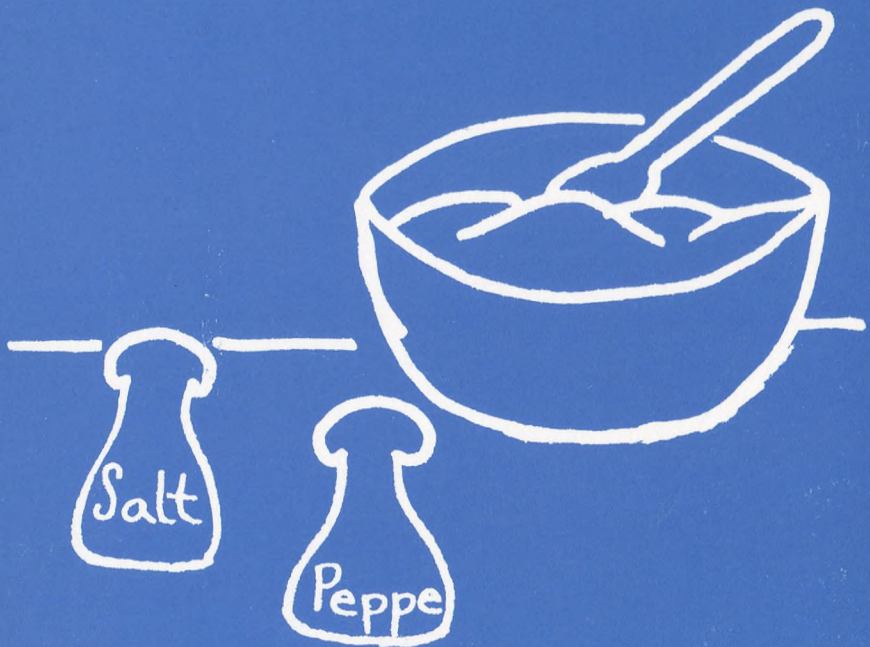


Shalom from the Kitchen



B'nai B'rith Women
Pine Tree Chapter No.44
Bangor, Maine

To all cooks, old and new, from Maine to California, we the B'nai B'rith Women of Bangor, Maine dedicate this book. We hope each of you will enjoy our "Shalom From The Kitchen" as much as we have enjoyed working on it. Many thanks are extended to all our committee-women and contributors.

Froma Allen

Cook Book Committee

Marlene Allen

Barbara Podolsky

Lee Ashmon

Arlene Rosen

Marion Chaet

Louise Rolnick

Roz Gold

Sherri Schatz

Eileen Kominsky

Honey Schneider

Linda Lerner

Arlene Seligman

Helen Nyer

Gloria Zeichick

For additional copies: Send \$3.25 + .25 postage and handling
to Mrs. Max Allen
420 Essex St.
Bangor, Me. 04401

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Entrees

TABLE FOR MEAT COOKERY

Roasting

Cut	Weight Range	Cooking Temp.	Internal Meat Temp.	Approximate Time
Beef				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Veal				
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder Bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
Lamb				
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
Poultry				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lbs.	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Meats

GOOD AND EASY AMERICAN CHOP SUEY

Gloria Zeichick

1 lb. hamburger
1 - 2 tbsp. fat or oil
1 onion sliced or chopped

1 can kosher-parve tomato soup
1 sm. box elbow or shell macaroni

Cook hamburger and onion in fat in skillet until brown, but not dry. Add tomato soup. Meanwhile, cook macaroni. Drain well and add to meat mixture. Add salt and pepper to taste and heat slowly until bubbly.

AMERICAN CHOP SUEY

Ruth Judd

1 lb. ground beef
2 tbsp. oil
1 medium onion, chopped
1 small green pepper, chopped
1 - 8 oz. can tomato paste
1/4 cup barbecue sauce

1 tsp. horseradish
1 clove garlic, minced
1 bay leaf
salt & pepper to taste
pinch oregano
1/2 cup elbow macaroni, cooked

Brown onion and pepper in hot fat.. Add beef and brown. Add other ingredients and simmer. Add cooked elbows. Cook together for 30 minutes to 1 hour until flavors blend. Taste and correct seasoning. Serve with green salad and french bread.

Serves 4 - 6.

BASIC GROUND BEEF MIXTURE AND VARIATIONS

Honey Schneider

Basic Ground Beef Mixture

2 lb. ground beef
1 c. chopped celery

1 c. chopped onion
1/2 c. chopped green pepper

In large skillet, combine all ingredients. Cook and stir over medium heat till meat is browned and vegetables are tender; drain. Cool quickly. Freeze in three, 2-cup portions in freezer container or wrapper. Makes 3 pints.

Oriental Skillet

2 c. frozen basic ground beef mixture
1 - 16 oz. can chop suey vegetables,
drained
1 - 10 oz. pkg. frozen peas
2 tbsp. cornstarch

1 tsp. sugar
1/4 tsp. ground ginger
3 tbsp. soy sauce
chow mein noodles

In large saucepan or skillet combine frozen beef mixture, chop suey vegetables, frozen peas and 1 c. water. Simmer, covered, for 20 minutes, stirring occasionally. Blend together cornstarch, sugar and ginger; gradually stir in 2

tbsp. water and the soy sauce. Add to beef mixture; cook and stir till thickened and bubbly. Serve over chow mein noodles. Serves 4.

HAMBURGER-MAC BAKE

Honey Schneider

2 c. frozen basic ground beef mixture	1 - 17 oz. can whole kernel corn
1 can condensed vegetable soup	1 c. macaroni — uncooked
1 - 10½ oz. can condensed beef broth	2 c. soft bread crumbs
	2 tbsp. margarine, melted

In saucepan, combine frozen beef mixture, soup and beef broth. Simmer, covered, for 20 minutes, stirring occasionally. Add corn and uncooked macaroni. Turn into 2-quart casserole. Cover and bake in 375° oven for 50 minutes. Toss together crumbs and margarine; sprinkle top of casserole. Bake, uncovered, 10 minutes more. Serves 4-6.

CLUB MEAT LOAF

Beverly Shapiro

1½ lbs. hamburger	4 hard-cooked eggs
1 egg	1 onion sliced
¼ cup bread crumbs	2 tbsp. oil
salt and pepper to taste	

Combine meat, egg, bread crumbs and seasonings.

Flatten mixture into a rectangle on a sheet of waxed paper. Place hard-cooked eggs along the edge of meat and roll meat around eggs by lifting wax paper. Brown onion slightly and place in bottom of baking dish. Add meat loaf and bake at 350°.

HUNGARIAN GOULASH

Beverly Shapiro

4 tbsp. shortening	2 lbs. chuck, cubed
1 tbsp. paprika	1 clove garlic
2 tbsp. flour	1 bag onion soup mix
½ tsp. pepper	2 cups water
1 - 6 oz. tomato paste	

Melt shortening in heavy sauce pan. Combine paprika, flour and pepper. Roll meat cubes in seasoned flour and brown lightly in shortening. Stir remaining seasoned flour into shortening. Add remaining ingredients, cover and simmer over low heat for about 3 hours or until meat is tender. Serve with cooked noodles.

JASON'S FAVORITE MEATBALLS

Sylvia Scher

¼ c. catsup
1 egg
1 med. onion, coarsely cut
1 clove garlic
dash of dried parsley
dash of oregano

2 slices of bread, broken
salt and pepper to taste
1½ lbs. of ground beef
2 tbsp. olive oil
1 large jar Progresso spaghetti sauce

Place in blender: catsup, egg, onion, parsley, bread and seasonings. Cover and blend until smooth, about 20 seconds. Pour liquid over ground beef in a bowl. Toss together with fork. Shape into small balls. Heat oil in heavy skillet or electric fry pan. Brown meatballs on all sides; remove. Leave juices in pan. Add spaghetti sauce, return meatballs to pan. Cover and simmer 25 minutes. Serves 4-6.

MEAT CASSEROLE

Eva Trembowler

1½ lbs. ground meat
2 med. onions diced
1 tbsp. fat
1 - 16 oz. can green peas, drained

1 - 16 oz. can cut string beans, drained
1 - 16 oz. can tomato sauce
1 - 16 oz. pkg. broad noodles

Sauté onion in fat then add meat and stir till meat is browned. Add peas, string beans and tomato sauce and mix all ingredients well. Meanwhile cook noodles according to directions then drain and mix with meat mixture. Place in ungreased 2-qt. casserole and bake for 1½ hrs. at 350°. Serves 6.

Note: This casserole freezes well. It is not necessary to bake before freezing. If frozen, bake at 350° for 2 hrs.

MEAT VEGETABLE PIE

Mrs. Sara Sclair

1 tbsp. salad oil or melted fat
1 lb. ground lean beef
1 c. chopped onions
½ medium green pepper,
Cut in thin strips
1 c. chopped celery

Filling

1½ c. carrots, cut in thin slices
1 tsp. salt
dash pepper
¾ c. beef stock

Heat salad oil or fat in large skillet over medium heat; add ground beef and cook until lightly browned, stirring frequently. Add onions, cook 5 minutes longer, stirring occasionally. Stir in green pepper, celery, carrots, salt and pepper.

Add beef stock, cover and cook over low heat about 1 hr., until vegetables are tender. Meanwhile make potato crust.

Potato Crust

Wash, pare and cook until tender 4 medium potatoes; drain and mash. Add 1 well-beaten egg, $\frac{1}{2}$ tsp. salt and dash of pepper, mix well. Line a greased 9" pie-pan with an even layer about 1" thick. Build up sides to $\frac{1}{2}$ " above edge. Bake in 400° oven until lightly browned, about 20 minutes. Pour in beef-vegetable filling and serve immediately. Makes 4-6 servings.

MEATBALLS AND PINEAPPLE (Hawaiian)

Marion Lipetz

Meatballs

2 lb. chopped meat
2 eggs
 $\frac{1}{2}$ c. water

2 handfuls crushed cornflakes
salt and pepper

Sauce

3 lge. onions
3 cans tomato sauce
2 cans water
1 c. pineapple chunks

$\frac{3}{4}$ c. white raisins
3 tbsp. brown sugar
juice from $\frac{1}{2}$ lemon
salt and pepper

Meat: Mix all ingredients together and make small balls and fry in oil till brown over low flame. Remove from pan.

Sauce: Sauté onions until light brown. Add rest of ingredients in order listed. Heat a little in the pot. Add meatballs and place uncovered in 275° oven for 2½ hrs. Serve with rice.

ROLY—POLY MEAT LOAF

Beverly Shapiro

1½ lbs. hamburger
2 eggs
2 tbsp. ketchup
salt and pepper to taste
 $\frac{1}{4}$ c. bread crumbs

$\frac{1}{2}$ pkg. breakfast beef
4 oz. can of mushrooms
5 - 6 boiled potatoes, mashed
and seasoned

Combine meat, 1 egg, bread crumbs, ketchup and seasonings and mix well. Pat out on waxed paper. Fry breakfast beef until crisp. Sauté mushrooms. Combine mashed potatoes with remaining egg, crumbled breakfast beef and mushrooms. Place potato mixture in center of hamburger. Fold meat over potatoes to form a roll. Place in greased pan, top with ketchup and bake at 350° for 1 hour.

PEPPER STEAKS

Shirley Schneider

2 lbs. steak,
sliced thin & cut in narrow strips
4 tbsp. oil
4 scallions or 1 c. chopped onions
2 cloves garlic, minced
4 green peppers, thinly sliced long

3 stalks celery,
cut long, narrow & diagonal
1½ c. beef broth—2 pkgs.
George Washington mix
¾ tbsp. cornstarch
½ c. water
3 - 4 tbsp. soy sauce

Brown steak in oil, add scallion, garlic, green peppers and celery. Cook 5 minutes. Add beef broth. Cover and cook over low heat 10 minutes. Mix cornstarch, cold water and soy sauce until smooth. Add to mixture stirring steadily until it reaches boiling point. Cook 2 minutes. Serve on rice. Serves 4-6.

STUFFED CABBAGE

Ruth Judd

2 tbsp. oil
1 med. head cabbage
1 lb. chopped beef
½ c. rice—minute
or converted, uncooked
1 - 8 oz. can tomato sauce
½ c. water

½ c. firmly-packed brown sugar
3 tbsp. white vinegar
½ tsp. salt
dash garlic powder
1 tsp. minced dehydrated onion
12 dried prunes

Boil cabbage in large kettle for 15 minutes or until leaves become flexible, but not limp. Cut out part of core first. Meanwhile, mix chopped beef with salt, garlic powder, minced onion and rice. Pepper to taste. When cabbage has cooled, carefully separate leaves and drain. Place scant tbsp. of meat mixture on leaf and roll carefully envelope style. Use toothpick to seal if necessary. Heat oil in heavy skillet or electric frypan and brown rolls on both sides. Reduce heat. Add remaining ingredients and simmer for 2 hrs. until sauce is rich. Taste and correct to make sweeter or tarter. Can also be baked in casserole in oven about 250°-300°.

STUFFED MEAT LOAF

Beverly Shapiro

1½ lb. hamburger
1 egg
1 grated onion
1 grated potato
1 clove garlic, chopped
salt & pepper

Stuffing:
¾ cups corn flakes, slightly crushed
2 grated carrots
2 onions browned in oil
1 egg
salt & pepper
1 cup tomato juice

Mix the meat, egg, onion, potato and seasonings well. Spread out flat on waxed paper. Mix all ingredients for stuffing. Spread over meat and roll like for jelly roll. Place in oiled loaf pan. Pour tomato juice over loaf and bake in 350° oven for 1½ hours.

SWEET AND SOUR MEATBALLS

Gloria Zeichlick

1½ lbs. hamburg, seasoned as desired 3 onions, chopped not too finely
1 jar chili sauce juice of 1 lemon
1 jar guava jelly

Mix all ingredients except meat and heat gently until melted. Form meat into little balls, add to sauce and simmer about 45 minutes. Excellent on rice. Freezes well.

SPAGHETTI SAUCE

Helen Todtman

1 green pepper and 2 onions chopped fine—sauté in 10 qt. pot in 1/8 c. oil.

Add: ½ tsp. garlic powder 1 can tomato paste (no water)
5 cans tomato paste 1 can tomato sauce
3 times this amount water 1 stalk celery, cut up
(15 cans)

Bring to boil and add:

1 tbsp. oregano 1 tbsp. basil
1 tbsp. crushed red peppers 1 tsp. salt
1 tbsp. spaghetti sauce spice 2 tbsp. sugar
1 tbsp. parsley flakes ¼ tsp. pepper

Continue to simmer the above for 2½-3 hrs. May need a little more sugar. Add meat balls last half hour, if desired. Spaghetti sauce freezes very well.

Makes 5 qts.

SURPRISE CASSEROLE

Beverly Shapiro

1 green pepper, diced ½ tsp. garlic powder
2 stalks celery, diced ½ tsp. paprika
¼ c. oil 1½ lbs. hamburg
1 - 4 oz. can mushrooms, sliced 3 hot dogs, sliced into thick pieces
½ tsp. salt 1 can tomato sauce
¼ tsp. pepper 8 oz. pkg. elbow macaroni

Sauté green pepper, celery and onions slightly in oil. Add mushrooms and seasonings and cook over low heat, stirring until mushrooms are heated through. Add hamburg, stirring to break meat completely apart. Add hot dogs and tomato sauce. Cover and simmer for 15 minutes more. Cook macaroni according to pkg. directions and drain well. Combine with sauce. Turn into a large casserole and bake 350° for 30 minutes.

BEEF AND BEANS

Marianne Paley

- | | |
|---|----------------|
| 2 pkgs. frozen green beans or 1 lb.
fresh (not French style) | 4 tbsp. sherry |
| 1 c. beef chuck cut into thin 1" strips | salt to taste |
| 4 tbsp. soy sauce | |
| 2 tsp. sugar | |

Combine, soy sauce, sugar, sherry and salt. Sauté green beans in small amount of vegetable oil. Set aside. Sauté meat in small amount of oil. Add beans and pour soy sauce mixture over. Add 1 c. hot water; bring to rapid boil and thicken with a mixture of 2 tbsp. cornstarch and $\frac{1}{4}$ c. water. Serve over rice. Can substitute any vegetable or add carrots and cauliflower — fresh vegetables should be parboiled for 3 to 4 minutes.

