salad. (German potato salad is wonderful here!)

Enjoy!

Chicken Cutlets Parmesan

Use thin sliced boneless chicken breasts. Rinse them before you begin.

One pound will serve 4 or more. It should be sliced thin. Some people prefer to pound it with a meat mallet to tenderize, but it should not be necessary if the meat is sliced thin.

You may also want to remove any tendons before you start. Smaller pieces, "Chicken Tenders," can also be cooked this way.

Sprinkle on meat: Salt
 Garlic powder
 Pepper
 Paprika

In a bowl place: 1 or 2 eggs, 2 tablespoons of milk
Optional - Sprinkle with: Salt, Garlic powder, Pepper, Paprika

Beat egg mixture with a fork.

In another bowl place breadcrumbs. Or, put crumbs in a clean plastic bag.

For 1 pound of meat, use 1/2 - 1 cup of breadcrumbs.

Dip meat piece by piece into egg mixture, then into bread crumbs. If you have small pieces of chicken, you can do several pieces at a time. If you don't want to stain your fingers use disposable food handling gloves.

Cover chicken pieces well with breadcrumbs, and place on wax paper.

When all the pieces are breaded you can begin frying. This goes very fast so don't leave the stove once you start.

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Fry chicken in hot oil turning sides occasionally until dark golden or light brown.

Soybean oil, often known as vegetable oil, is good for frying food. Wesson, Crisco, and store brands work well. Soybean oil does not add any extraneous flavors. When the oil is hot enough it does not soak into the food.

Fry for about 5 – 10 minutes.

Drain on paper towel.

Add Italian tomato sauce and sliced mozzarella cheeses and bake in oven at 325 degrees for 1/2 hour. Serve with good bread, salad and pasta.

Enjoy!

Chicken Fricassee

In a large, deep pan, or a narrow bottom pot, fry one chopped onion in 2 tablespoons oil with a dash of salt and sugar.

The pan should be large enough to hold the amount of chicken you plan to cook.

Season cut-up chicken pieces and sprinkle with salt, garlic, paprika, and flour, and brown with onions. (The gravy tastes best if you use chicken pieces on the bones.)

In a small pot or microwave proof container combine 1 small can of tomato juice, 1 chicken bouillon cube or package, a few shakes of garlic powder, a little sugar (1/2 - 1 teaspoon), a few shakes of soy sauce (about 1/2 teaspoon). Bring mixture to a boil on the stove or in the microwave.

Pour the hot mixture over the browned chicken and onions.

Cover and simmer 1 hour adding more liquid if necessary. It's best to add boiling or very hot water to a hot pot, rather than cold water.

Add garlic powder and soy sauce to taste, if needed.

After one hour skim off any excess fat.

Then add 2 – 3 tablespoons of chopped dill. Stir in and simmer 2 -3 minutes.

Serve hot over Uncle Ben's Rice.

Grilled Chicken and Vegetables with Wild Rice

I have never made this dish, but it looked interesting enough for me to cut out and save. The same recipe can be found on the Internet at <http://www.epicurious.com/recipes/food/views/grilled-chicken-and-vegetables-with-wild-rice-620>

It is credited to Bon Appétit August 1995, but that is not where I first saw it. I do not know where it came from, but here it is.

A marinade of balsamic vinegar, olive oil, honey, herbs and spices perks up the grilled chicken and vegetables in this dish. It's all served with wild rice, a Minnesota Staple. Pour a dry white wine.

Ingredients

- 1 1/2 cups balsamic vinegar
- 1/2 cup olive oil
- 1/2 cup honey
- 1/3 cup chopped fresh oregano or 1 1/2 tablespoons dried
- 1/3 cup chopped fresh sage or 1 1/2 tablespoons dried
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cumin
- 8 large skinless boneless chicken breast halves
- 2 cups (12 ounces) wild rice, cooked according to package directions
- 2 large red onions, cut into 3/4-inch-thick rounds
- 3 zucchini, trimmed, cut lengthwise into thirds
- 3 Japanese eggplants, trimmed, cut lengthwise into thirds
- 2 large red bell peppers, seeded, cut into 1-inch-wide strips
- Additional chopped fresh oregano
- Additional chopped fresh sage

Preparation

1.
 1. Combine first 7 ingredients in large glass baking dish. Add chicken, turning to coat. Cover and chill 2 to 4 hours.
 2. Prepare barbecue (medium-high heat). Spread rice in center of large platter. Remove chicken from marinade and sprinkle with salt and pepper. Grill until just cooked through, about 5 minutes per side. Transfer chicken directly from grill to platter and arrange atop rice.
 3. Add vegetables to marinade and turn to coat. Transfer to barbecue. Sprinkle vegetables with salt and pepper and grill until just cooked through, about 6 minutes per side for onions and 4 minutes per side for zucchini, eggplants and peppers. Transfer vegetables directly from grill to platter and arrange atop rice with chicken. Pour marinade into small saucepan and bring to boil. Brush over chicken; drizzle lightly over grilled vegetables. Sprinkle with additional chopped herbs and serve.

Jerk Chicken

Make **Jerk Chicken Seasoning** and use it as **Jerk Chicken Marinade**.

Mix 1-2 tablespoons of the mixed seasonings with juice of 1/2 lime and 2-4 tablespoons of salad oil. This is enough for a small chicken. Make more, if you need more.

Coat chicken pieces in the mixture and bake as usual.

Start in a hot oven, about 450°. Cook about 20 minutes and reduce to 350° until done, usually 40 minutes or more. Baste periodically with the pan drippings.

Or, barbecue the chicken.

Robin's Jerk Mix is a combination of every day spices listed below. There are no onion flakes or onion powder, because those spices, often taste stale and detract from any dish.

You could add fresh thinly sliced onions, and add them. They would probably be good.

Robin's Jerk Mix aka Jerk Chicken Seasoning

Put the following ingredients in a plastic bag, and smash with a glass jar or bottle until it is all a pretty fine mix. Then put it in a spice jar and save it for future use.

- 5 tablespoons and 1 teaspoon dried chives
- 1 tablespoon coarse black pepper
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1 teaspoon salt

From the New York Times Magazine March 16, 2003.

(Compared to other recipes, this seems very hot! You can use chives in addition, or instead of onion and probably skip the crushed red pepper all together. Other recipes also add cinnamon and sugar.)

Jerk Chicken Spices:

- 2 tablespoons black pepper
- 2 teaspoons onion powder
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon crushed red pepper
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- 1 teaspoon dried thyme
- 2 teaspoons lime juice.

Make a paste of the ingredients above. Rub it on 3 pounds of chicken breast cutlets. Bake at 450° for 17 minutes. Serve on a roll with sandwich condiments.

From: <http://recipes.caribseek.com/Jamaica/dry-ierk-seasoning.shtml>

by *Helen Willinsky*

Dry Jerk Seasoning

This seasoning mix is excellent to have on hand to sprinkle on cooked or uncooked fish, vegetables, or snacks. It does not have quite as strong a flavor as the rub and the marinade. To increase the heat, add more cayenne.

- 1 tablespoon onion flakes
- 1 tablespoon onion powder
- 2 teaspoons ground thyme
- 2 teaspoons salt .
- 1 teaspoon ground pimento (allspice)
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- 2 teaspoons sugar
- 1 teaspoon coarsely ground black pepper .
- 1 teaspoon cayenne pepper
- 2 teaspoons dried chives or green onions
-

Other recipes call for adding soy sauce and/or limejuice to make a barbecue sauce/paste. Usually, it calls for coating the meat first, or adding to oiled meat, then roast or barbecue the meat.

You may try any of these that appeal to you!

Judy Fink's Chicken Salad

Use canned chicken breast.

Add a tiny bit of grated onion.

Add a small amount of sweet relish.

Add some chopped nuts, like pecans or walnuts. Use up to about 1/4 of the amount of chicken you are using.

Mix it all very well.

Add enough mayonnaise to moisten the chicken salad. Add salt and pepper if you like.

This is excellent on squaw bread or some other slightly sweet bread or rolls.

You can also use leftover cooked chicken instead of canned chicken.

Chicken with Onions and Rice

Get a small chicken and have it cut into small pieces, i.e. legs, wings, breasts, thighs.

Wash chicken with cold water and sprinkle with salt and pepper.

Small chickens taste the best.

Preheat oven to 350 degrees.

Get a large onion. Peel and cut in half so that all the rings are cut in half. Rinse with water. Place each half flat side down on a cutting board or surface and slice into half rings. Slicing the onion like this preserves a lot of the sweet juices we need in this dish.

In a large frying pan brown onions and chicken in 4 -5 tablespoons of oil. (I prefer to use vegetable oil- soybean oil.) This should take about 10 minutes. As the pieces of chicken begin to brown remove them to a baking dish. Sautee the onions only until golden color.

Remove the onions from the frying pan and place in the chicken baking dish, sprinkled liberally all over the top of the chicken pieces.

Bake at 350 degrees for one hour, or until chicken and onions are beautifully browned.

Meanwhile, cook up 2 – 4 cups of rice.

When the chicken is done, remove it to a serving platter. Pour out the fat from the pan into a container you will later dispose of.

Place the cooked rice into the chicken baking pan with the onions and the chicken drippings. Mix well so that all the rice is well coated. Serve with the chicken.

Corn or candied carrots go well with this dish, as well as salad.

Chicken Taco

Start with crisp taco shells, or you can use small taco cups for appetizers.

You will need some cooked chicken for these, so it's a great dish to make with leftovers.

Put some cooked beans in the bottom of a Taco Shell. Bush's Black Bean Feta, cooked and well drained are good, or any other kind of baked bean is also good. You can add a little chili powder for flavor if the beans are plain.

Add cooked chicken. Add a slice of Jack or Cheddar Cheese. Microwave for one minute. Add sour cream, lettuce, tomato, and if you like you may add guacamole, lemon or lime juice, onion or scallion, hot peppers or pepper flakes.

Chicken tacos are very tasty and easy to make. I highly recommend these.

Bernice's Fried Chicken

You may make as much or as little as you like, but make sure the pan you are using is large enough to hold the quantity of chicken you would like to cook.

Wash Chicken Pieces.

Dredge with flour with a little salt and paprika added.

(Dipping chicken pieces in a plastic bad filled with flour works best.)

In a deep frying pan heat 1/2 inch of cooking oil. Soybean oil is very good for frying, and can be found as "Vegetable" oil in the stores.

(Other oils have side effects you may not like.

Canola oil, when cooked, sometimes causes extreme stomach distress.

Olive oil changes the flavor of the food and can cause stomach distress when cooked.

Peanut oil is also very good, but is expensive.

Corn oil has a tendency to soak into the food, making it too heavy.

Solid Criso used to be good for this, but ingredients have changed over the years. Last time I checked it was made from Soybean oil, so I just use the oil without additives.)

Turn on medium heat and test the oil temperature by dropping a few flour crumbs into the hot oil. When it begins to sizzle, the temperature is right.

Brown chicken pieces on all sides over medium heat.

Then reduce heat to low. Cover pan and steam chicken in hot oil for about 20 minutes.

Remove cover carefully, and continue to re-brown the chicken over medium heat, about 10 minutes longer.

Drain on paper towels and serve.

Or keep warm and make homemade French Fries in your pan of oil. This will take about another 10 minutes.

Microwave Turkey

Buy a fresh Empire Kosher Turkey Breast with bone in, about 4 -5 pounds. Sprinkle with Paprika and a garlic clove, cut into a few pieces.

Cook 7 minutes per pound on High. Turn over and cook 7 - 8 minutes per pound on medium high or # 7 on your Microwave.

This cooks much faster than conventional oven, and tastes pretty good.

Enjoy!

The smaller the turkey, the younger, and the more tender it will be. You need a meat thermometer, a sturdy roasting pan, and a rack.

Buy a turkey. A small one is 12 – 14 pounds and will feed 8 people with leftovers. 15 – 25 pounds will feed many more, but they take a very long time to cook, and are extremely heavy and difficult to handle when hot!

If you buy a frozen turkey, defrost according to directions, usually 3 days in the refrigerator, in a large pan, because it drips and makes a mess.

Take the guts out of the turkey, i.e. gizzard, heart, liver, and neck. Rinse and drain the turkey. Rub turkey with butter all over and stuff it if you like.

Tuck legs into the body cavity.

Or if you have stuffed the bird in the middle and by the neck area, you will want to close up those holes to keep the stuffing from coming out. You may use small skewers, or you can sew the neck skin to the back, and you can sew the front skin together to keep the stuffing from falling out. Make sure you use a large clean needle and clean white thread.

Place a meat thermometer into the thigh towards the center, but not touching the bone. The temperature should read 185 degrees on the thermometer when the turkey is done.

Get a turkey lifter, or make one out of heavy string. Make a large circle and tie a knot. Then tie two knots near the center that will form the base for lifting the bird. Put the string lifter under the bird, and bring the loose ends up around the top and bottom ends of the bird making handles.

In a pan large enough to hold the turkey, place a rack. Put 1 cup of chicken bouillon, or a bouillon cue and a cup of water, at the bottom of the pan. Place the turkey on the rack breast side down, with back and turkey lifter on top. This way juices run into the breast for most of the cooking time and keep it moist. You will flip the turkey before it is done, so the breast will end up being on top. If you have extra chunks of fat from the bird, you may set them on top of the bird to use for basting. And if you don't want the tail attached, you may cut it off and set it on the side of the pan.

Roasting time will vary. A 10 – 12 pound turkey takes about 4 hours. Larger ones take much longer, maybe 6 – 8 hours. Check the turkey package for roasting times. Basting is essential. Every half hour the turkey should be basted from liquid in the pan. As the liquid evaporates, add water to the bottom of the pan. You may have to add as much as 4 cups of water during the cooking process.

Place your pan with your prepared turkey on it in the oven. Set at 325 degrees. Roast the turkey for at least 2 hours, basting occasionally, with the breast side down. The bird should be in the oven for about half the time with the breast down. The top will look nicely golden after a few hours. Remove the turkey and pan from the oven, and set it on the stove top. If there is a lot of liquid in the bottom, suck most of it out first and put it in a 1 quart pyrex pitcher, or a pot. Otherwise, you are likely to get burned with hot liquid! Let the turkey cool a bit, then use the turkey lifter and paper towels and turn the turkey over, gently, so the breast is on top. Return the pan to the oven. You may skim the fat off the liquid you removed from the pan, and add the rest of it back to the pan for basting. Roast another 2 hours or more, until the bird is done, basting it periodically, and adding water as needed. When the meat thermometer says 185 degrees, it is done, and not before.

If the breast starts browning too quickly, cover it loosely with aluminum foil to keep it from burning until the turkey is fully cooked.

Sweet and Sour Chicken

Cut up 1 1/2 pounds of boneless chicken breasts or thighs into 2 1/2 inch strips, or ask the butcher to cut it up for you.

Brown the meat in 2 tablespoons hot oil.

