Bon

Appétit!

Compiled by:

Thomas Redd

You are what you eat!

Eat well to work well,

and here's how to do it

easily!

# Bon Appétit!

Dear Future Missionary,

This recipe book was compiled for you, and by missionaries, for the most part. Included are also many recipes from Sister Sager. Included are only recipes that are economical and easy to prepare, and that can be made with the facilities found in most missionary apartments. All necessary ingredients are readily available.

Included are several recipes from each of the basic food groups (cereals, fruits and vegetables, meats and dairy products). As you plan your daily menu, try to have at least one serving from each group. You will feel better, look better, and WORK BETTER. Remember that if you don't eat the right foods, you are cheating no one but yourself.

Missionary work is both physical and spiritual, and requires stamina to "endure to the end" of the day. To stay well, you must eat well, and keep yourself in top physical condition.

Missionaries must learn to conserve their time. Time is everything to a missionary, so organization in menu planning, shopping and food preparation is important. Preparation day is a good time to plan your weeks' menus and do the shopping. Someone once told me never to go shopping on an empty stomach. On an empty stomach everything looks good and I've found that it is easy to spend money on things you don't really need. Every penny you spend should count for something worthwhile.

I hope this book will make eating time on your mission an enjoyable time. Perhaps your motto should be: "We eat to live, not live to eat."

Bon Appétit!

With Love,

Thomas Redd

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# Basic Items Needed for the Cupboard

. flour

. sugar

. salt

. pepper

. oil

. mustard

. vinegar

. catsup

. powdered milk

. eggs

. powdered potatoes

. potatoes

. onions

. margarine

. brown sugar

. vanilla

. baking powder

. Baking soda

. onion salt

. cinnamon

. nutmeg

. wire whip

. powdered soup bases

# Shopping Hints

. Plan menus for the week.

. Buy staples on Preparation Day.

. Pick up perishable items quickly on the day that you need them.

. Planning ahead will save you time and money. When you plan your menu, you can plan it with your pocketbook in mind.

. There are two kinds of flour: 1) a heavier flour which is suitable for breads, thickening, etc. and 2) a cake flour which contains some baking powder and is best for making cakes and cookies.

. There are also several kinds of sugar. The difference is in the texture; some coarser than others.

. Yeast can be purchased as "cakes" or in a grainy form. A tablespoon, fifty grams, of yeast is equal to one cake of yeast.

. Iodized salt should be used in order to insure adequate iodine intake, which is important for good health.

# Conversion Chart for Measurements

1 cup 237 c.c.

½ cup 118 c.c.

1/3 cup 79 c.c.

¼ cup 59 c.c.

1 tablespoon 15 c.c.

1 teaspoon 5 c.c.

1 pound 454 grams

1 pint 0.44 liters

1 quart 0.95 liters

1 fluid Ounce 30 c.c.

1 ounce 28 grams

1000 grams 1 kilogram

2.2 pounds 1 kilogram

3 teaspoons 1 tablespoon

4 tablespoons ¼ cup

16 tablespoons 1 cup

1 cup 8 fluid ounces

2 cups 1 pint

2 pints 1 quart

4 quarts 1 gallon

8 ounces 1 cup

**Food Item Conversions**

2 tablespoons butter 1 ounce

7 ounces spaghetti 4 cups cooked

Juice of 1 lemon 3 tablespoons

1 cup whipping cream 2 cups whipped

1 medium chopped onion ½ cup

1 pound American Cheese shredded 4 cups

½ pound butter 1 cup

1 Yeast Cake 1 Tbsp yeast

# Heat Conversions

250 F 121 C

350 F 177 C

450 F 232 C

500 F 260 C

# Symbols

teaspoon tsp

tablespoon Tbs

cup C

pound lb

# Cooking Temperatures

Very Slow Oven 250-275

Slow Oven 300-325

Moderate Oven 350-375

Hot oven 400-425

Very Hot Oven 450-475

Extremely Hot Oven 500-525

Thread 230-234

Soft Ball 234-240

Firm Ball 244-248

Hard Ball 250-266

Soft Crack 270-290

Hard Crack 300-310

# White Sauce

Medium (1 cup)

2 tablespoons butter

2 tablespoons all-purpose flour

¼ teaspoon salt

1 cup milk

Thick (1 cup)

3 tablespoons butter

4 tablespoons all-purpose flour

¼ teaspoon salt

1 cup milk

Thin (1 cup)

1 tablespoons butter

1 tablespoons all-purpose flour

¼ teaspoon salt

1 cup milk

Melt butter in saucepan over low heat. Blend in flour, salt, and dash of white pepper. Add milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles.

Make a **cheese sauce** by adding grated cheese to the white sauce.

# Recipe for a Good Day

Take two parts of unselfishness and one part of patience and work together. Add plenty of industry. Lighten with good spirits and sweeten with kindness. Put in smiles as thick as raisins in plum pudding and bake by the warmth which streams from a loving heart. If this fails to make a good day, the fault is not with the recipe but with the cook.

# Sources of Vitamins and Minerals

Vitamin A

Green leafy vegetables, liver, dairy products, dried apricots and prunes.

Vitamin B1

Whole grain breads and cereals, fruits, milk, lean pork and liver.

Vitamin B2

Liver, kidneys, veal, lamb, pork, beef, eggs, green and leafy vegetables, and milk.

Vitamin C

Citrus fruits, vegetables, tomatoes.

Vitamin D

Fish liver oil, liver, milk, eggs, sunshine.

Calcium

Milk, cheese, green vegetables, beans, eggs, carrots, and sea food.

Phosphorous

Lean meats, fish, poultry, milk, cereal grains, peas, beans, nuts, vegetables.

Iron

Meat, eggs, vegetables, fish, cereals.

Iodine

Iodized table salt.

# Substitutions

1 Square(1 ounce) unsweetened chocolate:

3 tablespoons cocoa and 1 tablespoon butter or margarine.

1 cup cake (pastry) flour:

1 cup minus 2 tablespoons all-purpose flour.

1 teaspoon baking powder:

¼ teaspoon baking soda and ½ teaspoon cream of tartar.

Or, ¼ teaspoon baking soda and ½ cup buttermilk or sour milk (to replace ½ cup of liquid called for in recipe).

1 cup whole milk:

½ cup evaporated milk and ½ cup water.

Or, 1 cup reconstituted dry milk plus 2½ teaspoons butter or margarine.

1 cup sour milk or buttermilk:

1 tablespoon lemon juice or vinegar and sweet milk to make 1 cup. Let stand 5 minutes.

1 cup butter or margarine:

7/8 cup salad or vegetable oil.

1 cup sugar:

1 cup honey. Reduce liquid in recipe by ¼ cup.

Or, 1 cup molasses.

1 tablespoon cornstarch for thickening:

2 tablespoons flour.

Cream:

evaporated or canned unsweetened milk.

# Cooking Hints

Milk instead of water in a pie crust will make the crust flakier.

To soften brown sugar that has hardened, place it in the oven at a low temperature. To keep it soft, place it in the refrigerator in a plastic bag.

Add ½ teaspoon baking powder to mashed potatoes and then add milk. They will be light and fluffy.

