

# NEET'S EATS.



The recipe says a pinch of spice. I thought it said  
a 'pound'

Party Dip

Prepare a few hours ahead and refridgerate. Great for veggies or chips.

1 c sour cream	1 c <u>Hellmann's</u> mayonnaise
1 tsp dried parsley flakes	1/2 tsp dill weed
1 tsp Beau Monde spice	1 tsp minced onion
1/2 tsp dried minced garlic	2 drops Tabasco

Mix all together.

Kathie Plein's Garlic Cheese Spread for Bread

1/4 lb butter (1/2 c)	1/2 c fresh grated cheese
1/4 c Hellmann's mayonnaise	(cheddar, swiss, or parmesan)
1 tsp crushed garlic	

Combine all ingredients in a bowl and mix well. Spread on a french loaf split in half or on 1" slices. Bake slices on baking sheet for 12 - 15 minutes in a preheated oven of 350.

Optional: Reserve cheese to spread on top.

Cheese Ball

When me and Heidi discovered this recipe (when she was visiting us on B-Line Road), we must have made up 3 of these, one right after the other, and devoured them with the sleeves of crackers from the St. Jacob's Farmer's Market.

8 oz cream cheese, softened	1 tsp minced onion
1/4 c mayonnaise	1/4 tsp dry mustard
8 oz flakes of ham	dash of Tabasco
1 T chopped fresh parsley	1/2 c chopped pecans or walnuts

Blend cheese until smooth with a fork and add rest of ingredients except for nuts. Chill several hours. Roll into one or two balls. Roll in nuts before serving. May be frozen.

Wine Cooler

Great for a dinner party. Remember the alcohol content is very low.

750 ml bottle inexpensive white wine	750 ml bottle white grape juice
750 ml bottle ginger ale	

Combine just before serving so you don't lose your fizz. Nicely serves 8.

Spiked Eggnog

4 eggs	2 tsp vanilla
1/2 c sugar	4 oz rum <u>or</u> brandy
4 c homo milk	

Put everything into your blender and give it a whirl. Serves 4.

Hot Buttered Rum

1 c brown sugar	1/2 tsp nutmeg
1/2 c soft butter	1/4 tsp cloves

Beat ingredients together until creamy and store in a covered container in fridge. This will keep for weeks.

For each drink, add 3 tsp of the base to each mug. Top with boiling water, stir in 3 T white rum, and add a cinnamon stick. This makes the base for approx. 15 drinks.

Party Punch

6 oz can orange juice	1 qt apple juice
6 oz can lemonade	2 qt gingerale

Float lemon slices on top. Dilute orange juice and lemonade.

Hot Chocolate

1 T cocoa	1 T cold milk
2 tsp sugar	1 c hot milk

Blend cocoa, sugar, and T of cold milk in mug. Stir in hot milk.

Variations: Cinnamon Hot Chocolate - Add 1/8 tsp cinnamon to cocoa mixture or Mocha Beverage - Add 1 1/2 tsp instant coffee to cocoa mixture.

Iced Tea (from Mackay St.)

8 c cold strong tea                      1/4 c lemon juice  
1/2 c sugar                                ice cubes

Mix tea, sugar, and juice together until dissolved. Serve each glass with ice cubes.

Think Thin Coffee Milkshake

1 c cold milk                              1 tsp instant coffee  
3 ice cubes                                1 tsp sugar

Place all ingredients into blender and blend until creamy.

Neet's Pina Colada

A wonderful summer drink.

4 oz (1/2 c) pineapple juice  
2 oz (1/4 c) cream of coconut  
1 1/2 oz rum  
2 ice cubes

Frappé all above in blender. Serve over 1 ice cube in a tall glass. Garnish with pineapple and cherry. Makes 1 serving.

Lorinda Wagner's Tia Maria

1 1/4 c. fruit sugar  
3/4 c. boiling water  
Mix well. Then add:  
1 tsp. vanilla  
2 T. Camp coffee and chicory essence  
375 ml bottle vodka (1 1/2 c.)

Let cool and bottle. Mmmmm. Drink it straight or try a shot in coffee.

Spiritless Spritzer

This is a wonderful drink to serve at company dinners. You will always get raves.

Just mix equal parts gingerale and red grape juice.



Popcorn Balls

2 quarts popcorn                      1/2 c corn syrup  
1 c fancy molasses                    1 1/2 T margarine

Put molasses and corn syrup in a pot. Stir. Mix at high heat till it boils. Try "hard ball" test. When it works, take off heat. Stir in margarine. Pour onto popcorn. Shape into balls with greased hands.

Microwave Peanut Brittle

1 c white sugar                      1 tsp butter  
1/2 c corn syrup                    1 tsp vanilla  
1 c salted peanuts                  1 tsp soda

Mix in a large glass bowl white sugar and syrup. Microwave for 3 minutes on HIGH. Add peanuts; stir. Microwave for 4 minutes at HIGH. Add butter and vanilla. Stir well. Microwave for 2 minutes on HIGH. Add soda. Stir gently. Pour on cookie sheet. Try to get it thinly spread. Cool 30 minutes - 1 hour. Break apart.

Mrs. Shultz' Microwave Chocolate Fudge

3 1/2 c icing sugar                    1 T vanilla  
1/2 c cocoa                            1/2 c butter, melted  
1/4 c milk                              1/3 c chopped walnuts  
1/4 tsp salt

Stir together first five ingredients until blended. Top with melted butter and walnuts. Microwave 2 minutes on HIGH. Stir until smooth and pour into a well greased 8 x 8" pan. Chill.