Add 1 cup hot water, 1 chicken bouillon cube, 1 teaspoon salt (you may omit this).

Cover and simmer one hour or until tender. Add water if you find it disappearing completely.

Get a No. 2 can (1 lb. 4 oz.) pineapple chunks in juice.

In a separate pot combine juice from the pineapple, 1/4 cup brown sugar (4 tablespoons), 2 tablespoons cornstarch, 2 tablespoons vinegar, 1 tablespoon soy sauce, 1/2 teaspoon salt (you may omit this), 1/4 teaspoon ground ginger.

When mixing cornstarch with liquids, you should start with liquids that are room temperature or cold. Otherwise you get ugly lumps.

Cook the mixture until thick and bubbly, stirring often. Remove from heat and add this to the pork.

Stir in pineapple chunks.

Add a medium green pepper cut in strips, 1 cucumber cut up, 1/4 cup thinly sliced onion, a cup of blanched bean sprouts if you have them.

Cook over low heat 2-3 minutes until vegetables are tender and still crisp.

Serve over rice. Makes 6 servings.

While you are roasting a turkey, prepare the gravy.

Wash gizzards, heart, neck and liver and place in a small pot of chicken bouillon or water and a bouillon cube or MBT packet. Simmer 1/2 hour. Remove the liver and discard or give it to the cat or dog, or you can eat it.

Simmer the remainder for 1 1/2 hours, adding enough water to keep the meat covered with liquid.

Add a little Soy Sauce, up to 1 or 2 teaspoons to the simmering liquid. After two hours total, remove the meat from the stock pot. Let the stock cool in the refrigerator. Skim fat from the top and discard. You may chop up the heart and gizzard into tiny pieces and return it to the liquid, or you may save it for yourself or your pets. The neck you can eat yourself, or give the meat to your pets, or save the neck with meat for soup, (to be added to left over roast turkey carcass, and more.)

When the roast turkey is done, remove it from the roasting pan to a platter and let it cool before slicing. Remove the baking rack from the pan.

Remove all but a tablespoon of fat from the pan. The best way to do this is to pour all the drippings into a Pyrex glass pitcher, large enough to hold all of it. Leave about 1 tablespoon of fat in the pan. Skim off all the fat from the glass pitcher, leaving only stock and drippings in the pitcher.

Add 2 heaping tablespoons of flour to the roasting pan of fat and drippings and mix it well. Pour in whatever is left in the glass pitcher and mix it well. If needed, add a little water and boil it for a few minutes, scraping the sides of the roasting pan clean, and mixing in the flour as it simmers.

When it cools a little, strain this mixture into a medium size pot. Add the stock from the refrigerator. Mix up all this in the pot and whip with a wire whisk. Add soy sauce if it needs salt, or water if it's too thick. Stir until smooth and simmer a few minutes. Voilà excellent turkey gravy! (If there is any fat accumulated you may skim it off, but there shouldn't be any if you removed it before.)

Turkey Salad

Use leftover cooked turkey.

Add fresh celery well washed.

Chop the celery and turkey in a food processor.

Mix well.

Add salt and pepper to taste.

Add enough mayonnaise to moisten it.

This is very good on Saltine Crackers.

This turkey salad spread will keep well for about 3 days if kept covered and refrigerated.

FISH

Baked Fish

Ingredients: 1 pound of fish filet or fish steaks
1/4 cup salad dressing or other seasoning

If using fish filets check for bones. If there are any remove by cutting away that piece of fish, or pulling out the bones.

Swordfish steaks work very well here.

Also, rolled stuffed fish fillets you can buy at some fish markets.

Rinse fish. You may want to use disposable gloves for this because you may be sensitive to raw fish and it may give you a rash.

Put fish in a greased pan. Put the dressing on top. Cover the pan and bake at 325 degrees until done, usually anywhere from 10 — 25 minutes.

If you like you can baste the fish while it is cooking with the salad dressing.

Fried Fish

Ingredients: 1 pound of fish filet
1 egg
1/4 – 1/2 cup of milk
1/2 – 1 cup pancake mix
1 – 2 cups of oil for frying

Get fish filets and check for bones. If there are any remove by cutting away that piece of fish, or pulling out the bones.

Cod is exceptionally good for this.

Cut filets into small portion sizes, about 1/2 inch thick to 2 1/2 inches wide, and about 3 inches long.

In one bowl mix an egg, 1/4 – 1/2 cup of milk, and just enough pancake flour to make the mixture creamy.

Dip fish in creamy egg-milk mixture. Then dip the pieces into pancake flour so that each piece is well covered.

In a deep pan or pot put 1/2 – 1 inch of shortening or oil. Heat over medium flame.

Test for proper temperature by putting a small piece of the batter mixture and flour or crumbs into the oil. When it is dark golden brown remove it and add a few pieces of fish, but do not crowd the pieces in the oil.

Fry for 3 minutes or until golden brown all over. Turn each piece over at least once.

Remove and drain on paper towel.

Serve with chips or home made French fries.

Broiled Halibut Steak

Get a Halibut Steak.

For 1/2 inch thick, broil to 3 minutes on a side.

For 1 inch thick, broil to 4 minutes on one side and 5 minutes on the other.

You may add Lemon/Butter Sauce over the fish.

Lemon/Butter Sauce

Heat 2 tablespoons of margarine until lightly browned. Add 1 1/2 teaspoons lemon juice. Add 1 tablespoon parsley, 1/2 teaspoon salt, 1/4 teaspoon pepper. Whisk together.

Heat and serve over broiled fish.

You may substitute butter, or other oils for the margarine.

Broiled Haddock Filet

For a piece of fish 1/3rd to 2/3rd inch thick, broil it 5 – 8 minutes, and baste it twice while broiling. You may baste with Lemon/Butter sauce.

You may cook any fish steak or fish filet similarly.

Sweet Lemon/Butter Sauce

Make Lemon Butter Sauce, but add 1 teaspoon honey to the mixture. If using this sauce to baste fish while it is cooking, lower the fish from the flame a little because the sugar in the honey may burn. Watch closely while you are cooking if you use the sweeter sauce.

You may also substitute brown sugar instead of honey. Both are very good!

Tempura

Tempura is a dish of fried food, dipped in a batter.

This recipe makes enough batter to feed 6 people.

Make the batter. Prepare cleaned shrimp, pieces of fish, or vegetable pieces.

Dip them in the batter. Fry in hot oil until golden and drain on a paper towel.

Serve with dipping sauce.

Tempura Batter

Separate 2 eggs. Beat egg yolks and 1 cup of water. Gradually beat in 1 cup of cake flour, or finely sifted flour. Add 4 tablespoons cornstarch. Beat until smooth and light.

Beat egg whites until stiff. Fold into the batter.

Dip in pieces of shrimp, fish or vegetables like carrot pieces, broccoli pieces, zucchini, or whatever you like. Fry and drain.

Dipping Sauce

Blend together 1/4 cup bouillon, 1/4 cup Sherry wine, 1/4 cup soy sauce, and a little horseradish and ginger to taste. Mix well or simmer it together and let cool.

LAMB

Broiled Lamb Chops

Get some baby rib lamb chops. These are very expensive so be prepared.

Have the butcher trim off the excess fat, or do it yourself.

Broil these for a few minutes on each side until done. They should be cooked like you cook steak, usually a little pink.

You may enjoy them with garlic salt, lime or lemon juice, and pepper.

Or you may brush them with Barbecue Sauce for Chicken and Lamb Chops.

It's all delicious! Enjoy.

If you freeze them when they are fresh, you can cook them in the microwave, like you would bacon. Wrap them in a paper towel and cook for a few minutes. You can finish them off under the broiler.

Lamb can be very fatty, so you have to watch it to make sure there are no serious broiler flare ups. Keep the fat away from the open flame whenever possible.

You can also buy loin lamb chops. They are bigger in size, and don't taste as good, but they can be prepared the same way. I personally would only recommend the small rib lamb chops. They are excellent!

OILS FOR COOKING

Canola Oil

Canola oil can be easily found in supermarkets. It is good in salads, and can be used to fry food. But, it changes chemically when cooked, as do many oils and makes some people sick when food is fried in it.

Eggplant fried in Canola oil is often sweeter and less greasy than when fried in other oils.

Coconut Oil

Coconut oil is creamy and white.

Good in tortillas and bread.

Bad in cookies - changes the flavor and makes cookies tangy - not good.

Some say it's good for you. Others say it's bad.

Adds a nice flavor when cooking rice, and can be used to ice cupcakes and cakes instead of whipped cream.

Olive Oil

Olive oil is often used in salads and can have a strong olive flavor. You can purchase infused flavor olive oils that are delicious. My favorites are Tuscan Olive Oil, that tastes like basil and garlic and is fabulous in spaghetti sauce, on salads, or for dipping bread, and Eureka Lemon which I love on popcorn, instead of butter. There is no cholesterol in Olive Oil, so it is a good choice for those who need to watch this, as an alternative to butter.

Soybean Oil

Soybean oil is readily available in supermarkets and is often called Vegetable Oil. I like it because it cooks well, and leaves no flavor of its own. It doesn't interfere with other flavors in cooking. Soybean oil is great in cakes and cookies, and also good for frying.

PASTA, RICE, GRAINS AND BEANS

Baked Beans

Get a can of vegetarian beans either Heinz or Bush's. Open the can. Add a tablespoon or more of brown sugar and a few shakes of Worcestershire Sauce, and simmer a few minutes. Serve with hamburgers and hot dogs.

If you're trying to stay away from salt you might try experimenting with dried beans.

I have purchased dried Black Beans, and have had success with them. Soak them overnight. Boil them gently until they are tender. Add them to a Quinoa salad, or serve with rice. They are very tasty just plain and have a nice consistency.

Add whatever seasoning you like.

Enjoy!

Black Beans, Chick Peas and Hummis

Black Beans and Chick Peas can be purchased as dried beans in supermarkets and specialty stores. They can also be bought canned.

Dried beans are prepared by rinsing, soaking overnight, and simmering in boiling water until done. Although this is very time consuming, they are so much better than canned beans. It is well worth taking the time to do it.

And, you can freeze your cooked beans and use them when you like. They thaw out well in the refrigerator and in the microwave.

Black Beans

Cooked black beans are wonderful additions to soups and to salads. Or you can heat them up and melt cheese on them.

Chick Peas also known as Garbanzo Beans

Cooking these takes a little more work, but is worth it.

As chick peas simmer, change the cooking water a few times. This removes extra starch and bitterness. Also, as chick beans are simmered they begin to lose their shells. If you can skim the thin skins out of the boiling water, the product left is a little buttery tasting, kind if sweet, nut. Its fabulous and you can do so much with it.

You can make a meatless stew using the Chick Peas and other vegetables.

Or you can mash it and make it into a hummis dip, adding spices and other vegetables.

Cumin and mashed roasted eggplant are some of my favorites. You can also add chives, garlic and lots more. And you can add them to salads as well. Adding a bit of Tuscan Olive oil is also very good with salad.

Good luck and enjoy!

Lasagna

You may start by cooking lasagna pasta or you can use “no cook” lasagna noodles. These work quite well, but require a lot more liquid sauce in the pan than noodles you have cooked previously.

Make lasagna tomato sauce, which is basically tomato sauce with different meats added. The sauce recipes are listed below.

Layer noodles with sauce, Mozzarella cheese, and a mixture of beaten egg, Ricotta cheese, 2 tablespoons dried parsley and a little tomato sauce mixed in for color and flavor. You may also add 1/4 cup grated Parmesan or Romano cheese to the Ricotta mixture if you like.

This recipe works well with 1 pound of noodles, 1/2 to 1 pound of Ricotta cheese with one or two beaten eggs, 1/2 to 1 pound of Mozzarella cheese. Use a lasagna pan, or a large rectangular pan. Layer sauce, noodles, Ricotta, noodles, sauce, Mozzarella, noodles, sauce, etc., in alternating layers, until it is all used up. Cover the top layer with sauce and Mozzarella cheese.

Bake in 350 degree oven until all is well heated and cheese is melted and beginning to brown.

Tomato Sauce

Ingredients: one large minced onion, 2 tablespoons salad oil, 2-4 cloves garlic (pressed), 2 cans of tomato puree and 1 can tomato paste , OR 1 large can of tomatoes and 1 or more cans of tomato puree, 2-6 leaves of fresh basil, or 2-5 tablespoons of dried basil or more, 1/4 - 1/2 tsp. oregano, 1 pinch of rosemary or Italian seasoning, 4 tablespoons of blanched fresh mushroom pieces, or any other mushrooms you have.

Brown onion and garlic in oil until golden.

Add tomatoes and puree (or puree and tomato paste), basil, spices, and mushrooms. Mix well. Add 1 to 2 cans of water, using the tomato puree can to measure. Add pepper to taste. This sauce does not need salt or pepper, but if a spicy flavor is desired, some fresh ground pepper or equivalent should be added.

Simmer 1 to 4 hours, stirring occasionally.

Lasagna Sauce

Brown 1/2 to 1 pound ground round or chopped sirloin, and 3 hot sausages, but remove the sausage from the casing first. Drain off all the fat. Add all the ingredients for tomato sauce except for the oregano and rosemary (or Italian seasoning.) Simmer for 1 to 4 hours. If you can't tolerate hot sausage, use sweet Italian sausages. Use this sauce when you make Lasagna. It's excellent!

Manicotti

Make French pancakes from the Fanny Farmer Cookbook, or any other thin crepe pancakes.

Spread with cheese mixture.

Mix 1 pound of Ricotta cheese, 1 beaten egg, 2 tablespoons parsley, 2 tablespoons grated Romano cheese, about 1/2 cup grated mozzarella cheese.

You can also add salt and pepper to taste.

Put the cheese mixture onto one side of a pancake or crepe and fold it over the cheese filling. Continue this for all the pancakes. Place them in a baking pan and cover with tomato sauce and grated mozzarella cheese.

Bake at 350 degrees until done, about 45 minutes.

Penne with Oven Dried Tomatoes and Basil

from : New York Times Magazine September 4, 1994

Main Dish - Four Servings

Ingredients:

- 1 pound penne
- 2 cups thyme dried tomatoes cut into thin strips
- 2 tablespoons pitted and chopped imported black olives
- freshly ground pepper to taste
- 2 medium cloves garlic peeled
- 1/2 cup fresh basil leaves, cut and minced across into thin strips
- 1 small jalapeno seeded and minced
- 2 teaspoons salt
- 2 tablespoons extra virgin olive oil

Bring a large pot of lightly salted water to a boil.

Add penne and cook until al dente, about 12 minutes.

Drain.

Place pasta in a large bowl and add the tomatoes, black olives, garlic, jalapeno and basil.

Toss to combine.

Add the olive oil, salt and pepper and mix well.

Divide among four plates and serve immediately.

To make thyme dried tomatoes:

Wash and cut in half 28 medium sized plum tomatoes.