BEEF STEW

Florence Allen

- | | |
|---------------------------------------|-------------------------------|
| 1½ lbs. lean beef, cut into 1½" cubes | 1 clove garlic |
| 1 cup tomato juice | 1 tbsp. parsley |
| 1 cup red wine | ½ tbsp. thyme |
| 1 cup chopped onions | 1 bay leaf |
| 2 tsp. salt | 3 carrots sliced in 2" pieces |
| ½ tsp. pepper | |

Brush bottom of dutch oven lightly with oil. Heat oven to 350°. Add meat and brown on all sides. As meat browns remove from pan. Reduce heat to 200°. Add tomato juice and heat stirring to loosen meat drippings. Return meat to pan. Add wine, onions, garlic, parsley, thyme, bay leaf, salt and pepper. Cover and simmer 2 hours. Add carrots and continue cooking 30 minutes longer. Remove from heat and cool. Cover and refrigerate overnight. Next day remove fat and reheat.

BEEF STROGANOFF

Shirley Schneider

- | | |
|--|--------------------------|
| 1½ lbs. beef tenderloin, cut in strips | 1 tbsp. tomato paste |
| salt and pepper to taste | ½ lb. mushrooms |
| 1 tbsp. flour | 1 tbsp. chopped onions |
| 2 tbsp. margarine | 2 tbsp. cream—Dairy Rich |
| 2 c. stock | |

Season meat with salt and pepper and let stand for 2 hrs. Brown flour in margarine. Work to smooth paste. Stir in stock and bring to boil. Stir in tomato paste and add mushrooms. Sear meat in shortening with chopped onion. When brown put meat in sauce and simmer 15 minutes. Add cream; heat and serve on rice or noodles.

BURGANDY BEEF

Virginia Slep

2 tbsp. margarine
2 lbs. lean stew beef
1 tbsp. flour
1½ cups Burgandy wine
salt and pepper

½ lb. onions
1 clove garlic
1 can mushrooms
½ cup tomato juice
¼ tsp. Lawry's Pinch of Herbs or
Bouquet garni

In a large Dutch oven, melt margarine. Cut beef into 1½" cubes. Brown in margarine. Remove beef. Blend in flour, salt and pepper into liquid left in kettle. Add wine. Slice onions and garlic and brown in separate pan. Return beef to kettle, add onions, garlic, can of mushrooms with liquid, tomato juice and bouquet garni. Add water to bring liquid level with meat. Cover. Simmer 3 hours over low heat.

LONDON BROIL

Eileen Kominsky

3 - 3½ lb. London broil
¼ c. salad oil
¼ c. catsup
2 tbsp. wine vinegar

dash of garlic salt or powder
1 tbsp. Worcestershire sauce
½ tsp. salt
dash of pepper

Blend all ingredients, except meat, with a fork. Pour all over London broil and let marinate all day. Can marinate all night if desired. Broil both sides until browned, about 10 minutes each side. Heat oven to 375°. Bake until pink in center, approximately an hour depending on thickness of meat.

Caution: Do not overcook; meat will become dry and tough. Slice thin against the grain of meat. Serves 5-6.

ROAST BEEF AND ROAST POTATOES

Debby Wheeler

4 lb. shoulder roast
9 potatoes
1 green pepper, cut up
1 onion, cut up

1 can tomato sauce
1 can tomato soup
½ cup ketchup
2 tsp. salt
1 tsp. pepper
½ tsp. garlic powder

Put seasoned roast, salt and pepper, peeled potatoes, onion and green pepper in roasting pan. Pour tomato sauce, tomato soup and ketchup over roast. Roast at 350° for 3 hours.

SAUERBRATEN POT ROAST

Barbara Podolsky

4 - 5 lb. brisket
½ cup brown sugar
½ cup cider vinegar

1 pkg. onion soup mix
1 cup chili sauce
½ cup white wine

Mix all ingredients except meat in a pot. Bring to a boil and simmer for a few minutes. Add meat and cook on top of stove covered for 3½ hours or until meat is tender. Delicious with potato pancakes and applesauce.

Freezes well.

CHINESE BEEF WITH MUSHROOMS

Elinor Richman

In a hot 10" pan place 2 tbsp. oil and 1 tsp. salt and pepper. Cut 1 lb. flank steak into 1/8" slices. Finely dice and add 2 tbsp. onion and 1 clove garlic. Cook over moderate heat till meat is brown. Add ½ c. beef broth and 1 lb. sliced fresh mushrooms. Cover pan tightly and simmer 10 minutes. Blend together and add: 2 tbsp. cornstarch, 2 tsp. soy sauce and ¼ c. water.

PEARL'S CHINESE BEEF

Eileen Kominsky

2 lb. flank steak
2 tomatoes
2 green peppers
2 tbsp. salad oil
½ tsp. ground ginger
½ c. water

⅓ c. soy sauce
1 tsp. sugar
1 clove garlic
dash pepper
1 can bean sprouts
2 tbsp. corn starch

Cut meat into thin strips across grain. Cut tomatoes and peppers in wedges. Heat oil in large skillet; add beef, garlic, pepper and ginger. Fry over high heat until meat strips are evenly browned. Add soy sauce and sugar. Cover tightly and cook slowly 5 minutes. Add peppers, tomatoes and drained bean sprouts. Bring to a boil and cover. Cook 5 minutes. Make a paste of corn starch and water; add to meat mixture. Cook only until thickened.

PEPPER STEAK

Mrs. James Mendelson

2 lbs. Skirt or Blade steak
3 or 4 onions
½ to 1 c. water

2 tbsp. Chinese molasses
1 tbsp. soy sauce
2 or 3 green peppers
mushrooms

Cut steak into bite-size pieces and brown in pan. Remove. Fry 3 or 4 onions, sliced, in margarine. Put steak and onions together. Add ½ to 1 c. water for

gravy. Simmer and season. Add 2 tbsp. Chinese molasses and 1 tbsp. soy sauce. Simmer a few minutes and add about 2 or 3 green peppers. Mushrooms can be used in place of peppers or both may be used together.

STEAK TERIYAKI

Norma Berg

"Steaks" are strips of skirt steak rolled into a pinwheel and secured with skewers or toothpicks.

1 tbsp. salad oil

½ c. soy sauce

¼ c. sugar

1 tbsp. dry red wine

1 tsp. ginger

1 clove garlic, crushed

4 - 6 steak pinwheels

4 - 6 slices pineapple — opt.

Combine oil, soy sauce, sugar, wine, ginger and garlic. Pour over meat in shallow pan and marinate 1-1½ hrs. Broil 4-5" from heat for about 7 minutes brushing once with marinate. Turn and broil for 5 minutes more. Top with pineapple slices before broiling on second side if desired. Serve with Oriental rice. (In vegetable section).

TERIYAKI STEAK OR CHICKEN

Harriet Glass

¾ sm. bottle teriyaki sauce

juice from small can of Dole

pineapple rings in natural juice

¼ c. brown sugar or Twin brown sugar

2 - 3 cloves of fresh garlic, sliced

½ tsp. ginger

Mix above ingredients together very well. In sauce, marinate Tenderloin tips, shoulder steak, pinwheel steak or chicken parts for 3-4 hrs. or entire day, plus pineapple rings. Turn every 2-3 hrs. Broil meat to desired doneness—10 minutes before done, put pineapple rings on top of meat and broil till brown.

SWEET AND SOUR BRISKET

Marion Chaet

Place brisket in large casserole and cover with 2 c. sliced onion.

Mix together:

¾ c. ketchup

2 tbsp. vinegar

2 tbsp. worcestershire sauce

4 tbsp. soy sauce

½ c. sugar

¾ c. water

Pour this sauce over the meat and onions and bake 3-4 hrs. in 325° oven, covered.

POT ROAST WITH WHITE WINE

Mrs. Max Dennis

2 tbsp. olive oil
2 large onions sliced
4 lbs. chuck pot roast
1 cup canned tomatoes
1 chopped celery stalk

1 sliced carrot
1 cup dry white wine
pinch of basil
salt and pepper to taste

In casserole dish, brown onions in olive oil. Add beef and brown. Add all other ingredients and cover casserole and let simmer slowly for 3 hours. Serves 6.

VIRGINIA'S POT ROAST

Ruth Judd

1 pot roast
1 lg. onion, chopped
2 tbsp. oil
1 - 2 tbsp. white vinegar
1 - 2 tbsp. sugar

$\frac{1}{4}$ - $\frac{1}{2}$ tsp. ground ginger
1 c. water—later 1 more c.
12 ginger snaps
1 tsp. salt, rubbed into meat
pepper to taste

Heat oil in Dutch oven. Sear salted meat over high heat until well-browned. Add onions and cook until golden. Add other ingredients and simmer for 45 - 60 minutes per pound. Add remaining c. of water gradually as roast cooks and adjust vinegar and ginger as it cooks.

CREOLE STYLE LAMB CHOPS

Lillian Goldstein

6 lg. shoulder lamb chops, about 3 lbs.
 $\frac{1}{2}$ c. matzo meal or flour
1 - 11 oz. can tomato
and mushroom sauce

$\frac{1}{2}$ c. minced onion
 $\frac{1}{2}$ c. finely chopped celery
 $\frac{1}{2}$ c. finely chopped green pepper

Coat chops with matzo meal. Brown in a small amount of hot fat. Place in a covered baking dish. Combine tomato and mushroom sauce, onion, celery and green pepper. Spoon over chops. Cover and bake in a 350° oven for about 1 hr. or until tender. Serves 6 or 8.

LAMB CHOPS AND RICE RATATOILE

Arlene Rosen

Marinate lamb chops several hours in a plastic bag in:

- | | |
|-----------------------------|---------------|
| ¼ c. olive oil | ½ tsp. salt |
| ½ tsp. basil | garlic powder |
| ¼ c. vinegar or lemon juice | |

Rice

- | | |
|---------------------|-----------------------|
| 1½ c. sliced onions | 1 diced green pepper |
| 1 clove garlic | 3 c. chopped tomatoes |
| ¼ c. olive oil | 1 c. rice |
| 2 c. diced eggplant | 1 tsp. parsley |
| 2 c. diced zucchini | |

Cook onion and garlic in oil until tender. Add eggplant, zucchini, green pepper. Sprinkle with 2 tsp. salt, 1½ tsp. basil. Cover, cook slowly 30 minutes. Cook rice in 2½ c. water and 1 tsp. salt. Stir rice and tomatoes into onion mixture. Heat another 10 - 15 minutes. Broil chops and put on top of rice.

BEEF-KEBOBS

Shirley Schneider

Marinade

- | | |
|---|----------------------------------|
| 1 c. pineapple juice—drained from lg. can of pineapple chunks | ½ soy sauce |
| 2 tbsp. lemon juice | canned button or fresh mushrooms |

Marinate meat (cubes of 2 tenderloins) overnight. Alternate on skewers: meat, mushrooms, tomato wedges, onions, green pepper and pineapple chunks. Brush with marinade. Barbeque or broil, turning and basting as it cooks. Makes 4 - 6 skewers.

BEEF KEBOPS

Leila Pasternak

- | | |
|------------------------------|---------------------------------|
| 3 lbs. tender beef cubes | 2 lg. green peppers |
| 18 fresh or canned mushrooms | 1 - 12 oz. can pineapple chunks |
| 18 cherry tomatoes | |

Marinade

- | | |
|--------------------|----------------------|
| ⅔ c. cider vinegar | 2 tsp. seasoned salt |
| ⅔ c. catsup | 2 tsp. ground ginger |
| 1 c. brown sugar | 4 tbsp. soy sauce |

Drain pineapple, set aside chunks. Add water to syrup to make 2 cups. Combine with remaining ingredients. Pour over meat. Cover and marinate in

refrigerator for 2 - 4 hrs. Place kebob on skewers and place in oblong baking sheet. Pour marinade over and bake 350° for 30 minutes. Broil last 10 minutes to brown and crisp up.

CHICKEN LIVERS SUPREME

Beverly Shapiro

1 green pepper, diced
2 sm. onions, diced
2 stalks celery, diced
salt and pepper to taste

2 - 4 oz. cans sliced mushrooms
1 lb. chicken livers
¼ c. oil
1 c. cooked rice

Sauté green pepper, onions, celery and mushrooms until soft, but not brown. Brown chicken livers until pink color is gone. Add to vegetable mixture and sauté together for 2 minutes. Add a few drops of soy sauce.

BAKED CHICKEN LIVERS AND RICE

Linda Hartstone

1 lb. chicken livers
¼ c. flour
1 lg. onion, chopped
¾ c. regular uncooked rice
2½ c. chicken bouillon

1 tsp. salt
¼ tsp. pepper
1 tsp. basil
1 bay leaf
parsley

Shake livers in a bag with flour, salt and pepper. Brown well in large fry pan in small amount of oil. Remove. Sauté onion until soft. Stir in rice, bouillon, basil, bay leaf. Heat to boiling. Lower heat, cover and simmer 10 minutes. Spoon livers on top of rice; cover, simmer another 20 minutes. Remove bay leaf, sprinkle with parsley.

AUSTRIAN KRAUT — AND — WURST SKILLET

Barbara Podolsky

½ cup onion flakes
½ cup cold water
¼ cup margarine or vegetable oil
2 lbs. thin hot dogs or knockwurst
3 - 1 lb. can sauerkraut, well-drained
1 tsp. salt
½ tsp. sugar

¼ tsp. pepper
1 tsp. caraway seed
1 - 12 oz. can of beer
or 1¼ cups apple juice
1 - 10½ oz. can beef broth, undiluted
1 apple, peeled, cored and sliced
fresh unpeeled apple slices

1. Rehydrate onion flakes in water for 10 minutes.

2. In large skillet with lid, heat margarine until melted. Brown hot dogs in skillet turning to brown evenly. Remove and set aside.

3. Sauté rehydrated onion in skillet for 3 minutes, stirring frequently. Stir in

drained sauerkraut, salt, sugar, pepper, caraway seeds, beer, beef broth and peeled apple slices. Bring to boiling. Reduce heat and simmer 10 - 15 minutes or until most of the liquid in skillet evaporates.

4. Arrange hot dogs around edge of skillet. Simmer covered about 5 min. until hot dogs are steaming.

5. Serve in skillet or transfer to platter. Garnish with apple slices. Makes 6 servings.

HOT DOGGITIES

Honey Schneider

1 lb. (10) frankfurters

½ c. cornflake crumbs

*½ c. tomato ketchup

Score surface of frankfurters about ¼" deep, spiraling from end to end. Spread ketchup and cornflake crumbs in 2 flat plates or shallow pie plates. Roll frankfurters to coat evenly with ketchup; roll lightly but thoroughly in cornflake crumbs. Place on foil-lined baking sheet or shallow baking pan. Bake 15 minutes in 350° oven. Makes 5 servings (2/serving).

*Heinz hot ketchup, chili sauce or mustard may be substituted.

Note: 2 tbsp. minced onion may be added to catsup, chili sauce or mustard.

VEAL WITH MARINARA SAUCE

Helen Todtman

1 lb. veal

½ tsp. salt

½ c. oil

1/8 tsp. pepper

1 c. onion sliced in rings

1/8 tsp. oregano

2 c. stewed tomatoes

2 tbsp. wine

2 c. mushrooms, juice and all

1 can marinara sauce with mushrooms

Cut veal into small squares. Sprinkle with a little flour—approximately ½ c. Pour oil into large frying pan; brown meat. Add onion rings and sauté. Add stewed tomatoes and mushrooms, salt, pepper and oregano. Cook until meat is tender. Add 2 tbsp. of wine—more if desired. Add marinara sauce. Continue cooking until meat is tender and flavorful. May be baked after wine is added; 20 to 30 minutes at 350°.