Tanya's Caramel Popcorn

1 c white sugar                      pinch of cream of tartar  
1 c brown sugar                      1 tsp baking soda  
1/2 c corn syrup                      1 c margarine melted  
1 c popcorn unpopped

Mix all ingredients together except soda. Bring to a boil on MED heat. Let boil for 5 minutes. Add soda. Place popped corn in a big roasting pan. Add syrup, coat corn thoroughly. Bake 1 hour at 200.

Halvah

3/4 c butter  
2 c flour  
1/2 c honey

1/2 c walnuts and almonds  
mixed or sesame seeds and  
sunflower seeds

You may combine several different kinds of nuts. You may chop them coarsely or grind them finely; or particularly in the case of sesame seeds, leave them whole.

Melt the butter and stir in the flour. Then cook this mixture over a very LOW flame, stirring frequently until a light caramel colour forms. Meanwhile, caramelize the honey separately until it reaches the thread stage (or slides of a spoon dipped into it forming a thin thread). Combine the two substances and blend them thoroughly adding chopped nuts or seeds as you stir. Pour halvah onto a greased platter. Press it into a thick rectangle with a wet knife. Cut into bars while warm. Wrap pieces in foil or waxed paper.

The Ultimate Chocolate Truffle!!

Ed Dojczman said when he tasted these, "You could compare these to the shortbread of cookies, wouldn't you say?" They cost about \$10.00 to make (1996) but actually make a fairly reasonable gift for a few friends.

1 lb Baker's semisweet chocolate (2 boxes)  
1/2 lb butter, room temperature (1 c)  
6 T dark rum  
6 egg yolks  
3/4 c cocoa  
3/4 c icing sugar

Preheat oven to 200 or lower. Place the chocolate in a heat-proof bowl and place bowl in oven. Watch carefully and remove the bowl just when the chocolate has softened. Beat in butter, egg yolks, and rum immediately, using a wire whisk. Beat with a whisk until thoroughly mixed. Chill until mixture can be handled and shaped into 1" balls between the palms of the hands. Shape into balls and roll half in the cocoa and half in the icing sugar. Many prefer the icing sugar coating as it is sweeter. The cocoa makes a bittersweet chocolate taste. Yield: approx. 100 truffles.

Lemon Butter Sauce

Excellent with fish or schnitzel!

2 T lemon juice	1 1/2 T flour
1/2 c water	1 T sugar
1/4 c real butter	

Melt butter. Stir in flour and sugar, then the water and lemon. Stir til it thickens, as you cook it on medium heat.

Marmalade Sauce

1/4 c marmalade	1 tsp Worcestershire
2 T ketchup	1 tsp prepared mustard
2 T oil	salt

Mix everything together. Brush on ribs or chicken and let sit as long as possible. Cover tightly, and bake until tender and juicy.

Tanya's Lemon Barbecue Sauce

Tanya introduced us to this one on a barbeque Dad had got going in a tire rim outside the porch in Portage. The pork chops were devoured.

1 clove garlic	2 T chopped onion
1/2 tsp salt	1/2 tsp pepper
1/4 c oil	1/2 tsp thyme
1/2 c lemon juice	good shake of Worcestershire

Mix well. If possible, let sit overnight. Brush onto chicken or pork chops before barbecuing.

Tanya says she likes to use garlic powder instead of clove garlic, onion flakes instead of chopped onion.

Dessert Sherry Sauce

Serve warm or cold on vanilla icecream with granola or to jazz up a plain cake.

1/2 c white sugar	1 T vanilla
1 T cornstarch	pinch of salt
1 c boiling water	1 oz sweet sherry
2 T butter	

Mix sugar, cornstarch, salt. Add water gradually, stirring constantly. Boil for 5 minutes. Remove from heat. Add butter, vanilla, and sherry.

Chocolate Sauce

1/2 c cocoa	1 T butter
1 c sugar	1/4 tsp salt
1 c hot water	1 tsp vanilla
1 T cornstarch	

Gradually add hot water to cocoa and stir until smooth. Dissolve cornstarch in a little cold water; add to chocolate mixture with sugar and salt. Cook over medium heat about 10 minutes; stirring frequently until mixture is thick and smooth. Remove from heat and add butter and vanilla. Serve hot or cold on ice cream with nuts, or use for making chocolate milk.

Whole Berry Cranberry Sauce

Great served with any meat.

1 c sugar  
1 c water  
3 c fresh or frozen cranberries (12 oz)

In a saucepan mix sugar and water; stir to dissolve sugar. Bring to a boil; add cranberries, return to a boil, reduce heat; boil gently 10 minutes stirring occasionally. Remove from heat. Cool completely at room temperature and refrigerate. Makes about 2 1/4 c.

Broxie's Cottage Cheese Salad

2 c cottage cheese                      drained mandarin oranges or  
 2 c cool whip, thawed                  pineapple chunks  
 Jello powder to taste

Stir together. Refridgerate to blend flavours.

Broxie's Ambrosia

1 1/2 c seedless grapes                  1/2 c coconut  
 1 c chopped oranges                    1 c mini marshmallows  
 1 c pineapple chunks                   2/3 c sour cream or yogurt  
 6 marachino cherries,                  1/3 c mayonaise  
 quartered

Stir sour cream and mayo together. Add remaining ingredients. Let sit overnight, in fridge.

Broxie's Waldorf

8 apples, chopped NOT peeled        1 c cool whip  
 1/4 c chopped walnuts                  1/2 c mayonaise  
 2 sticks celery, chopped              1 c mini marshmallows  
 1 tsp lemon juice

Sprinkle lemon juice on apples. Mix cool whip and mayo together. Stir in remaining ingredients. Refridgerate overnight.