# Breakfast

## French Toast

1. Combine: 2 slightly beaten eggs, ¼ cup milk, dash of salt, 2 tablespoons sugar and a little cinnamon.

2. Dip into egg mixture for a few seconds 6 slices of bread, one at a time.

3. Cook in a well greased frying pan.

## Pancakes

1 1/3 cup flour

½ tsp salt

1 egg

2 Tbs margarine or crisco

2 tsp baking powder

2 Tbs sugar

1 cup milk

Mix and sift dry ingredients. Combine beaten egg, milk and melted shortening. Pour liquid into dry ingredients. Beat till smooth. Pour batter onto hot griddle or frying pan. Cook slowly till full of little bubbles. Turn over and cook till done. Time 2 to 3 minutes.

## Long Johns

2¼ cups warm water

2 Tbs sugar

1 Tbs Yeast

1½ Teaspoons Salt

4 Tbs Shorting (butter)

6 cups flour

Add water, yeast, and sugar. Let the yeast grow.

Add shorting (if melted butter, not too hot). Add 3 cups flour, and then the salt. Then add the additional flour until the dough starts to peal from the bowl and you can pinch through it. Roll the dough out to about ½ inch thick. Cut into strips about 1 inch wide and 5 inches long and fry in hot oil. Turn when the bottom is golden brown. When fried, top with glaze made from icing sugar and water.

(Soft Bread stick dough is better for this.)

## Light Buttermilk Pancakes

2¼ cups flour

1 teaspoon baking powder

¾ teaspoon salt

1 Tbs sugar

1/3 litre milk (add 1 Tbs vinegar to milk)

1 or 2 eggs (depending on the months budget)

2 Tbs oil

Makes 6 pan-sized mancakes.

## Bacon

Pan fry: Place slices of bacon in cold skillet. Cook over low heat 8-10 minutes, turning to brown evenly on both sides.

## Maple Syrup

Here is something you might try. Maple syrup is so expensive and this is an excellent substitute.

Boil together slowly until it thickens: 1 cup granulated sugar, 1 cup brown sugar (packed), 1 cup water, and 1 tsp vanilla. Stir until sugars are dissolved. If cooked longer it will thicken.

## Peach Syrup

1 cup water

1 cup sugar

1 jar peaches (Juice in water)

2 Tbs cornstarch

Mix together and heat till it thickens. Other fruits in season can be used instead of peaches.

## Corn Fritters

Open one can corn and top the can off with water. (You could use left-over corn instead of opening a new can. Just be sure there is plenty of water with the corn for the mix.) Pour corn and water in a mixing bowl. Add to it, enough complete pancake mix, about 1½ cups, to make a thick batter. Deep fry teaspoon fulls of this batter in hot oil. Break open fried fritters and serve with pancake syrup.

## Crêpes (my favorite one)

2 Cups flour

Pinch of Salt

3 eggs

3 Cups Milk

2 Tbs oil

1 tsp vanilla

Mix everything together and cook very thin on a very hot pan. Serve buttered, sprinkled with sugar and cheese.

## Crêpes

1½ cups flour

1 Tbs Sugar

½ tsp baking powder

½ tsp salt

2 cups milk

2 eggs

butter for the pan

½ tsp vanilla

Sift dry ingredients into bowl. Mix wet ingredients in another bowl. Add wet ingredients to dry ingredients. Blend until smooth. Put in pitcher or large liquid measuring cup to pour onto griddle or frying pan. Make thin and tip griddle quickly to spread batter. Brown, and turn.

## Everyday Waffles

1 3/4 cups flour 3 tsp baking powder

½ tsp Salt 2 eggs

1 3/4 cups Milk ½ cups oil

Mix well and bake in a waffle Iron.

# Soups

Larger quantities of soup can be prepared and stored in the refrigerator for 2 to 3 days. This saves cooking time and makes preparations simple. Heat only the necessary quantity per meal.

## French Onion Soup

1 Cup sliced onions

2 cups Beef Broth

Fry onions in margarine until they are clear. Then put beef broth with onions and heat until warm. Serve with parmesan cheese and croutons.

## Taco Soup

Brown ½ lb Hamburger. Mix with it, one or two cans tomato soup, one can kidney beans, one can corn. Add enough water to make it a thick soup. Heat. Serve over taco chips in soup bowls.

## Bacon Soup

Fry about ¼ kg. bacon with some chopped onions until nice and brown (not burned). Add about 2 cups water and let sit for 5 to 10 minutes to absorb flavor.

In the meantime peel and dice 6 large potatoes. Cover with water and add meat and onion mixture, pepper, salt, and chopped celery if desired. Cook till potatoes are tender. (about 40 minutes.)

## Home Made Vegetable Soup

200 grams stew meat

4 potatoes peeled and diced

½ chopped green pepper

1 large can tomatoes

2 Tbs catsup

2 large onions chopped

2 tsp salt

pepper to taste

1 cup water

Cut meat into small chunks. Brown meat in large pan. Simmer in meat juices and a little water (if necessary) until tender. Steam carrots 10 minutes separately. Add carrots and other ingredients to the meat. Boil slowly until vegetables are tender. It's better if you can let it stand for a few hours, like during morning tracting.

## Split Pea Soup

3 quarts water

1 lb pure pork sausage

1 cup celery

1 cup minced onions

1 pound split green peas

salt and pepper to taste

1 cup diced potatoes

Cook peas for 15 minutes. Pour off water. Cook peas in 3 quarts of fresh salted water. Add sausage which has been made into one inch balls and rolled in flour. Cook soup until sausage is well done. Add remaining ingredients. Tastes better if cooked slowly.

# Bread

## Banana Nut Bread

1/3 cup shortening or margarine

2/3 cup sugar

2 eggs

1 cup mashed bananas

1¾ cups flour

½ tsp salt

1 tsp baking soda

Mix sugar and shortening or margarine. Then add eggs and mashed bananas. Add flour, salt and baking soda. Mix well. Bake 40 minutes at 350 F.

## Corn Bread

1 egg

1 cup milk

1/3 cup shortening

¼ cup sugar

Beat all together, then add 1 cup cornmeal and mix. Sift and add:

1 cup flour

2 tsp baking powder

1 tsp salt

Bake at 400 F for 25 minutes. Note: If you cannot find cornmeal, (in some countries it is hard to find) it can be replaces with whet nuggets.

## Onion or Garlic Bread

Butter, French bread sliced, onion or garlic salt.

Butter several slices of French bread. Salt the buttered side with onion salt or garlic salt as desired. Put slices together as in a loaf. Wrap in tin foil and warm.

## Hot Rolls

1 Tbs yeast

1 cup warm water

½ cup butter

½ cup sugar

3 eggs

1 tsp salt

6 cups flour

(more Flour if needed)

Add water to yeast and let stand. Mix butter, sugar and salt. Add eggs and beat well. Add 1 cup flour. Beat again. Add yeast. Beat till smooth. Add remaining flour. As soon as dough is thick enough, knead with hands. Set in greased bowl to rise. When double in bulk, punch down and let rise again. Shape into rolls and let rise until light (about 1 hour). Bake in medium hot oven (about 375 F) for 10 to 20 minutes.

## Biscuits

3 cups flour

½ tsp salt

1 tsp baking powder

3 Tbs oil

1 cup milk

Mix all ingredients together. Knead on floured table and cook in 350 F oven. Cut with the measuring cup.

## 55 Minutes Rolls

1 cup warm milk

2 Tbs sugar

2 Tbs shortening (margarine)

1 tsp salt

1 Tbs yeast in ½ cup water

3 cups flour

Mix and let stand for 15 minutes. Roll out on floured board. Then form into rolls. Let rise 45 minutes. Bake at 400 F. for 15 minutes.