POTTED VEAL WITH EGG BARLEY

Beverly Shapiro

3 lbs. boneless veal, cubed
6 tbsp. shortening
4 onions, sliced
2 tbsp. paprika
2 tsp. salt

¼ tsp. pepper
1 tsp. caraway seeds (optional)
1 cup boiling water
3 cups cooked egg barley

Melt half the shortening in a sauce pan. Add the onions. Saute for 10 minutes, stirring frequently. Add the paprika and mix. Add the veal. Brown on all sides. Add the salt, pepper, caraway seeds and water. Cover and cook over low heat for 1½ hours. Melt the remaining shortening in skillet. Add the egg barley. Fry until lightly browned. Serve the veal with the egg barley around it.

VEAL SCALLOPINI

Froma Allen

1 tbsp. flour
½ tsp. salt
1 lb. veal cutlets (pounded thinly)
¼ cup cooking oil
½ medium onion, thinly sliced
1 lb. can tomatoes

1 small can tomato paste
4 oz. can sliced mushrooms, undrained
⅓ cup white wine
1 tbsp. parsley
¼ tsp. garlic salt
¼ tsp. oregano

Combine flour and salt and dredge veal lightly in mixture. In medium skillet brown meat slowly in hot oil. Remove from skillet and add onions and cook until they are soft. Add meat and remaining ingredients. Cover and simmer 30 minutes or until meat is soft. Stir occasionally.

VEAL SPARERIBS

Shirley Schneider

Use 1 breast of veal or middle ribs with bone in.

Marinade

1 regular-size bottle ketchup
2 tbsp. worcestershire sauce
½ bottle soy sauce

½ c. brown sugar
2 cloves garlic
2 lg. onions, diced

Marinate spareribs in sauce overnight. Place meat in large pan; cover with sauce and enough water to almost cover meat. Bake 1½ hrs. in 375° oven. Turn pieces to brown.

STUFFED BREAST OF VEAL

Beverly Shapiro

4 tsp. salt	½ cup flour
1 tsp. pepper	½ cup melted shortening
2 tsp. paprika	2 onions, chopped
2 cloves garlic, minced	½ cup boiling water
breast of veal, with pocket	
4 potatoes, peeled, grated, drained	
1 onion, grated	
1 egg, beaten	

Combine 2½ tsp. of the salt, ¾ tsp. of pepper, paprika and the garlic. Rub into the veal thoroughly. Mix the potatoes, grated onion, egg, flour, ¼ cup of the shortening and the remaining salt and pepper until very smooth. Stuff the mixture into the pocket of the veal, fastening the opening with skewers or toothpicks. Place in a roasting pan. Add the chopped onions and the remaining shortening. Roast in 400° oven for 25 minutes. Reduce heat to 325° and add the boiling water. Roast for additional 2½ hours or until veal is tender. Baste frequently, adding more water if necessary.

Fish

COD BAKED WITH SPINACH AND GARLIC SAUCE (Greek)

Shirley Schneider

6 Cod steaks (Or any white fish)	olive oil
2 bunches fresh spinach	juice of one lemon
1 bunch scallions, chopped	1 cup garlic sauce (See below)
1 clove garlic, minced	
pinch oregano	

Wash, dry and chop spinach. In a skillet sauté spinach, scallions, garlic and oregano in 3 tbsp. olive oil for 10 minutes. Place cooked spinach mixture in greased baking pan and place fish steaks on spinach. Pour lemon juice and 3 tbsp. olive oil over steaks and bake at 350° for 30 - 45 minutes. Serve each steak on bed of spinach and cover with spoonful of garlic sauce. Serves 6.

GARLIC SAUCE (Greek)

Shirley Schneider

6 cloves garlic, minced	1 cup olive oil
2 cups mashed potatoes	½ cup vinegar
½ tsp. salt	

Place minced garlic, potatoes and salt in blender. Blend at high speed until smooth. Then slowly add oil and vinegar. If too thick add several spoonfuls of water. Chill in jar for several hours before serving. May be used on all vegetables—hot or cold. As a garlic sauce dip—combine ½ cup garlic sauce, ½ pint yogurt, 1 tsp. almond extract. Mix thoroughly. Chill and serve with crackers or chips.

SEAFOOD CREOLE

Arelene Seligman

1 green pepper, chopped	1½ cups water
½ cup chopped onion	1 tsp. salt
½ cup sliced celery	1 bay leaf
1 clove garlic, minced	¼ tsp. thyme
2 tbsp. oil	1/8 tsp. pepper
1 - 6 oz. can tomato paste	2 cups cooked fish

Cook vegetables in oil until tender. Add tomato paste, water and seasonings. Simmer 15 min., stirring occasionally. Add fish and heat through. Serve over hot rice. 4 servings.

SEAFOOD NEWBURG

Theresa Cohen

4 tbsp. butter	1 tsp. salt
2 tbsp. flour	1/8 tsp. paprika
2 cups light cream	3 tbsp. sherry
1½ cups cooked cubed salmon	3 egg yolks
1½ cups cooked cubed halibut	

Melt butter in top of double boiler. Stir in flour and 1 cup of cream. Stir steadily until mixture reaches boiling point. Add salmon, halibut, salt, paprika and sherry. Place over hot water and cook five minutes. Beat egg yolks and remaining cream together. Stir into fish mixture. Cook until thickened. Serve on toast. Serves 6.

SWEET AND SOUR FISH

Shirley Schneider

1 large onion, sliced	1½ cups water
1½ cups vinegar	2 tsp. pickling spice
1 cup sugar	1 - 1½ lb. fish
1 tsp. salt	

Bring to boil. Add halibut, salmon, or any other fish. Boil 20 minutes. Add 2' tsp. pickling spice, wrapped in cheese cloth. Cook 5 - 10 minutes longer. Refrigerate.

SALMON BAKE

Sherrie Schatz

¼ lb. butter	1 lb. can salmon, drained and flaked
1 pkg. frozen onions	1 doz eggs
½ lb. nova lox or	2 cups milk
¼ nova and ¼ lb. regular lox	

Saute onions in butter. Beat eggs and milk together. Make a layer of salmon, onions and lox. Pour one half of egg mixture over. Repeat layers and bake 45 minutes at 375°.

BAKED WHOLE SALMON WITH WINE AND CUCUMBER SAUCE

Mildred Kominsky

6 - 7 lb. salmon	2 stalks celery, finely diced
3 quarts water	1 bay leaf
2 cups white wine—Chablis or Sauterne	1 tsp. thyme
3 onions with 3 cloves in each onion	1 or 2 sprigs fresh parsley or
4 carrots, finely sliced or chopped	½ tsp. dried parsley
1 tbsp. salt	

Ideal pot is fish pot. Cut salmon if necessary. Combine all ingredients except salmon and simmer 1 hour. Cool. Add salmon wrapped in cheese cloth. (Salmon

should be room temperature) Simmer $\frac{1}{2}$ hour. If liquid does not cover fish, turn fish over after 15 minutes. Remove and drain. When cool wrap in foil and refrigerate.

Cucumber Sauce

- | | |
|--|---------------------------------|
| 1 cup sour cream | $\frac{1}{2}$ tsp. salt |
| 2 tbsp. lemon juice | $\frac{1}{2}$ tsp. onion powder |
| 1 tsp. prepared mustard | 1 cucumber finely chopped |
| $\frac{1}{2}$ tsp. dillweed or dill seed | |

TOASTD SALMON SANDWICHES

Ruth Lieberman

- | | |
|--|--------------------------------|
| 1 - 1 lb. can salmon | $\frac{1}{4}$ cup minced onion |
| 12 slices white bread | 1 can cream of mushroom soup |
| $\frac{1}{3}$ cup melted butter or margarine | 4 eggs |
| 1 - 10 oz. pkg. frozen peas,
cooked and drained | 2 cups milk |

Brush melted butter on one side of each slice of bread. Arrange 6 slices buttered side up in one layer in greased baking dish. Flake salmon-add peas and onion. Spread over the bread slices. Cover with remaining slices of bread. Beat eggs. Add undiluted soup and milk until well blended. Pour over and around sandwiches. Bake 1 hour at 325° or until knife comes out clean from custard part.

TUNA — CELERY LOAF

Gloria Zeichick

Mix thoroughly:

- 2 - 7 oz. cans tuna, drained and flaked
- 1 cup fine dry bread crumbs
- 2 slightly beaten eggs
- $\frac{1}{2}$ cup chopped onion
- 1 tbsp. lemon juice

Sauce:

- 1 can cream of celery soup
- $\frac{1}{3}$ - $\frac{1}{2}$ cup milk

Pack into well-greased loaf pan. Bake 375° for 1 hour. Cool 10 minutes. Loosen sides and turn out on platter.

Sauce: Combine 1 can cream of celery soup and $\frac{1}{3}$ to $\frac{1}{2}$ cup milk. Heat. Pour over loaf. Serves 4 - 6.

6 hollowed-out frankfurter rolls
6½ oz. or 7 oz. can tuna
1 c. Cheddar cheese, diced

2½ hard-cooked eggs, chopped
½ c. mayonnaise
2 tbsp. each green pepper, chopped
onion and pickles

Make these early and refrigerate ready to heat in oven. Mix all above ingredients together and fill the rolls. Wrap in foil before baking. Bake at 300° for 20-30 minutes.

TUNA SKILLET CHINA DOLL**Arlene Seligman**

1½ cups sliced celery, slice on diagonal 1¼ in long	1¼ cups water (cold)
1 large onion, cut into 8 wedges	2 tbsp. soy sauce
1 large clove garlic, minced	2 tbsp. cornstarch
3 tbsp. salad oil	salt to taste
1 green pepper, cut into strips	1½ cups boiling water
1 tomato, quartered	1½ cups instant rice
2 cans tuna drained (7½ oz. size)	1 can chinese noodles (5½ oz.)
⅓ cup sauteed almonds (optional)	Soy sauce

1. In medium skillet with cover sauté celery, onion and garlic in salad oil about 5 minutes or until vegetables are lightly browned but still crisp.

2. Add 1 cup cold water and soy sauce to vegetables in skillet.

3. Blend cornstarch with remaining ¼ cup water smoothly. Gradually stir into mixture in skillet. Add green pepper, tomato, tuna and 1 tsp. salt. Cook over moderate heat, stirring until liquid thickens and vegetables are glazed.

4. Push vegetable mixture to side of skillet, making a space in center; Pour 1 cup boiling water into center, sprinkle in instant rice and ½ tsp. salt.

5. Pour remaining boiling water over rice. Stir to moisten rice. Bring to a boil. Reduce heat, cover and simmer 5 - 7 minutes or until all the water is absorbed. Fluff with fork.

6. To serve, spoon tuna mixture over rice and garnish with the sauteed almonds. Pass chinese noodles and soy sauce separately.

Makes 4 - 5 servings.

4 halibut fillets
salt and pepper
juice of one lemon
4 lemon slices
1 cup raisins

1 cup white wine
1 can whole tomatoes (12 oz.)
3 large onions, finely sliced
4 whole cloves
1 cup olive oil

Wipe fillets. Sprinkle with salt, pepper and lemon juice. Marinate raisins in wine. Place sliced onions in skillet with $\frac{1}{2}$ cup water. Cover and steam until onions are soft. (about 10 min.) Add tomatoes, oil, cloves, raisins and wine to onions and cook over low fire until well blended. Cover baking pan with light layer of onion mixture. Arrange fillets, side by side, on top and cover with remaining onion mixture. Place one lemon slice on each fillet and bake at 350° for 35 - 40 minutes. Serves four.

FILLET OF FLOUNDER, STUFFED**Barbara Podolsky**

8 fillets of flounder or sole
salt and pepper
1 cup Pepperidge farm stuffing
1 cup cracker crumbs
1 cup cream of mushroom soup

$\frac{1}{2}$ cup milk
6 tbsp. grated cheese
small amount of hot water
1 egg

Combine stuffing with crackers. Add eggs and water to make a paste. Spoon filling on fillets and roll up. Fasten with toothpicks and place in buttered baking dish. Mix liquid ingredients with cheese and pour over fish. Bake 30 minutes at 350°.

FILLET OF SOLE VALENCIENNES**Florence Allen**

Sauté $\frac{1}{2}$ cup chopped onion and 2 cups sliced fresh mushrooms in 2 tbsp. margarine. Arrange 2 lbs. fillet of sole in pan and sprinkle with 2 tbsp. lemon juice, 1 tbsp. chopped parsley, 1 tsp. oregano and $\frac{1}{8}$ tsp. pepper. Cover and simmer gently for 20 minutes. 6 servings.

MOCK LOBSTER SALAD**Mrs. James Mendelson**

2 lbs. fish fillets
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{4}$ cup sour cream
1 tbsp. ketchup

$\frac{1}{2}$ tbsp. horseradish
1 onion
1 tbsp. lemon juice

Cook fish in 1 tbsp. lemon juice and an onion for 20 minutes. Mix all ingredients together. Mix with fish and serve.

STUFFED FISH

Linda Hartstone

1 lb. haddock fillets
salt and pepper
1 medium onion, chopped

1 can button mushrooms,
small size, drained
2 - 3 dozen Finast Toasties, crushed

Sauté chopped onion and mushrooms in about 3 tbsp. oil. Add crumbs and more oil to moisten. Place fillets on baking sheet and pile stuffing on top. Bake about 20 minutes at 350° or until fish is done.

SWEDISH BAKED FISH

Ruth Judd

2 medium onions, sliced
2 tbsp. butter
1½ lbs. sole, cut into serving pieces
1 tbsp. lemon juice

4 medium tomatoes, sliced
¼ cup white wine
3 tbsp. chopped parsley or dill
salt and pepper

Sauté onions in butter in skillet until soft and golden. Sprinkle pieces of fish with salt and lemon juice. Arrange fish on top of onions in skillet. Cover with tomato slices and sprinkle with pepper. Pour wine over top. Cover and simmer 5 - 10 minutes. Add parsley or dill. (May be also prepared in a baking dish and baked in 300° oven for 15 - 20 minutes until fish flakes. Serves 4.

Poultry

CHICKEN Á-RAB

Rhoda Freeman

2 quartered chickens
6 tbsp. butter or margarine
onions
2 apples
2 tbsp. honey

1 c. dry white wine
handful raisins and almonds
1 tsp. curry powder
1 tsp. salt
pinch pepper

Melt butter and brown chicken. Put aside in casserole dish. Preheat oven to 350°. Slice onions and lightly brown them in remaining butter. Soak 1 handful each raisins and almonds in two bowls for 15 minutes. Remove almond skins. Pare, peel, slice apples into large chunks. Put into casserole dish with drained almonds and raisins. Add 1 heaping tsp. curry powder and 2 tbsp. honey, 1 tsp. salt and pinch of pepper. Pour 1 cup wine over all. Bake 1½ hrs., basting occasionally. Serves 4.

STUFFED BONED CHICKEN BREASTS WITH ORANGE SAUCE

Harriet Glass

Make a favorite stuffing— Wild Rice or Kellogg's CROUTETTES to which is added: sautéed onion, pepper and sm. can mushrooms, salt and pepper to taste and 2 shakes Worcestershire sauce. Put 1 tbsp. stuffing into each of 8 boned chicken breasts, roll and put into pan skin side up. Season to taste with salt, lemon pepper and garlic powder. Dot each breast with margarine and bake in 350° oven for 40 minutes. Breasts can be prepared early in day. Meanwhile, mix together: 1 c. orange juice, 1 jar sweet and sour sauce (Sausy Susan), ½ c. white wine. Bring to boil. Pour ¾ of sauce over chicken and bake 30 minutes longer at 350°. Baste frequently with remaining sauce.

CHINESE FRIED CHICKEN

Marianne Paley

Fry one chicken as usual with flour and salt — do not drain chicken from the vegetable oil.

Place chicken in a new pan and add a mixture of:

3 tbsp. sherry
5 tbsp. soy sauce
5 tbsp. water (more if needed later)

2 tsp. ginger
2 stalks of green onion cut
diagonally at ¼" intervals
1 tsp. sugar

Cook for about 10 to 15 minutes turning when necessary till a gravy is formed on the chicken. Serve with rice; will serve 3 to 4 people.

COQ AU VIN

Barbara Podolsky

3 lb. broiler, cut up
1 tbsp. cooking oil
8 sm. white onions, peeled
1 c. Burgundy wine
pinch tarragon

1 bay leaf
salt and pepper to taste
1/8 tsp. thyme
8 mushroom caps

Heat oil. Sprinkle chicken with salt and pepper and sauté with onions for 15 minutes. Add remaining ingredients. Cover and simmer 40 minutes or until chicken is tender. Add chicken bouillon cube with more water if liquid is evaporated.