Strawberry Delight

Good way to use frozen strawberries and bring back memories of summer.

A. Crust:

1/2 c butter  
 2 c graham crumbs  
 1/4 c sugar

Melt butter in saucepan over medium heat. Stir in crumbs and sugar. Reserve 1 c for topping. Press remaining crumbs into ungreased 9x13" pan. Bake at 350 10 min. Cool.

B. Filling:

1 1/2 c icing sugar  
 1/2 c butter  
 2 eggs

Beat icing sugar, and butter together well. Add eggs, 1 at a time, beating until smooth. Smooth over crumb layer.

C. Topping:

15 oz (425 g) frozen sliced strawberries  
 1 T cornstarch  
 1 c whipping cream

Drain juice from berries. Stir in cornstarch. Heat and stir until boiling and thickened. Cool. Stir in berries. Spread over filling. Whip the cream until stiff. Spread over berries. Sprinkle with reserved crumbs.

Carol Dojczman's Raspberry-Mallow Squares

This is one of our all-time favourites! We can polish off a pan of these in no time.

Crust:

1 c flour  
1/2 c butter  
2 T sugar

Filling:

3 oz (85g) cherry jello  
1 c boiling water  
15 oz (2 c) frozen rasp-  
berries, partly thawed  
(7 min. DEFROST in micro)

Topping:

32 lg marshmallows (or 3 c mini)  
1/2 c milk  
1 c whipping cream

Crust: Mix flour, butter, and sugar with a pastry cutter until crumbly. Press into an ungreased 8x8" pan. Bake at 325 for 15-20 minutes (with be a light golden colour.) Cool.

Filling: Stir jello and water together until dissolved. Add raspberries. Stir together until all the berries break apart. (mixture will become thick and syrupy because of icy berries). Pour over crust. Chill until firm.

Topping: Melt marshmallows in milk in saucepan on LOW heat. Cool. Whip cream until stiff. Fold into cooled marshmallow mixture. Spread over firm raspberry jelly. Chill until firm. Cut into 9 servings and enjoy!

Paula Chant's Variations:

The same dessert with slightly different ingredients. This one makes a double batch (9x13"pan).

Crust:

1 1/4 c graham crumbs  
1/4 c nuts  
1/4 c melted butter  
Chill in fridge.

Topping:

50 lg marshmallows  
1 c milk  
2 c whipping cream  
Follow directions in the original recipe

Filling:

4 c thawed raspberries (30 oz) 1/2 c sugar  
1 c water 2 tsp lemon juice  
Heat the above 4 ingredients.

4 T cornstarch & 1/4 c water - Dissolve and stir into raspberry mixture. Cook until clear and thick. Cool to room temperature. Pour onto crust. Chill.

Baklava # One

A Greek dessert. Definitely worth the fuss!

Pastry:

1/2 c shortening  
2 c flour  
1 tsp salt  
1 egg and water to make 1/2 c

Filling:

2 c slivered almonds  
1 c melted butter (not  
margarine)  
1/2 tsp nutmeg  
1/2 c brown sugar, packed  
1 tsp cinnamon

Syrup:

1 c water  
grated rind of one orange  
1 c sugar  
grated rind of one lemon

To Make the Pastry: Cut shortening into flour and salt until mixture looks like cornmeal. With a fork, blend the egg and water. Add to dry ingredients, mixing until all dry ingredients are thoroughly dampened. Turn onto waxed paper. Knead 8 - 10 times. Roll into ball and let rise 1/2 hour.

To Make the Filling: Mix together all ingredients for filling. Combine Baklava: Divide pastry into 4 portions. Roll out one portion very thin on a lightly floured surface, into a rectangle 8" x 16". Cut rectangle in half to form two 8" squares. Place one square in bottom of 8" x 8" baking pan. Spread 2 T of the filling over this pastry. Place the second layer of pastry on top of filling. Roll out another portion of pastry as above. Continue making layers of pastry and filling. Spread no filling on the top layer of pastry.

To Make the Syrup: Mix ingredients in saucepan. Boil 5 min.

To Bake Baklava: Cut Baklava into 12 servings. Pour 3 T of syrup over Baklava. Bake 35 - 40 min. at 350. Serve remaining cooled sauce over the hot Baklava as you dish it out

Raspberry Jelly

This one is great when you're in a pinch...it is so quick to make, and SIMPLE!

1 small pkg cherry or raspberry jello (85g)	2 c frozen raspberries 1 c whipping cream
1 c boiling water	

Dissolve jello in boiling water. Place frozen berries into the jello (partially thawed works even better) and gradually break berries apart. The mixture will thicken as you go along. Once berries are all separated, refrigerate until firm, or it could be eaten right away. Simply pour a little whipping cream onto each serving. Mmmm!



Apple Crumble

A GREAT way to sneak in some fibre.

2 c bran flakes	5 lg apples, peeled and sliced
1/3 c melted butter	1/4 c brown sugar
1/3 c brown sugar	1 tsp cinnamon

Grease a deep casserole. Stir together the apples, 1/4 c brown sugar and cinnamon. Place in casserole. Stir together bran flakes, 1/3 c brown sugar, and butter. Sprinkle on top of apples. Bake 40 minutes at 350 OR Microwave 12 - 16 minutes on HI.

Debbie Robinson's Bread Pudding

Poor man's food that makes you feel like a millionaire!

2 c bread	1/4 tsp salt
4 eggs, beaten	1/8 tsp nutmeg
4 c milk, scalded	1/2 tsp cinnamon
3/4 c sugar	1/4 tsp ginger
1 T butter	2 tsp vanilla
1/4 c raisins	

Soak bread in milk. Add spices. Slowly add eggs, butter, vanilla, and raisins. Bake 1 hour at 350.