Coat the skins lightly with olive oil and bake skin side down on a baking sheet in 200 degree oven for 4 - 6 hours.

Before baking, sprinkle with salt, pepper, 2 teaspoons thyme.

Quinoa, Black Bean and Rice Salad

You may use 1/2 cup uncooked black beans, 1/4 cup uncooked quinoa, 1/4 cup of uncooked rice. Or you may use other proportions with good results.

Cook black beans according to directions. This will likely involve overnight soaking and then cooking in water for 2 hours.

You may cook Black Beans in advance and freeze the cooked beans in small packages for use later. They freeze very well, and can be thawed quickly in a microwave to use again.

Cook Quinoa separately and add to drained beans. If you add the quinoa to the beans without draining the water, the whole dish will look gray. It's still mighty tasty, but not appetizing to look at.

Add rice to the black beans and quinoa mixture and water and simmer until the rice is done.

You may add the following spices to the simmering rice water:
a teaspoon of chopped dried chives, 2 tablespoons of fresh squeezed lime juice, 1/2 teaspoon dried parsley, 1/8 teaspoon of dried mint, a dash of turmeric, a pinch of ground allspice, a pinch of ground thyme, a pinch of cumin powder, and 1/8 teaspoon crushed red pepper flakes. Or you may use any other spices you like.

When the rice is done add 1 tablespoon Persian Lime Olive Oil or Lemon flavored Olive Oil and 1 teaspoon apple cider vinegar. Mix the rice, beans, and quinoa well. Serve warm or cold.

If you've ever had Dolmas (stuffed grape leaves), they taste a lot like this. Enjoy!

Quinoa Salad

Cook Quinoa and wheat berries in apple juice with a little Persian Lime Oil, a little turmeric, and a little Tarragon Vinegar. Add a little dried cranberries and chopped almonds. Add water if needed so it cooks long enough to cook the wheat berries and the quinoa.

Let cool. Add fresh fruits and vegetables such as raspberries, cut up pieces of sweet peppers, fresh baby spinach leaves.

Toss with some orange juice.

Quinoa Spanish Rice

Sauté a sliced onion in oil and add some green pepper. Gently sauté together.

Rinse about 1/2 – 1 cup Quinoa and add to the sautéed vegetables. Stir and cook for about a minute.

Add a can of chopped tomatoes in juice and about 1/4 cup of uncooked rice. Add a pinch of turmeric. Simmer for about 25 minutes until the Quinoa and rice are cooked. Add water if needed so it doesn't dry out.

Serve as a side dish, or a main dish with a side salad.

Quinoa and Rice Curry Salad

Cook 1/2 cup Quinoa in water.

Cook 1 cup of rice in coconut milk and a little water.

Before the rice is done, add the cooked Quinoa and stir gently.

Add 1/2 cup of frozen peas and cook a few more minutes until the liquid is absorbed and the peas are just done.

While the quinoa and rice are cooking, cut up onion and sauté 1/2 cup of chopped onion in 1 tablespoon of salad oil.

When the onion is done remove it to a medium size bowl. This sautéed onion is the base for the salad dressing.

Make a salad dressing. Add the following ingredients and mix well.

Use sautéed chopped onion

1/2 cup of lemon flavored olive oil, (or other salad oil)

1 fresh carrot, peeled and cut into very small pieces.

1 teaspoon of ground cumin or curry powder

1/2 teaspoon of course ground black pepper

1/4 teaspoon ground turmeric

You may also add salt or other spices to taste.

Add the salad dressing to the rice and Quinoa and stir gently until all is well coated. Do this while the rice mixture is still warm.

Serve warm or cold.

Note: If you refrigerate this dish, you will have to warm it up a little before serving if you use olive oil. Olive oil will get hard and chunky when refrigerated, and this is not how you want to serve this. All the rice mixture should be nicely coated in the dressing and the peas and carrots add nice color!

Mom's Spanish Rice

Brown Chop meat, onions, garlic.

Add green pepper, tomato sauce, rice, and enough hot water to cover well.

Cook for 25 minutes or until rice is done.

You may use 1 pound lean ground beef, 1/4 -1/2 cups chopped onions, 1 garlic clove, 1-2 bell peppers, one or two cans of Del Monte tomato sauce, or tomato paste and enough water to cover everything. Simmer about 40 minutes .

Meanwhile cook 3/4 - 1 cup of rice separately. When the sauce is done, add the rice to the sauce and serve.

If you like celery with your rice, you can also add some chopped celery when you brown the meat and onions.

PORK

Pork Chops

Pork chops can be fried, baked, or braised.

Fried Pork Chops

Rinse and pat dry 4 small pork chops, either rib or loin cut. Sprinkle with salt, paprika, garlic. Brown in a frying pan about 2 minutes on a side. Then cover the pan and turn the flame down low. Cook another 15 minutes. Flip the chops and cover and cook another 15 minutes. By now, the juices should start flowing from the chops. Take the cover off the pan and finish searing the meat, flipping sides occasionally. They are done when nicely browned and cooked thoroughly.

While the chops are finishing up, make some egg noodles. Boil water and add about 2 cups of egg noodles. Cook about 10 minutes or until done. Drain. Keep warm and covered.

Remove the cooked pork chops from the pan and keep warm on a covered plate in the oven set at about 200 degrees.

Pour off excess fat from the pan. Add drained, freshly cooked egg noodles to the hot pan with drippings and put the lid back on the pan. After one minute, stir the noodles in the pan scraping up the drippings.

Serve noodles with poppy seeds and pork chops and applesauce. Yum!

Serves two people, or three, if some want only one chop. Usually the men will have two.

Baked Pork Chops

Rinse and dry 4 - 8 pork chops. Sprinkle with salt and pepper. Dredge in flour.

Line a baking pan with foil. Spray the foil with Pam Cooking Spray, or grease the foil with something else you may like.

Heat the oven to 350 degrees. Lay the chops flat in the pan. Bake for 10 minutes.

Remove from oven and turn over the chops and bake another 10 minutes.

Remove from oven again and cover the pan loosely with foil.

Return to the oven and bake covered for an hour. The chops will usually baste themselves, but you may want to add a little hot water after 1/2 hour or so, to make sure they don't burn. Be careful when lifting up hot foil. Use tongs, and open away from you as the steam can escape and burn you.

These are very good with potato pancakes and applesauce.

One to two pork chops per person are the usual serving amounts.

Braised Pork Chops

Rinse and dry 4 -8 pork chops. Sprinkle with salt and pepper. Dredge in flour.

Fry lightly in a pan with one or two tablespoons of oil, turning so that each side is browned.

Add hot water so the chops are sitting in water, but not completely covered.

Cover the pan, simmer for 1/2 hour. Flip the chops over, and simmer another 1/2 hour.

Add water if you need to so that it does not all evaporate.

Cook until the chops are cooked and the meat is soft. It may require another 1/2 hour of simmering.

Serve with vegetables like corn and green beans.

Applesauce is also good.

One to two pork chops per person are the usual serving amounts.

Pork Roast, Boneless or with Ribs

Get a roast pork.

Rub it with a cut garlic clove and then sprinkle with salt and pepper.

Cut slits in the side of the meat and fat and insert bits of garlic.

Set it on a rack, or if it's a rib roast, put in pan with rib bones down.

Bake at 325 degrees for about 40 minutes a pound.

Be sure to insert meat thermometer, but do not let it touch the bone.

When done, the thermometer should read 185 degrees.

Add potatoes to the oven for baked potatoes in the last hour or two.

Serve with orange sauce or brown gravy.

Momofuku Bo Ssam – Korean Slow Roasted Pork

Pork Butt (shoulder of pork)

1 whole bone-in pork butt or picnic ham (8 to 10 pounds)

1 cup white sugar

1 cup plus 1 tablespoon kosher salt

7 tablespoons brown sugar

Ginger-Scallion Sauce

2 1/2 cups thinly sliced scallions, both green and white parts

1/2 cup peeled, minced fresh ginger

1/4 cup neutral oil (like grapeseed)

1 1/2 teaspoons light soy sauce

1 scant teaspoon sherry vinegar

1/2 teaspoon kosher salt, or to taste

Ssam Sauce

2 tablespoons fermented bean-and chili paste (ssamjang, available in many Asian markets, and online)

1 tablespoon chili paste (kochujang, available in many Asian markets, and online)

1/2 cup sherry vinegar

1/2 cup neutral oil (like grapeseed)

Accompaniments

2 cups plain white rice, cooked

3 heads bibb lettuce, leaves separated, washed and dried

1 dozen or more fresh oysters (optional)

Kimchi (available in many Asian markets, and online).

1. Place the pork in a large, shallow bowl.

Mix the white sugar and 1 cup of the salt together in another bowl, then rub the mixture all over the meat. Cover it with plastic wrap and place in the refrigerator for at least 6 hours, or overnight.

2. When you're ready to cook, heat oven to 300. Remove pork from refrigerator and discard any juices. Place the pork in a roasting pan and set in the oven and cook for approximately 6 hours, or until it collapses, yielding easily to the tines of a fork. (After the first hour, baste hourly with pan juices.) At this point, you may remove the meat from the oven and allow it to rest for up to an hour.

3. Meanwhile, make the ginger-scallion sauce. In a large bowl, combine the scallions with the rest of the ingredients. Mix well and taste, adding salt if needed.

4. Make the ssam sauce. In a medium bowl, combine the chili pastes with the vinegar and oil, and mix well.

5. Prepare rice, wash lettuce and, if using, shuck the oysters. Put kimchi and sauces into serving bowls.

6. When your accompaniments are prepared and you are ready to serve the food, turn oven to 500. In a small bowl, stir together the remaining tablespoon of salt with the brown sugar. Rub this mixture all over the cooked pork. Place in oven for approximately 10 to 15 minutes, or until a dark caramel crust has developed on the meat. Serve hot, with the accompaniments. Serves 6 to 10.

Adapted from "Momofuku," by David Chang and Peter Meehan. .

THE NEW YORK TIMES MAGAZINE 49 January 15, 2012

Sausage

Cheese Sausage

Cheese sausage is usually about 1/2 inch in diameter. It is a pork sausage usually flavored with Parmesan cheese and parsley. It is very tasty along side spaghetti.

You may boil it in water to get rid of excess fat and salt. Or you can fry it in a pan for a few minutes, also to get rid of excess fat.

You can brown it in a frying pan and serve it once it is thoroughly cooked.

Or you can finish cooking it in spaghetti sauce until it is soft and done. This is my preference.

Hot Sausage

Hot sausage is spicy red Italian pork sausage. It is usually sold in pieces about 1 inch thick and 4 – 5 inches in length. It is spiced with hot pepper seeds and cayenne pepper. You can eat this by itself with bread, or you can take it out of the sausage casing and use it in Lasagna sauce.

Boil the Hot sausage in water for a few minutes. Then fry it in a pan, or brown it on a grill until done and serve with good bread and a glass of water.

Use in Lasagna tomato sauce for a nice kick!

Sweet Sausage

Sweet sausage is Italian pork sausage. It is usually sold in pieces about 1 inch thick and 4 – 5 inches in length. It is spiced with fennel seeds, salt and pepper. You can eat this by itself with bread, or you can take it out of the sausage casing and use it in Lasagna sauce.

Boil the sausage in water for a few minutes, or up to an hour. Then fry it in a pan, or brown it on a grill until done and serve with good bread and sautéed onions and peppers.

You may also finish cooking this in tomato sauce for about an hour, so it gets very tender. Slice it or serve whole with spaghetti or other pasta dish, and salad.

Use in Lasagna tomato sauce with hot sausage and lean chopped beef. Remove the meat from the sausage casing. Brown with the other meats, and use in the sauce.

You may prepare cooked sausage in advance and freeze it. Boil the sausage for about an hour until done and soft. Finish browning in a pan. Freeze individual cooked sausages. You can use them as needed, slice them, and add them to sauce for delicious quick meals!

Polish Kielbasa

Get 1 1/2 pounds fresh Kielbasa. Prick and simmer in water for 40 minutes.

In a separate pan fry 2-4 slices of bacon diced. Add 1 chopped onion, 2 minced garlic cloves, and sauté until golden.

Rinse and drain 4 cups of sauerkraut and add it to the vegetables. Add 2 1/2 cups cooking liquid from the Kielbasa, after straining and discarding fat and foam.

Add water if necessary.

Add 6 peppercorns and one bay leaf. Cover and simmer for 3 hours.

Cut cooked Kielbasa into 1/2 inch rounds and tuck into the sauerkraut. Cover casserole and cook another 30 minutes. Sprinkle dill on top. Serve with sour cream, pickles and pierogi. Good bread is also good with this.

This dish improves with age and can be prepared in advance or frozen.

Smoked or Pre-Cooked Polish Kielbasa

Smoked or pre-cooked kielbasa can be prepared in similar fashion. You can boil it in a mixture of sauerkraut, tomato juice, and brown sugar, or just in sauerkraut. Cook until tender about 1 1/2 hours. Serve with good bread.

Or you can barbecue it and serve on a roll with mustard and sauerkraut.

Or you can slice it thin and brown it in a pan and serve with eggs.

Pierogi is traditional with this, but hard to make, and hard to buy good ones. They are dumplings made from egg noodles with potato filling, similar to ravioli, but with flavored potato fillings. Frozen ones are good. Cook and serve with Kielbasa.

Spare Ribs

Get a rack of spare ribs. Leave it whole and cut it after cooking, or have the butcher cut it into individual ribs. (My preference is for the butcher to cut it into individual ribs.) This takes 2 hours to cook, but the meat is tender with the outside a little crusty. Tastes great!

Preheat the oven to 350 degrees.

Line a large pan with tin foil. It makes clean up much easier!

Rinse the meat.

Set the ribs in the pan lined with foil.

Sprinkle ribs with garlic salt.

Bake at 350 degrees for one hour.

Remove pan from the oven and pour off all the fat. (I use well rinsed old cardboard milk cartons for this, because they can be filled with fat without leaking, and can go in the regular trash.)

Baste the meat in duck sauce, Saucy Susan, other Sweet and Sour Sauce, or other barbecue sauce. Return to the oven and bake for another 1/2 hour.

Take the meat pan out of the oven and carefully pour off the excess fat again.

Turn the meat over and baste again with duck sauce or other barbecue sauce.

Return to the oven and bake for another 1/2 hour.

Remove the ribs to a serving platter. Serve with rice with a little peas mixed in, or with other vegetables and salad.

Sweet and Sour Pork

Cut up 1 1/2 pounds of lean pork into 2 1/2 inch strips, or ask the butcher to cut it up for you.

Brown the meat in 2 tablespoons hot oil.

Add 1 cup hot water, 1 chicken bouillon cube, 1 teaspoon salt (you may omit this).

Cover and simmer one hour or until tender. Add water if you find it disappearing completely.

Get a No. 2 can (1 lb. 4 oz.) pineapple chunks in juice.