## Drop Biscuits

Mix 2 cups flour, ½ tsp salt, and 3 Tbs baking powder. Add 6 Tbs chilled butter. Then add 1 cup milk. Beat quickly. Drop on cookie sheet. Cook at 450 F for 10 to 15 minutes.

## Femipan Yeast Two Hour Buns

3 cups warm water

6 Tbs oil

2 Tbs yeast

7-8 cups flour

½ Cup sugar

1 tsp salt

2 eggs

Mix yeast and 4 cups flour. In a separate bowl, mix eggs, sugar, oil, and water. Add flour-yeast mixture. Blend well. Add remaining flour and salt. Let rise 15 minutes. Punch down. Don't knead. Rise again 15 minutes. Punch down and form buns. Cover and let rise 1 hour. Bake at 350 F for 15 to 18 minutes. Makes 4-5 dozen rolls.

## Joan's Bread

2¼ cups warm water

2 Tbs sugar

1 Tbs Yeast

1½ Teaspoons Salt

4 Tbs Shorting (butter)

6 cups flour

Add water, yeast, and sugar. Let the yeast grow.

Add shorting (if melted butter, not too hot). Add 3 cups flour, and then the salt. Then add the additional flour until the dough starts to peal from the bowl and you can pinch through it. Let dough rise and punch it down. Let it rise the second time and then form it into loaves. Put in greased bread pan. Let it rise and then bake at 350 F for about 40 minutes. If you make rolls, bake at 400 F for about 20 minutes.

## Soft Bread Sticks

1 ½ cups warm water 1 Tbs sugar

1 Tbs Yeast 1 tsp Salt

3 ½ Cups Flour Butter, melted (1/4 cups)

Parmesan Cheese

Roll out on greased cookie sheet. Spread with melted butter and sprinkle with cheese. Cut with Pizza cutter into 6 x 1 inch strips. Let rise 45 minutes to an hour. Bake at 400 for 12-15 minutes. Pull sticks apart. Use this dough with the butter mixed in for pizza crusts or buns. This is a very useful recipe.

# Salads

## Carrot and Raisin Salad

Mix together:

½ kilogram grated carrots

1 cup raisins

1 cup pineapple chunks (if desired)

Add:

Mayonnaise for dressing

## Macaroni Salad

2½ cups macaroni

1 onion (finely chopped)

½ cup chopped pickles

1 small can tuna fish

3 hard boiled eggs

½ cup mayonnaise

Salt and Pepper

½ tsp salt

Pour macaroni into 4 cups boiling water. Add ½ salt. Boil until macaroni is soft, not gummy. (about 8 minutes.) Drain all water off and rinse in cold water and drain thoroughly. Mix onions, pickles, canned fish, chopped boiled eggs and mayonnaise together. Add to cold cooked macaroni. Garnish with sliced pickles, salt and pepper.

## Mixed Vegetable Salad

Drain 1 can Mixed vegetables. Mix vegetables with 4 Tbs mayonnaise (or more if desired). Add 50 to 100 grams chopped ham,

OR

Put Vegetable mixture on ham slices and then roll them up.

Serve on lettuce leaves.

## Chef's Salad

½ head lettuce

½ cucumber sliced

½ bunch radishes sliced

1 slice gouda cheese grated

2 tomatoes cut in wedges

1 large slice ham cut into small pieces

2 hard boiled eggs

Wash lettuce carefully. Break into bite-sized pieces. Add cucumber, radishes, cheese, ham, and eggs (diced). Toss with mayonnaise and garnish with tomatoes. Salt and pepper to taste.

## Coleslaw

Mix together lightly:

1 head cabbage, finely chopped

½ kilogram finely grated carrots

½ cup crushed pineapple

2 bananas diced

Dressing:

stir together:

8 Tbs mayonnaise

2 Tbs milk

2 Tbs pineapple juice

1 Tbs sugar

Add dressing and chill.

## Potato Salad

8 medium sized potatoes

6 hard boiled eggs

½ tsp salt

pepper

2 tsp chopped parsley

2 grated onions

½ cup pickles

Boil potatoes in skins. When cool, peel and dice. Dice eggs and add to potatoes. Sprinkle parsley, salt, onions and pepper and pickles over mixture. Add mayonnaise and mix well. This could be made the day before and left in the refrigerator. It will improve the taste.

# Salad Dressings

## Mayonnaise

1 egg yolk

1 tsp mustard

¼ tsp salt

dash of pepper

lemon juice or vinegar

1 cup oil

Mix egg yolk, mustard, salt, and pepper. Add oil drop by drop. Beat with wire whisk until each small portion of oil is mixed in. Gradually increase the amount of oil. Continue whipping it in until the oil is completely mixed, and mayonnaise is of thick consistency. Then add the lemon juice or vinegar according to taste.

## Vinegar and oil Dressing

Put in bottle and shake:

1 part vinegar

1 part oil (salad oil)

1 tsp water

salt and pepper to taste

## French Dressing

1 clove garlic grated fine

½ cup white sugar

1/3 cup vinegar

1 tsp worchestire sauce

1 small grated onion

2/3 cup catsup

1 tsp salt

1 cup salad oil

Combine and heat until sugar is melted. Then whip with egg beater until well blended.

## Sour Cream Dressing

1 carton sour cream

½ cup mayonnaise

1 tsp lemon juice

1 tsp onion

½ tsp salt

½ tsp dry mustard

2 Tbs chopped parsley

Mix and serve.

# Meats

## Meat Loaf and Baked Potatoes

1 pound ground beef

1 Cup rolled oats

2 Tbs Ketchup

1 tsp mustard

1 tsp salt

1 egg

Mix thoroughly. Wash and prick potatoes. Place potatoes around meat loaf pan. Bake at 350 F for an hour. Serve Potatoes with sour cream.

## Sweet and Sour Pork Chops

Brown pork chops and remove from pan. Into the same pan, add 1 can of diced pineapple and all the juice. Add about 1½ cups water and 2 bouillon cubes. In a separate dish, mix about 2 heaping Tbs of corn starch with some cold water and add to the mixture. This will make it thick but it will be clear. Then add about ½ cup brown sugar, 2 Tbs vinegar, a little soy sauce, some worcestershire sauce, 2 tomatoes cut up, and some green pepper cut in small strips. You will have to add the brown sugar and the vinegar according to your taste. Put meat back in and let simmer until peppers and meat are cooked. Serve with boiled rice. It's delicious!!!

## Salisbury Steak

Combine and form 2 patties:

200 grams ground beef

1 small chopped onion

salt and pepper

Flour both sides and fry in butter or oil. Serve with mushroom gravy.

## Mushroom Gravy

Add ¼ cup water to the meat drippings after steaks are removed. Let mixture boil until it becomes a nice brown sauce. Mix and add to the gravy: 2 Tbs powdered cream of mushroom soup, 1½ cups milk. Cook until mixture thickens, about 5 minutes, stirring often.

## Quick and Easy Gravy

Use powdered soup base, chicken, beef, mushroom, etc. in water to taste. Boil. Thicken with flour and cold water mixed separately and added to boiling mix.

## Sloppy Joes

Brown:

1 lb ground beef

1 small onion, salt and pepper.

Mix:

1 cup catsup

½ cup water

2 Tbs sugar

2 Tbs vinegar

2 tsp worcestershire sauce

2 Tbs dry mustard (or other)

Beat this mix together and add to the meat mixture. Simmer for 30 minutes. Serve on a bun.

## Chilli

(A Good Sloppy Joe Substitute)

Brown:

1 lb ground beef

1 small Chopped Onion

Add:

1 can Pork and beans

1 can Tomatoe Soup

½ Cup Brown Sugar

1 tsp Chilli powder

Mix well and heat through.