ITALIAN BROILED CHICKEN

Gloria Zeichick

Makes 4 servings.

Wash and pat dry 2 broilers halved. Place in a 4 quart roasting pan. Combine in a jar:

1/4 c. red wine or wine vinegar
3/4 c. cooking oil
1/2 tsp. parsley flakes
1/2 tsp. rosemary leaves

1/4 tsp. oregano
2 - 3 cloves garlic, minced
3/4 tsp. salt
dash of pepper

Shake well. Pour over chicken. Refrigerate for 12 hours, turning occasionally. Place chicken on rack in broiling pan. Place as low as possible in broiler. Broil until done, about 1 hour. Baste occasionally with the sauce. Turn chicken about 4 times to insure even cooking.

CHICKEN KIEV

Lee Ashmon

6 boneless chicken breasts
1 box of Finast toasties (crushed)
1 small bag slivered almonds
2 eggs beaten
1 cup cold water

3 onions (small)
2 stalks celery, chopped and sauteed
1 grated carrot
1/4 c. honey
1/2 c. orange juice
1 c. bouillon

1. Mix crackers, nuts, eggs, water, onions and celery and carrots to cake consistency.

2. Stuff chicken breasts and roll like jelly roll.

3. Place in a lightly greased pan and baste with honey, orange juice and bouillon mixture. Bake 350° for 40 minutes. 400° for 10 minutes. Baste every ten minutes. When ready to serve, cut on slant.

DOUBLE BATCH CHICKEN A L'ORANGE

Mary Silver

2 broiler fryers, 3 lbs. each
and quartered
salt, pepper, paprika to taste
½ c. flour
¼ c. melted butter
2 large onions, sliced
½ c. chopped green pepper

1 c. sliced mushrooms
2 c. orange juice
¼ c. sherry
2 tbsp. firmly packed brown sugar
1 tsp. salt
2 tsp. grated orange rind
3 tbsp. water
2 tbsp. cornstarch

Wash and dry chicken, sprinkle with salt, pepper and paprika. Roll pieces in flour. Line 2 - 2 qt. shallow casseroles with heavy duty Reynolds wrap. Divide chicken between casseroles. Sprinkle over each: onion, green pepper, and mushrooms.

In a sauce pan mix orange juice, sherry, brown sugar, salt and orange rind. Mix water and cornstarch. Stir into orange juice mixture. Cook over low heat stirring constantly until mixture thickens. Pour equal portions over both batches. Bake one batch at 375° for 1 hour, uncovered. If you desire more sauce cook covered and remove cover 5 minutes before serving. Freeze the uncooked batch. When frozen solid remove from pan. Wrap tightly in foil and return to freezer. When ready to bake, place frozen batch in casserole and bake at 400° for 1½ hrs. covered. Remove cover and cook another ½ hour. Garnish with fresh orange slices and parsley.

KAREN'S CHICKEN PAPRIKA

Shirley Schneider

2 chickens, cut up. Put in large pan. Sprinkle with salt, garlic powder, paprika. Drizzle olive oil on chicken. Put under broiler until brown, turn.

In Bowl combine:

2 bottles chili sauce
2 bottles water from chili sauce
1 can mushrooms with water from can

3 tbsp. parsley flakes
little salt, pepper, garlic powder
2 - 3 tsp. paprika
Stir all ingredients.

Skim fat off chicken. Pour chili mixture over chicken. Bake 1 hour at 350°. Best to prepare and bake 1 hour in morning. Before serving, bake 325° for 45 minutes. Serve on wide noodles.

MARINATED CHICKEN

Linda Hartstone

2 cut-up chickens
1 c. dry sherry or sauterne
2 tbsp. parsley flakes
2 tsp. paprika
1½ tsp. paprika
½ tsp. curry powder

1/8 tsp. pepper
¼ c. oil
2½ tsp. salt
1½ tsp. thyme
1 tsp. tarragon
½ tsp. garlic powder

Combine all ingredients except chicken. Put chicken in a tight-fitting container and pour marinade over it. Refrigerate overnight. Remove chicken from marinade. Place in roasting pan. Bake at 350° for 1 hour or until tender, basting with marinade. The last few minutes put it under the broiler to crisp. Very good over charcoal grill.

ONE-POT CHICKEN SUPPER

Arlene Seligman

2 lb. chicken parts	1 soup can water
1 lg. clove garlic, minced	1 tsp. oregano
2 tbsp. butter or margarine	½ tsp. salt
1 can Campbell's Beef Broth	dash pepper
1 can (10 ¾ oz.) Tomato Soup	1 c. rice, uncooked
	1 pkg. (10 oz.) frozen peas

1. In large pan, brown chicken with garlic in butter.
2. Add soups, water, oregano, salt, pepper.
3. Cover; simmer 20 minutes.
4. Add rice, peas. Cook 25 minutes or until tender; stir now and then.

POLYNESIAN CHICKEN CUBES

Virginia Slep

1½ lb. chicken breast cubed	2 stalks celery, cut in ½" pieces
2 tbsp. soy sauce	1 onion, cut in 6 pieces
3 tbsp. vegetable oil	1 green pepper, cut in ½" slices
¾ tsp. salt	1 can mushrooms (reserve liquid)
2 cloves garlic, crushed	1½ c. pineapple cubes
	1 tbsp. cornstarch

Marinate chicken cubes in soy sauce. Heat oil very hot, add half of salt and garlic, add chicken and sauté 4 - 5 minutes until slightly brown. Then add rest of salt and garlic, celery, onions, peppers, mushrooms and pineapple. Cover pan, cook 6 - 7 minutes. Do not overcook vegetables. Mix cornstarch with ½ c. mushroom and pineapple liquid, pour over chicken and vegetables and stir. Cook until gravy thickens.

SWEET AND SOUR CHICKEN

Shirley Schneider

Combine in pan:

1 bottle Wishbone Russian Dressing	8 oz. jar apricot preserves
1 Envelope Onion Soup Mix	Simmer 10 minutes.

Place 2 cut up fryers flat in large pan. Pour sauce over chicken. Bake 1½ hours in 350° oven. Baste.

CHICKEN IN WINE

Marion Lipetz

2 - 3 chickens for 6 people
2 bottles chili sauce
1 tsp. Worcestershire sauce
½ c. dry white Sherry

½ c. yellow raisins
2 - 3 medium onions, diced
1 sm. can Bing dark-pitted cherries,
drained

Broil chicken with lots of salt and pepper about 20 minutes, turning once.

Mix: chili, 1 c. water, raisins, wine and other ingredients.

Marinate chicken overnight. Next day, bake covered with foil for 1 hour in 350° oven in large shallow pan. Uncover. Put cherries around chicken and bake 15 minutes more.

CHICKEN IN WHITE WINE

Virginia Slep

2 - 3 lb. chicken pieces
salt and pepper
3 tbsp. margarine
½ c. white wine

½ tsp. tarragon
1 tbsp. cornstarch
½ c. water
3 tbsp. brandy

Salt and pepper chicken; place in large pan or Dutch oven and brown in margarine. Add wine, simmer 45 minutes or until chicken is tender. Remove from pan. Add tarragon to wine liquid, then cornstarch. Mix well, then add water. Cook, stirring constantly, until smooth. Taste for seasoning. Replace chicken in sauce, warm up, basting frequently with sauce. Pour brandy over top, simmer for 1 minute. Place chicken on serving platter, pour sauce over top.

ROCK CORNISH GAME HENS

Barbara Podolsky

Stuff hens with canned black cherries, pitted. Rub outside of birds with lemon. Place piece of beef fry atop each bird. Roast at 400° for 15 minutes. Reduce to 350°. Pour over ½ c. red cherry juice. Cook 45 - 60 minutes basting occasionally. Serve with wild rice.

Dairy

CHEESE BLINTZES

Marion Chaet

4 eggs
1 cups flour
2 cups water

$\frac{1}{2}$ stick margarine, melted
 $\frac{1}{2}$ tsp. salt

Mix all together and make thin pancakes in 7" fry pan. Does not have to be greased after the first one.

Filling:

1 lb. pressed cheese
 $\frac{1}{2}$ lb. cream cheese
 $\frac{1}{4}$ lb. cottage cheese
2 egg yolks or 1 whole egg
1 tsp. sugar

Mix all together until well blended. Use about 1 tbsp. for each blintz. Roll each one and then fry in margarine.

CREPES

Marianne Paley

1 cup sifted flour
1 tsp. salt
2 tbsp. grated lemon rind (optional)

4 eggs, well beaten
 $1\frac{1}{3}$ cups milk
2 tbsp. Butter (softened)

Combine flour, salt and lemon rind. Add eggs, milk and butter all at once to flour and beat until smooth. Makes between 20 and 26 small crepes. Use a small hot frying pan with a few drops of oil on bottom for each crepe. Make each crepe as thin as possible. It takes practice to get exactly the right amount of batter in and to have pan at good cooking temperature. They must be cooked on both sides. Crepes may be stored in refrigerator up to one week. To serve, place a tbsp. of favorite jelly in center of crepe and fold in half and bake in oven until warm. Sprinkle with powdered sugar. One may also put grated cheese in crepe and heat and serve.

KREPLACH (or Pirogen)

Mrs. Shaindy Kurzman

2 c. flour
2 eggs

1 tbsp. water
 $\frac{1}{2}$ tsp. salt

Place unsifted flour on a board and make a well in the center. Drop eggs, water and salt into it. Knead until smooth. Roll out the dough as thin as possible; don't let it dry. Cut into 3" squares and place a tbsp. of potato filling on each. Fold the dough over into a triangle. Press edges together with a little water. Cook in boiling salted water 20 minutes. Drain, then fry. Can be frozen before frying. Makes 18.

Potato Filling

½ c. chopped onions	½ tsp. salt
3 tbsp. butter or vegetable oil	1/8 tsp. pepper
1 c. mashed potatoes	2 tbsp. sour cream
1 egg	

Brown onions in butter. Beat in the egg, cream, potatoes, salt and pepper.

PIZZA

Sandra Finn

Dough:

6 cups flour
2 cups warm water
2 pkgs. dry yeast
½ tsp. salt

Dissolve yeast in water. Add all the flour and salt and mix. Form ball and knead a few minutes. Place in a greased covered bowl and leave on top of range. Let rise 2 hours. Divide into 3 equal parts. Use one and freeze the other two.

Sauce:

1 - 15 oz. can tomato sauce
with tomato bits
¼ cup vegetable oil or olive oil
1 tsp. oregano, salt, pepper,
garlic powder to taste.

Blend all together and simmer for 10 minutes. Grease 11 x 16 baking sheet. Spread dough over entire surface. Bake in 400° oven until sides begin to brown slightly. Pour sauce over dough. Top with grated mozzarella cheese. Garnish with favorite topping. Continue to bake at 400° until cheese melts. Do not preheat oven as dough will shrink.

Appetizers & Beverages

COCKTAIL ALMONDS

Linda Hartstone

Skin 1 lb. of almonds by blanching in boiling water and toast in a roasting pan until light brown. While they are hot, toss in a bowl containing:

2 tbsp. melted butter
dash of tabasco sauce
dash of cayenne pepper

dash Worcestershire sauce
salt

Test for spiciness and drain on brown paper.

EGGPLANT PARTY DIP

Beverly Shapiro

1 eggplant, about 1-½ lb.
½ c. mayonnaise
½ small onion
1 small dill pickle

¼ tsp. salt
¼ tsp. garlic powder
2 tsp. lemon juice
2 hard-cooked eggs, chopped

Bake eggplant in 400° oven for 45 minutes or until soft. Cool; remove skin and stem. Purée in blender until smooth. Add mayonnaise, onion, pickle, salt, garlic powder and lemon juice. Blend until smooth. Stir eggs into eggplant mixture. Chill. Serve with assorted crackers or chips. This makes a nice parve dip.

SONIA'S VEGETABLE DIP

Ruth Judd

1 c. sour cream
½ c. catsup
1 tsp. grated onion

2 tsp. chives, chopped
½ tsp. A-1 sauce
1 tsp. horseradish

Combine all ingredients. Chill. Serve with raw vegetable strips.

AVOCADO SPREAD

Barbara Podolsky

1 ripe avocado
3 hard-boiled eggs
1 onion chopped fine

1 tbsp. lemon juice
salt and pepper to taste

Peel avocado and mash. Grate in eggs. Add onions and lemon juice. Season to taste.

Note: Place avocado pit in water to root. First put 4 toothpicks in sides of pit halfway up so as to rest on side of glass. Fill glass with water and place pit with pointed end up. Place in sunny spot. Top of pit will split and sprout. When rooted and sprout is approximately 4-6 inches tall, plant plant in soil in pot. Cut it back and it will grow like a bush.

CHEESE BALL

Mildred Kominsky

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|--|-------------------------------|
| 1 - 8 oz. pkg. cream cheese | 2 tsp. lemon juice |
| 3 cups sharp Cheddar shredded
(about $\frac{3}{4}$ lb.) | 1 tsp. prepared mustard |
| 2 tbsp. chopped green pepper | few grains cayenne pepper |
| 1 tsp. minced onion | 1 c. chopped parsley or about |
| 2 tsp. Worcestershire sauce | 1 c. chopped nuts |

Allow the cheeses to come to room temperature. Shred the Cheddar and beat both cheeses in a blender until light and fluffy. Stir in all ingredients except parsley or nuts. Cover the mixture and chill for 2 hrs. or until you can handle the mixture easily. Form into a ball and roll in parsley or nuts. Wrap well in waxed paper and refrigerate for 3 or 4 days. Can be frozen. At serving time allow the ball to stand at room temperature for 30 minutes. Serve with crackers or thin slices of apple dipped in lemon juice to prevent darkening.

GOUDA BOWL

Eileen Kominsky

Remove small core from center top of gouda. Scoop out cheese in chunks. Fill shell with a mixture of 1 part mayonnaise and 1 part French dressing. Add a drop of hot sauce to spice it. Insert picks in cheese chunks and arrange on platter around gouda. Served at Center Women's League Art Show, 1972.

MOCK BLINTZES

Norma Berg

- | | |
|-----------------------------|------------------------|
| 1 loaf white bread | melted butter |
| 1 pkg. whipped cream cheese | cinnamon-sugar mixture |

1. Remove crusts from white bread. Place slices between wax paper and roll with rolling pin.
2. Spread with cream cheese and roll up.
3. Roll or dip into melted butter and then in cinnamon sugar mixture.
4. Put in refrigerator until ready to use.
5. Place in 350° oven for 5 minutes until browned.

MARINATED MUSHROOMS

Ruth Judd

1/3 c. wine vinegar
1/3 c. oil
1 sm. onion sliced thin
1 tsp. salt
2 tsp. dry parsley flakes

1 tsp. prepared mustard
1 tsp. brown sugar
2 - 6 oz. cans button mushrooms,
drained

Combine all ingredients except mushrooms. Bring to a boil. Add mushrooms and simmer for 5 minutes. Marinate at least overnight or longer.

MUSHROOM TURNOVERS

Sherrie Schatz

Filling

2 tbsp. butter or margarine
1/2 c. finely chopped onion
1 c. finely chopped mushroom or
1 - 3 oz. can chopped mushrooms,
drained
1 tsp. flour

1/2 tsp. seasoned salt
dash cayenne
1 egg yolk

Rich Pastry

1 Recipe for 2 crust pie

1/4 c. butter or margarine, softened

1. Make rich pastry and refrigerate as directed.
2. Make filling: In hot butter in skillet sauté onion until golden, about 3 minutes. Add mushrooms and sauté 3 minutes more. Remove from heat.
3. Stir in flour, salt and cayenne until well-blended, stirring 1 minute or just until thickened.
4. Refrigerate, covered, until completely cooled, about 1 hr.
5. Divide pastry in half. On lightly floured surface, roll out half of pastry into an 11" square. Cut into 16 rounds using a 2 1/2" scalloped or plain cookie cutter.
6. Place 1 tsp. filling on half of each round. Fold other half over filling and press with fork to seal.
7. To freeze: Arrange turnovers in shallow plastic freezer containers with a tight lid.