In a separate pot combine juice from the pineapple, 1/4 cup brown sugar (4 tablespoons), 2 tablespoons cornstarch, 2 tablespoons vinegar, 1 tablespoon soy sauce, 1/2 teaspoon salt (you may omit this), 1/4 teaspoon ground ginger.

When mixing cornstarch with liquids, you should start with liquids that are room temperature or cold. Otherwise you get ugly lumps.

Cook the mixture until thick and bubbly, stirring often. Remove from heat and add this to the pork.

Stir in pineapple chunks.

Add a medium green pepper cut in strips, 1 cucumber cut up, 1/4 cup thinly sliced onion, a cup of blanched bean sprouts if you have them.

Cook over low heat 2-3 minutes until vegetables are tender and still crisp.

Serve over rice. Makes 6 servings.

Quick Sweet and Sour Dinner

Get a can of pineapple chunks in juice (20 ounce size)

Drain the juice into a bowl or pitcher and reserve the pineapple chunks.

Add to the juice

1/4 cup brown sugar (4 tablespoons)

2 tablespoons cornstarch

2 tablespoons vinegar

1 1/2 tablespoons soy sauce

1/4 teaspoon ground ginger

Stir the mixture and add your meat or fish to the container to marinate while you prepare the vegetables.

Your meat or fish should be cut into small strips or pieces. You can use 1 1/2 pounds or less of any of the following:

boneless chicken breasts or thighs

thin pork slices

beef slices

chunks of tuna or other fish steaks

Cut up some vegetables into thin small pieces. These are suggestions and you may use any of these, or whatever you have handy.

1 medium onion sliced very fine

1 medium green pepper, mushrooms, string beans, carrots, cucumber.

(Sautéed blanched bean sprouts, sautéed thinly sliced lettuce, sautéed thinly sliced cabbage are also nice alternatives instead of a salad to accompany this dish when served with rice.)

In a large frying pan add 2 tablespoons of oil. Peanut oil is best but other frying oil is also fine.

Add the cut up vegetables and drained pineapple chunks to hot oil.

Fry the fruit and vegetables in the hot oil until the onions are golden.

Remove the vegetables from the pan.

Using the same pan add enough oil to cover the bottom lightly. Heat the oil and add the marinated meat, but not the liquid it is soaking in. Carefully scoop out the meat or fish from the marinade keeping it as dry as possible. Fry the meat or fish in the oil, stirring as needed until it is thoroughly cooked about 3 – 15 minutes depending on what you are cooking and how much food it is. When the meat (or fish) is nicely browned with the sauce drippings, return the cooked vegetable and pineapple mixture to the pan with the meat in it. Stir once.

Add the marinade and juice from the bowl or pitcher. Stir. Bring to a boil. Simmer for 2 minutes and serve over rice or with noodles.

(Be careful not to look longer than 2 minutes because it will immediately make the meat tough, and then you have to cook it for hours to soften it.)

Enjoy!

SALADS

Broccoli Salad

(This recipe came from our friend Marybeth, who got it from a Souplantation blog.)

Mix well

1 bunch of uncooked broccoli

1/2 cup crumbled cooked bacon

1/2 cup cashews

1/3 cup raisins

1/4 chopped red onion

Toss in a well blended dressing made of 1 cup mayonnaise, 1/3 cup sugar, 2 tablespoons cider vinegar.

Serve chilled.

Alternately, you may use frozen broccoli, left over bits of sweet smoked flavored ham, walnuts, and raisins. Put it all on a large pot of boiling water and simmer about a minute or so, but do not cook for long or you'll get mush. Drain. Rinse with cold water and drain again, and return it to the pot.

Add the dressing to the pot and toss the salad in the pot. By doing this you will have a warm salad. The dressing will melt and you will use much less dressing - lots less calories than recipe above. You may add onions, or not. It will be delicious either way.

Serve warm or cold.

Cole Slaw

Shred or Chop in a chopper 1/2 a large head of cabbage, or one small one. Add one peeled grated full size carrot and 2 tablespoons dried or fresh parsley. Mix it well. Put it in Tupperware or a similar container.

Make the dressing as follows: Mix 1/2 cup Hellman's or Best Mayonnaise with 1 cup water, 2 oz. cider vinegar, 4 tablespoons sugar, 1/2 teaspoon salt. Whisk it all together until it is well blended.

Pour the dressing over the cabbage mixture and make sure it is completely covered. Cover the container tightly. Refrigerate for 1/2 hour to 3 days. Shake the container periodically so that the dressing mixes evenly over the cabbage. It will tend to separate as it is mostly water, so it is necessary to mix it occasionally.

Drain off the liquid and serve.

Cranberry Relish

There are a number of recipes for this, but they all include a bag of fresh cranberries, a peeled and cored apple, and an orange without seeds.

Chop them all, add sugar and spices and nuts to taste.

If there's lots of orange rind, you might only want to use some of the rind, because it adds a bitterness to the relish.

Others have suggested adding a teaspoon of ground ginger, or some chopped walnuts.

Sugar added may be none, or as much as 2 cups, depending on how sweet the fruit is, and how much you like.

Mix it up, refrigerate for a while, and serve as a side salad.

You can freeze fresh cranberries, which are usually only available seasonally. You can make this relish at a later date, if you have the cranberries saved.

Cucumber Salad

Peel 2 large cucumbers and slice into very thin circles. Slice a small onion into very thin semicircles. Put cucumber and onions, alternately in a deep narrow container so the brine can cover it nicely. Tupperware with a lid, or an empty mayonnaise jar with a lid work well.

Make the brine as follows: Mix 1 cup water, 2 oz. cider vinegar, 3 tablespoons sugar, 1/2 teaspoon salt. Mix it well so the salt and sugar are dissolved. Pour it over the cucumbers and onions and refrigerate for 1/2 hour to 3 days.

Drain off liquid and serve.

Burane Banjan, a toasted Eggplant Dish

This recipe came from the New York Times 12/7/03, but sounded so wonderful I had to include it here. It makes 8 servings.

Cut 4 eggplants into ½ inch rounds. These appear to be the smaller thin eggplant variety. Sprinkle the slices with salt and let sit for 30 minutes, then dry well. Arrange the slices on a cookie sheet and brush slices with 2 tablespoons olive oil. Broil until lightly browned 2-3 minutes on a side. Slices should be only partially cooked.

Chop 3 medium onions and sautee them in 6 tablespoons olive oil for 15 minutes, in a deep 12 inch skillet. If you use red onions they should be reddish brown and juicy, but not crisp. Remove the onion from the pan with a slotted spoon.

Add 8 rounds of eggplant to the skillet. Top with half the sauteed onion and tomato slices. They suggest peeling and seeding 2 large tomatoes or 4 or 5 large plum tomatoes.

Season this in the pan with a mixture of salt and cayenne pepper. They suggest using 1/3rd of a mixture consisting of ¾ teaspoon salt and ¼ teaspoon cayenne pepper.

Then add another layer of eggplant, onions, tomato and seasoning. Then add another layer of eggplant, and the rest of the salt/cayenne mixture.

Add ¼ cup water and cover the skillet tightly. Simmer for about 30 minutes.

Make a garlic yogurt sauce. I have successfully used Dannon Plain yogurt with garlic many times. For 1 Dannon cup of yogurt slice 1 garlic clove into a few pieces. Add it to the container and mix well. Let it sit overnight in the refrigerator or longer for a strong garlic sauce. Stir the yogurt well to distribute the flavor. If you leave the garlic pieces big enough you can remove them pretty easily, which is preferable to biting into raw garlic. The recipe called for 2 cups of plain yogurt, 2 garlic cloves pressed, and a pinch of salt. They also recommended draining the yogurt in a strainer for one hour before adding the garlic.

To serve the eggplant, spread 2-3 tablespoons yogurt on a dish, top it with a stack of vegetables, then add another 2-3 tablespoons yogurt on top and drizzle it with pan juices. Garnish with fresh mint if you have it. The recipe recommends serving this with nan or lavash. I imagine that is probably bread or cereal grains. This would probably go very nicely with Pita bread and finely shredded lettuce.

Also try broiling or baking eggplant slices just plain and using them later in this dish, or any egg plant dish.

Also fantastic is **BARBECUED EGGPLANT**. Put a whole eggplant on a grill and cook it until is bubbling and soft and burned in spots on the outside. Remove from the fire. Let cool and scoop out the roasted eggplant. You can use it as a dip chopped up, or any other way you like to use cooked eggplant.

French Dressing

This recipe came from the [Joy of Cooking](#) cookbook.

Combine:

1/4 teaspoon salt

1/4 teaspoon pepper

1 tablespoon salad oil

1 tablespoon tarragon vinegar

Beat with a whisk

Add:

2 tablespoons salad oil and beat again.

Add 1 tablespoon vinegar, 3 tablespoons salad oil.

Add 1 clove of garlic for flavor

Use this dressing for rice salad or other grain or bean salads.

Super Lettuce Salad

Buy fresh vegetables:

Lettuce
Celery
Radishes
Tomatoes
Green bell peppers
Carrots
Spinach leaves
Green cabbage
Onion
Garlic cloves

Wash and drain vegetables.

Chop 1 head of lettuce, 3 celery stalks.

Slice 4 radishes, 1 green pepper (discard seeds).

Peel 1 carrot and chop.

Finely shred 3 tablespoons of cabbage.

Chop 1 tablespoon finely minced onion.

Slice tomato into bite size pieces.

Get a large salad bowl.

Slice open 2 garlic cloves and rub the sides of the bowl with the cut side of the garlic.

Then discard the garlic.

Add the vegetables and extras (optional). Toss gently in the bowl so that all the salad touches the sides with the garlic flavor.

Serve and add salad dressing.

Optional Salad Extras:

3 stuffed green olives sliced thinly

10 thin slices of pepperoni

1/4 cup of finely chopped cheese chunks.

Macaroni Salad

Boil 3 quarts of salted water. Add 2 cups of elbow macaroni and boil for 15 minutes or until done.

While the macaroni is cooking prepare the vegetables.

Get 2 celery sticks, 1/2 green bell pepper, 1 full size carrot.

Wash the vegetables, discard celery tops, pepper seeds, and peel the carrot.

Chop celery and pepper into small pieces. Put in a large bowl. Make carrot slivers using a carrot peeler and add to the other chopped vegetables. (Or, you may chop the celery, pepper and carrot in a chopper if you have one.) Add a pinch of mint leaves (optional), 1/2 tsp chopped chives (optional), 2 tablespoons dried parsley, 1/4 teaspoon salt, a pinch of black pepper, 1/4 teaspoon paprika, 1 teaspoon salad oil, 1 teaspoon sugar, 1 1/2 teaspoon vinegar. Mix the vegetables and spices together.

When the macaroni is cooked, drain it and rinse it with cold water, until it is no longer hot. Add it to the vegetables and mix well, tossing gently. Add 3 heaping tablespoons of Pathmark Salad Dressing, or other non-brand Salad Dressing (looks like mayonnaise, but is not). (You may use mayonnaise instead, but Pathmark or other Salad Dressing is much better. You will find next to the mayonnaise in supermarkets.) Mix it well. Refrigerate 1/2 hour or more. This makes a very full quart bowl of macaroni salad.

Marinated Carrots

Combine:

1 tablespoon vegetable oil
1 tablespoon vinegar
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder

Add:

Juice of one lemon
2 tablespoons vegetable oil
1 1/2 tablespoons of vinegar
1/4 teaspoon cumin
1/4 teaspoon parsley flakes
a few chopped chives

Mix thoroughly.

Peel some carrots. Cut them into small sticks and rinse them.

Pour mixture over the carrots and put in a container with a lid.

Refrigerate for at least 1/2 hour.

Shake container before serving and serve cold.

Potato Salad with Dill Gherkins Pickles

Note: Russet Potatoes are sweeter than other varieties and always taste good in potato salad.

Scrub the dirt off 4 large potatoes and put the potatoes with their skins on in a large pot of cold water, covering the potatoes with water.

Cover the pot and cook it over high heat for 1 hour.

Drain the water off and let the potatoes cool.

Peel and cut them into small squares, and put them in a large bowl.

Add 2 tablespoons vegetable oil, 2 1/2 teaspoons vinegar, 1/2 teaspoon salt, one small to medium size onion cut into small slices, but not minced, 3 Dill Gherkin pickles cut into small pieces or minced.

Toss gently and refrigerate at least 1/2 hour.

Note: This potato salad is particularly good on picnics because it will not spoil easily.

You might also use red onions, because they are primarily there for flavor. Most folks will want to pick out the onions and not eat them.

You may add more oil, more vinegar, more salt and more pickles as needed, and of course, you may add more potatoes to serve more people.

This recipe will serve 6 – 8 people.

Penn Dutch Potato Salad

**This recipe came from Marilyn Campbell, a fabulous cook and baker.
Thank you Marilyn!**

Note: Russet Potatoes are sweeter than other varieties and always taste good in potato salad.

Scrub the dirt off 4 large potatoes and put the potatoes with their skins on in a large pot of cold water, covering the potatoes with water. Or use 8 – 12 smaller red potatoes.

Cover the pot and cook it over high heat for 1 hour, turning down slightly after it starts to boil.

Drain the water off and let the potatoes cool.

Peel the potatoes and cut them into small squares, and put them in a large bowl. Or, if you use red skin potatoes, you might like to leave the skins on for color.

Add a small minced onion, or 2 tablespoons minced fresh chives, or about 1/4 cup of red onion slices.

Add 1/3 cup chopped celery.

Add 1/2 teaspoon salt.

Add 2 hard boiled eggs, minced.

Make a dressing using 1/2 cup of mayonnaise and a little yellow mustard, maybe 1/2 to 1 teaspoon of yellow mustard. Mix it very well. The color should be light yellow and there should be just a hint of mustard flavor.

Add the dressing to the potatoes and eggs and toss gently.

Add salt and pepper to taste.

Refrigerate at least 1/2 hour.

This recipe will serve 6 – 8 people.

Red Potato Salad with Mustard and Bacon Salad

From New York Times Magazine May 7, 1995 twenty servings

Ingredients:

- 8 1/2 pounds small red potatoes, scrubbed
- 15 slices of bacon, cooked, drained and crumpled
- 5 teaspoons Kosher salt, plus more to taste
- 20 scallions thinly sliced
- Freshly ground pepper to taste
- 1/2 cup plus 2 tablespoons Dijon mustard
- 1/4 cup chopped fresh tarragon
- 1/2 cup chopped Italian parsley
- 5 tablespoons white wine vinegar
- 1 cup olive oil

Place the potatoes in a large pot and cover with cold water. Bring to a boil, lower the heat slightly. Cover and cook until tender, about 25 minutes.

Cut up into quarters and place in a large bowl.

Toss with bacon and scallions.

Whisk the mustard and vinegar together.

Slowly whisk in the olive oil.

Stir in the salt and pepper.

Pour over the potatoes and toss.