## Fried Chicken

Cut 1 frying chicken into serving pieces. Roll each piece separately in:

1 cup flour

¼ tsp onion salt

dash of garlic salt if desired

Dip each piece in batter of:

1 well beaten egg

3 Tbs milk

¼ tsp salt

¼ tsp pepper

Then roll chicken in 1½ cups bread crumbs. Brown chicken in hot oil all sides. When it is golden brown, turn the heat to medium low to finish cooking. Cover with lid and cook well.

## Salmon Patties

1 can salmon

1 egg

½ cup bread or cracker crumbs

2 Tbs milk

salt and pepper

1 tsp parsley flakes

Mix all ingredients together. Add enough milk to make it moist enough to mold into balls and press into patties. Flour both sides of patties and fry in oil or butter about 10 minutes.

## Meat Sauce for Rice

Brown ½ lb hamburger. Season with salt and pepper. Add two cans cream of mushroom soup, and 1 can water. Bring to a boil. Serve over cooked rice.

## Chili

Fry 1 lb hamburger. Cut and cook onions. Add 1 can pork and beans, ¼ cup Ketchup, 2 Tbs brown sugar and 1 tsp Chili powder.

## Meat Loaf

1 lb ground beef

1 tsp salt

1 large diced onion

1 cup milk or tomato juice

1 egg

1/8 tsp pepper

1 cup or bread crumbs

1 Tbs chopped parsley

Combine ingredients. Put in load pan and cover. Bake for 1 hour at 350 F. (You can double this recipe and make good sandwiches from the left-over meat.) Mix ½ cup catsup, 3 Tbs Brown sugar, and 1 tsp mustard together and spread over top before cooking if you desire.

## Beef Stroganoff

Cook in margarine until tender:

1 chopped onion

1 chopped green pepper

Add:

1 lb ground beef and cook well.

Add:

1 can cream of chicken soup

1 can of mushrooms

Serve hot over cooked noodles.

# Casseroles

## Chinese Hamburger Casserole

1 lb hamburger

2 tsp oil

1 can cream of mushroom soup

½ can uncooked minute rice

1 can chow mein noodles

1 onion

½ cup warm water

1 can cream of chicken soup

¼ cup soy sauce

salt and pepper

Brown hamburger and onion and add other ingredients. Bake in 350 F. oven for one half hour. Cover with noodles and let warm a few minutes longer.

## Company's Coming Casserole

Fry 1 lb hamburger and ½ onion (diced). Cover with can of cream of mushroom or cream of chicken soup. Cover with hash browns. Sprinkle with salt and pepper. Cook for 45 minutes at 350 F.

## Chicken Casserole

1 chicken cut and cleaned. Place in casserole dish. Pour over chicken the following:

1 can chicken soup

Dash of poultry seasoning

1 small package sour cream

salt and pepper

Cover with bread crumbs and bake uncovered at 350 F for 2 hours.

## Tuna Crunch Casserole

1 can cream of mushroom soup

2 hard cooked sliced eggs

1 can tuna (drained and flaked)

1 can peas

½ cup slightly crumbed potato chips

½ cup milk

IN a quart casserole, blend soup and milk. Stir in tuna, eggs and peas. Bake at 350 F for 25 minutes. Top with potato chips. Bake 5 minutes longer. Makes 3-4 servings.

## Tuna on Toast

Fry a small onion in some margarine until yellow and tender. Add:

1 can drained tuna

1 can cream of mushroom soup

2/3 cup milk

salt and pepper to taste

1 can peas.

Serve over toast.

## Pork and Bean Casserole

½ cup chopped onion

½ cup chopped celery

2 Tbs vinegar

1 Tbs brown sugar

½ cup green pepper

1 lb ground beef

Salt and Pepper

1 can tomato soup

Mustard, thyme, 1 tsp worcestershire sauce

Cook onions with beef. Add all other ingredients and simmer for 5 minutes. Pour over large can of Beans and bake 45 minutes at 350 F.

## Creamy Lasagna

1 can Cream of Mushroom soup

1/3 cup Milk

¾ pound ground beef

1 can Tomato Soup

1/3 cup water

6 lasagna noodles, cooked and drained

1 cup shredded mozzarella cheese

In small bowl, combine cream of mushroom soup and milk. Set aside. In medium saucepan over medium heat (or in the microwave), cook beef until browned, stirring to separate meat. Spoon off fat. Stir in tomato soup and water. Heat through stirring occasionally. Into 8 inch square baking dish, spoon half of the mushroom soup. Arrange layers as follows: a third of the lasagna, trimming to fit, half of the meat sauce, a third of the lasagna, remaining mushroom soup, remaining lasagna, and remaining meat sauce. Sprinkle with cheese. Bake at 400 F for 30 minutes or until hot and bubbling. Let stand 10 minutes before serving. Makes four servings.

## Hamburger Casserole

Fry some onions and green peppers until tender. Add 1 lb hamburger, 1 small can string beans, and 1 can of tomato soup. Put in a pan and cover with left over mashed potatoes which have been mixed with a beaten egg. Put in oven at 350 F for 20 minutes.

## One Bowl Meal

Dilute one can of tomato soup and one can of pea soup with equal parts milk and combine. Add one can of flaked crab meat or tuna fish. Season with 1 Tbs butter, salt and pepper to taste. Place in baking disk and garnish with croutons. Heat in a 350 oven.

## Budget Casserole

Put 2 Tbs melted shortening in 9"x 13" pan. Put in a layer of sliced onions, crumble on layer of ground beef (uncooked), and put on this a thin layer of thinly sliced potatoes. Add a layer of minced celery and thinly sliced carrots.

Sauce:

1 can tomato soup, 1 Tbs worcestershire sauce, 1 can water, ½ tsp chili powder, salt and pepper to taste.

Pour sauce over above mixture. Cover with foil and bake in 350 F oven for one to one and one half hours.

# Rice, Potatoes, and More

## Fried Rice

Soak 1 cup of rice for about an hour. (You can do this before you go out in the morning.) Drain off water and fry with a little margarine or oil for 3 or 4 minutes. Add 1 can of Mixed vegetables. Cover and let simmer over low heat for about 20 minutes. The rice will absorb the liquid and this makes a good substitute for potatoes. Serve with your favorite meat.

## Battered French Fries

* 2 1/2 pounds russet potatoes, peeled
* 1 cup all-purpose flour
* 1 teaspoon garlic salt
* 1 teaspoon onion salt
* 1 teaspoon salt
* ¼ Hot Shot Spice (Peppers)
* 1 teaspoon paprika
* 1 cup water, or as needed to make a thin batter

**Directions**

1. Slice potatoes into French fries, and place into cold water so they won't turn brown while you prepare the oil.
2. Heat oil in a large skillet over medium-high heat. While the oil is heating, sift the flour, garlic salt, onion salt, (regular) salt, and paprika into a large bowl. Gradually stir in enough water so that the mixture can be drizzled from a spoon.
3. Dip potato slices into the batter one at a time, and place in the hot oil so they are not touching at first. The fries must be placed into the skillet one at a time, or they will clump together. Fry until golden brown and crispy. Remove and drain on paper towels.

## Rice

Put 1 cup rice and 2 cups water in a kettle. Bring to a rolling boil. reduce heat as low as possible. Cover, and let simmer for 15 minutes. Fork rice to fluff, and serve.