8. To serve: Preheat oven to 400°. Beat egg yolk with 1 tbsp. water. Unwrap frozen turnovers and place on ungreased cookie sheet; brush egg yolk over. Bake 20 minutes until golden brown. Makes 32.

Directions for Pastry

1. Make pie crust. Shape into a ball.

2. On lightly floured surface, roll out pastry into a 12 x 16 rectangle. Spread with butter ½" from edges. Fold lengthwise into thirds; press edges together to seal. Then, starting at one end, fold into thirds. Wrap in waxed paper and refrigerate 1 hr.

VEGETABLE CHOPPED LIVER

Honey Schneider

1 pkg. frozen string beans, cooked	3 tbsp. vegetable oil
4 hard-cooked eggs	½ c. shelled walnuts
3 large onions, sautéed	salt and pepper to taste

Sauté onions in oil. Grind all ingredients together fine. Refrigerate. This makes a salad for 6 or spread for 12. Served at the Center Women's League Art Show, 1971.

CHOPPED HERRING

Gloria Zeichick

1 - 16 or 12 oz. jar herring in wine sauce, well-drained	1 - 2 stalks of celery
1 apple, peeled and sliced	2 slices white bread (crusts removed)
2 hard-boiled eggs	1 medium onion
	1 tsp. sugar or sugar to taste

Mash eggs very fine. Combine eggs and rest of ingredients and chop in bowl or put thru grinder.

SWEET AND SOUR MOCK SHRIMP

Honey Schneider

1 lb. frozen haddock fillet thawed	¼ tsp. salt
just enough to cut into shrimp-like pieces (¾ inch)	¼ c. milk
2 eggs	1 tsp. baking powder
½ c. flour	

Beat eggs. Add flour, salt, milk and baking powder to make a batter. Dip pieces of fish in batter and fry in deep hot oil (375°) until golden brown. Drain on absorbent paper.

Sauce

3 slices pineapple
¼ c. pineapple juice
⅓ c. vinegar

½ c. sugar
2 tbsp. soy sauce
1 tbsp. cornstarch

Cut pineapple slices in ½" pieces. Put in saucepan and add remaining ingredients and simmer, stirring, until thickened. Arrange "shrimp" on heated platter. Pour sweet and sour sauce over and serve at once.

Servings: 4 dinner, 12 snacks. Served at Art Show, 1971.

TOMATO HERRING CANAPE

Esther Dresner

1 can herring in tomato sauce
½ green pepper chopped fine
1 stalk celery chopped fine

little mayonnaise
red vinegar to taste

Drain all liquid off fish and remove bones. Put into blender or chopping bowl and mix well. Serve on any kind of cracker.

NANA'S MOCK DERMA

Sherrie Schatz

1 box Tam Tam Crackers
1 lge. onion

1 stalk celery
1 lge. carrot

Grind above together. Melt 1 stick margarine and mix together with above ingredients. Shape into long roll in foil. Bake 1 hr. at 350°. If freezing, bake 45 minutes then slice while defrosting and bake 15 minutes.

EASY POTATO KNISHES

Helen Todtman

4 potatoes, boiled
1 large onion, sautéed in oil
until brown (about ⅓ c. oil)
2 eggs, slightly beaten

1 tsp. salt
1/8 tsp. pepper

Boil potatoes and mash with the onion. Add to potato and onion mixture only 1 of the eggs. Add salt and pepper and stir well. Make into long shapes, about the size of a finger. Place on greased cookie sheet. Brush top of each "knishe" with the remaining beaten egg. Bake until brown—350° about 20-25 minutes. Serves 6 or 7.

POTATO KNISHES

Honey Schneider

Filling

2½ cups mashed potato
(instant is fine)
3 large onions sautéed in oil

1 whole egg
salt and pepper to taste

Mix all above ingredients together.

Dough

2 cups flour
1 tsp. baking powder
½ tsp. salt

2 tbsp. water
1 tbsp. vegetable oil
2 well-beaten eggs

Sift flour, baking powder and salt together. Form a well, add water, eggs and oil. Mix and form into a smooth dough. On lightly floured board roll out to 1/8" thickness in an approximate rectangle. Cut dough lengthwise in half. Place filling in center of dough lengthwise and roll up jelly-roll style. Pinch to seal edges. Slice into 1" pieces. Place on oiled cookie sheet. Glaze with 1 egg yolk mixed with 2 tbsp. water. Bake at 350° for 20 minutes. Dough also is excellent for covering cocktail franks. Can be frozen. Served at Center Women's League Art Show, 1971.

BRANDIED CHICKEN LIVERS

Ruth Judd

1 lb. chicken livers, cleaned & drained	¼ tsp. nutmeg
¼ lb. mushrooms 4 oz. can or fresh	pinch thyme
5 tbsp. oil or smaltz	flour
1 minced shallot, 2 green onions or	3 tbsp. brandy
½ tsp. dried chives	½ c. white wine
1 tsp. lemon juice	minced parsley
¼ tsp. marjoram	

Slice mushrooms, drain if canned. Heat 1½ tbsp. shortening in skillet or blazer of chafing dish. Add shallots, onions or chives and mushrooms and sauté 2 - 3 minutes. Season with lemon juice, spices, salt and pepper. Add wine and simmer 2 - 3 minutes more. Dust chicken livers lightly with flour. Remove mushroom mixture to small bowl. Add remaining fat and sauté livers until brown. Add mushrooms and wine mixture. Simmer 2 - 3 minutes more. Warm brandy, flame and pour over livers when ready to serve.

CHOPPED LIVER

Beverly Shapiro

1 lb. chicken livers
2 eggs, hard-boiled
3 onions

salt and pepper to taste
¼ c. oil

Broil livers until pink color is gone. Sauté onions in oil. Add livers and cook together for about 1 minute. Put livers, onions and the oil they were cooked in and the eggs through a grinder. Add salt and pepper and a little more oil if needed for moisture. Can be put in a mold and served with crackers and party bread for hors d'oeuvres or as an entrée on lettuce with a tomato slice.

COCKTAIL CHICKEN WINGS

Beverly Shapiro

24 chicken wings	½ c. sherry
2 cloves garlic	¼ c. soy sauce
½ tsp. ground ginger	vegetable oil for frying

Disjoint chicken wings into 3 sections. Discard the tip end. In a large bowl combine remaining ingredients, except oil, and add chicken pieces. Marinate chicken in refrigerator for at least 1 hr. Heat oil in skillet over moderately high heat. Fry chicken pieces about 10 minutes or until golden, turning to brown on all sides. Serve hot. These can be frozen, and re-heated in a 350° oven.

QUICK MEATBALL HOR'DOUEVRES

Ruth Judd

1 - 2 lbs. ground beef	salt and pepper to taste
1 egg	1 - 2 tbsp. oil
½ - 1 tsp. minced dried onion	1 bottle chili sauce
dash garlic powder	1 lge. can cranberry jelly

Mix first 5 ingredients well. Form into bite-size meatballs. Brown in oil. Combine chili sauce and cranberry jelly in large pot and melt. When thoroughly heated add browned meatballs and simmer 1 hr. or until sauce is thick and rich. For serving, place in chafing dish to keep warm.

COCKTAIL FRANKFORTS

Linda Hartstone

1 jar red currant jelly	2 pkgs. frankforts cut into bite-size
½ jar mustard (9 oz. size)	pieces or cocktail size franks

Heat all ingredients slowly for 20 minutes. Then put into chafing dish.

SMIRNOFF PUNCH

Roz Gold

1 fifth or a quart of vodka	1 pkg. frozen strawberries
1 quart orange juice	orange and lemon slices
1 quart dry ginger ale	

Mix all ingredients together except orange and lemon slices. May add ice if desired. Garnish with orange and lemon slices. Gin can be substituted for vodka.

CHAMPAGNE PUNCH

Beverly Shapiro

¼ c. sugar	½ c. Cointreau
juice from 2 lemons	1 4/5 quart bottle champagne
1 - 10 oz. package frozen sliced Strawberries	1 - 1 pint - 12 oz. bottle carbonated water
½ c. orange juice	orange slices

In a bowl dissolve sugar in lemon juice. Add strawberries, orange juice and Cointreau. Chill for at least 1 hr. When ready to serve, pour into a punch bowl and add champagne and carbonated water. Garnish with orange slices. Makes about 2½ quarts. 20 ½ cup servings.

Soups

BEET BORSCHT

Eileen Kominsky

1 can whole beets, grated	salt to taste
2 cans water and juice of beets	4 - 5 pieces sour salt
1 sm. whole onion	3 tbsp. sugar

Bring all above ingredients to boil. Let boil about 15-20 minutes. Remove onion. Let cool and serve with sour cream.

CABBAGE SOUP

Mrs. William Judd

2 tbsp. oil	¼ c. white vinegar
1 lb. soup meat and soup bones	1 c. brown sugar
2 - 2½ quarts water	¼ c. raisins
1 sm. head cabbage, chopped and shredded	¼ - ½ c. prunes
	salt and pepper to taste

Sauté meat in oil. Add water, bones, salt and pepper. Simmer for ½ hr. Skim off top of soup. Add remaining ingredients and cook at least 2 - 3 hrs. The longer the soup cooks, the richer and flavor.

OUR CHICKEN SOUP

Froma Allen, Eileen Kominsky, Honey Schneider

1 fowl, 4 - 5 lbs. and giblets	2 chicken bouillon cubes
2 carrots, peeled and sliced	1 sm. onion, cut up or whole
2 stalks celery, plus tops	1 tbsp. parsley flakes
1 bay leaf	salt and pepper to taste

Cut fowl in pieces and place in deep kettle with cold water to cover. Bring to boil, lower heat and skim off foam. Add seasonings and vegetables and simmer covered until chicken falls apart — Honey says about 3 hrs.

CORN CHOWDER

Froma Allen

1½ cups diced raw potato	2 c. cream-style corn (16 oz.)
½ onion	2 cups milk
2 tbsp. butter or margarine	

Saute onion in butter until soft. Cook potatoes in 1½ cups water until soft. Reserve liquid and add 2 cups milk. Add onion, corn and 1½ tsp. salt. Simmer for ½ hr. Serve hot. 4 - 6 servings.

GAZAPACHO SOUP

Toby Kadish

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|--|-------------------------------|
| 1 c. finely chopped, peeled tomato | 1 tsp. chives |
| ½ c. each chopped, peeled green pepper | 1 sm. clove minced garlic |
| chopped, peeled celery | 2 or 3 tbsp. tarragon vinegar |
| chopped, peeled cucumber | 1 tsp. salt — ground pepper |
| ¼ c. chopped onion | ½ tsp. Worcestershire sauce |
| 2 tsp. snipped parsley | 2 cups tomato juice |

Mix above, cover and chill. Serve with croutons. Make a day in advance so the flavor of the spices permeates through. Serves 3 - 4.

MOCK LOBSTER CHOWDER

Ruth Lieberman

- 1 can Campbell's frozen fish chowder
- 1 can Campbell's vegetarian vegetable soup
- 2 cans milk

Combine all ingredients and heat well — do not boil.

ONION SOUP

Shirley Schneider

Sauté 5 cups thinly sliced onions in ¼ c. oleo until golden.

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|----------------|---------------|
| Sprinkle with: | ¼ tsp. pepper |
| | ½ tsp. salt |
| | ¼ tsp. sugar |
| | 1 tbsp. flour |

Add 5 cups soup stock and simmer about 20 minutes. Serve with croutons.

VEGETABLE SOUP

Helen Todtman

Make "Soup Stock" by boiling 6 or 8 koshered bones in 3 quarts of water for 3 hrs. Strain; add enough liquid to make a total of 2½ quarts. Then add 1 c. dried large limas and ½ c. barley. Cook about 2 hrs., or until beans are soft.

Add:

- | | |
|-----------|---|
| 2 carrots | 4 stalks celery |
| 1 onion | 1 sm. can tomatoes |
| 1 parsnip | 1 tsp. salt; ¼ tsp. pepper; ½ tsp. accent,
if desired. |

Vegetables may be minced or cut up small. Continue cooking for another hr. About 20 minutes before serving add: 1 pkg. frozen mixed vegetables. Cook about 15 minutes more. Add more salt if desired. Freezes well and is tastier the 2nd day.

Salads & Dressings

CREAMY FRUIT SALAD

Fran D'Errico

3 beaten egg yolks
2 tbsp. sugar
2 tbsp. vinegar
dash salt
2 tbsp. pineapple syrup,
drained from fruit
1 tbsp. butter or margarine

2 c. drained, pitted light sweet cherries
2 c. drained, canned pineapple chunks
1 lge. can drained Mandarin orange
sections
2 c. miniature marshmallows
1 c. sweet cream, whipped

1. Combine 1st. 6 ingredients in top of double boiler.
2. Cook and stir over hot, not boiling, water till thick.
3. Cool. Transfer to a large bowl.
4. Stir in fruit and marshmallows.
5. Fold in whipped cream.
6. Chill 24 hrs. before serving. Serves 6 - 8.

CURRIED FRUIT

Harriet Glass

1 - #303 can peach halves
1 - #2 can pineapple slices
1 - #303 can pear halves
16 Maraschino cherries

$\frac{1}{3}$ c. butter or margarine
 $\frac{3}{4}$ c. light brown sugar
2 - 4 tsp. curry powder (mild Indian)

Drain fruit, dry very well on paper towel. Arrange in $1\frac{1}{2}$ qt. casserole. Melt margarine, add sugar and curry powder. Mix well and spoon over fruit. Bake uncovered 1 hr. in 325° oven. Do all above day before serving. Refrigerate. Reheat for $\frac{1}{2}$ hr. in 350° oven. Serves 12.

AVOCADO & MUSHROOM SALAD

Toby Kadish

$\frac{1}{4}$ c. salad oil
 $1\frac{1}{2}$ tsp. tarragon vinegar
 $\frac{1}{4}$ tsp. Worcestershire sauce
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

$\frac{1}{4}$ tsp. prepared mustard
 $\frac{1}{2}$ clove garlic
24 oz. can mushroom caps
8 lettuce cups
2 avocados

Combine oil, vinegar, Worcestershire sauce, salt, pepper, mustard and garlic in bowl and mix well. Peel and seed avocados — cut into quarters. Put them and drained mushrooms in bowl, pour dressing over. Let stand 1 - 2 hours. To serve: Place avocado quarter in each lettuce cup — spoon mushrooms over. Serves 8.

CHEF SALAD & DRESSING**Sarah Lang****Dressing**

3/4 c. vinegar	2 tbsp. Worcestershire sauce
1/2 c. sugar	1/2 tsp. pepper
1 can tomato soup	1 c. oil
1 tbsp. salt	1 clove garlic
1 tbsp. dry mustard	

Beat ingredients together with mixer. Pour over shredded red cabbage, white cabbage, celery and carrots. Dressing can be stored in refrigerator in a container for weeks.

CLAREMONT SALAD**Honey Schneider**

2 green peppers, chunked	9 tbsp. vinegar
2 sm. onions, sliced	3 tbsp. water
2 cucumbers, chunked	6 tbsp. oil
1 head cabbage, 2 1/2 - 3 lbs. cut fine or grated	3 tsp. salt
	1/2 tsp. garlic powder or to taste
6 tbsp. sugar or 3 tbsp. sugar twin	

Mix above together and let sit covered in refrigerator. Will keep for 2 weeks. Approximately 16 - 28 servings. Served at Hebrew Day School Chanukah program, December 1972.

LEE'S COLE SLAW**Lee Ashmon****Dressing**

4 tbsp. vinegar	salt and pepper to taste
3 tbsp. vinegar	1/2 tsp. accent
7 tsp. sugar	1/2 tsp. garlic powder

Combine above ingredients and pour over 1 medium-sized head of cabbage, shredded, 3 carrots, shredded, and 1/2 of a grated onion. Tastes better the second day.