Mix in the tarragon and parsley.

Season with more salt and pepper if needed.

Serve at room temperature.

Rice Salad

Make 1/4 cup of French Dressing below.

Add 2 cups of warm, dry, steamed rice.

Add:

- a pinch of nutmeg
- 1/4 cup chopped green pepper
- 1/4 cup chopped celery
- 10 black olives

Garnish with peeled quartered tomatoes or cherry tomatoes.

French Dressing

This recipe came from the Joy of Cooking cookbook.

Combine:

- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon salad oil
- 1 tablespoon tarragon vinegar

Beat with a whisk

Add:

2 tablespoons salad oil and beat again.

Add 1 tablespoon vinegar, 3 tablespoons salad oil.

Add 1 clove of garlic for flavor

Use this dressing for rice salad or other grain or bean salads.

Rice and Bean Salad

Buy a bag of dry black beans or loose black beans. Cook according to directions, usually soaking overnight, and then simmering until soft.

Make 1/4 cup of French Dressing below.

Add 1 to 2 cups of warm, dry, steamed rice. Add 1 cup of cooked black beans.

Add:

- a pinch of nutmeg
- 1/4 cup chopped green pepper
- 1/4 cup chopped celery

Garnish with peeled quartered tomatoes or cherry tomatoes.

French Dressing

This recipe came from the Joy of Cooking cookbook.

Combine:

- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon salad oil
- 1 tablespoon tarragon vinegar

Beat with a whisk

Add:

2 tablespoons salad oil and beat again.

Add 1 tablespoon vinegar, 3 tablespoons salad oil.

Add 1 clove of garlic for flavor

Use this dressing for rice salad or other grain or bean salads.

Spinach Salad

Ingredients:

Fresh baby spinach leaves cleaned

Chopped red apples (Delicious Apples are good)

Thinly sliced celery

Sweetened fresh raspberries

Orange Juice

Clean the fruits and vegetables and toss them in orange juice.

Tomato-and-Onion Salad

From New York Times Magazine May 7, 1995

Twenty servings

Ingredients:

- 10 large ripe tomatoes, thinly sliced
- 4 teaspoons cumin seeds
- 1/4 cup fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Kosher salt
- Freshly ground pepper to taste

On a large platter alternate the tomato and onion slices in slightly overlapping layers. Place the cumin seeds in a small skillet over medium heat and toast until fragrant, shaking the pan frequently to prevent burning. Coarsely chop the seeds and combine with remaining ingredients.

Spoon over the tomatoes and onions.

Let stand at least 30 minutes before serving.

Tuna Salad

Buy a can of tuna.

The best tasting tuna for salad is Chunk Light Tuna from Thailand. You can often find this in no name brand, or the store brand. Vons and Safeway carry this.

If you are concerned about too much salt, buy the larger size can. Proportionally, it has less salt. Drain the tuna and rinse it thoroughly with fresh water or filtered water in a strainer. Drip dry or pat dry with a clean paper towel.

If salt is no issue, there is no need to rinse the tuna.

Put the tuna in a bowl. Add 2 tablespoons chopped celery, 1/2 teaspoon fresh chopped onion, 1 tablespoon parsley or more to taste, 1 tablespoon lime or lemon juice or more to taste, and enough Dannon or other brand plain yogurt to make the salad creamy enough to use as a sandwich spread.

Or, instead of yogurt use Hellmann's or Best brand mayonnaise, and you may omit the lemon or lime juice, the parsley, and the onion, if you prefer.

If you are using yogurt, lime juice is a nice compliment, rather than lemon juice. Also, if the yogurt is too watery, you could strain it or let it drip through a coffee filter in the fridge until it thickens up.

Others have added dried cranberries, which makes this an interesting tuna salad, nice served on a bed of lettuce, rather than as a sandwich.

Turkey or Chicken Salad

Use leftover chicken or turkey.

Cut into small pieces.

Add chopped celery.

Add salt and pepper to taste.

Add mayonnaise until you have a creamy turkey or chicken salad.

Serve on a bed of lettuce with crackers.

Or you can make a pâté by putting the leftover meat and celery in a food chopper. Then add salt and pepper and mayonnaise and you'll have a smooth tasty spread.

White Meat Chicken Salad

(This recipe was shared by Judy Fink, an excellent cook.)

Use canned white meat chicken or left over cooked chicken breast. Cut in small pieces or chop. Add chopped pecans or walnuts, a little fresh onion or chives, a tablespoon of sweet relish, add mayonnaise to moisten. Add salt and pepper to taste.

Serve with sweet tasting squaw bread or pumpernickel bread.

SAUCES

Barbecue Sauce for Chicken and Lamb Chops

In a bowl whisk together:

1/4 cup Ketchup

1/2 teaspoon garlic powder

1/4 teaspoon salt (optional)

1/2 teaspoon paprika

1 teaspoon vinegar, (white, apple cider, tarragon are all fine)

1 1/2 teaspoons brown sugar (light or dark are both ok)

juice of 1/2 a lemon or lime

Cocktail Sauce

Pour into a bowl

1/2 cup Ketchup

Add

2 tablespoons red prepared horseradish

2 teaspoons fresh lemon juice

Mix well.

Serve with shrimp and other seafood.

If you like it spicier you may add more horseradish and you can add cayenne pepper to taste.

You may also use the white prepared horseradish, but it is spicier than the red, which contains beets.

You can find the horseradish in the refrigerator section at the grocery store.

Creole Seasoning

from N.Y. Times Magazine Feb. 21, 1993

Spice -Flavoring Two-thirds of a cup.

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespn. freshly ground pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried oregano

1 tablespoon dried thyme

Combine all ingredients well and store in airtight container.

Curry Sauce

This is a basic Curry Sauce that can be used with Rice, Chicken, Fish and more.

Melt 1/4 cup of butter in a pan.

Sauté 1/3 cup chopped onion, or 1 medium chopped onion, in the butter.

Remove from heat.

Add:

1/4 cup flour

4 teaspoons curry powder

2 teaspoons sugar

1 teaspoon salt

1/4 teaspoon ginger

1/8 teaspoon pepper

Whisk together gently, or stir until smooth.

Add:

2 cups of milk, a small amount at a time, stirring well after each addition.

Stir over medium heat and bring to a boil. Reduce the heat and simmer 1 minute.

Stir in 2 teaspoons lemon juice.

Serve over rice, baked chicken, fish, egg noodles and almonds, and other dishes.

Ketchup – Salt and Sugar Free

Who doesn't love Ketchup? Did you know it is loaded with salt and sugar?

This recipe is a good alternative for folks who may have to restrict salt and sugar intake.

Using an electric blender combine:

1 can Crushed Pineapple in juice (20 ounce size)

1 large can of tomato paste with 1 can of water (12 ounce size)

1 teaspoon Crushed Red Pepper flakes

(You may add up to 1 tablespoon of Crushed Red Pepper flakes if you like thing spicy.)

1/4 cup to 1/2 cup chopped onions (Use a small onion chopped – no need for accurate measure here.)

Blend until smooth

Put in a pot.

Add 1 teaspoon vinegar.

Mix well.

Simmer the mixture until it thickens up to the thickness of Ketchup.

You may store this in clean jars in your refrigerator.

It will keep well for about 2 months or longer.

Use as for regular Ketchup.

Great on burgers with lettuce and tomato!

Enjoy!

Orange Sauce

In a double boiled place:

Juice of one orange

Rind cut into strips and triangles large enough to remove easily, but small enough to serve

Add as much orange juice as you want sauce

Add: 2 tablespoons brown sugar

1 teaspoon of orange and cognac liquor or other orange brandy

Simmer for 1/2 hour.

Remove orange peels except for those to garnish food.

If thicker sauce is desired, add 1 tablespoon brown sugar and simmer another 1/2 hour.

Or, add 1/2 teaspoon cornstarch dissolved in a small amount of cold water and simmer a few minutes until liquid turns clear and is thicker.

Orange Sauce and Fish Filets

Pour this sauce over fish filets and bake in oven at 325 degrees for 20-30 minutes.

Orange Sauce and Pork Chops

Pour over 1/2 inch thick pork chops and bake at 350 degrees 35 to 45 minutes.

Orange Sauce and Roast Pork

Add 2 tablespoons parsley flakes and serve with Roast Pork

Alternate Orange Sauce

If you can get it, mix 1/4 cup Blood Orange Extra Virgin Olive Oil with 1/4 cup Pomegranate Balsamic Vinegar. Mix well and serve over fish or pork.

This is very good and does not need any cooking.

Peach Mango Salsa (no salt)

Ingredients:

- 1 can of chopped tomatoes
- 1 can of peaches
- 1 can of mango
- 1 teaspoon cracked red pepper flakes
- 1 teaspoon vinegar (apple cider vinegar preferred but not necessary)
- 1 tablespoon chopped cilantro
- 1 teaspoon chopped onion

In a pot add tomatoes and juice from the can.

Drain the sugar syrup from the peaches and mangoes and chop them into small chunks and add them to the pot.

Add

- 1 teaspoon or more of crushed red pepper flakes
- 1 teaspoon of vinegar

Bring the mixture to a simmer and simmer for 2 minutes.

Add

- 1 tablespoon chopped cilantro
- 1 teaspoon chopped onion.

Simmer another 2 minutes and remove from heat.

Cool and eat or refrigerate for later.

Good with chips.

Note: you may modify these ingredients, and you may add salt and pepper.

This is a fruit and tomato salsa and you may use different fruits along with the chopped tomatoes for a similar effect. Canned fruits are good because they are already cooked and ready to use. Pineapple is also a good option to consider but you would want to use either crushed pineapple or in small chunks.

Please experiment and enjoy. If you like the ingredients, you will like the Salsa.

Pesto Sauce

Combine in a blender:

3 small garlic cloves chopped

3 tablespoons fresh basil chopped

1/4 cup parsley chopped

1/2 cup grated Parmesan cheese (you may use Romano cheese if you prefer)

1 tablespoon chopped pignoli (pine nuts) or walnuts

1/3 cup oil

Note: Virgin Olive Oil has a distinctive flavor, soybean oil has none. Either of these is quite good.

Combine ingredients in the blender until smooth and green. Put on 8 ounces of cooked buttered noodles. Toss quickly and serve hot.

Other Pesto Recipes omit the parsley and use more basil instead, garlic, nuts and oil, and omit the cheese. This pesto will likely hold well in the refrigerator or freezer if there's no cheese in it, but will taste like it needs salt. Those recipes recommend that you sprinkle the cheese on your pasta.

Pesto sauce is basically made from fresh chopped basil leaves, some fresh chopped garlic, nuts and oil. It is all blended together to make a tasty green sauce. The quantities of each ingredient don't matter much, but the original recipe I listed above is very good. Feel free to vary your sauce with whatever you may have on hand.

Enjoy!

Tomato Sauces

These sauce recipes were created after watching Aunt Jo make sauce for many years. We have excellent tomato sauces for pasta and something different for excellent pizza sauce.

The best tasting canned tomato products I have found are the Pathmark brand tomatoes and purees on the east coast, and Safeway brand tomatoes or other no-name brand without salt at Smart & Final on the west coast. Sometimes you may have to remove bits of tomato skins left on the whole tomato products, but the effort is certainly worth the taste. These unseasoned and unsalted tomato products are, in my opinion, far superior to all the name brand canned tomato products on the market. Try for yourself and see!

Mushrooms are a key sweetener in this sauce. If you do not like mushrooms, you can use mushroom caps or whole mushrooms and pick them out of the sauce when it's done, or give them to someone else who likes them.

Tomato Sauce

Ingredients: one large minced onion, 2 tablespoons salad oil, 2-4 cloves garlic (pressed), 2 cans of tomato puree and 1 can tomato paste , OR 1 large can of tomatoes and 1 or more cans of tomato puree, 2-6 leaves of fresh basil, or 2-5 tablespoons of dried basil or more, 1/4 - 1/2 tsp. oregano, 1 pinch of rosemary or Italian seasoning, 4 tablespoons of blanched fresh mushroom pieces, or any other mushrooms you have.

Brown onion and garlic in oil until golden.

Add tomatoes and puree (or puree and tomato paste), basil, spices, and mushrooms. Mix well. Add 1 to 2 cans of water, using the tomato puree can to measure. Add pepper to taste. This sauce does not need salt or pepper, but if a spicy flavor is desired, some fresh ground pepper or equivalent should be added.

Simmer 1 to 4 hours, stirring occasionally.

I usually make this sauce in very large quantities, and cook it for at least 4 hours. Then I freeze small quantities in Tupperware containers. I normally use about 5 or 6 large cans of tomato products, either puree, whole tomatoes, or chopped tomatoes. I buy some of whatever they have and mix it up, but there must be at least 2 cans of puree when making large quantities. Also, to do this you must have a very large pot! Seeds may be a little bitter, so it is best to remove some of the tomato seeds, if you can. I use a large onion or two to start, and about 4 or 5 garlic cloves. After they are sautéed I add the tomato products and mix them well. Then I normally add course ground black pepper and sprinkle it over the top. It probably amounts to about 1 – 2 teaspoons of pepper. (Do not use fine ground pepper.) I mix that in. Then I cover the top with basil. It could be about 1/4 to 1/3rd cup of dried basil. I mix that in. Then I add a little oregano and a pinch of Italian seasoning. I mix that in. Then I add a can of mushrooms, drained first, and mix that in, or about 1/4 cup or more of blanched fresh mushrooms. Then I add boiling or very hot water until the pot is almost full. I mix that in, and simmer it all for 4 hours, stirring occasionally so nothing sticks to the bottom. When it's done, I put it in Tupperware and move it to my freezer for future use. This sauce makes so many things taste great! You can use it in many dishes as a supplement. It is excellent with eggplant, zucchini, sausage and other meats or vegetables you might like to cook on a grill.

Meat Sauce

Brown 1/2 to 1 pound ground round or chopped sirloin. Drain off all the fat. Add to competed tomato sauce. Add salt to taste. Simmer for 2 minutes. Great on spaghetti!

Lasagna Sauce

Brown 1/2 to 1 pound ground round or chopped sirloin, and 3 hot sausages, but remove the sausage from the casing first. Drain off all the fat. Add all the ingredients for tomato sauce except for the oregano and rosemary (or Italian seasoning.) Simmer for 1 to 4 hours. If you can't tolerate hot sausage, use sweet Italian sausages. Use this sauce when you make Lasagna. It's excellent!

Pizza Sauce

Use unsalted tomato puree from a can.
Spread on pizza crust, Naan bread, or flour tortillas.
Add salt and pepper if you like.
Sprinkle with oregano and basil.
Add cheese and other toppings and cook.

The best pizza sauce is this very plain one!

Yogurt Sauce

Yogurt often has a tart/sour taste.

You can combine it with fresh cut garlic for a fabulous salad dressing or yogurt sauce.

Take 1 cup of yogurt. Add one or two garlic cloves cut in large chunks. Mix well and refrigerate for 1/2 hour.