## Spanish Rice

Cook until yellow in 4 Tbs hot margarine:

1 onion chopped

1 green pepper chopped

¼ cup diced celery

Add and cook slowly 15 minutes:

1 cup cooked tomatoes or 1 medium can of peeled tomatoes

1 tsp salt

Gently stir in hot drained boiled rice (1 cup uncooked) and cook 10 minutes. Serve hot, sprinkled with grated cheese.

## Re-fried Beans

Boil 3 cups pinto beans for two hours. Drain them. Add beef bouillon to taste (about 2 heaping Tbs) and 1 cup of hot water. Mash thoroughly using a mix master. Extra beans can be frozen and re-heated later for a quick meal.

## Smothered Burritos

10 Tortilla Shells

Refried Beans

1 can cream of chicken soup (Cream of Mushroom will work)

1 can green chillies

½ soup can of water

Grated Cheese

Roll refried beans and cheese in tortillas and line in 9x13 pan. Mix soup, water and chillies together, and spread on top of burritos. Heat in oven until thoroughly heated (about 30 minutes). If you double the recipe, only use one can of chillies.

## Pizza

Crust: 1 cup warm water

2 Tbs yeast

1 tsp sugar

2 Tbs oil

Beat in 2 cups of flour. Knead in 1 more cup until smooth. Let rise once for ½ hour. Put in cookie sheet. Spread tomato soup or sauce. Add hamburger, ham, sausage, cheese, pineapple, mushrooms, onions, etc.

## Toasted Tuna Sandwiches

Mix together: 1 can tuna

1 can mushroom soup

grated cheese

Put on bread and toast till cheese melts.

## Mongolian Beef

¼ cup soy sauce

1 TB Hoisin Sauce

1 Tbl oil

2 tsp white sugar

1 TBS minced garlic

2 tsp red pepper flakes

1 lb meat

1 TBS oil in the wok

2 large green peppers

1 Chopped onion

3 Oz rice sticks (rice noodles)

Cook altogether in the Wok.

## Stir Fry

Sauce: Boil till thick ½ cup water

½ cup brown sugar

¼ cup vinegar

½ cup Ketchup

1 Tbs cornstarch

1 Tbs soya sauce

Stir fry together:

Apple juice

Hamburger or chicken

Frozen peas, cut broccoli, cauliflower and carrots

## Pizza

Crust:

2 cups flour

3 tsp baking powder

1 tsp salt

2/3 cup milk

1/3 cup oil

Sift dry ingredients together. Pour wet ingredients over dry ingredients. Kneed, roll out and place on oiled pan.

Topping:

1 can (6 oz) tomato paste

¼ cup oil

¼ cup water

½ tsp oregano

1 clove crushed garlic

Spread mixture over crust and top with cheese, pork, olives, sausage, mushrooms, etc. Bake in hot oven (425) for 20 to 25 minutes.

## Pan Scalloped Potatoes

Wash, peel, and slice into frying pan:

4 or 5 potatoes

2 sliced onions

150 grams cheese

Season with salt. Mix lightly. Add 2 cups milk. Cook over medium heat until potatoes are done. (about ½ hour.)

## Deviled Eggs

Half hard-cooked eggs lengthwise. Remove yolks and mash with ¼ cup mayonnaise, ½ tsp vinegar, ½ tsp prepared mustard, 1/8 tsp salt, and dash of pepper. Refill whites.

## Quick Tortillas

½ cup flour

½ cup cornmeal

1 cup milk

1 egg

2 Tbs cooking oil

1 tsp baking powder

1 tsp salt

Beat egg, milk, and oil together. Add to mixture of flour, cornmeal, baking powder and salt. This should make a thick batter. Fry in hot skillet (like crepes). Makes four to six tortillas.

## Tacos

Brown in a fry pan: 100 grams hamburger per person. Serve hamburger and each of the following ingredients in separate dishes so that each person can make his own taco: 1 shopped onion, ½ head lettuce broken in small pieces, 100 grams of grated cheese, and 2 diced tomatoes. Fill tortilla shell with ingredients, adding salt and pepper and other seasoning as desired.

## Tostato

Deep fry a flour Tortilla shell. Add re-fried beans, lettuce, onions, tomatoes, hot sauce, etc. as desired.

## Stuffed Baked Potatoes

Bake 4 medium potatoes in 375 oven. Cut slice from top of each. Scoop out inside. Mash. Add butter, salt, pepper, and hot milk to moisten. Beat fluffy. Fill shells. Top with grated cheese. Return to oven 12 to 15 minutes to melt cheese and brown potatoes. Serves 4.

## Spaghetti Sauce

Brown 1 large onion (finely shopped) in 4 Tbs margarine.

Add:

2 stalks chopped celery

1½ lb ground beef

2 bay leaves

2 garlic buds chopped fine

4 cans tomato sauce

4 cans water

Salt and pepper to taste and let simmer 2 hours. Add fresh or canned mushrooms ½ hour before the end of cooking.

## Basic Italian Tomato Sauce

Tomato paste

2 cloves garlic

3 chopped onions

salt and pepper

parsley

1 cup oil

Heat and let simmer 15 minutes. The longer you cook it the thicker it gets. You can pour this over macaroni or whatever casserole dish you want.

## Sauce

2 Tbs margarine or oil

2 Tbs sugar

1 onion sliced

2 Tbs vinegar

1 small can of pineapple, with the juice

½ lb either hamburger or frankfurters

Fry onions in margarine and brown meat. Add all other ingredients into frying pan and let simmer. Pour over rice, etc.

## Calico Beans

(Like Chili)

2 cups Pork and Beans

1 cup kidney beans

1 cup lima beans

½ can mushrooms

½ lb hamburger

½ lb bacon

1 small onion diced

¼ cup ketchup

1 Tbs Vinegar

2 Tbs mustard

3 Tbs brown sugar

Fry all the meat in a kettle and then add all other ingredients and mix. Simmer 1 hour. Can be eaten as soon as it is hot enough to enjoy. Serves 7-10 people.

## Tuna and Potato Chip Casserole

1 16 oz can Tuna

2 Tbs margarine

2 Tbs Flour

2/3 Cup Water

1 10 oz can Mushroom soup

2 Cups potato Chips crushed

Melt margarine and add flour and blend well. Mix in soup and water. Cook until thickened. Add tuna and 2/3 of the potato chips, mixing well. Put in a greased casserole dish and put the rest of the chips on top. Bake in 375 F oven for 20 minutes.

## Pizza Bread

1 loaf french bread

1 lb hamburger

1 large can spaghetti sauce

Grated cheese

Cut loaf of bread in half lengthwise. Fry hamburger and drain off grease. Stir spaghetti sauce into hamburger. Spread mixture on both halves of bread. Put grated cheese over top.

## Stew and Dumplings

Brown hamburger or meat, and boil until meat is cooked through. Then add diced vegetables of your choice — potatoes, carrots, corn, peas, onions, etc. Add powdered soup base to flavor to taste. When the vegetables are almost done, spoon dumplings on the top of the stew. Cover and simmer for 15 minutes. Dumplings will thicken the soup as well as add delicious flavor. Thicken with Flour and cold water or Dumplings (Optional):

1 cup floor

2 tsps baking powder

½ tsp salt

½ Cup milk

2 Tbs salad oil.

Mix well and spoon on to stew for cooking.

# Desserts

## Crazy Cake

Best missionary cake! It costs less. No eggs or milk products.