Chocolate Wafer Log

Simple. Sumptuous.

1 c whipping cream or	1 T sugar (if using whipping
2 c dessert topping mix or	cream)
frozen whipped topping	1 pkg Chocolate Wafers (200g)
	1/2 tsp vanilla

Chill bowl, whip cream or dessert topping mix. Add sugar if using cream. Add vanilla to whipped cream or topping. Spread 1 tsp whipped cream or topping on each Chocolate Wafer and stack in groups of 6 wafers. Place wafer stacks end to end on a serving plate to form a log. Frost top and sides with remaining whipped cream or topping. Chill at least 4 hours. Cut into 8 - 10 diagonal slices.

Sweetened Condensed Milk

An economical substitute.

1 c powdered skim milk	1/3 c water
2/3 c granulated sugar	1/4 c butter

Measure all ingredients into blender. Blend until smooth. Use as any sweetened condensed milk. Equivalent of one can.



Baklava #Two

This is the real thing!

2 c chopped walnuts                      1/2 tsp cinnamon  
1 lb filo sheets                      1 c melted butter (not marg.)

Combine nuts and cinnamon. Grease 9 x 13" pan. Lay 7 filo sheets in pan, brushing each sheet with melted butter. Sprinkle 1/2 of the nut mixture over filo. Drizzle with melted butter. Top with 7 more filo sheets, brushing each with butter. Sprinkle with the other 1/2 of nut mixture and drizzle with butter. Top with remaining filo, again brushing each with melted butter. Cut top layer only into diamond shaped pieces. Bake in preheated 350 oven for one hour.

Syrup:                      2 c sugar  
                                 1 tsp lemon juice  
                                 1 1/2 c water  
                                 1/2 c honey

Combine sugar, water, and lemon juice in saucepan and boil 15 minutes. Stir in honey. When baklava comes from oven, cut through bottom layer. Return it to the oven to cook for 10 minutes more. Remove from oven. Pour warm syrup over. Indulge!

Beuerman'sJean ~~Beuerman's~~ Frozen Oranges - Grapefruits

Oranges or grapefruits                      3 c boiling water  
1/4 c sugar

Prepare fruit: Peel. Remove entire membrane from each section. Pop seeds out. Dissolve sugar in water. Place fruit into pint containers. Fill with sugar water, leaving 1 1/2 - 2" headspace. Freeze. Makes or adds to a lovely fruit salad.

Strawberry Bavarian Cream

Both of these desserts are amazing in flavour!! Similar in taste to Hagan Daaz Ice Cream, only NOT frozen. Mmmmmmm...

Thaw 1 lb pkg (2 c) frozen strawberries (unsweetened). Drain. Measure juice and add water to make 1 1/4 c strawberry liquid.

In a saucepan, mix together: 1 envelope gelatine  
   1/2 c sugar

Stir in strawberry liquid and 1 T lemon juice. Bring to a boil, stirring to dissolve gelatine. Chill until partially set. Beat with mixer until fluffy with no lumps. Fold strawberries into jelly mixture together with 1 c heavy cream, whipped. Turn into 6 dessert dishes and chill until set. Yield: 6 servings.

Carol Dojczman's Chocolate T.V. Roll

I first tasted this at our wedding reception...and devoured I don't know how many slices, asked around to see who made it, with no success. Several months later I found out, as it was served after dinner at the Dojczman household!! I've been making it ever since.

1 egg, beaten	4 T melted butter	2 T water
1 c icing sugar	2 1/2 c mini marshmallows	
1/2 c graham wafer crumbs	1/2 c chopped walnuts	
1/2 c cocoa	1 1/4 c coconut	

Mix together everything BUT the coconut. Line a sheet of waxed paper generously with coconut. Plop the batter onto the coconut and form into a long roll, coating the roll, which is sticky, with coconut. I use the waxed paper while forming it to keep my hands clean. Wrap up in the waxed paper. Chill and slice. Yield: one roll, approx 16" long.

Grandmother's Crownest

An apple pudding of sorts. Super quick to make and the men folk love it! Adapted from: More Food That Really Schmecks.

12 medium apples  
3/4 c sugar

Batter:

1 c flour	3 T sugar
1 tsp baking powder	1/2 tsp salt
3 <u>heaping</u> T margarine	3 - 4 T milk

Topping:

2 c whipping cream, whipped

Peel, core and slice apples. Stir in 3/4 c sugar and place into a greased 9" x 13" pan or 2 - 8" x 8" pans. Sift flour with 3 T sugar, baking powder, and salt; blend in margarine. Pour in milk and mix until the right consistency for rolling. Roll out the dough to cover apples in the pan(s), venting the top. Bake 35 minutes at 350. Cool completely. Serve with whipping cream.

Minit Tapioca Pudding

I always keep a box of this in the pantry for when I have no time to bake a dessert. It can be whipped up in minutes and everyone loves homemade pudding!

Combine 1 egg, slightly beaten, 1/4 c sugar, pinch of salt, 2 3/4 c milk and 3 T Minit Tapioca in saucepan. Let stand 5 minutes. Cook over medium heat, stirring constantly until mixture comes to a full boil. (Pudding will thicken as it cools.) Remove from heat. Stir in 3/4 tsp vanilla. Stir once after 20 minutes. Serve warm or cold. Makes about 5 to 6 servings (1/2 c each).

English Trifle

This dessert is a must for company dinners! It generously serves 8 people. Count on them asking for seconds!