Remove the garlic pieces after 1/2 hour for a lightly flavored dressing, or leave them in for a pungent dressing.

This is excellent with grilled chicken on a bed of lettuce with tomato, or as a side dressing with grilled lamb.

SOUP

Beef Barley Soup

Ingredients:

1 large onion
4 pieces of beef ribs with bones and meat. (You may also use left over cooked beef from a roast beef or steaks with bones. Left over prime rib with the bones makes the tastiest soup. For a healthy, hearty soup, you should make sure you have some bones in the pot.)
2-4 peeled and cleaned carrots
1 small peeled and cleaned parsnip
a pinch of dried mint flakes
a handful of fresh cleaned parsley
2 celery sticks
1 can of Del Monte Tomato Sauce (This sauce is better in beef barley soup than other tomato products, but you can use any kind you like, including a can of tomato pieces. Or you can leave out the tomato all together, but it's better with it.)
3 whole black peppercorns
1 package beef bouillon (optional)
salt to taste (optional)
1 cup cooked barley
1 cup frozen peas
1/2 cup frozen green beans (optional)
a cup of chopped potato pieces (optional)

Cut the onion in large pieces and sauté until golden brown in a very large pot. Add meat and bones until they are browned. Add boiling water to the sautéed mixture and then add other vegetables and spices and tomato sauce for flavor. Add as much water as you need to cover everything in the pot, about 2 quarts of water or more total.

Simmer for 1 1/2 hours. Let cool a bit.

Strain the soup as follows. Remove the bones, meat and vegetables. Reserve the carrots and the meat. Skim the fat off soup. Strain the soup through a strainer to remove the cooked onions and other small things that have come apart. Put the strained soup back in the pot. Cut the carrots into pieces and return them to the pot. Cut up the meat, removing the fat, and return the meat to the pot. Throw the bones away.

Add frozen peas, frozen beans, potato, and cooked barley to the pot. Cook and simmer another 1/2 hour or more, until the vegetables are all cooked. Stir occasionally. Skim off the fat and foam from the vegetables and stir well. The soup is ready! Serve with tasty bread and a salad.

You may refrigerate this soup when it is done, right in the pot. When it chills, a layer of fat may form on the top. If it does, remove the fat and discard. The soup is now ready to be reheated, or it can be frozen in smaller portions and reheated later. If you do this, make sure to add water when you reheat it. It will need about half the same amount of water as soup.

Barley

Buy pearl barley and cook in boiling water until it is soft. Some packages recommend soaking first, for a few hours, or overnight. This is fine, but not necessary for soup.

Mom's Dumplings for Soup

This recipe serves three.

Beat 3 eggs well with a fork in a 2 cup measuring pitcher if you have one.

Add 1/4 cup milk, 1/2 tsp salt. Mix well with a spoon.

Add flour, 2 heaping tablespoons at a time, beating well with a spoon with each addition.

Total flour added should be about 5 oz. The batter consistency should be like a spreadable cake or brownie batter, kind of thick, but still spreadable.

Scoop batter using a tablespoon about 1/3rd full, and gently rest in a pot of simmering water or soup. Let the tip of the spoon touch the bottom of the pot. The batter should slide off the spoon. Continue dropping small amounts of batter into the boiling water and cook in simmering water about 5 – 10 minutes.

You may remove the dumplings and strain them, add butter, and serve with something else, or leave them in a soup pot. But, if you leave them in a soup pot, be aware that the dumplings will continue to absorb the soup stock and get bigger, and soak up your soup. If you want more dumplings, you can cut them into pieces in the soup pot and watch them grow. You may have to add water to your soup if you do this.

These freeze well in soup for future meals.

Enjoy!

This recipe came from Jo Zientek who got it from a Jewish friend many years ago.

Italian Wedding Soup

Main Dish - Soup

Ingredients

1 bag of dried split green peas (preferably Goya- they are generally sweeter and cleaner than the store brand)
turkey or chicken carcass
1 large onion cubed
2 carrots peeled and cut up
1 parsnip peeled and cut up
2 tablespoons parsley
1 tsp. dried mint leaves
2 chicken bouillon cubes or equivalent, or 2 cups chicken stock
5 whole peppercorns
1 pound of lean chopped beef

Rinse the peas thoroughly and pick out stones and dirt.
Put the peas in a pot and cover completely in cold water.
Soak over night.

In a large pot sauté the onion with chicken pieces if you have them like necks and backs, or leftovers. A turkey carcass left over after making a roast turkey is also excellent for flavoring a pea soup or Italian Wedding Soup.

Rinse the peas one more time and add them to the onions. Stir the peas into the onions and cook over low flame about a minute or two, so that the peas get the onion flavor.

Add the rest of the vegetables. Sauté together for a few minutes, then add enough water to cover and about an inch more. Bring to a boil and simmer for about 2 hours until peas are tender.

While the peas cook, make inch size meatballs using very lean beef. You may season with salt and pepper if you like. Add the meatballs to the soup stirring gently. Add water if you need to so that everything is well covered and simmering.

Separately cook some pastina, pasta or egg noodle stars, about 1/4 - 1/2 cup from the box. After the meatballs are well cooked and soft, add the stars to the soup. You can also add small pieces of cooked potato if you like.

If the soup becomes frothy, skim the froth off the top and discard.

The soup is done when the mixture is smooth. Add salt if you like.
Remove the chunky vegetables about 1 hour after cooking. Discard the parsnip, chop carrots and return to the soup. If you have chicken or turkey bones in the soup, remove them. Any meat falling off the bones may be returned to the soup pot.

Serve with good bread.

Meatball Soup

This recipe is from Roseann Allen. It is an Italian soup.

I personally, have never made this soup.

Start by making Roseann's Beef Soup.

Boil short ribs and discard the cooking water.

Cover with fresh water and add chopped celery, carrots, onion, parsley, a can of Delmonte tomato sauce or a can of tomatoes.

Add a dash of garlic powder, a little salt and pepper.

Simmer for 2 1/2 hours.

Skim fat and any foam off the soup and remove the bones.

Add cooked escarole, chunks of raw potato, and small raw meatballs made of lean meat.

Cook for 1 hour until the potatoes and meatballs are cooked.

Add other vegetables if you like. Add rice or noodles.

Serve with Italian bread.

Minestrone Soup

from New York Times Magazine Oct 4, 1992

Main Dish - Soup 12 to 14 servings

Ingredients:

- 1/2 cup extra virgin olive oil
- 1/2 tsp. thyme and 2 bay leaves
- 4-6 cloves garlic chopped
- 2 large Spanish onions cut up
- 1 1/2 tsp salt
- 3 stalks celery cut up
- 1 28 oz. can plum tomatoes broken up with liquid
- 1 medium cabbage cut up
- 10 large kale leaves cut up
- 1 16 oz. can chickpeas with liquid
- black pepper and salt to taste
- 3 quarts water
- 1 cup small pasta, such as tubelli, penne or shells

Put the olive oil in a 10 qt. pot.

Add onions garlic, carrots, celery and 1/2 tsp. salt.

Cook over low heat until onions are wilted.

Add cabbage, kale, thyme, bay leaves and 1 tsp. salt.

Increase the heat and cook for one minute stirring constantly.

Add water, tomatoes and chickpeas and bring to a boil.

Simmer, covered for 45 minutes.

Add pasta and cook until it is tender, about 15 minutes.

Correct the seasoning with salt and pepper.

Serve with good bread and butter or garlic oil.

Robin's Minestrone Soup

Start with leftover stock if you have it from a corned beef or pot roast. Stock, bouillon, water, or tomato can be used as the soup base.

In a large pot, sauté a medium chopped onion in oil.

Add soup stock from leftovers if you have it, but remove the fat first.

Add a 28 ounce can of plum tomatoes, chopped, with juice, or a smaller can if you have a lot of soup stock.

Add a beef bouillon cube if you like.

Add a few whole peppercorns and salt if you like.

Add an assortment of vegetables.

The following are all good. You can also add other vegetables if you like them.

A cup or two of cabbage cut into bite size pieces

zucchini cut into bite size pieces

baked beans (a small can of vegetarian beans is good)

1 carrot and a little parsnip, both peeled and washed and cut into pieces

1 celery stalk cut up

1/2 cup frozen string beans

2 tablespoons parsley

1/2 cup frozen peas

1 pinch of dried mint

You can also add wilted lettuce cut into strips. (It turns into what looks like soft noodles, and is nice in soups and some other dishes.)

Simmer for up to 1 hour, until all the vegetables are well cooked, stirring occasionally.

Add a cup of macaroni and cook another 20 minutes. If soup gets too thick, add water.

Serve hot!

Onion Soup

Melt 6 tablespoons of butter (or you may use vegetable oil instead)
Cut 3 medium onions into slices.
Brown onions in butter (or oil).

Add at least 3 cups of boiling water and 3 beef bouillon cubes.

For every cup of water add 1 beef bouillon cube. Add a cup of water for each serving of soup you would like.

Add salt and pepper to taste, about 1/4 teaspoon of each.

Cover, simmer 45 minutes to an hour.

Serve hot with grated Parmesan cheese.

(Note: Do not serve too many onions. You may get a stomach ache if you eat too many.)

You may try different variations of this.

You might use other beef stock instead of bouillon cubes.

Also, some folks serve this with a piece of dry French or Italian bread and grilled cheese on top.

Put a piece of dried or stale French or Italian bread in the bowl. Add the hot soup on top. Add a slice of cheese such as Mozzarella, Provolone, Swiss, or other cheese. If you pass the bowl of soup under the broiler until the cheese bubbles, it looks quite pretty, but be very careful when handling this very hot soup bowl!

Pea Soup

Main Dish - Soup

Ingredients

1 bag of dried split green peas (preferably Goya- they are generally sweeter and cleaner than the store brand)

bacon or ham ends, or a turkey or chicken carcass

1 large onion cubed

2 carrots peeled and cut up

1 parsnip peeled and cut up

2 tablespoons parsley

1 tsp. dried mint leaves

2 chicken bouillon cubes or equivalent, or 2 cups chicken stock

5 whole peppercorns

Rinse the peas thoroughly and pick out stones and dirt.

Put the peas in a pot and cover completely in cold water.

Soak over night.

In a large pot sauté the onion with the ham or bacon until golden. Instead of ham, you may use chicken pieces if you have them like necks and backs, or leftovers. A turkey carcass left over after making a roast turkey is also excellent for flavoring a pea soup.

Rinse the peas one more time and add them to the onions. Stir the peas into the onions and cook over low flame about a minute or two, so that the peas get the onion flavor.

Add the rest of the vegetables. Sautee together for a few minutes, then add enough water to cover and about an inch more. Bring to a boil and simmer for about 2 hours until peas are tender.

If the soup becomes frothy, skim the froth off the top and discard.

The soup is done when the mixture is smooth.

Remove the chunky vegetables about 1 hour after cooking. Discard the parsnip, chop the ham and carrots and return to the soup. If you have chicken or turkey bones in the soup, remove them. Any meat falling off the bones may be returned to the soup pot.

Serve with good bread.

Soups and Stews the Magic Ingredients!

How to Make excellent soup and stew every time!

All soups and stews will be excellent if you do the following.

Start by sautéing an onion until golden brown. If you are making a meat soup, also sauté the meat and bones until they are browned. For stews, brown the meat along with the onions.

Add boiling water to the sautéed mixture and then add other vegetables for flavor.

Always Add a few key ingredients:

Parsnips - peeled. (They add wonderful flavor to the soup, but are not appetizing to serve, so make sure you remove them when the soup is done. Leaving them in large pieces will make them easier to find.) You may buy parsnips in season, peel them, blanch them, and freeze them for future use.

Parsley - A handful of cleaned parsley. (Parsley had a tendency to have a lot of dirt in it so wash it well before adding to soup. It gets slimy and can be removed from the soup after about an hour or so.)

Celery - add a few ribs and also a chunk of the leafy center. (Celery gets mushy, so remove it from the soup when done).

Carrots - a few cleaned carrots cut in pieces adds a natural sweetener to soups. If you like you can leave the carrots in your soup.

Mint - most soup recipes call for Bay Leaves. We discovered that a teaspoon of dried mint leaves is a much better "freshener." You may substitute dried mint leaves any time you see bay leaves in a recipe for soups or stews.

Add MBT Chicken Bouillon packets, or equivalent, to any chicken, turkey, or to pea soup. Add beef bouillon cubes to any beef based soup. One or two packages of bouillon may be enough, but you may add as many as 10 to a very large pot of soup. Without the bouillon, soups and stews will be flat and seem to be missing something.

Turkey Soup

After roasting and eating a turkey meal, save the bones, carcass, left over skin, and leftover meat.

Sometimes we call this “unsanitary” soup because you can use leftovers other folks have already picked at. Wings in particular add a lot of flavor.

Slice up an onion and put it in a large pot. Add all the leftover bones, turkey carcass, and more.

Turn the heat on low so the onions start browning.

Meanwhile fill a tea kettle with water and boil it.

When the water gets hot, add it carefully to the hot pot of bones and onions. Add enough water to cover the bones completely. Add some chicken bouillon. You may use 1 bouillon cube for anywhere from 1 cup of water to 4 cups of water, depending on how salty you want your soup to be.

Add one or two peeled carrots, a few washed celery stalks and leaves from the inside of a bunch of celery. Add a few pieces of peeled parsnip. Add a few stalks or pieces of fresh parsley. Add a pinch of mint leaves. Add 5 whole peppercorns.

Bring it to a boil and simmer for 2 hours.

Let the soup cool a little. Remove the bones and vegetables and set them on a platter of large container that can hold them. Pour the remaining soup through a strainer into another pot large enough to hold the soup. You may carefully skim off the fat, or you can remove it after the soup is chilled.

Pick through the vegetables and find the carrots. Cut them in pieces and add them to the strained soup pot.

Pick through the meat on the bones and cut it into small pieces. You may add it to the soup, or you may reserve some of it for turkey salad to be made later, or you can use some of it for a ravioli filling to be made later. This cut up cooked turkey also freezes well and can be used later in other dishes where you might like some cooked poultry.

Cool the soup in the refrigerator. A thick layer of fat will accumulate over the top. You can remove this easily with a fork and spoon and discard.

Now your soup is ready. You can freeze some of it in serving size containers. You may make dumplings or noodles separately and add them to the soup.

If you freeze the soup for later use, make sure to add a little water when heating it up next time.

Turkey Soup Spanish Style

This is basically Turkey Soup, with green pepper flavor and other vegetables added.

After roasting and eating a turkey meal, save the bones, carcass, left over skin, and leftover meat. Slice up an onion and put it in a large pot. Add all the leftover bones, turkey carcass, and more.

Turn the heat on low so the onions start browning.

Meanwhile fill a tea kettle with water and boil it.