Mix well:

3 cups flour

2 cups sugar

1/3 cup cocoa

½ tsp salt

2 tsp baking soda

Add. Stir till smooth:

2 tsp vanilla

2 Tbs vinegar

¾ cup salad oil

2 cups cold water

Bake at 350 until done (about 45 minutes) in a 9x11 pan.

## Frozen Strawberry Dessert

1 package (10 ounces) frozen sliced strawberries--thaw

1 cup sugar

1 egg white

¼ cup lemon juice

1 cup whipping cream (chilled)

Sweetened whipped cream

Beat strawberries with syrup, sugar, egg white, and lemon juice 5 minutes or until slightly thickened. In a chilled bowl, beat cream until stiff. Fold in strawberry mixture. Pour into 8 X 8 X 2 baking dish. Cover and freeze until firm. Top with whipped cream.

## Pie Crust

Blend together with a fork or fingers:

2 cups flour

1 tsp salt

1 tsp baking powder

1 cup margarine

2 Tbs sugar

1 Tbs vinegar

Add enough cold water to make a stiff dough. Roll out on a lightly floured surface and place in pie pan.

## Quick and Easy Pie Crust

1½ cups flour

½ tsp salt

2 Tbs cold milk

1½ tsp sugar

½ cup cooking oil

Stir flour, sugar and salt together in an ungreased pie pan. Measure oil in measuring cup. Add milk. Stir with a fork until mixed. Pour over flour mixture in pie pan. Stir with fork until blended. With hands, press into shape covering the inside of the pie pan evenly. Prick the pastry with a fork several times. Bake in 400 F oven for 12 minutes or until a light brown in color.

## Crumb Crust

Crush enough graham wafers to make 1½ cups crumbs. Mix together 3 Tbs sugar and 1/3 cup of melted margarine with crumbs. Press firmly and evenly into pie pan. Refrigerate.

## American Apple Pie

6 to 7 apples (6 cups)

½ to 1 tsp cinnamon

dash of salt

¾ to 1 cup sugar

2 Tbs flour

Dash of Nutmeg

Slice apples. Mix sugar, flour, and spices together well. Place in shell and dot with butter. Place top shell on and bake until golden brown at 350 for about 45 to 50 minutes.

## Ritz Mock Apple Pie

2 cups water

¾ cup sugar

2 tsp Cream of Tartar

30 Ritz Crackers

Unbaked 9 inch pie shell

1 Tbs lemon juice

1 tsp cinnamon

Combine water, sugar, and cream of tartar in medium sauce pan. Bring to a boil. Drop in whole Ritz crackers and simmer 5 minutes. Pour into pie shell. Sprinkle with lemon juice and cinnamon.

Topping:

1 cup finely rolled Ritz crackers (about 25)

½ cup lightly packed brown sugar

1/3 cup melted margarine

½ tsp ground cinnamon

Combine together. Sprinkle over surface of pie.

Bake at 400 F for 15 minutes. Reduce heat to 350 and continue baking 15 to 20 minutes longer. Serve Warm.

## Mock Pecan Pie

¼ Cup margarine

1 Cup Sugar

2 eggs beaten

1 Tbs Corn syrup

½ Cup unseasoned pureed pinto beans

1 tsp vanilla

¼ tsp salt

Cream margarine and sugar. Add eggs, syrup and salt. Beat well. Blend in beans and vanilla. Pour into pie shell. Bake at 350F for 45 minutes. For tarts shorten baking time to 10-15 minutes at 400F.

## Pecan Pie

Preheat oven to 375 deg F.

Spread 1 1/4 Cups broken pecans in the bottom of a 9-inch pie shell.

Mix the following:

2 slightly beaten eggs

1 cup light corn syrup

1/4 cup sugar

2 tablespoons Flour

1/4 teaspoon salt

1 teaspoon Vanilla

Pour this mix over the nuts in the shell. Bake for 20 minutes. Cover the edges of the pie crust with aluminium foil to prevent the crust from burning. Bake an additional 20 minutes until filling sets.

## Caramels

½ lb margarine

1 can Eagle Brand Sweetened Concensed Milk

2 cups brown sugar

1 cup corn syrup

Cook on low heat stirring constantly to 245 F.

## Easy Marshmallows

Soak for 10 minutes:

½ cup cold water

3 envelops gelatin

Add:

1 cup boiling water

3 cups sugar

Dash of salt

1 tsp vanilla

Beat about 20 minutes until firm. Pour into pan powdered with icing sugar. Chill and cut. Roll in Roasted Coconut.

## Baked Fudge Pudding

Sift together:

1 Cup Sifted Flour

2 tsp baking powder

¾ tsp Salt

½ Cup Sugar

4 tsp cocoa

Stir in:

½ Cup Milk

1 tsp Vanilla

2 Tbs melted butter

Spread in greased 8" x 8" pan. Mix:

2 Tbs cocoa

¾ Cup Brown Sugar

Sprinkle over the batter in the pan. Add 1 tsp vanilla to 1¾ Cups boiling water and pour over mixture in pan. Bake in at 350F for 40 to 45 minutes.

## Lemon Pie Filling

Mix together and cook until thick, stirring constantly:

½ cup sugar, 1½ cups water, ¼ cup corn starch.

Cover and cook over low heat 10 minutes, stirring occasionally.

Blend slowly into hot mixture:

3 egg yolks beaten well to which ½ cup sugar is added.

Stir into hot mixture and cook until well blended.

Add: 2 Tbs butter, 1/3 cup lemon juice, 1½ tsp grated lemon rind.

Serve in pie shell with meringue or whipped cream topping.

## Meringue

Whip until they form very stiff peaks:

3 egg whites.

Fold in:

3 Tbs Sugar

1 tsp vanilla

Spread on top of cooled pie. Place under broiler until light brown. Meringue may also be folded into cooked lemon filling to make lemon fluff pie or pudding.

## Banana Pie

Cook until thickens:

2 cups milk

3 Tbs cornstarch

½ cup sugar

a little salt

Cook it a little. Then add 2 slightly beaten egg yolks and bring to a boil. Add ½ tsp vanilla. Remove from heat. Add bananas when it is cool. Don't stir too much. Pour in baked crust or crumb crust.

## Coconut Pie

3 beaten eggs

½ cup melted margarine

1 tsp vanilla

1½ cups sugar

1 1/3 cups flaked coconut

4 tsp lemon juice

Thoroughly combine eggs, sugar, butter, lemon juice, and vanilla. Stir in coconut. Pour filling into unbaked pastry shell. Bake in 350 oven for 40-45 minutes or until knife comes out clean. Cool before serving. Garnish with whipped cream and toasted coconut if desired.

## Impossible Coconut Pie

1 cup sugar

½ cup flour (scant)

4 eggs

¼ cup margarine

2 cups milk

2 tsp vanilla

1 cup coconut

Blend all ingredients with mixer until smooth. Pour into a very large pie pan, greased well. Bake at 350 for 40 to 50 minutes.

## White Cake

2½ cups sifted flour

1½ cups sugar

3 tsp baking powder

1 tsp salt

½ cup shortening

1 cup milk

2 eggs

1 tsp vanilla

Mix shortening, sugar, and eggs very well. Add alternately milk and dry ingredients. Beat well. Pour into 2 greased 8" square cake pans. Bake in Moderate oven (350) for 25 minutes.

## No Bake Chocolate Drops

Boil together:

½ cup butter or margarine

¼ cup cocoa

½ cup milk

2 cups sugar

1 tsp vanilla

Boil for 5 minutes and remove from heat. Then add to this mixture:

3 cups Quick Cooking oatmeal

½ cup coconut

Drop by spoonful onto waxed paper. Cool.