2 sm. boxes cherry jello (85g) 1 batch cooled custard  
3 1/3 c water (recipe below)  
2/3 c sherry (opt) 2 c whipping cream  
2 c fruit (cherries, oranges, strawberries)  
sprinkles **or** chocolate shavings **or** almonds

Mix up jello according to package directions, substituting sherry for a portion of the required 4 cups of liquid, if desired. Divide the jello into 2 medium sized bowls and partially gel so that fruit will not sink. Stir fruit into each bowl, making sure it is equally divided, and then gel until completely set. Top with custard. Completely cover each custard layer with waxed paper to prevent a skin. When company arrives, whip up the cream, spread it on top of the custard and decorate with your choice of garnish.

Custard

3/4 c sugar 3 eggs, well beaten  
1/2 c flour 2 tsp vanilla  
1/8 tsp salt 1 T butter  
4 c scalded milk

Mix sugar, flour, and salt. Add enough scalded milk to make a loose paste. Stir in remaining milk. Cook in a double boiler til thick and smooth, stirring constantly. Slowly add eggs, while whisking. Cook 5 min. Add vanilla and butter. Cover with waxed paper to cool.

Carol Dojczman's Fruit Crisp

1/4 c rolled oats 1/3 c butter  
1/2 c flour \* 5-6 apples, peeled, sliced  
3/4 c brown sugar

Place fruit in the bottom of an ungreased 8" x 8" pan. Mix remaining ingredients in a small bowl with pastry cutter. Sprinkle the crumble topping evenly over the fruit. Bake 30 minutes at 350, or until fruit is softened. Serve warm from the oven with cream or ice cream. Serves 6 - 8.

\*As a variation, replace apples with 3 c thickened blueberries or sour cherries or blueberries and rhubarb mixed. (sweeten to taste)

Raspberry Bavarian Cream

Prepare as above recipe, but substituting 1 lb pkg frozen raspberries (unsweetened) for strawberries. Mash drained raspberries and press through a strainer to remove seeds, before folding into whipped jelly mixture (I use the back of a teaspoon against a small cup strainer).

Cheese Strudel

This tastes like something you would buy at a European bakeshop.

8 oz pkg cream cheese, room temperature	1 c creamy cottage cheese, drained
1/2 c sugar	1 tsp grated lemon peel
1 egg	2 egg yolks
1/2 c golden raisins	1/2 lb filo leaves (9 - 10)
about 1/2 c unsalted butter, melted & cooled for brushing	1/2 c fine dry bread crumbs
	powdered sugar for sprinkling

1. To make filling place cream cheese, cottage cheese, sugar, and lemon peel in container of food processor or blender and process until smooth. Add egg and egg yolks and process until blended. Spoon mixture into bowl and stir in raisins. Cover and set aside.

2. Unfold filo leaves and place on dampened towel. Cover with plastic wrap or clean towel. Remove 1 filo leaf and place on separate damp towel. Brush with melted butter and sprinkle 1 T crumbs over. Place second filo leaf on top of first, brush with melted butter and sprinkle with crumbs. Repeat with remaining filo leaves, butter and crumbs.

3. Preheat oven to 375 F. Grease large baking sheet.

4. Spread cheese filling on filo leaves in 3" wide strip, 2" in from one long side and 1" in from top and bottom. Fold 2" strip over filling and fold in strips at top and bottom. Lift long side of towel and gently roll Strudel, jelly-roll style, patting roll to keep its shape. Brush seam with melted butter.

5. Lift Strudel in towel and gently roll onto baking sheet, seam side down. Brush all over with melted butter. Bake 40 to 45 minutes or until golden brown.

6. Remove from oven and cool on baking sheet on wire rack 30 minutes. Slide off baking sheet onto serving plate and dust with powdered sugar. Serve warm or cold. Makes 8 to 10 servings.

Doris Raymond's Fruit Salad

19oz. can pineapple tidbits  
with juice

2 apples, chopped

1/2 cantaloupe, chopped

2 peaches, peeled and chopped

2 oranges, peeled and sectioned

Stir together and chill.

Shortbread Cookies

Mrs. Mader taught me this one in my Home Economics Class at Elmira District Secondary School.

1 c butter	1 1/3 c flour
1/2 c finely granulated sugar	1/4 c flour (to roll dough)

Blend butter and flour together. Then add sugar. Roll 1/4" thick. Cut into shapes. Bake 20 min. at 300.

*Chocolate*  
Carol Dojczman's Chocolate Chip Cookies

The first time I saw Carol making these, I thought: "Those cookies are TOO chocolatey". Nope.

1/2 c butter	1/3 c cocoa
1 c sugar	1/2 tsp b. soda
1 egg	1/2 tsp salt
1 tsp vanilla	1/4 c milk
1 1/2 c flour	1 c chocolate chips

Cream butter, sugar, egg, and vanilla in large bowl until light and fluffy. Combine cocoa, flour, baking soda, and salt; add alternately with milk to creamed mixture, blending well. Stir in chocolate chips.

Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 375 for 8 - 10 min. or until almost set (DO NOT OVERBAKE). Cool 1 minute. Remove from cookie sheet; cool completely on wire rack. Makes 3 1/2 dozen.

Brenda Urbanowich's Chocolate Chip Cookies

Brenda made these to serve after practise for an assembly part each week for a month. We got addicted.

Cream:

1 c Blue Bonnet margarine	1 c brown sugar, packed
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Dissolve:

1/4 c water	1 tsp b. powder
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Add to creamed mixture.

Add:

1 tsp vanilla	1/2 tsp salt
2 c flour	1 1/2 c oats
1/2 c coconut	1 c Decadent Choc. chips

Press dough lightly with hands onto a tablespoon and drop onto ungreased cookie sheet. Bake at 325 for 8 - 9 min. Cookies should be slightly undercooked.