When the water gets hot, add it carefully to the hot pot of bones and onions. Add enough water to cover the bones completely. Add some chicken bouillon. You may use 1 bouillon cube for anywhere from 1 cup of water to 4 cups of water, depending on how salty you want your soup to be.

Add one or two peeled carrots, a few washed celery stalks and leaves from the inside of a bunch of celery. Add a few pieces of peeled parsnip. Add a few stalks or pieces of fresh parsley. Add a pinch of mint leaves. Add 5 whole peppercorns. Add 1/2 a green pepper.

Bring it to a boil and simmer for 1/2 hour. Remove the green pepper. Continue simmering another 1 1/2 hours.

Let the soup cool a little. Remove the bones and vegetables and set them on a platter of large container that can hold them. Pour the remaining soup through a strainer into another pot large enough to hold the soup. You may carefully skim off the fat, or you can remove it after the soup is chilled.

Pick through the vegetables and find the carrots. Cut them in pieces and add them to the strained soup pot.

Pick through the meat on the bones and cut it into small pieces. You may add it to the soup, or you may reserve some of it for turkey salad to be made later, or you can use some of it for a ravioli filling to be made later. This cut up cooked turkey also freezes well and can be used later in other dishes where you might like some cooked poultry.

Cool the soup in the refrigerator. A thick layer of fat will accumulate over the top. You can remove this easily with a fork and spoon and discard.

Now your soup is ready. You can freeze some of it in serving size containers. You may make noodles separately and add them to the soup. You may also add a few frozen peas, small pieces of fresh celery or a little cooked barley to this soup. Heat it until the peas and celery are cooked a little, at least 10 minutes.

If you freeze the soup for later use, make sure to add a little water when heating it up next time.

STUFFING

Apple Stuffing

In a skillet sauté a large minced onion, 1 cup minced celery in 3 tablespoons Soybean Oil or other cooking oil. Add 1 or two apples cut into small pieces. Add 2 tablespoons parsley, and salt and pepper to taste. Mix gently.

Add 1 to 2 cups of plain bread crumbs or white bread cubes. Mix gently, or toss gently if you are using bread cubes, until all the bread or crumbs is mixed well with the cooked vegetables and fruit.

Prepare a pitcher with 2 cups of water and 2 tablespoons cooking sherry added to it.

Add water to the stuffing mixture a little at a time, tossing the stuffing gently until the stuffing binds together. If you add too much water it will be gooey, so just add a little at a time. You will probably not need all the water.

Stuff turkey cavity lightly. Put the rest of the stuffing in a greased baking dish. Baste your turkey while it cooks.

The stuffing in the baking dish should be cooked for 1 1/2 hours. Baste it with turkey stock and drippings from the turkey. You may also cover it lightly with foil to keep it from drying out.

Bread Stuffing

In a skillet sauté a large minced onion, 1 cup minced celery in 3 tablespoons Soybean Oil or other cooking oil. Add a little salt (optional), 1/2 teaspoon garlic powder, 1 teaspoon paprika and 1 to 2 tablespoons dill. Cook until the vegetables are tender. Add 1 teaspoon sugar. Mix well.

Add 1/2 to 1 loaf of white bread cut into cubes. Use one slice of bread for each pound of turkey you are cooking. Cut off the bread ends and rinds and discard. Stale bread is best to use here, as it is easier to cut into cubes.

Toss the bread cubes gently in the skillet until they are coated with the vegetables and spices. Then add liquid to moisten the stuffing.

Prepare a pitcher with 2 cups of water and 2 tablespoons cooking sherry added to it.

Add water to the stuffing cubes a little at a time, tossing the stuffing gently until the stuffing binds together. If you add too much water it will be gooey, so just add a little at a time. You will probably not need all the water.

Stuff turkey cavity lightly. Put the rest of the stuffing in a greased baking dish. Baste your turkey while it cooks.

The stuffing in the baking dish should be cooked for 1/2 hour to 1 1/2 hours. Baste it with turkey stock and drippings from the turkey. You may also cover it lightly with foil to keep it from drying out.

Bread and Sausage Stuffing

In a skillet sauté a large minced onion, 1 cup minced celery in 3 tablespoons Soybean Oil or other cooking oil. Add 1 package breakfast sausage with the skins off and cut into little pieces, if needed. Add 2 tablespoons poultry seasoning. Brown it all together and mix well.

Add 1 to 2 cups of plain bread crumbs. Mix well.

Prepare a pitcher with 2 cups of water and 2 tablespoons cooking sherry added to it.

Add water to the stuffing mixture a little at a time, tossing the stuffing gently until the stuffing binds together. If you add too much water it will be gooey, so just add a little at a time. You will probably not need all the water.

Stuff turkey cavity lightly. Put the rest of the stuffing in a greased baking dish. Baste your turkey while it cooks.

The stuffing in the baking dish should be cooked for 1 1/2 hours. Baste it with turkey stock and drippings from the turkey. You may also cover it lightly with foil to keep it from drying out.

Chestnut Sausage Stuffing for Roast Turkey

Prepare the chestnuts as follows.

Get 2 1/2 to 3 pounds of chestnuts. Cut an X with a sharp knife on the flat side of each chestnut. Bake it at 400 degrees for 15 to 20 minutes until the skin splits.

Let cool. Remove the shells. Put the chestnuts in a saucepan and cover with beef bouillon. Simmer until tender, about 20 minutes. Drain the chestnuts, reserving the liquid, and mash them up.

While the chestnuts are cooking prepare the other stuffing ingredients.

In a skillet sauté a large minced onion, 1 cup minced celery in 3 tablespoons butter and 1 tablespoon oil. Add a little salt and pepper if you like. Cook until the vegetables are tender.

Add 1 pound breakfast sausage without the skin and brown the meat with the onions and celery. If necessary cut up the sausage into small pieces.

Mix the mashed chestnuts with the browned sausage, celery and onions and add 1 tsp. dried thyme (not ground). Add 1 – 3 cups of bread crumbs or bread cubes. If using bread cubes use one slice of bread for each pound of turkey you are cooking. Moisten with 2 tablespoons sherry and chestnut cooking liquid.

Stuff turkey cavity lightly. Put the rest of the stuffing in a greased baking dish. Baste your turkey while it cooks.

The stuffing in the baking dish should be cooked for 1 1/2 hours. Baste it with the chestnut stock occasionally and with turkey drippings if you like. You may also cover it lightly with foil to keep it from drying out.

Mom Zientek's Turkey Stuffing

Fry together:

1 pound ground pork sausage, preferably Breakfast sauce.

1/2 to 1 pound lean ground beef

1 minced onion

Drain off the excess fat.

Add:

1 tablespoon of sage poultry seasoning

1/2 a loaf of white bread cut into cubes. Trim the edges off first.

Beat two eggs and add a little milk. Add this to the mixture.

Add salt and pepper to taste.

Season your turkey inside with a little poultry seasoning.

Stuff your turkey and baste during 6 hours of cooking time.

An alternate recipe:

Instead of bread cubes and eggs, you may use 1 – 2 cups of plain bread crumbs, and 1 – 2 cups of either milk, water, or water with a little cooking sherry in it.

VEGETABLES

Beets

Beets are a root and can be cooked like potatoes.

They can be boiled, fried, or bakes.

Beets are usually dark purple and the water they are cooked in and the beets themselves will stain everything they touch. So, you have to be very careful when working with beets.

They make a wonderful salad with sliced onions and a light dressing.

Red beets also help keep your blood pressure down.

Green Beans

Green beans should be well rinsed if fresh, and you can cut off the ends if they contain stems.

You may sauté them with onions and boil them in water or broth until soft enough to eat.

You can also toss fresh beans in with any kind of stir fry dish.

You can buy them frozen and cook in water or in a microwave.

You can also eat them frozen as a snack.

Green beans also make a nice addition when making a soup with vegetables and are also good in stew.

Enjoy!

Broccoli

Fresh broccoli is nice to buy from the Farmers Market, but you have to look out for those little worms – not so nice. If you parboil your broccoli in boiling water, the worms, if any will float up to the top. Then you can rinse the broccoli. Cut it into pieces, and serve with a salad dressing or a yogurt or hummus dip.

You may also buy frozen broccoli and boil it in water, salted or not. It's very tasty with lemon juice, and also with cheese either sprinkled on, or baked on.

Enjoy!

For those who don't like the pulpy stalks, you can buy just the broccoli flowers in the frozen food isle.

Jane's Broccoli Casserole

This was served at an Oceanside Library volunteer luncheon. Quite good, but maybe not so good for you.

- 3 Broccoli Crowns Chopped
- 1 Medium Onion Chopped
- 1 Can Cream of Mushroom Soup
- 2 Eggs
- 1 Cup Mayonnaise
- 2 Cups Grated Cheddar Cheese
- 3 Rolls of Ritz Crackers Crumbled (save 1 roll for topping)
- 1 and 1/2 Sticks of Butter (for topping)
- 1 Can Durkee's Fried Onions (optional)

Mix all ingredients (hold butter and 1 roll of Ritz) and place in greased 9x11 dish. Preheat oven at 350 degrees. Melt butter, add 1 crumbled roll of Ritz, and fried onions (optional) and evenly layer on the casserole. Bake at 350 degrees for 45-50 minutes or until golden brown.

Cauliflower and Cauliflower with Cheese

Fresh cauliflower is nice to buy from the Farmers Market, but you have to look out for those little worms – not so nice. If you parboil your cauliflower in boiling water, the worms, if any will float up to the top. Then you can rinse the cauliflower. Cut it into pieces, and serve with a salad dressing or a yogurt or hummus dip.

You may also buy frozen cauliflower.

Cooked cauliflower served alone or in a casserole should be boiled in water, salted or not.

Once it is soft you may place the cooked cauliflower in a pan. Cover with American Cheese. Sprinkle with bread crumbs and paprika.

Bake at 350 degrees until the cheese melts.

Or you can just serve cooked cauliflower as a side dish with butter. It's very good with fish or pork chops.

Enjoy!

Cabbage

Boiled cabbage:

Rinse cabbage. Cut it in Wedges. Boil in water.

Sautéed Cabbage:

Or you can slice it into very fine strips and sauté it in oil. When it is wilted it's done. Serve as a side dish or add strips of cooked meat and other vegetables.

Cabbage Soup

You will need a large pot.

Cabbage can be a little gassy, so to avoid this, boil the cabbage for a few minutes, discard the cooking water, and start your recipe again.

Ingredients: one medium onion sliced thin, one medium cabbage cut into bite size pieces, one large can of tomato juice or puree or chopped tomatoes, additional water to cover the vegetables, 2 tablespoons fresh lemon juice, 2 tablespoons apple cider vinegar, 1 / 4 cup or more of brown sugar, 2 medium peeled carrots cut in small pieces, 2 large pieces of peeled parsnip, 1 celery stick, 3 peppercorns, salt and pepper to taste, and a little oil for sauteeing the onion.

Sautee onion in oil until golden brown. Add prepared cabbage. Stir together, cover and simmer together for a few minutes. Add the tomato products and enough water to cover. Add the vegetables, lemon juice, vinegar and sugar and peppercorns. Simmer 5 minutes and taste. You may need to add more sugar, and salt and pepper to taste. Simmer together one half hour to an hour until vegetables are cooked through. Discard parsnips and celery and serve with good bread, like a nice rye.

Corn on the Cob

Purchase fresh picked corn at a farm stand. The best corn will be picked that morning. Every day you delay eating it, you compromise the taste. Very fresh is always the best.

Corn on the cob can be cooked in the husk, or it can be peeled and cooked without the husk.

Wash the corn well and cut off any bad parts of the corn.

Corn in the husk can be put directly on a barbecue grill. Rotate occasionally. Cook about 5 – 10 minutes. Remove from flame. Let cool enough to handle it. Peel and serve plain or with butter.

If you husk the corn first you can cook it on a plate in a microwave for 2 or more minutes or more. When it is done you can serve it, or keep it hot in foil, while you make more. If you cook 2 pieces of corn on a plate, it will take about 5-8 minutes on high.

You can also cook corn on the cob in a pot of boiling water. Put in as many as will fit in the pot. Bring the water to a simmer and gently boil 5 – 10 minutes. Drain and serve hot with butter or plain.

Corn Pudding

Mom Josephine Zientek used to make this creamed corn dish at Thanksgiving with turkey and trimmings.

Combine 1 large can creamed corn, 1/3 to 1/2 cup milk, 1 tablespoon butter, 1 or 2 eggs well beaten, 1 tsp. sugar (optional), salt and pepper to taste.

Beat well or combine it all in a blender.

Pour into a baking dish and bake at 350 degrees for about 1 hour, until firm and lightly browned on top.

Eggplant

Eggplant can be eaten with skin on or off. We discovered that barbecued eggplant is absolutely marvelous and easy to cook.

Barbecued Whole Eggplant:

Wash an eggplant and cook it directly over a hot flame, rotating occasionally. When it is soft it is done. Remove the eggplant from the grill and let it cool on a plate. After it is cool cut it open and scoop out the guts and remove them to a plate. Throw away the burnt shell. The remaining grilled eggplant will be sweet and can be used in many eggplant recipes. You can serve it in soft pieces as a cold eggplant salad, or add other vegetables, and or tomato sauce and cheese. Or you can freeze it, if you have more than you can use, and be creative with it later.

Rolled stuffed eggplant slices:

Peel an eggplant and slice vertically into thin slices. Dip the eggplant slices in milk and then in a mixture of corn meal or flour. Fry the breaded slices in Canola oil about 1 1/2 minutes on a side. Drain on paper towels.

We found that frying in Canola oil, rather than other oils, makes the eggplant taste sweet, when it may otherwise taste bitter.

While the slices cool, mix up the stuffing.

Mix 1 pound of Ricotta cheese, 1 beaten egg, 2 tablespoons parsley, 2 tablespoons grated Romano cheese, about 1/2 cup grated mozzarella cheese.

You can also add salt and pepper to taste.

This makes enough filling for about 2 pounds of eggplant.

Put the cheese mixture onto one side of an eggplant slice and roll it up or fold it in half if it's too short to roll. Continue this for all the slices. Place them in a baking pan and cover with tomato sauce and more grated mozzarella cheese.

Bake at 350 degrees until done, about 45 minutes.

If you have leftover cheese filling, you may wish to make manicotti with the balance.

Green Bean Casserole

Combine:

2 packages of 9-16 ounce of green beans, cooked

1/2 can Durkee or French's French fried onions

1 can Campbell's Cream of Mushroom soup

3/4 cup milk

1/8 teaspoon black pepper

Bake at 350 degrees for 30 minutes. Remove from oven and add 1/2 can of onion rings for the top garnish and return to the oven for 5 minutes.

The recipe is on the packages of French Fried onion rings and is also on the Internet.

This recipe is loaded with salt, so if you have a sensitivity to salt, you should probably not eat very much of this.

I was first introduced to this dish by Papa Marrocco, who used to make it to go with Thanksgiving dinner.