## Almond Joy

2 Cups light Karo

1 cup sugar

1 teaspoon salt

4 tablespoons butter

Cook to soft ball or 230 on thermometer.

Add:

2 teaspoons vanilla

14 oz package of coconut

Almonds slivers (optional)

melt 12 oz package chocolate chips and cover mixture.

Place in a well greased baking pan. (Do not put on wax paper.)

## Uncooked Cookies

1 Tbs butter

2 cups Kraft Caramels

2 cups corn flakes

6 Tbs canned milk

3 cups rice Krispies

1 cup chopped nuts

Place butter, milk and caramels in heavy skillet on low heat. Stir with knife until blended. Put cereals and nuts into a large bowl. Pour mixture over dry ingredients and mix well. Wet your hands to form balls.

## Mom's Fudge Sauce

1 can evaporated milk

2 cups sugar

4 oz. semi-sweet chocolate

¼ cup butter

1 tsp Vanilla

½ tsp salt

Heat milk and sugar to rolling boil, stirring constantly. Boil and stir 1 minute. Add chocolate stirring until melted. Beat over heat until smooth. If sauce has slightly curdled appearance, beat vigorously until creamy smooth. Remove from heat and blend in butter, vanilla, and salt. Makes 3 cups.

## Rice Krispie Square

¼ cup butter

5 cups marshmallows (250 g. bag)

½ tsp vanilla

6 cups Rice Krispies

In large pan, melt butter. Add Marshmallows. Stir until melted and well-blended. Remove from heat. Stir in Vanilla. Add cereal. Stir until well coated. Press in buttered 9" x 13" pan. Cool. Cut.

Microwave instructions:

In large microwave bowl microwave butter 30-60 seconds until melted. Add marshmallows, and toss to coat them with butter. Microwave on hi for 1 to 1½ minutes until smooth when stirred. Stir in vanilla and cereal. Press into buttered pan and cool.

## Caramel Corn

Boil together 16 minutes:

2 cups brown sugar

½ cup water

2 Tbs margarine

Pour over 4 quarts of popped corn. Stir and cool.

## Old-Fashioned Fudge

2 cups sugar

2 Tbs Cocoa

½ tsp salt

1 tsp vanilla

¼ cup butter or Margarine

¾ cup milk

Combine all ingredients in large kettle. Bring to a boil stirring constantly. Keep cooking till candy reaches soft ball stage (230 F). At soft ball stage, a small portion of candy dropped in cold water will form a ball. Cool pan quickly. Beat candy until it "breaks".

## Creamy Fudge

Mix:

2/3 cup evaporated milk

1 1/3 cup sugar

¼ cup butter

1 tsp vanilla

¼ tsp salt

in pan stirring constantly.

Heat to boil and boil 5 minutes. Remove from heat. Add:

1 cup chocolate chips

½ cup walnuts

1½ cups mini marshmallows or 16 large marshmallows

Stir. Pour into buttered pan. Cool until firm.

## Rice Pudding

Mix together 2 slightly beaten eggs, ¼ cup sugar, and ¼ tsp salt. Heat 2½ cups milk. Into milk, add egg mixture. Add ¼ cup raisins, 1 tsp vanilla, ¼ tsp cinnamon, ¼ tsp nutmeg, and 2 Tbs honey. Stir into this 1 cup cooked rice. Put into greased casserole. Place in large pan of hot water to bake. Bake 40 minutes at 300 F, uncovered. Remove from oven. Sprinkle lightly with brown sugar. serve warm. (Cook about ½ cup uncooked rice to make this recipe.)

## Favorite Pudding

¼ cup sugar

¼ cup milk

1 cup raisins

1 tsp baking powder

¾ cup flour

Topping:

1 cup brown sugar

1 cup water

3 Tbs butter

Mix all of the above and put in bottom of baking dish, lightly greased. Combine all the topping ingredients in a sauce pan and bring to a boil. Then pour it over the pudding. Bake 30 minutes at 350-375. Pudding comes to top during baking.

## Spudnuts

6 cups flour

1/3 cup mashed potatoes

1 tsp salt

2 tsp baking powder

½ cup sugar

1 beaten egg

½ cup oil

½ to 2 cups milk

Mix the first column of ingredients (five). Then add the second column of ingredients (three) adding only enough milk to make the dough light, but not too sticky. Roll out 2 cm (¾ inch) thick and cut out. Deep fry in oil.

## Ice Box Cheese Cake

1 small package of Jello (any flavor) mixed with 1 cup hot water. Stir and dissolve. Then cool and set. Blend with set Jello: 1-8 oz package Philadelphia cream cheese blended with 1 cup sugar, 1 cup whipped whipping cream and 1 small can crushed pineapple.

Crust: 30 Graham crackers crushed (2 cups crumbs), ½ cup butter melted, 1/3 cup sugar. Use half the mix for bottom. Press into pan. Sprinkle the rest on top.

## Cream Puffs

1 cup boiling water

½ cup butter or margarine

¼ tsp salt

1 cup flour

4 eggs

Melt butter in 1 cup boiling water. Add flour and salt all at once. Stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat. cool slightly. Add eggs, one at a time, beating after each until smooth.

Drop by heaping tablespoons 3 inches apart on greased cookie sheet. Bake at 400 till golden brown and puffy, about 30 minutes. Remove from oven; split. Cool on rack. Fill with vanilla pudding or whipped cream. Makes 10.

## Crazy Spice Cake

1 ½ Cups Flour 1 tsp Baking Soda

½ cups Sugar ½ tsp Salt

½ Cups Brown sugar 5 Tbs Oil

1 tsp Cinnamon 1 tsp Vanilla

½ tsp Ginger 1 cup cold water

½ tsp Nutmeg 1 Tbs Vinegar

½ tsp Cloves

Mix together and pour into an 8 inch greased cake pan. Bake for 25-30 minutes at 350 degrees, or until a toothpick comes out clean. Serve with whipped cream or Creamed Cheese Frosting.

**Cream Cheese Frosting**

1 3-ounce package Cream Cheese (about 85 grams)

1 Tsp Butter

1 tsp Vanilla

2 cups Powdered Sugar

Beat all items except sugar until smooth. Gradually add sugar. Beat until fluffy. If necessary, add milk to make spreading consistency.

## Vanilla Pudding

¾ cup sugar

2 Tbs cornstarch

¼ tsp salt

2 cups milk

1 well-beaten egg

2 Tbs butter or margarine

1 tsp vanilla

In saucepan blend sugar, cornstarch, and salt. Add milk. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir small amount of hot mixture into beaten egg. Return to hot mixture. Cook and stir 2 minutes more. Remove from heat. Blend in butter and vanilla. Chill. Makes 4 to 5 servings.

## Butterscotch pudding,

Follow the Vanilla Pudding Recipe above substituting brown sugar for white sugar, and increasing the amount of butter to 3 Tbs.

## Chocolate pudding

Follow the Vanilla Pudding Recipe above, increasing sugar to 1 cup, and adding one 1-ounce squares unsweetened chocolate along with the milk.

## Brownies

1½ cups brown sugar

½ cup melted margarine

1 cup flour

½ tsp salt

6 Tbs cocoa

1 cup nuts

1 tsp vanilla

2 tsp milk

2 eggs

1 tsp baking powder

Put all ingredients in bowl and stir. Bake at 350 for 20 minutes.