Chocolate Macaroons

We always called these "mud pies" as kids.

6 T cocoa	1 tsp vanilla
1/2 c butter	3 c rolled oats
2 c white sugar	1 c coconut
1/2 c milk	

Combine cocoa, butter, sugar, and milk in a saucepan. Bring to a boil. Remove from heat. Add vanilla, oats, and coconut. Drop by teaspoon onto waxed paper. Chill.

Boston Cookies - Henry Ford Museum (Michigan)

The little bake shop at the Museum gave this recipe out to anyone who bought the cookies. I guess they'd been asked for it enough times!

1 c butter	3 1/4 c flour
1 1/2 c sugar	1/2 tsp salt
3 eggs, well beaten	1 tsp cinnamon
1 tsp baking soda	1 c chopped walnuts
2 tsp hot water	1 c currants or raisin

Cream butter; add sugar and eggs gradually. Then add soda dissolved in water and one-half of flour mixed with salt and cinnamon. Add nuts and currants to remaining flour. Drop by spoonfuls one inch apart, on greased cookie sheet. Bake 15 - 20 min. at 350.

Suzanna Minigan's Oatmeal-Date Cookies

These are like a little meal in themselves. Great for a breakfast on the run!

1 c brown sugar	1/2 c oil
1 c whole wheat flour	1/2 c sour milk
1 c white flour	2 T molasses
1 tsp soda	2 c dates, cut up
2 c oatmeal	1/2 c sugar

Mix brown sugar, flour, soda, and oatmeal together. Stir oil, milk, and molasses together. Add to first mixture. Shape into small balls. Flatten slightly. Bake 10 min. at 350 on ungreased sheet. Cool. Meanwhile, boil dates, sugar, and 1 c water together until thick. Raisins may be added to stretch out dates. Cool and spread between cookies.



Grannie's Peanut Butter Cookies

Creamy and crispy at the same time. And rolled oats and bran give these peanut butter cookies a nutritional boost.

1 c butter	3/4 c brown sugar
3/4 c white sugar	1 tsp vanilla
1 c peanut butter, smooth or chunky	2 eggs, beaten
1 c bran	1 1/4 c cups flour
2 tsp baking soda	3/4 c rolled oats

Melt butter. Beat together with the sugars, vanilla, peanut butter and eggs.

In a separate bowl, combine the flour, bran, oats and baking soda. Stir mixture into butter mixture. Drop by teaspoons onto ungreased cookie sheet. Bake at 350 for 15 to 18 minutes. Remove to a rack to cool. Makes 5 to 7 dozen.

Leo's Lady Fingers

I got this recipe from a young bachelor in Barry's Bay. They look a little like tea biscuits, but taste like lady fingers. Mmmm.

1 c lard (not shortening)	1 c sugar
2 eggs	1 tsp vanilla
pinch salt	1 1/2 c buttermilk
6 tsp baking powder	5 c flour

Roll out like pastry 1/2" thick and cut into circles with a glass. Bake on ungreased pan in a 350 - 375 degree oven for about 12 - 15 minutes.

**OATMEAL RAISIN COOKIES** Crisp or chewy - the choice is yours.

3/4 cup	butter, softened	175 ml.
3/4 cup	lightly packed brown sugar	175 ml.
1/2 cup	granulated sugar	125 ml.
1	egg	1
2 tbsp	water	30 ml.
2 tsp	vanilla	10 ml.
3/4 cup	ROBIN HOOD All-Purpose Flour*	175 ml.
3/4 tsp	baking soda	3 ml.
1 tsp	cinnamon	5 ml.
3 cups	ROBIN HOOD or OLD MILL Oats	750 ml.
1-1/2 cups	raisins	375 ml.

CREAM butter, sugars, egg, water and vanilla together on medium speed of electric mixer until light and fluffy.

COMBINE flour, soda and cinnamon. Add to creamed mixture, beating on low speed until blended. Stir in oats and raisins.

DROP dough by heaping tablespoonsfuls onto greased baking sheets.

PRESS flat for crisp cookies; leave mounded for chewy cookies.

BAKE at 350°F (180°C) for 12-15 minutes, or until edges are golden brown. Don't overbake. MAKES ABOUT 30 COOKIES.

\* Or Substitute ROBIN HOOD Whole Wheat Flour

TIP: For a more decadent cookie, replace raisins with 1 cup (250 ml.) chocolate chips.

Party Bars - Marlene's

Great travelling bars for long trips.

1 c brown sugar	1/2 c brown sugar
1/3 c butter	1/3 c margarine, melted
1/2 c coconut	2 beaten eggs
1 c flour	1/2 tsp salt
1/2 c oats	1 c walnuts or peanuts
1 tsp vanilla	1 c chocolate chips or raisins or half 'n half.

Mix first 6 ingredients (on left) together. Press into a greased 9 x 13" pan. Mix remaining ingredients together. Pour on top. Bake at 300 for 35 min. or until set.

Natasha's Coconut Chews

Natasha "wow"-ed us all with this culinary wonder when she was only a half-pint!

3/4 c margarine or butter	1/2 tsp baking powder
3/4 c icing sugar	1/2 tsp salt
1 1/2 c flour	1/2 tsp vanilla
2 eggs	1/2 c chopped walnuts
1 c brown sugar	2 T flour
	1/2 c coconut

Heat oven to 350. Cream margarine and icing sugar. Blend in 1 1/2 c flour. Press mixture into bottom of ungreased 9 x 13" pan. Bake 12 - 15 min. Mix remaining ingredients. Spread over hot baked layer. Bake 20 min. longer. While warm, spread with orange-lemon frosting. Cool. Cut into bars.