Grilled or Roasted Vegetables

Cut up eggplant, zucchini, onions, peppers, toss in olive oil or any other oil. Add salt and pepper if you like. Or toss in balsamic vinegar, instead of oil, or instead of salt and pepper.

Put in a pan and grill on the barbecue mixing with a large spoon occasionally.

Vegetables will get toasty. When done, remove the pan from the grill. Add fresh chopped tomatoes and a little basil. Toss gently and serve as a side dish, or mix gently with cooked pasta or rice.

Wonderful!

Eggplant Parmesan

Peel an eggplant and slice into thin circles. Dip the eggplant slices in milk and then in a mixture of corn meal or flour. Fry the breaded slices in Canola oil about 1 1/2 minutes on a side. Drain on paper towels.

We found that frying in Canola oil, rather than other oils, makes the eggplant taste sweet, when it may otherwise taste bitter.

Place the eggplant slices in a baking dish. Sprinkle with salt, pepper, parsley flakes.

Cover with tomato sauce or tomato sauce with meat and sprinkle liberally with grated Parmesan and Romano cheeses and mozzarella cheese. Continue making layers like this until all the eggplant is used up. Top with mozzarella cheese.

Bake at 375 degrees for 15 - 35 minutes or until cheese turns golden colored.

Potatoes

Russet Potatoes are the sweetest potatoes and are good for all of these.

Baked Potatoes

Scrub potatoes with a potato brush. Bake them in the oven at 350 degrees for 2 hours. Or stick a potato nail in the potato and cook for 1 hour.

Or in the microwave, cook for about 5-7 minutes, then wrap in foil for 5 minutes.

Serve with butter and/or sour cream or other toppings.

Microwave Baked Potatoes

You can set your washed potato on a paper towel in a microwave oven and cook from two to five minutes until it feels a little soft. Wrap it in foil and let it finish cooking without heat for another 5 minutes. If you like, you can put this potato in the oven for a few minutes. It will improve. These are not as good as oven baked, but if the ends don't dry up too much in the microwave, they can still be quite good.

Boiled Potatoes

Scrub potatoes. Put in a pot and cover with cold water. Boil for 1 hour. Drain. Let cool, and the peels should come right off. Use in potato salads or serve warm with butter or gravy.

Mashed Potatoes

Peel potatoes and cut into small cubes. Boil for 1/2 hour until soft. Drain off the water. Add milk and salt and pepper to taste and mash with a potato masher. The potatoes will absorb the milk as you work it in. The more milk you add, the softer the potatoes will be. Whip it a little with the potato masher. Serve with butter or gravy.

Home Fries

Take left over cooked potatoes and brown in a pan of hot oil. You can add onions and spices if you like.

Homemade Chips for Fish ‘N Chips

Peel and cut up raw potatoes in strips 1/2 inch by 1 1/2 inches.

Fry in hot oil 10 minutes on a side.

Turn occasionally. Fry until golden brown. Drain on paper towels.

Serve hot with salt, vinegar, ketchup.

French Fries

Make homemade chips as above, but slice them thinner.

Potatoes and Onions

Wash potatoes, scrubbing the skins clean. Put them in a pot and cover with water. Boil for an hour.

Pour off the water and let the potatoes cool. Peel. (You will find that the peel comes off easily. By boiling with skins on you preserve most of the vitamins.)

In a frying pan, brown a medium sized minced onion in about 2 tablespoons of oil or butter. This will be good for 2 or more large potatoes.

Meanwhile cut potatoes into cubes by cutting lengthwise and then across a few times. Salt and pepper the potatoes.

When onions are golden brown add the potatoes. Mix well and brown all together at very low heat or simmering temperature. Continue gently mixing for 10 minutes or until potatoes are golden colored and nicely browned. Stir often while browning to prevent burning in any one spot.

These are very yummy.

Potato-cheese-bacon, stuffed peppers

Wash and clean out bell peppers, one pepper per serving.
Place in boiling water 5 minutes. Drain.

Cook bacon, about 2/3 slice per serving.

In a large pan sauté 1 clove of garlic minced with one diced onion in a little oil, about 2 tablespoons. Stir them together until they are soft, but not brown.

Add cooked potatoes pieces (boiled, baked, or mashed), 1 or 2 stalks of celery chopped, diced cheese and crumpled bacon. Mix well. Add up to 1/4 teaspoon of black pepper. (That would be the right amount for about 3 cups of cooked potato.)

Spoon the potato mixture into the bell peppers.

Place the peppers into a greased baking dish.

Bake covered for 30 minutes at 350 degrees. Remove the cover and bake another 10 minutes.

MRS. FEINGOLD'S POTATO PANCAKES

(This recipe was shared with us with us by Doug Feingold.)

Potato Pancakes, also known as Latkes, may be prepared for Jewish holidays where special considerations must be made to exclude any leavening or any milk products. The best Latkes are made with a light pancake batter to which grated potatoes have been added. Onion, salt, pepper, and parsley, may be added, but Doug's Mom never adds salt or pepper to anything, so add them to taste.

Light pancake batter may be made with beaten egg, fresh seltzer, and matzo meal, in approximately equal parts. The seltzer will make a light and frothy batter without using leavening. (Stale seltzer that lost its fizz will not work here.) The matzo meal will hold the batter together and absorb any extra juice from the potatoes. (The longer you let the batter sit, the less watery it will become, as the matzo meal absorbs the extra liquids.)

This recipe makes plenty for a family and some left over.

INGREDIENTS

3 Medium to Large peeled Potatoes
2 Medium peeled Onions
3 Eggs
1 small box of Matzo Meal
1 bottle of Seltzer

Beat 3 eggs in a measuring pitcher. Measure it and add an equal amount of seltzer. Beat well with a fork or whisk until the mixture is light and frothy. Add the same amount of matzo meal to the egg mixture and mix well until you have a completely smooth pancake batter.

Grate potatoes and onions or use food processor to grate.

Add as much grated potato and onion mixture as the batter will hold. If it's too dry you may add seltzer. If it's too soupy wait 15 minutes, and the consistency should improve. You may also add salt, pepper and parsley flakes to taste.

Heat oil in large pan and spoon mixture into pan to make several pancakes at a time. Flatten the batter a little. Fry until golden on one side, about 3 minutes on a side. Flip over and fry the other side until golden. Transfer to a warming plate with paper towel to drain any excess oil.

Eat with apple sauce or sour cream.

To serve only 2 people, use the following amounts:

1 extra large egg, 1/4 cup of seltzer, 1/4 cup matzo meal, 1 tablespoon of grated onion, and 1 medium peeled and grated potato.

Robin's Recipe for Potato Pancakes

Grate several Russet Potatoes so that you have about 4 cups of shredded potatoes. As you are grating it, put the shreds into a bowl of water.

Prepare some pancake batter using 1/4 cup – 1/2 cup of Aunt Jemima Pancake mix, 2 – 3 beaten eggs. Add 2 tablespoons parsley and 1/4 tsp or more ground pepper.

Sautee 1/2 cup of chopped onion until translucent and just turning gold.

Drain the grated potatoes in a strainer. Then return them to the bowl and add the pancake batter and the onions. Mix well. The mixture should be like a lumpy batter. If it is too runny, add more pancake mix.

In a large deep frying pan, add about 1/2 inch oil. Heat the oil on medium high. Test the temperature with a small amount of batter. When it starts frying, the temperature is right. Add spoonfuls of batter into the oil and flatten them out as you go. Fry in hot oil, turning once or more if needed, until nicely browned. Carefully scoop out the fried pancakes and drain on paper towels. Serve warm with applesauce or sour cream.

Another Potato Pancake - Latkes Recipe

Combine 4 peeled and grated potatoes with 1 grated onion, 1/4 teaspoon freshly ground pepper, a little salt, 1 well beaten fluffy egg, 3 tablespoons potato starch or potato flour, 1/2 teaspoon baking powder. Drop spoonfuls of the mixture into a hot frying pan and fry in 1/2 cup of hot oil. Fry until golden brown and drain well.

(I'm not sure what potato flour is, but it might be instant potatoes. You can surely use any other flour instead if you have no potato flour.)

Baked Potatoes with taco meat - Texas Taters

(invented by Robin and Joey Kotfica)

This dish is a quick way to make a fabulous dinner leftovers.

Ingredients:

Baked potatoes

Seasoned ground meat

Grated American Cheese

Crushed taco shells or Nacho Chips

Make 4 baked potatoes or use leftover baked potatoes.

Make taco meat as below, or if you have some leftover, you can use it.

Cut up baked potatoes and cover with taco meat.

Sprinkle with as much grated cheese as you like.

Add broken taco shell or nacho chip pieces.

Heat in an oven or in a microwave until hot.

Serve warm.

You may top this with lettuce, tomatoes, avocado, sour cream.

Taco Meat

Brown 1 pound lean chopped meat (chuck, round or sirloin beef) with ¼ cup chopped onions. Drain off fat. Add 2 tablespoons Chili Powder and a pinch of Cayenne Pepper. Add a small can of Del Monte Tomato Sauce and 1 can of water. Add ½ cup chopped green pepper and simmer ½ hour.

You may use no salt added Del Monte Tomato Sauce if you need to limit your salt intake.

You may use Cheddar, Jack, or Asiago cheese as good alternatives.

Sweet Potatoes

Rinse and scrub sweet potatoes or yams. Rub with butter. Cover in foil. Bake in the oven for one or two hours at 350 degrees until soft.

Cut in slices and serve as a side dish, or you may use the left-overs in other recipes. They also freeze well after they are cooked.

Sweet Potato Pancakes

Grate several Sweet Potatoes so that you have about 4 cups of shredded potatoes. As you are grating it, put the shreds into a bowl of water.

Prepare some pancake batter using 1/4 cup – 1/2 cup of Aunt Jemima Pancake mix, 2 – 3 beaten eggs. Add 1/4 cup pineapple juice. Add 2 tablespoons parsley, 1/8 tsp ground black pepper, 1/4 tsp ground cloves, 1/8 tsp ground ginger, 1/8 tsp ground coriander.

Drain the grated potatoes in a strainer. Then return them to the bowl and add the pancake batter with the spices and fruit juice. Mix well. The mixture should be like a lumpy batter. If it is too runny, add more pancake mix. Otherwise the pancakes will break apart.

In a large deep frying pan, add about 1/2 inch oil. Heat the oil on medium high. Test the temperature with a small amount of batter. When it starts frying, the temperature is right. Add spoonfuls of batter into the oil and flatten them out as you go. Fry in hot oil, turning once or more if needed, until nicely browned, about 3 minutes on a side. Carefully scoop out the fried pancakes and drain on paper towels. Serve warm with applesauce or sour cream.

Taken from the Internet:

Sweet Potato and Pear Latkes

Sweet Potatoes and Pears Put Potent Phytos on Your Holiday Plate

Make potato pancakes more colorful for the holidays this year. Just by choosing bright orange sweet potatoes, you'll reap cancer-protection from a wealth of beta-carotene, the antioxidant phytochemical that makes this vegetable bright orange, as well as vitamin C.

In addition, delicious pears add extra moisture, fiber and natural sweetness. When you use egg whites instead of whole eggs and bake instead of fry your pancakes, as in this recipe, you also get less than a gram of fat and no saturated fat -- another healthier plus over the traditional version.

Called "latkes" in Yiddish, potato pancakes are a traditional Hanukkah dish. You'll also find variations in traditional Irish, Central European, Russian and Swedish cuisines. They may be enjoyed on any special occasion, even as a tasty and attractive side dish for breakfast or brunch.

Serve them with a dollop of fat-free sour cream or unsweetened applesauce on the side for dipping, and dress them up with some contrasting color from tangy dried cranberries.

Sweet Potato and Pear Latkes

- 2 lbs. sweet potatoes (about 2 medium-sized potatoes)
- 2 Bosc pears
- 1 medium onion
- 4 egg whites
- 1/3 cup whole-wheat bread crumbs
- 1/4 tsp. ground cinnamon
- Salt and freshly ground black pepper, to taste
- Canola oil spray
- Fat-free sour cream (optional)
- Unsweetened applesauce (optional)
- 1/2 cup dried cranberries, for garnish (optional)



Preheat oven to 450 degrees and place two nonstick baking sheets in the oven.

Peel the potatoes; peel and core the pears. Grate each using a food processor. Strain any excess liquid. Grate the onion. Set aside.

In a large bowl, beat the egg whites, bread crumbs, cinnamon, salt and pepper. Stir in the potatoes, pear and onion. Mix until coated.

Remove the hot baking sheets from the oven and spray thoroughly with canola spray. Spoon latke mixture onto sheets, forming 2-inch patties. Bake until golden brown, about 12-15 minutes per side, turning once with a spatula.

Serve with fat-free sour cream and/or warm applesauce, plus a sprinkle of dried cranberries on top of each serving, if desired.

Makes 8 servings, 3 latkes each.

Per serving: 180 calories, <1 g total fat (0 g saturated fat), 39 g carbohydrate, 5 g protein, 5 g dietary fiber, 210 mg sodium.

Zucchini

Fried Zucchini

Wash zucchini thoroughly. Slice in thin rounds or cut lengthwise. Dip in milk and a mixture of corn meal and flour. Fry in Canola oil 1 1/2 minutes per side. Drain on paper towels. If you have sensitivity to Canola oil, you may use other oils.

Grilled Zucchini

You may also grill zucchini on the barbecue. In this case you may coat the zucchini slices with your favorite oil and season to taste using salt, pepper, basil, or anything else you like. You could also dip the zucchini in Balsamic vinegar and grill a few minutes on each side until done.

Sautéed Zucchini

You may sauté zucchini in oil with some onions. When they are all golden brown you may toss it with cooked pasta. Add grated cheese and basil if you like. It is delicious!

Zucchini Quiche

I am not a fan of Quiche, which is an egg and cheese pie, but here is a recipe I got from a magazine. If you like quiche, you may like this. I make no recommendations here, other than consider using what you have in the house, and add grated sautéed zucchini and onion. This recipe calls for heavy cream, which I would not recommend because it's too unhealthy. You could probably use any milk product instead. If you don't like Gruyere cheese, you could use any other kind of flavorful cheese you like. (I prefer to save my heavy cream for Sherri's fabulous Strawberry Pie.)

Get a partially baked pie shell.

Sprinkle the bottom with 1/2 cup scallions lightly sautéed in 2 tablespoons butter.

Wash and grate 1 pound of zucchini. Place it in a strainer and add 1/4 teaspoon salt. Let the zucchini drain and try to get as much moisture out as possible.

Beat 3 eggs and add 1 1/2 cups of heavy cream. Add the grated zucchini and 1/2 cup grated Gruyere cheese, 1 teaspoon minced dill, 1/2 teaspoon salt and pepper to taste. Pour the mixture into the pie shell and bake at 375 degrees for 30-35 minutes until a knife inserted in the middle comes out clean. Serve warm or at room temperature. Serves 6-8.

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