POTLUCK POTATO SALAD**Virginia Slep**

4 - 5 med. potatoes, cooked in jackets, peeled and cubed (4 c.)	1/4 c. chopped onion
1/2 c. clear French salad dressing with herbs and spices	4 hard-cooked eggs, sliced
1 c. chopped celery	1 tsp. salt
	1/2 c. mayonnaise

Pour French dressing over warm potato cubes; chill 2 hrs. Add celery, onion, eggs and salt. Add mayonnaise and mix carefully. Chill 4 hrs.

3 BEAN SALAD**Shirley Schneider**

1 - 1 lb. can green beans, drained	1/2 c. oil
1 - 1 lb. can wax beans, drained	1/2 c. cider vinegar
1 - 1 lb. can red kidney beans, drained	1/2 c. sugar
1/2 c. minced onions	1 tsp. salt

Mix all ingredients and refrigerate.

VEGETABLE SALAD**Marianne Paley**

1 - 16 oz. can carrots, drained	1 - 16 oz. can peas, drained
1 - 16 oz. can cut green beans, drained	1 small onion thinly sliced and separated into rings.

Put all above into a bowl.

Make up in a jar a mixture of:

1/4 c. vinegar	1 tsp. salt
3 tbsp. sugar	1/2 tsp. dried basil, crushed
2 tbsp. salad oil	1/4 tsp. pepper

Shake well and pour over vegetables. Toss lightly and refrigerate overnight and stir often.

HARRIET'S VINEGAR AND OIL SUPREME**Harriet Glass**

1/2 c. wine vinegar (Progresso)	1/4 tsp. instant minced garlic
1/4 c. Wesson oil	1/4 tsp. salad herbs
2 tsp. sugar or sugar substitute	1/2 tsp. lemon pepper or regular pepper
2 tsp. dehydrated salad onions	1/2 tsp. coarse salt

Mix above very well together. Excellent as a salad dressing. Also use to marinate mushrooms, artichokes or beans and onion. Marinate 1 - 3 days before serving.

Vegetables

BARLEY PILAF

Linda Hartstone

1 large onion, chopped
1 can mushrooms

2 cups chicken or beef bouillon
about 1 cup large white pearl barley

Sauté onion and mushrooms in margarine. Take out of pan, brown barley; add salt and pepper. Mix barley, onions, mushrooms in a covered casserole. Add bouillon. Cover and bake 1½ hrs. at 325° - 350°. Add more bouillon if needed until barley is tender.

GREEN BEANS PLUS

Fran D'Errico

1 pkg. frozen French green beans,
cooked
1 can cream of mushroom soup,
undiluted
1 tsp. soy sauce

1 can french fried onion rings
⅓ cup toasted almonds (opt.)

Mix first 4 ingredients. Heat in oven-proof casserole for 20 minutes at 300°. Sprinkle almonds on top before serving.

SPANISH SNAP BEANS

Mrs. Ruth W. Striar

1 med. onion, sliced
1½ c. canned tomatoes
1 bay leaf
¾ tsp. salt
½ diced, seeded green pepper
1 whole clove

1 tsp. granulated sugar
1 tbsp. melted shortening or salad oil
1 tbsp. flour
1 lb. cooked snap beans, cut in 1" pieces

Combine the onion, tomatoes, bay leaf, salt, green pepper, clove and sugar. Simmer for 15 minutes. Remove bay leaf and clove. Blend shortening and flour and stir into tomato mixture. Cook until smooth and thickened, while stirring. Add beans and heat well. Serves 3 - 4.

BAKED CARROT PUFF

Fran D'Errico

2 lbs. carrots, pared and sliced
6 tbsp. margarine
¾ c. graham cracker crumbs

2 eggs, separated
¼ c. firmly packed light brown sugar
¼ c. fine dry bread crumbs

Cook carrots, covered, in boiling salted water in a large saucepan for 15 minutes or until very tender; drain; return to pan. Add 4 tbsp. margarine and graham cracker crumbs; beat well. Beat in egg yolks; cool. Beat egg whites until they stand in firm peaks in a small bowl. Fold into cooled carrot mixture. Spoon into a greased 6-cup baking dish. Blend remaining 2 tbsp. margarine, brown sugar and bread crumbs in a small bowl; sprinkle over carrot mixture. Bake in a 375° oven for 40 minutes.

DILLED CARROTS

Eva Trembowler

Peel 2 lbs. carrots. Cut crosswise into thin slices. Cover with:

1½ c. water
1 tbsp. sugar
2 tsp. dry dill weed

1 tsp. salt
¼ tsp. pepper

Cook covered over medium heat for 15 minutes or until tender. Drain. Toss with ¼ cup butter or margarine.

MINT GLAZED CARROTS

Fran D'Errico

16 sm. carrots, scraped and quartered
¼ c. margarine
1 tbsp. dried mint flakes

¼ c. light brown sugar, firmly packed
3 tbsp. light corn syrup
few grains salt

Cook carrots in a small amount of lightly salted boiling water over moderate heat 15 - 20 minutes or until fork tender. Drain well and dry on paper towels. Melt butter in a large skillet; stir in mint flakes, brown sugar, corn syrup and salt. Add carrots and cook over moderate heat, stirring frequently until carrots are glazed. Serves 8.

MEATLESS TZIMMIS

Bess Minsky

3 lge. carrots, diced
3 c. diced sweet potatoes (fresh)
1 - 16 oz. can frozen orange juice

½ tsp. salt or enough to taste
1½ c. small prunes, cut up
2 tbsp. brown sugar

Combine all ingredients and cook until everything is blended and soft. May need a little water.

SWEET POTATO & CARROT TSIMMIS

Helen Todtman

4 lge. carrots, cleaned
2 sweet potatoes
1 tsp. cinnamon
2 tbsp. chicken fat

½ c. sugar — use ½ brown, ½ white
1/8 tsp. pepper
1 tsp. salt
large piece of fat meat

Place meat in pan; cut carrots into thick slices; add to meat. Cut sweet potatoes same and add to meat. Stir in other ingredients and cover with water. Cook on top of stove approximately 30 minutes. Leave in same pan or remove ingredients to baking dish and place in oven, uncovered, for about 1½ hrs. in 325° until done as you wish — browned and tender.

SCALLOPED CORN

Fran D'Errico

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|-----------------------------------|-------------------------------------|
| 1 - 15½ oz. can whole kernel corn | ½ tsp. salt |
| and liquid | ¼ c. heavy cream |
| 2 eggs yolks, beaten | few grains cayenne pepper |
| 2 tbsp. margarine or butter | 1 sm. can mushrooms, drained (opt.) |
| 1½ tbsp. flour | |

Melt butter; add flour, salt and cayenne pepper. Blend. Add cream and cook until thickened. Remove from heat. Add corn, mushrooms and beaten egg yolk. Pour mixture into a buttered casserole. Top with buttered crumbs, herb seasoned crumbs or corn flakes. Bake in a 325° oven for 20 minutes or until set.

SWEET & SOUR CUCUMBERS

Ruth Judd

- | | |
|---|---------------------------|
| 1 - 2 cucumbers, peeled and sliced thin | ¼ tsp. salt |
| 1 medium onion sliced very thin | 2 - 3 tbsp. sugar |
| ¼ c. water | 2 - 3 tbsp. white vinegar |
| | dash pepper |

Mix water, sugar, vinegar, salt and pepper. Correct to taste — sweeter or saltier, etc. by adding various ingredients. If more liquid is needed, make another recipe. Keep in jar in refrigerator. Best made the day before using so flavor penetrates cucumber.

EGGPLANT PARMESAN

Arlene Seligman

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|-------------------------------------|----------------------------|
| ¾ to 1 lb. eggplant, sliced | 8 oz. can sliced mushrooms |
| 10 oz. can flavored bread crumbs | ½ lb. Mozzarella cheese |
| 1½ lb. Ricotta (whole milk) cheese | salt to taste |
| 16 oz. or 2 cans Hunts tomato sauce | |

Dip eggplant slices in egg and then bread crumbs. Brown eggplant in oil; drain oil, then put ingredients in layers as follows — 5 or 6 layers are best. 1. Egg plant; 2. Ricotta; 3. Tomato Sauce; 4. Mushrooms; 5. Mozzarella. Repeat as much as you can. Use a loaf pan and bake 45 minutes in 350° oven. Serves 8.

SCALLOPED EGGPLANT

Susan Paul

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|---|-------------------------------------|
| 1 eggplant, pared and cut $\frac{3}{8}$ " cubes | $\frac{1}{2}$ finely chopped onion |
| 2 tbsp. butter or margarine | $\frac{3}{4}$ tbsp. chopped parsley |

Cook eggplant in small amount of boiling water until soft. Drain. Cook onion in butter until yellow. Add parsley and eggplant. Put into a buttered baking dish. Cover with bread crumbs. Bake at 375° until crumbs brown. Serves 6.

ITALIAN VEGETABLES

Florence Allen

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|-----------------------------------|----------------------------------|
| 1 sm. eggplant, peeled | 6 ripe tomatoes |
| $\frac{1}{2}$ lb. fresh mushrooms | 3 sm. zucchini |
| 1 onion | $\frac{1}{2}$ c. chopped parsley |
| 4 tbsp. olive oil | 1 clove garlic (opt.) |
| salt and pepper to taste | $\frac{1}{2}$ tsp. rosemary |

Dice eggplant in pieces, size of walnut. Dice tomatoes, mushrooms and zucchini. Chop onion and parsley fine. Add olive oil to above mixture. Place in heavy pot. Boil uncovered on top of stove for $\frac{1}{2}$ hr. stirring occasionally. Reduce heat to simmer and continue cooking covered $\frac{1}{2}$ hr. longer. Serves 6. Add a little water if necessary. Delicious with chicken or veal. Can be frozen.

EASY CHINESE RICE

Froma Allen

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|-----------------------------|----------------------|
| 2 cups uncooked Minute Rice | 1 small onion, diced |
| 1 - 2 stalks celery, diced | soy sauce |

Make minute rice and set aside. In large skillet sauté onion and celery in small amount of oil. Add rice and quickly stir. Pour soy sauce over until mixture is very brown; keep stirring as rice may stick. Mushrooms may be added as well as a beaten egg — drop egg slowly into mixture and stir briskly.

ORIENTAL RICE CASSEROLE

Norma Berg

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|---|---|
| $\frac{1}{2}$ c. wild or brown rice | 3 tbsp. butter or margarine |
| $\frac{1}{2}$ c. uncooked long white rice | $\frac{1}{4}$ c. soy sauce |
| 1 c. chopped onion | 1 - 3 oz. can broiled, sliced mushrooms
drained |
| 1 c. chopped celery | 1 - 5 oz. can water chestnuts, drained
and sliced (opt.) |

Add washed wild rice to $2\frac{1}{4}$ c. boiling water. Simmer covered for 20 minutes. Add white rice, bring to boiling, reduce heat and cover and simmer 20 minutes longer. Cook onion and celery in butter until tender. Mix all ingredients. Bake in $1\frac{1}{2}$ qt. casserole at 350° for 20-25 minutes. Serves 8.

RICE PILAF

Eileen Kominsky

1½ c. long grain rice	1½ beef bouillon cubes
¼ c. minced onion	¾ tsp. salt
¼ c. margarine	1 can sliced mushrooms (opt.)
3 c. water	

Cook rice and onion in margarine until lightly browned. Add water, bouillon cubes, salt and pepper. Bring to boil; stir. Cover and simmer until rice is tender and liquid absorbed — about 20 minutes.

Opt.: Brown mushrooms with liquid in margarine until liquid is absorbed and mushrooms brown lightly. When rice is done, add mushrooms and stir in.

Serves 6.

BAKED ZUCCHINI

Linda Hartstone

3 zucchini	grated swiss cheese or Mozzarella
1 sm. can tomato sauce	salt, pepper, oregano

Wash zucchini, cut off ends and slice like cucumber. Place in a buttered casserole with alternate layers of tomato sauce, cheese and seasoning. Top with buttered crumbs and cheese. Bake at 350° for 20 - 30 minutes.

Molds

GOLDEN GLOW SALAD MOLD

Mrs. Lena G. Friedman

2 c. grated raw carrots	¼ tsp. salt
1 c. canned crushed pineapple, reserve ¾ c. juice from crushed pineapple	2 tbsp. lemon juice
¾ c. water	1 pkg. lemon-flavored gelatin

Prepare carrots, mix with drained pineapple. Heat pineapple juice and water. Add gelatin and stir until dissolved. Add salt and lemon juice, cool and chill until partially thickened. Fold in carrots and pineapple. Turn into a mold and chill until firm. Serves 6.

HERRING SALAD MOLD

Faye LaMelle

1 - 1 lb. can sliced pickled beets, reserve liquid	¼ c. mayonnaise
1 - 12 oz. jar herring in wine sauce	2 tbsp. sugar
1½ c. diced cooked potatoes	dash white pepper
½ c. diced, peeled apples	2 hard-cooked eggs cut in wedges
⅓ c. diced dill pickles	parsley sprigs
¼ c. finely chopped onions	

1. Drain beets, reserve ¼ c. of liquid. Drain herring and dice.
2. In large bowl combine beets, herring, potatoes, apple, pickles and onion.
3. In a small bowl combine reserved beet liquid, mayonnaise, sugar, pepper and 2 tbsp. water. Mix well. Add to beet mixture mixing until well blended.
4. Rinse a 6-cup mold with cold water. Fill with salad pressing into mold firmly. It can be lined with saran wrap which is easier to unmold.
5. Refrigerate, covered, until well-chilled.
6. To serve, unmold on platter. Garnish with eggs and parsley. Serves 8.

RASPBERRY JELLO MOLD

Shirley Schneider

1 c. hot water — add 1 raspberry jello to dissolve — add ½ c. cold water to set.

When partially set add:	
1 cut-up naval orange	½ c. chopped nuts
½ chunk pineapple	1 c. whole cranberry sauce

Refrigerate until set.

VEGETABLE SALAD MOLD

Louise Rolnick

4 - 3 oz. pkgs. of gelatin - lemon, lime, orange and raspberry	1½ c. shredded red cabbage
4 c. boiling water & 4 c. cold water	1½ c. shredded carrots
2 tsp. salt	1½ c. chopped fresh spinach
4 tsp. vinegar	1 tsp. minced chives
1½ c. shredded green cabbage	

For each pkg. of gelatin, dissolve gelatin and ½ tsp. salt in boiling water according to pkg. directions, add cold water and 1 tsp. vinegar. Use an 8 cup mold or larger. For the first layer, add the shredded carrots to the orange jello and mold until firm enough to add a second layer; add shredded green cabbage to the lemon jello. Chill until firm enough to add third layer. For the third layer add the red cabbage to the raspberry gelatin and mold; for the fourth layer add the chopped spinach and minced chives to the lime jello. Refrigerate until firm. This takes about 2 - 3 hours by the time you are finished chilling and molding each layer.

Kugels

LOKSHEN FRUIT KUGEL

Mrs. Max Dennis

½ lb. noodles, broken
2 eggs, separated
2 tbsp. chicken or vegetable fat
2 tbsp. sugar
½ tsp. salt
½ cup chopped raisins

½ cup chopped apple
¼ cup broken nutmeats
¼ tsp. cinnamon
1/8 tsp. nutmeg

Cook noodles in boiling salted water until tender. Drain. Beat the egg yolks with fat, sugar and salt. Fold into hot noodles. Fold in the fruit mixed with the spices. Then fold in the stiffly beaten egg whites. Pour into a well-greased 8 or 9" casserole and bake in 350° oven for 45 minutes. Serves 6.

NOODLE AND CHEESE KUGEL

Mildred Kominsky

1 - 12 oz. pkg. medium or broad noodles	1 tsp. salt
3 beaten eggs	pepper
8 oz. cottage cheese (more if desired)	1½ cups milk
2 squares American cheese, broken in bits	1/8 lb. butter
½ pint sour cream	1 tsp. vanilla

Melt butter in casserole or pan. Mix cooked, rinsed noodles with all other ingredients. Pour into pan. Bake at 350° about 40 - 50 minutes.

If desired before baking add:

1. ¼ cup sugar for sweet kugel.
2. 1 can crushed pineapple for different flavor.
3. Top with crushed corn flakes. 1 cup corn flakes and 1 tsp. cinnamon.