Orange-Lemon Frosting

1 1/2 c icing sugar	3 T orange juice
2 T melted butter	1 tsp lemon juice

Mix until smooth.

Peanut Butter Chews

1 c peanut butter	1 tsp vanilla
1/2 c corn syrup	3 c Rice Krispies or branflakes
1/2 c brown sugar	

Combine peanut butter, syrup, sugar, and vanilla, in a saucepan. Place over low heat; stir until melted and thoroughly combined. Remove from heat; stir in cereal until completely coated. Press lightly into a greased 8 x 8 pan. Chill for 1 hour and cut into squares. Optional: May be frosted with chocolate icing or 1/2 c chocolate chips and 1/2 c butterscotch chips melted together.



Enid Albert's Matrimonial Cake  
(Date Squares)

... for when you get the craving.

Oatmeal Mixture:

1 1/2 c flour	1 1/2 c oatmeal
1/2 tsp soda	1 tsp b. powder
1 c butter or margarine	1 c brown sugar

Combine ingredients together with a pastry cutter. Pat half into 8 x 8" pan. Spread date filling on top. Gently press remaining mixture on top of filling. Bake 30 min. at 350.

Date Filling:

2 c dates, chopped	1/2 c brown sugar
1 tsp vanilla	1 c water

Simmer till soft.

Paula Chant's Nanaimo Bars

These never last long!

1/2 c butter	1 egg
1 tsp vanilla	1 2/3 c Oreo Crumbs
1 c flaked coconut	1/2 c chopped nuts
1/4 c butter	2 c sifted icing sugar
1 egg	

In saucepan, combine 1/2 c butter, egg and vanilla. Cook over medium heat, stirring constantly until smooth and slightly thickened. Blend in crumbs, coconut and nuts. Press into greased 9" square pan. Cream 1/4 c butter, gradually adding half icing sugar, then add egg and then remaining icing sugar. Spread over base. Chill until firm. Top with 1/2 c Cocoa Glaze. Chill and cut into squares.

Cocoa Glaze:

1/4 c cocoa	1/4 c butter
1 1/4 c unsifted icing sugar	2 T water

Combine cocoa and sugar in bowl. Place butter and water in small pan over low heat until butter is melted. Pour over cocoa, mix and blend thoroughly.

Toffee Bars

These taste like chocolate bars.

2 c flour	1 c brown sugar
1 egg yolk	1 c chocolate chips
1 tsp vanilla	1 c pecans or walnuts chopped
1 c soft butter	

Heat oven to 350. Grease a 9 x 13" pan. Put yolk, vanilla, butter and sugar into blender or food processor. Process until smooth, using spatula. Add to flour and mix well. Spread in pan. Bake 20 - 25 min. Remove from oven. Sprinkle chocolate chips over the top; return to oven for a few minutes to melt chocolate. Remove and spread chocolate evenly over squares. Sprinkle nuts over chocolate. Cut squares while hot. Cool.

Peanut Butter Crunchy Squares

2 c cornflakes	1 tsp vanilla
1 c Rice Krispies	1 c chocolate chips
1 1/4 c corn syrup	1/2 c peanut butter
3 T white sugar	sesame seeds (opt)
1/2 c peanut butter	

In saucepan, heat syrup and sugar till sugar melts. Blend in 1/2 c peanut butter and vanilla. Pour over cereals; mix well. Pour into a greased 8 x 8" pan. Melt chocolate chips and remaining 1/2 c peanut butter and spread on top of squares. Sprinkle with sesame seeds. Chill until set.

Antoinette's Eagle Brand Squares

The first time Antoinette made these, everyone thought the bottom was burnt bad, because of the Oreo cookie crumbs. So they wouldn't touch them. Antoinette and I had a heydey tucking into them, until everyone else caught on!

1/2 c butter	1 c chocolate chips
1 1/2 c Oreo cookie crumbs	1 1/4 c coconut
1 can Eagle Brand condensed milk	1 c chopped walnuts

Melt butter in an 9 x 13" cake pan. Sprinkle cookie crumbs over melted butter. Press down. Pour Eagle Brand milk evenly over the crust. Then sprinkle with chocolate chips, coconut, and walnuts, in that order. Press these firmly into the milk. Bake 25 - 30 min at 350. Cool before cutting. Store in a loosely covered container.

Variation: Graham crumbs may be substituted for the Oreo crumbs and nuts reduced to 1/2 c. This makes Magic Cookie Bars.

Rice Krispie Squares

Melt together: 1/4 c butter  
5 c mini marshmallows

Add: 1/2 tsp vanilla

Remove from heat. Stir in 5 c Rice Krispies.

Press into a greased 8 x 8" pan.

Nanaimo BarsPart I:

1/2 c butter	1 egg
5 T sugar	5 T cocoa
1 tsp vanilla	

Part II:

2 c graham crumbs  
1/2 c coconut  
1/2 c chopped walnuts

Filling:

4 T butter	2 T custard powder
3 T milk	2 c icing sugar

Part III:

2 T melted butter	
2 T icing sugar	Mix
2 T cocoa	

Mix all ingredients in Part I in large pot. Cook about 3 min. Add Part II ingredients. Mix and press into 8 x 8" pan. Cream Filling and spread over mixture in pan. Melt items in Part III. Spread over filling. Cool and cut into squares.

Rocky Road

Easy enough for a child to make.