## Grandma’s Chocolate Sauce

1 can sweetened Condensed Milk

½ Cup Chocolate Chips

Pour items in bowl and microwave on high for one minute. Stir until blended. Serve over Ice Cream with nuts.

## Brownies

2 squares chocolate

¼ cup shortening

1 cup sugar

2 eggs

¾ cup flour

½ tsp baking powder

½ tsp salt

½ cup broken nuts

Melt chocolate and shortening together. Remove from heat and add sugar and eggs. Mix and add dry ingredients. Add nuts. Bake 30 to 35 minutes at 350 F.

## Butterscotch Brownies

¼ cup shortening

1 cup brown sugar

1 egg

¾ cup flour

1 tsp baking powder

½ tsp salt

½ tsp vanilla

½ cup broken nuts

Heat oven to 350 F. Melt shortening and remove from heat. Add sugar. Stir in egg. Add dry ingredients. Then add vanilla and nuts. (I like to use coconut instead of nuts.) Bake 20 to 25 minutes.

(A tasty way to have chewy brownies is to put butterscotch brownie batter in a pan and then make regular brownies for a top layer. Then bake as for regular brownies.)

## Big batch Chocolate Chippers

2 cups margarine

2 cups sugar

1 cup brown sugar

4 eggs

2 Tbs Vanilla

Cream together. Add:

4 cups flour

1 Tbs baking soda

Put in slowly:

2 cups chocolate chips. Cook at 350 F for 10 minutes.

## Chocolate Chip Cookies

2 C Butter or Margarine (1 lb)

1 1/3 C sugar

1 2/3 C packed Brown Sugar

1 tsp Vanilla

4 eggs

5½ C all-purpose flour

2 tsp salt

2 tsp baking soda

2 C semisweet Chocolate Chips

1 C chopped nuts (optional)

Cream butter, sugar, and brown sugar. Beat in Vanilla and eggs until light and fluffy. Add flour, salt, and baking soda. Add eggs. Add chocolate and nuts. This makes **A Lot** of cookies (about 12 dozen). The dough can be frozen in rolls of wax paper, and then sliced and baked in small quantities at 350 F for 10 minutes.

## Cool and Crunchy Cookies

½ cup sugar

½ cup corn syrup

1 cup peanut butter

2 ½ cups cornflakes

In a glass dish combine sugar and syrup. Microwave on high for 30 seconds. Mix well. Add peanut butter and mix well. Put corn flakes in a large bowl. Pour sugar mixture over corn flakes and stir well. Drop cookies on to wax paper. Refrigerate for about two hours.

## Peanut Butter Cookies

2 cups margarine

2 cups sugar

2 cups brown sugar

2 cups peanut butter

2 teaspoons Vanilla

4 eggs

5 cups flour

4 teaspoons baking powder

Cream margarine, sugar and peanut butter. Beat in vanilla and eggs until light and fluffy. Combine flour and baking soda and add to mixture. Roll in balls and press with a fork on cookie sheet. Bake at 350F for 8 to 10 minutes until lightly brown at the edges.

## Uncooked Frosting

Combine 1 unbeaten egg white, ½ cup corn syrup, ½ teaspoon Vanilla, and dash of salt. Beat with mixer until fluffy spreading consistency. Frosts one 8 inch cake.

## Basic Frosting

3 cups powdered Sugar ½ cups butter softened

½ cups milk (scant) ½ tsp Vanilla

Beat until smooth.

## Cream Cheese Frosting

1 3-ounce package Cream Cheese (about 85 grams)

1 Tsp Butter

1 tsp Vanilla

2 cups Powdered Sugar

Beat all items except sugar until smooth. Gradually add sugar. Beat until fluffy. If necessary, add milk to make spreading consistancy.

## Basic Brownies

4 eggs 2 cups Sugar

1 tsp salt 2 tsp Vanilla

1 cup melted Butter 1 ½ cups flour

½ cups cocoa

mix together and cook in a 9x13 pan at 350 for 25 minutes.

## Deluxe Chocolate Marshmallow Bars

3/4 cup butter

½ tsp. baking powder

1 ½ cups sugar

½ tsp. salt

4 eggs

6 Tbsp. cocoa

1 tsp. vanilla

½ cup nuts (optional)

1 1/3 cups flour

4 cups mini marshmallows

Cream butter and sugar. Add eggs and vanilla. Stir to mix, then add flour, baking powder, salt and cocoa. Stir in nuts, if desired. Put in 11x17 pan (jelly roll). Bake 15-18 minutes at 350 degrees. Sprinkle marshmallows over cake and return to oven 2-3 minutes. Spread evenly over cake with knife dipped in water. Cool completely.

**Topping**

1 1/3 cups chocolate chips

3 Tbsp. butter

1 cup peanut butter

2 cups rice krispies

Warm over low heat, stirring constantly. Add cereal after other ingredients have melted together. Put on top of cake. M-m-m-m-m good.

# Special Thanksgiving Dinner

## Turkey

Bake at 325 for 4 to 4½ hours for 8-12 lbs, or 5½ to 6 hours for 16-20 lbs. Temperature can be reduce to about 275 if you wish to cook the turkey over night in the oven. Wrap the turkey tightly in tin foil to seal in moisture.

## Turkey Dressing

6 cups dry bread crumbs

½ cup diced onion

½ tsp ground sage

1 cup diced celery

1 tsp poultry seasoning

1 tsp salt

½ cup melted butter

pepper to taste

Mix all the above together adding enough hot water to make the mixture moist. Stuff the turkey, or wrap the dressing in tin foil and place it beside the turkey.

## Pumpkin Pie

2 cups pumpkin

2 tsp cinnamon

¼ tsp ginger

1 cup white or grown sugar

1 cup cream

¾ tsp salt

4 eggs

¼ tsp nutmeg

Mix pumpkin, salt, and spices. Stir in sugar with beaten eggs, add cream. Put in partly baked pie shell and bake 40 minutes in moderate oven. (400 F for 5 minutes then at 375 for 35 minutes.

## Easy No-Bake Pumpkin Pie

Beat 1 package of instant vanilla pudding and 1 cup of milk together for 1 minute. Add 1 2/3 cups pumpkin (or mashed carrots if desperate), 2 tsp pumpkin spice, and ¼ tsp salt. Stir well and pour into crumb crust and chill. Serve with whipped cream.

Pumpkin pie spice substitute:

1 tsp cinnamon, ½ tsp ginger, and ½ tsp nutmeg.

## Sweet Potato Treat

Cut 6 medium sweet potatoes in ½ inch slices. Cook, and peel. Layer potatoes in buttered 1½ quart casserole with ¾ cup brown sugar, 1 tsp salt, and ¼ cup melted butter. Bake uncovered at 375 about 30 minutes or till glazed. Add 1 cup miniature marshmallows for last 5 minutes. Brown them lightly. Serves 6.

## Caramel Dumplings

Boil in a 9" by 9" cake pan:

1 Tbs butter

1 cup water

½ cup white sugar

½ cup brown sugar

Mix together in separate bowl:

1 cup flour

3 Tbs sugar

2 tsp baking powder

2 Tbs butter

Add enough milk to make it thick and sticky as for dumplings. Dates or raisins may be added. Drop into boiling syrup in cake pan. Bake at 375 until golden brown. Serve upside down while hot or cold with cream.

## Hot Cinnamon Milk Drink Mix

6 cups powdered Milk

3 cups sugar

1 tablespoon Cinnamon

Mix it all together and put it in a bucket. It takes about 6 heaping teaspoons full for a cup of water.