NOODLE PUDDING WITH FRUIT

Helen Rolsky

1 lb. medium noodles	1 cup sugar
5 eggs, beaten	½ pint sour cream
¼ lb. melted oleo	1 lb. can fruit cocktail
3 tbsp. medium tapioca	2 cups cold milk

Cook noodles. Drain. Add sugar, beaten eggs, butter, tapioca, sour cream, fruit cocktail including juice and milk. Sprinkle top with grapenuts, cinnamon and sugar. Bake 375° for one hour.

OVERNIGHT NOODLE PUDDING

Faye LaMelle

8 oz. medium noodles, cooked
1 lb. cottage cheese
¼ lb. butter, melted

½ pint sour cream
1 tsp. cinnamon
1 tsp. salt

Mix all together and pour into greased 3 quart pyrex dish. Then beat 3 eggs, well. Add ½ cup sugar, 1 tsp. vanilla and 2 cups milk. Pour this mixture over the noodle mixture in pan. Refrigerate overnight. Next day, sprinkle sugar and cinnamon over top and bake for 1½ hours in 350° oven.

PINEAPPLE NOODLE PUDDING

Harriet Glass

1 - 12 oz. box wide noodles
3 eggs
½ lb. Farmer cheese
½ lb. cream cheese
4 heaping tbsp. sour cream

½ scant c. sugar
½ tsp. cinnamon
½ tsp. pepper
½ tsp. salt
½ stick margarine, melted in oven
in pan being used
1 sm. can crushed pineapple

Boil and drain noodles according to directions. Beat eggs till very fluffy. Cream spices and cheeses together. Mix very well and add to eggs. Add noodles and ½ of melted margarine from baking pan. Mix well. Add well-drained pineapple and mix together very well. Pour into 9 x 13 pan with melted margarine. Top with cinnamon, sugar and cornflake crumbs. Bake 1¼ hrs. in 375° oven.

Bread, Rolls,

Coffee Cakes & Jam

EQUIVALENTS

3 tsps.	1 tbsp.
4 tsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tsps.	$\frac{1}{3}$ cup
8 tsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tsps.	$\frac{2}{3}$ cup
12 tsps.	$\frac{3}{4}$ cup
16 tsps.	1 cup
$\frac{1}{2}$ cup.	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tsps.
1 cup uncooked macaroni (4 oz.)	2 cups cooked macaroni
1 cup uncooked noodles (2 oz.)	$1\frac{1}{2}$ cups cooked noodles

(For liquid and dry measurements use standard measuring spoons and cups.

All measurements are level.)

Bread & Rolls

APPLE MOLASSES BREAD

Ruth Lieberman

- | | |
|----------------------|----------------------|
| ½ c. oleo | ½ tsp. cinnamon |
| 1 c. sugar | ½ tsp. nutmeg |
| 3 eggs | ½ tsp. clove |
| 2 c. sifted flour | ¼ c. molasses |
| 1 tsp. baking powder | 1 c. applesauce |
| ½ tsp. baking soda | 1 c. chopped dates |
| ½ tsp. salt | ½ c. chopped walnuts |

Beat oleo till soft. Add the sugar, beat well. Add eggs one at a time and beat well. Sift together flour, baking powder, salt, soda and spices. Combine molasses and applesauce. Add flour mixture alternately with molasses and applesauce to oleo and sugar, beating well. Stir in dates and nuts.

Bake 1 hour and 15 minutes in greased and floured loaf pan at 350°. Let cool in pan 10 minutes before turning on wire rack. Freezes very well.

APRICOT DATE LOAF

Marion Chaet

- | | |
|---------------------------------|-------------------------|
| 1 c. dates — cut small | ¼ c. butter |
| 1 c. dried apricots — cut small | 2½ c. flour |
| 1½ c. sugar | 2 eggs, slightly beaten |
| 2 tsp. baking soda | |

Pour 1¾ cups boiling water over the dates, apricots, soda, butter and sugar. When cool, add beaten eggs. Mix well. Fold in flour and nuts. Bake in greased loaf pan for 1 hour in 350° oven.

BANANA BREAD

Virginia Slep

- | | |
|------------------------------|-----------------------|
| ½ c. shortening | 2 beaten eggs |
| 1 c. sugar | 2 or 3 mashed bananas |
| 2 c. flour | 1 tsp. baking soda |
| ½ c. chopped nuts (optional) | ½ tsp. salt |

Mix all ingredients together in the same bowl, beat until all ingredients are well-blended. Pour into greased and floured loaf pan. Bake at 350° for 45 - 60 minutes.

CARROT BREAD

Linda Lerner

1. Mix Well.

3 eggs beaten

1½ c. oil

2 c. sugar

2. Add:

2 c. grated carrots

1 small can crushed pineapple and
juice (flat can)

1 c. finely chopped nuts

3 tsp. vanilla

3. Beat well and add:

3 c. flour

1 tsp. salt

1 tsp. soda

3 tsp. cinnamon

Mix all of the above well and pour into 2 greased loaf pans or one round tube pan. Bake 325° for 1 hour and 10 minutes.

LEMON LOAF

Virginia Slep

½ c. shortening

2 beaten eggs

1 c. sugar

½ c. milk

grated rind of 1 lemon

1½ c. flour

1 tsp. baking powder

½ tsp. salt

In one bowl, mix flour, baking powder, salt and lemon rind. In another, beat eggs, then add sugar and shortening. Gradually add flour mixture to batter, alternating with milk. Beat after each addition until all flour and milk have been added. Bake in loaf pan at 350° for 50 - 60 minutes.

When done, remove from oven and paint with mixture of the juice of one lemon and ¼ c. sugar.

PUMPKIN BREAD

Lynne Allen

3 c. sugar

3½ c. flour

1½ tsp. salt

2 tsp. baking soda

1 tsp. nutmeg

1 tsp. cinnamon

1 tsp. clove

1 tsp. ginger

⅔ c. Wesson Oil

4 eggs

2 c. pumpkin (may substitute with
canned pie filling)

Preheat oven to 350°. Grease and flour 2 large loaf pans.

Combine all the above ingredients. Add nuts or raisins.

Bake for 1½ hours.

To make fresh pumpkin: cut small or medium pumpkin into small pieces. Boil 20 minutes with salt. Cool.

BISCUITS

Fran D'Errico

2 c. flour

½ tsp. salt

1 tsp. baking soda

3 tsp. cream of tartar

1 tbsp. shortening (heaping)

1 c. milk

Mix all ingredients together. Roll out dough to approximately ½" thickness. Cut, using biscuit cutter. Brush tops of biscuits with melted margarine and let sit on cookie sheet for ½ hour before baking. Bake in 450° oven approx. 10 minutes.

HERB BREAD

Virginia Slep

1 loaf Italian bread

½ c. soft butter

½ tsp. oregano

1 tsp. parsley flakes

1 tsp. dried dill weed

1 clove garlic, minced

Cut bread diagonally into 1" slices. Blend butter, parsley, oregano, garlic, dill and spread on bread. Put slices together again with mixture in between. Shape aluminum foil around loaf, twisting ends and leaving top open. Sprinkle liberally with parsley flakes. Bake in oven at 400° for 10 minutes.

CHALLAH

Arlene Rosen

1. Dissolve 1 tsp. sugar in ½ c. lukewarm water. Sprinkle 1 pkg. dry yeast over mixture and let stand in warm place for 10 minutes.

2. Stir briskly with a fork.

3. Add ½ c. lukewarm water, 2 tbsp. vegetable oil, 2 beaten eggs, 1 tbsp. sugar, 2 tsp. salt and slightly beaten egg white (save yolk).

4. Add 4 - 4½ c. flour. Dough should not be too sticky. Work with hands to blend all.

5. Turn onto floured board and knead for 5 minutes.

6. Make a ball and oil a bowl. Put ball in and cover with a towel. Let rise in warm place for 1½ - 2 hours. Should double in size.

7. Punch dough down with 2 fingers.

8. Take out of bowl and divide in 6 equal parts. Shape into balls. Put on cookie sheet and let sit for 10 minutes.

9. Take ball and shape into 12" rope, 1" in diameter. Take 2 ropes and twist together. Pinch top. Will make 3 double ropes. Take 3 ropes and pinch tops together. Braid the 3. Pinch together at end and tuck under.

10. Put on oiled cookie sheet. Cover and let rise 45 minutes to 1 hour.

11. Mix 1 egg yolk with 2 tbsp. water and brush top of challah. Bake in 400° oven 35 - 45 minutes or until golden brown.

Note: 2 small challahs can be made instead. Braid 3 balls together instead of all 6.

MAMA'S BAPKI

Mrs. Herbert Trager

3 c. flour	3 tbsp. sour cream
¾ tsp. salt	½ c. yellow raisins
¾ c. sugar	½ c. milk
3 beaten eggs	¼ c. margarine
1 pkg. dry yeast diluted in ¼ c. lukewarm water with 1 tsp. sugar	1 tsp. vanilla

Bring milk to boil. Add margarine and let it melt in the hot milk. Cool and add to the dissolved yeast cake mixture. Beat eggs in a large bowl and add sugar. Add the sour cream and vanilla. Add raisins. Add sifted flour and salt to the egg mixture, butter and milk mixture. Mix well and let it rise in a warm place. Smear margarine over the dough and cover with cloth. After it has risen, punch down and put into 2 greased loaf pans. Let rise again (double in volume). Bake in a 350° oven for ½ hour.

SOUR RYE BREAD

Linda Lerner

4 c. unsifted all purpose flour	1 - 12 oz. can malt liquor
2 c. unsifted rye flour	¾ c. water
2 tbsp. caraway seeds	2 tbsp. margarine or butter
1 tbsp. salt	cornmeal
1 tsp. sugar	1 egg white mixed with 1 tbsp. cold water
2 pkg. active dry yeast	

1. Combine all-purpose and rye flour. In a large bowl mix 2½ c. flour mixture, caraway seeds, salt, sugar and undissolved dry yeast.

2. Combine malt liquor, ¾ c. water and margarine in a saucepan. Heat over low heat until liquid is very warm. (120° F. - 130° F.) Margarine need not melt.

3. Gradually add to dry ingredients and beat 2 minutes at medium spread of electric mixer. Add ½ c. of flour mixture or enough to make a thick batter.

4. Beat at high speed scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Use hands to work in the flour.

5. Cover; let rise in warm place until doubled in bulk, about 40 minutes.

6. Punch dough down; turn onto a heavily floured board. Divide dough in half. Roll each half in a 15 x 10 inch rectangle. Roll up tightly from wide side as for jelly roll; pinch seams to seal. Place long seam down, on greased baking sheets which have been sprinkled with cornmeal.

7. Cover, let rise until doubled in bulk (about 40 minutes). With sharp knife make 4 diagonal cuts on top of each loaf.

8. Bake at 450° for 25 minutes. Remove from oven and brush with egg white mixed with water. Bake 5 minutes longer or until done. Makes 2 loaves.

WHITE BREAD

Beverly Cherulnik

2 tbsp. margarine or butter

2 tbsp. sugar

1 tbsp. salt

2 c. hot water from tap

1½ pkg. active dry yeast

4½ to 5 c. flour

Add margarine or butter to water and wait till it melts. Add 1½ pkg. dry yeast to water. Let stand 5 minutes. Add sugar and salt. Start adding flour, 2 cups at a time. Knead until smooth and glossy about 10 minutes. If dough is sticky, add more flour. Cover and let rise, 1 hr. or more or until double. Punch down and shape into 2 loaves. Put in greased loaf pans, cover and let rise again, about 1 hr. Bake at 400° for 35 - 40 minutes.

MANDLEBREAD

Mrs. Sara Sclair

4 c. flour

¼ tsp. baking soda

1½ c. sugar

4 eggs

raisins and nuts

4 tsp. baking powder

¼ tsp. salt

½ c. shortening

½ c. water

Cream shortening with sugar. Beat in eggs, one at a time. Sift flour, add dry ingredients and sift twice more. Add to mixture gradually with water. Fold in raisins and nuts. Divide dough into 4 portions and spread into long rolls on cookie sheets. Bake in a 350° oven about 30 minutes. Cut in one inch diagonal slices.

Coffee Cakes & Jam

APPLE COFFEE CAKE

Gloria Zeichick

½ c. shortening
¾ c. sugar
2 large eggs
1 tsp. vanilla

2 c. flour
2 tsp. baking powder
¼ tsp. salt
3 apples
1 tsp. cinnamon combined with sugar
to equal ⅓ c.

Cream shortening and sugar. Add eggs and vanilla. Add flour, baking powder and salt. Spread ½ of dough on bottom of greased 8" pan. Sprinkle well with sugar and cinnamon mixture. Peel and slice 3 apples on top of the dough. Sprinkle again with sugar and cinnamon. Spread rest of dough on top and sprinkle again with cinnamon and sugar. Bake 375° oven for 45 minutes. Freezes well and can be doubled.

BLUEBERRY SOUR CREAM COFFEE CAKE

Louise Rolnick

1 c. sugar
½ c. margarine
2 eggs, unbeaten
1 tsp. vanilla
2 c. flour

1 tsp. double-acting baking powder
1 tsp. baking soda
½ tsp. salt
1 c. sour cream
½ to ¾ c. blueberries

1. Preheat oven to 375°.
2. In large bowl, with mixer at high speed, beat butter until creamy, gradually adding sugar, beating until light and fluffy. Add eggs, one at a time, then vanilla, beating until blended.
3. Sift flour with baking powder, baking soda, and salt, now at low speed, beat flour mixture into batter alternately with sour cream.
4. Into a well-greased 9" tube pan with a removable bottom, spread half the batter. Add blueberries, fresh or fresh frozen and sprinkle with a mixture of sugar and cinnamon and then top with the remaining batter. Sprinkle top of cake with a mixture of cinnamon, sugar, brown sugar, a dash of cloves, allspice and ginger.
5. Bake for 40 minutes or until cake tester comes out clean.

Please Note: This recipe comes out well doubled. For variations, try apples, paeaches, bananas, a streusal mixture, fresh or frozen strawberries or almost anything else you can think of.

LEMONY RAISIN MUFFINS

Virginia Slep

2 c. flour
3 tbsp. sugar
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. nutmeg

$\frac{1}{2}$ c. raisins
1 tbsp. grated lemon peel
1 beaten egg
1 c. milk
 $\frac{1}{2}$ c. oil

Sift together the flour, sugar baking powder, salt and nutmeg; then add the raisins and lemon peel. Add the egg, milk, and oil; beating after each addition. Spoon into greased and floured muffin tins. Bake 400° for 25 - 30 minutes.

SWEET MUFFINS

Fran D'Errico

2 c. flour
1 c. sugar
1 tbsp. baking powder
 $\frac{1}{2}$ tsp. salt

2 beaten eggs
 $\frac{1}{2}$ c. oil
1 c. milk

Mix first 4 ingredients together. Add to last 3 ingredients. Mix well. Pour into cupcake tins lined with cupcake papers. Bake in 400° oven for 15 - 20 minutes. Yield: 1 dozen.

GREEN TOMATO MARMALADE

Mrs. Lena Friedman

4 cups green tomatoes
2 oranges
1 lemon

4 cups sugar

Put tomatoes, oranges and lemon thru food grinder. Add sugar and cook until thick. Put in jars immediately and cover with paraffin.

Desserts

Hint

To cut sponge cakes or a similar cake easily, cut through layers with string. Makes a very even cut.

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.
1 cup cake flour, for baking	7/8 cup all-purpose flour.
1 cup all-purpose flour, for baking breads.	Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

Cakes & Frostings

APPLE CAKE SQUARES

Mrs. Herbert Trager

Beat together:

1 cup shortening
2 cups sugar
3 eggs
1 tsp. vanilla

Sift and add:

3 cups flour
2 tsp. baking powder
1 tsp. salt

Add this to first mixture. Grease and flour a jelly roll pan. Pat dough into pan. Sprinkle cinnamon and sugar over dough. Place thinly sliced apples over the dough. Bake at 350° for ½ hour. Beat currant jelly and spread over the warm dough. Cut while warm.

APPLE STRUDEL

Norma Berg

Dough:

2½ cups flour
½ tsp. baking powder
¼ cup sugar
1 tsp. salt

1 egg
½ cup oil
½ cup lukewarm water
cinnamon-sugar mixture

Sift dry ingredients. Make well and add egg, oil and water. Beat into soft dough. Divide into four pieces. Knead on floured board, adding more flour if necessary. Roll each piece out into a thin sheet. Brush with oil, and sprinkle with cinnamon-sugar. Spread filling over ⅓ of dough and roll up like jelly roll. Pinch ends. Place on well-oiled cookie sheet. Slit top every 2 inches. Brush with oil and cinnamon-sugar. Bake 400° oven for 15 minutes. Reduce oven to 375° and bake for 30, minutes more or until nicely browned. Cool and sprinkle with confectioner's sugar if desired.

Filling:

2 - 2½ cups sliced peeled apples
Combine ½ cup chopped nuts; 2 tsp. cinnamon; ½ cup sugar

APPLESAUCE CAKE

Virginia Slep

½ cup shortening
1 cup sugar
1 cup applesauce
2 cups flour
1 tsp. baking soda
½ tsp. salt

½ tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg
1 cup raisins
½ cup chopped nuts
1 tsp. vanilla

Cream together shortening, sugar and applesauce. Mix dry ingredients together and add. Stir in raisins, nuts and vanilla. Mix well, spread in greased 13" x 9" pan. Bake in 350° oven for 35 - 45 minutes. Frost with a thin confectioner's sugar icing while still warm.

BOILED CAKE

Leila Carter

1 cup sugar	½ tsp. ginger
½ tsp. salt	1 cup raisins
¾ tsp. cloves	½ cup melted margarine or crisco
1 tsp. cinnamon	1 cup water

Boil all together for about 10 minutes. Cool to lukewarm. Add 1½ cups flour with 1 tsp. soda added to it. Beat together. Add 1 egg. Beat until smooth. Bake in 350° oven about 45 minutes in 9" x 9" pan. May be frosted or sprinkled with powdered sugar.

APPLE BROWNIES

Mrs. Maxwell Rapaport

½ cup margarine	½ tsp. salt
1 cup sugar	½ tsp. baking powder
1 egg	½ tsp. baking soda
2 cups apples, peeled and diced	1/8 tsp. cinnamon
½ cup nuts, (optional)	1/8 tsp. nutmeg
1 cup plus 2 tbsp. flour	

Cream shortening with sugar, add egg, beat until light. Sift dry ingredients together and stir in. Fold in apples and nuts. Grease and flour 9" square pan. Bake 350° oven 20 - 25 minutes.

CREAM CHEESE BROWNIES

1 - 4 oz. pkg. German sweet chocolate	1½ tsp. vanilla
5 tbsp. butter	½ tsp. baking powder
1 c. sugar	½ c. flour
3 eggs	¼ tsp. salt
1 - 3 oz. pkg. cream cheese	½ c. chopped nuts
1 tbsp. flour	¼ tsp. almond extract

Melt chocolate with 3 tbsp. butter over low heat, stirring constantly. Cool. Cream remaining butter with cream cheese. Gradually add ¼ c. sugar and cream

well. Blend in 1 egg, 1 tbsp. flour and ½ tsp. vanilla. Set aside. Beat 2 eggs until thick and light in color. Gradually add ¾ c. sugar, beating until thickened. Add baking powder, salt and ½ c. flour. Blend in chocolate mixture in a greased 8" or 9" square pan. Spread cheese mixture over top, spoon on remaining chocolate batter. Zigzag through batters with spatula to marbelize. Bake at 350° for 35 - 40 minutes. Cool, then cut. Makes 16 or 20 brownies.

DELICIOUS BROWNIES

Louise Rolnick

⅓ c. margarine	1 c. sugar
2 oz. baking chocolate	2 eggs, unbeaten
¼ tsp. salt	1 tsp. vanilla
1 tsp. instant coffee	½ to ¾ c. flour
	½ c. chopped nuts (opt.)

Melt the butter and the chocolate together in a saucepan large enough to serve as a mixing bowl. Remove from the stove and stir in the instant coffee, sugar, salt, eggs, one at a time, vanilla, nuts, and the flour. Spread the mixture in a greased 8" x 8" pan and bake at 325° for about 30 minutes. For an added attraction, sprinkle the top with M & M's or brown sugar before cooking. For a special topping after cooking, while still warm, spread with marshmallow topping and swirl melted chocolate on top.

KAREN'S CARROT CAKE

Shirley Schneider

2 cups sugar	2 tsp. baking soda
4 eggs	2 tsp. baking powder
1½ cups oil	2 tsp. cinnamon
2 cups flour	4 cups grated carrots
¾ cups chopped walnuts	

Beat eggs - add sugar. Stir in oil. Sift flour, baking powder, soda, and cinnamon together. Beat into egg mixture at low speed. Fold in carrots and nuts. Bake in 13 x 9 greased pan in 350° oven 35 - 40 minutes.

Frost with:	8 oz. cream cheese
	½ cup margarine
	1 tsp. vanilla
	1 lb. confectioner's sugar.

Beat all ingredients together until smooth. Add 1 tbsp. milk or cream to thin, if necessary.

CHERRY CHEESE CAKE

Beverly Shapiro

Crust:

½ cup graham cracker crumbs
1 tsp. sugar
¼ tsp. cinnamon

Filling:

5 eggs
1 cup sugar
1 lb. cottage cheese

Mix together:

½ lb. cream cheese
2 tbsp. lemon juice
1 tsp. vanilla

Butter 9 inch spring form pan well. Cover with crumb mixture. Beat eggs well and add remaining ingredients in order given. Cream well. Pour into crumb lined pan. Bake in 350° oven for 1 hour. Take out and let stand for 10 minutes. Turn oven to 450°. Pour 1 can cherry pie filling over cake. Return to oven for 12 - 15 minutes. Let cool before removing from pan. Blueberry or strawberry pie filling may be substituted or crushed pineapple, drained well. This cake may be frozen before adding fruit. Let cake thaw out thoroughly then add fruit and bake at 450° for 12 - 15 minutes.

CHOCOLATE TORTEN SQUARES

Marion Chaet

¼ lb. butter or margarine
1½ cups confectioner's sugar
4 squares melted chocolate

¼ cup crushed nuts
4 eggs, separated

Cream butter, add sugar, egg yolks, chocolate, and nuts. Beat egg whites until stiff. Fold into chocolate mixture. Set aside ⅓ of batter for filling. To remaining ⅔ batter, fold in ½ cup flour and ½ tsp. baking powder, (sifted together) alternately with ⅓ cup milk. Bake in greased 9" x 18" pan for 20 minutes at 350°. When cool, cut in half and spread reserved filling over ½ and cover with second layer. Chill for a few hours. Cut into small squares and sprinkle with confectioner's sugar.

RICH PAREVE EGGLESS CHOCOLATE CAKE

Marcia Lieberman

½ cup margarine
2 tsp. cider vinegar
2 cups water
2 tsp. vanilla
3 cups all-purpose flour

2 cups sugar
6 tbsp. cocoa
2 tsp. baking soda
1 tsp. salt

Preheat oven to 350°. Grease and lightly flour bundt pan. In medium saucepan over medium heat, melt margarine. Remove from heat and stir in.

vinegar, vanilla and water. Set aside. Into large bowl measure flour and other dry ingredients. With fork, stir in margarine mixture until lumps disappear and batter is smooth. Pour into bundt pan. Bake 35 - 40 minutes until toothpick inserted is clean. Cool on rack about 20 minutes. Remove and cool completely on rack. Frost as desired or dust with confectioner's sugar.

HELEN'S MOTHER'S CRUMB CAKE

Helen Michelson

3 cups flour
1 cup sugar
1 cup oil

2 tbsp. water
1 egg
½ tsp. salt

Put flour in bowl. Add sugar and salt. Add oil, water and egg. Mix with pastry blender until mixture forms crumbs. Cover bottom of greased 9" x 13" pan with one-half of the crumb-mixture.

Filling: Grate 2 - 3 lbs. of peeled apples on coarse side of grater. Mix with ½ cup sugar, 1 tsp. cinnamon and ½ cup chopped nuts. Spread over crumbs and spread remainder of crumb mixture on top. Bake at 350° for 1 hour.

SOUR CREAM FUDGE CAKE

Mary Silver

Sift together:

2 cups cake flour
1½ cups sugar
1 tsp. baking soda
1 tsp. salt

Add:

½ cup shortening
1 cup sour cream

Beat 2 minutes. Add 3 squares melted unsweetened chocolate, 2 eggs, 1 tsp. vanilla, ¼ cup hot water. Beat 2 minutes longer. Turn batter into well-greased and floured 8" or 9" pans. Bake 25 - 35 minutes at 350°. Cool and frost with your favorite fudge frosting.

DOBOS TORTE

Deedy Schiro

¾ cup cake flour
¾ tsp. baking powder
¼ tsp. salt

4 eggs at room temperature
¾ cup sugar
1 tsp. vanilla

Sift flour, baking powder and salt together. Beat eggs at highest speed of electric mixer. Gradually add sugar, beating until thick and light in color. Gradually fold in flour mixture and vanilla. Bake in 3 8-inch layer pans, that have been greased and lined with wax paper. Bake at 400° for 10 minutes. Cool layers on cake rack for about 10 minutes. Cut each layer in half, horizontally, while still warm to make six layers. Spread filling between layers, on sides and top.

CHOCOLATE TORTE FILLING

6 eggs, beaten
1 cup sugar

3 squares baking chocolate, melted
¾ cup butter, at room temperature

Combine eggs and sugar. Mix well. Cook gently over low heat until mixture is thickened — about 10 minutes. Pour into mixing bowl; add melted chocolate and beat until mixture is cool. Beat in butter. Chill until filling is thick enough to spread. Garnish with chopped nuts.

HALF and HALF CAKE

Gloria Zeichick

Cream together:

1¾ cups sugar
3 eggs
½ cup margarine or butter
½ cup white shortening

ADD:

½ cup orange juice and ½ cup milk
alternately with 3 cups flour
2 tsp. baking powder, ¼ tsp. baking
soda, ½ tsp. salt - mixed together.

Grease and flour large tube pan. Pour ½ of batter in pan. To remaining batter, add 1 - 16 oz. can of Hershey's syrup. Pour this over batter in pan. Bake at 350° for 1 hour or until done. Top can be sprinkled with nuts. Let cool in pan.

HOT MILK CAKE

Arlene Seligman

5 eggs
2 cups sugar
2 cups sifted flour
2 tsp. baking powder

1½ tsp. vanilla
1 cup milk
¼ lb. salted butter or margarine

Beat eggs for 10 minutes. Add sugar gradually. Sift flour and baking powder together. Add to egg mixture. Add vanilla. Heat milk and butter together until butter melts. Do not boil. Add milk mixture to batter slowly as egg mixture beats. Bake in greased tube pan for 45 minutes in 375° oven.

PISTACHIO CAKE

Roz Gold

- | | |
|---|----------------------------------|
| 1 pkg. white cake mix,
Duncan Hines Deluxe 2 | ½ cup oil |
| 1 pkg. instant pistachio pudding | ½ cup orange juice |
| 4 eggs | 1 tsp. almond or vanilla extract |
| ½ cup water | ¾ cup Hershey's chocolate syrup |

Mix all ingredients except chocolate syrup, at high speed with portable mixer for 2 minutes or medium speed with mix-master.

Put ¾ of batter in greased and floured tube pan.

Add syrup to remaining batter. Drop chocolate batter on top of light mixture and swirl lightly with knife. Bake 350° for 50 minutes. Cool in pan. Do not invert. May be glazed or powdered sugar sprinkled on top.

RHUBARB ROLY-POLY

Virginia Slep

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|----------------------|-----------------------------|
| 3 cups diced rhubarb | 2 cups biscuit mix |
| 1 cup sugar | 2 tbsp. butter or margarine |
| 1 cup water | |

In sauce pan combine rhubarb, sugar and water. Cook 10 minutes over medium high heat stirring until sugar dissolves. Strain rhubarb and reserve sauce. Make biscuit dough as directed on package. Roll out dough to ¼" thickness. Spoon strained rhubarb over dough. Spread to within 1" of edges. Roll up dough like a jelly roll. Place in 13 x 9 inch pan. Pour sauce over top, dot with butter. Bake at 450° for 25 minutes.

RUGALACH

Ruth Judd

- | | |
|---------------------|--------------------|
| 1 cup butter | 1 cup chopped nuts |
| ½ lb. cream cheese | ½ cup sugar |
| ¼ tsp. salt | 1 tsp. cinnamon |
| 2 cups sifted flour | |

Cream butter, cheese and salt together, until creamy. Add flour and mix well. Shape into 14 balls. Refrigerate overnight. Combine nuts, sugar and cinnamon. Preheat oven to 350°. Roll each ball on floured board to 6 inch circle. Cut each circle into 4 wedge shaped pieces. Cover with 1 tsp. filling. Roll up each piece, starting at wider end toward point. Shape into crescent. Bake on cookie sheet for about 12 minutes.

FRESH ORANGE SPONGE CAKE

Shirley Schneider

6 eggs
1¾ cups flour
½ tsp. salt

1½ cups sugar
6 tbsp. fresh orange juice
1 tbsp. grated orange peel

Separate eggs. Beat egg whites adding ½ cup sugar slowly. Sift flour with salt. Beat egg yolks until thick. Beat in remaining sugar. Blend in flour mixture with rubber spatula. Add orange juice and peel. Fold egg yolk mixture into egg whites. Pour batter into ungreased tube pan. Bake 35 - 40 minutes at 350°. Invert pan and cool. Sprinkle with Conf. sugar.

SUNSHINE CAKE

Mrs. Sara Sclair

3 cups flour
3 tsp. baking powder
3 eggs
1 cup sugar

1 cup milk
¼ lb. butter or margarine
1 tsp. vanilla
½ tsp. salt

cinnamon and sugar mixed, (about ½ cup sugar and 1 tsp. cinnamon)

Combine eggs and sugar and mix well. Heat milk and butter until butter melts. Combine flour, baking powder and salt. Add to egg mixture alternately with hot milk. Mix well. Add vanilla. Pour half of batter onto greased 8" square pan. Sprinkle with half of cinnamon-sugar mixture. Pour on remaining batter and top with rest of cinnamon-sugar. Bake in 350° oven for 45 - 50 minutes. (325° for glass pan)

WALNUT RAISIN CAKE

Shirley Schneider

1 cup raisins
1 cup walnuts
1 tsp. baking soda
1½ cups flour
1 tsp. cinnamon
1 cup boiling water

¼ tsp. salt
½ cup butter or margarine
1 cup sugar
1 egg, 2 egg yolks
1 tsp. lemon juice
1 tsp. vanilla

Chop raisins and walnuts. Place in small bowl. Add baking soda and boiling water. Stir, then set aside. Sift flour, cinnamon and salt. Set aside. In large bowl, beat butter until creamy: add sugar and beat until light and fluffy. Add eggs, lemon juice, vanilla and beat well. With a wooden spoon, beat in flour mixture and raisin mixture, alternately. Pour into buttered loaf pan. Bake in 325° for 1½ hours. Frost with butterscotch frosting. (Recipe to Follow)

BUTTERSCOTCH FROSTING

Shirley Schneider

1/4 cup butter or margarine
2 tbsp. milk
dash of salt

3/4 cup sifted confectioner's sugar
1/2 cup light brown sugar, packed
1/4 tsp. vanilla

Melt butter in small saucepan. Stir in brown sugar. Cook over low heat, stirring, for 3 minutes. Stir in milk and salt. Bring mixture to a boil stirring constantly. Remove from heat. Let cool to lukewarm — about 30 minutes. Stir in vanilla. Beat in confectioner's sugar, a small amount at a time. Continue beating until frosting is thick enough to spread.

CHOCOLATE FUDGE FROSTING

Froma Allen

2 oz. unsweetened chocolate
4 tbsp. butter or margarine
2 cups confectioner's sugar

1 tsp. vanilla
1/4 cup milk

Melt chocolate and butter and let cool. Add vanilla. Add milk alternately with confectioner's sugar. Mix all together well. Can be frozen.