2 c chocolate chips	5 c mini marshmallows
6 T butter	1/2 c peanuts

Place chocolate chips and butter in large microproof bowl. Microwave on medium power, 5 min. or until mixture melts when stirred. Add marshmallows and nuts. Blend well. Spread evenly in a buttered 8 x 8" pan. Chill until firm. Makes 16 2" squares.

Paula Chant's Skor Bars

These taste amazingly like the real thing!

1 c butter

1 c brown sugar

Bring to a boil on medium heat, stirring constantly until sugar dissolves.

Pour evenly over plain soda crackers, placed side by side on a cookie sheet. (One sleeve of crackers will do)

Broil 6" from the broiler, until bubbly all over (2 - 4 min)

Spread gently with 1 c chocolate chips as soon as you pull them from the oven.

Sprinkle with chopped walnuts.

Doris Doyle's Raspberry Almond Bars

These are quite simple to make but make a really fancy addition to a cookie tray.

1 c flour

3/4 c quick oats

1/2 c sugar

1/2 c butter, soft

1/2 tsp almond extract

1/2 c red raspberry jam

1/3 c sliced almonds

or preserves

Heat oven to 350. Line an 8" square baking pan with foil. Lightly grease foil.

Mix flour, oats and sugar in a large bowl. Add butter and cut in with pastry blender until mixture resembles coarse crumbs. Stir in extract until blended.

Reserve about 1 c oat mixture. Press remainder evenly over bottom of pan, adding more mixture if needed to cover. Spread preserves over top to about 1/2" from edges.

Mix almonds with reserved oat mixture. Sprinkle evenly over preserves, then press down gently. (Some preserves will show through).

Bake 25 - 30 min. or until edges are golden. Cool in pan on rack.

Lift foil by ends to cutting board. Cut in bars. Makes 24.

Joyce Roy's Pink Ladies

For those with a real sweet tooth.

2 c graham crumbs	1 can Eagle Brand milk
2 T brown sugar	1 tsp vanilla
dash of salt	2 c coconut
1/2 c melted butter	pink icing

Mix crumbs, sugar, salt, and butter together. Press into an 8 x 8" pan. Bake 5 min. at 350 and remove from oven. Mix Eagle Brand milk, vanilla, and coconut. Pour over crust. Spread with a fork. Bake at 350 for 25 min. When cooled, ice with pink icing.

Floor Squares

These squares used to have another name. (I can't remember what it was.) However, I was taking a pan of these out of our oven, when I was in my early teens, and the pan slipped right out of my hand onto the floor. Fortunately, nothing fell out of the pan, and I was able to patch the squares together again with a spoon. The family gobbled them up in no time while teasing me about my "floor squares", and that they've been ever since.

1/2 c melted butter	2 c rolled oats
1 c brown sugar	1/2 tsp soda
1 tsp vanilla	

Mix all together and press into a greased, floured cookie tin with sides. Bake at 400 until golden and melted together; just a ~~few~~ minutes. Watch them closely! Cut in squares and remove from pan while hot. May be baked in an 8 x 8" pan for slightly longer. The longer they cook, the crispier they get.

Tanya's Brownies

We made these up for an auction Dad had at Stark's Corner's, Quebec and had great success in selling them, 50¢ a pop.

2 rounded T cocoa	1/2 c flour
1/3 c shortening	1/2 tsp baking powder
1 c sugar	1/2 tsp salt
2 eggs, beaten	1 tsp vanilla
1/2 c chopped nuts	

Melt shortening; add cocoa. Beat eggs, sugar, and vanilla together; blend with cocoa mixture. Add remaining ingredients. Mix well. Pour into a greased 8x8" pan. Bake 1/2 hour at 350. Cut while warm. Sprinkle with icing sugar when cooled.

Laurina's Crispy Chews

1/2 c brown sugar	2 1/2 c Rice Krispies
1/2 c corn syrup or honey	1 c coconut
2/3 c peanut butter	1/2 c chopped nuts

Melt brown sugar, syrup and butter together. Add remaining ingredients. Spread in a greased 8 x 8" pan. May be eaten immediately.

Mary's Apple BarsOat Mixture:

1 1/3 c oatmeal  
1 1/2 c flour  
3/4 c butter  
1/4 tsp soda  
1 c brown sugar

Filling:

2 1/2 c sliced apples  
2 T butter  
1/2 c sugar  
1 tsp cinnamon

Pat half of oat mixture in a lightly greased 8 x 8" pan. Arrange apples; dot with butter and sprinkle with sugar and cinnamon mixture. Cover with remaining oat mixture. Bake at 350 for 45 min.

Best Brownies

For confirmed "chocoholics" only. You won't be able to keep these in the house. They freeze well for lunches. I always make up 2 batches at a time for this purpose.

1/2 c butter melted	1/3 c cocoa
1 c sugar	1/4 tsp baking powder
1 tsp vanilla	1/4 tsp salt
2 eggs	1/2 c chopped nuts (walnuts or pecans)
1/2 c flour	

Blend butter, sugar, vanilla. Add eggs. Beat well. Combine flour, cocoa, baking powder, and salt. Gradually blend into egg mixture. Stir in nuts. Spread in a greased 8 x 8" pan. Bake 20 - 25 min. at 350 or until the brownies begin pulling away from edges of pan. Cool. Frost. Cut. Enjoy!

Frosting:

3 T butter	1/2 tsp vanilla
3 T cocoa	1 c icing sugar
1 T corn syrup or honey	1 - 2 T milk

Cream butter, cocoa, corn syrup and vanilla. Add sugar and milk. Beat to spreading consistency.

1-2-3-4 Cake

Excellent as shortcake.

1 c butter	1 c water or milk
2 c sugar	2 tsp cream of tartar
3 c flour	1 tsp soda
4 eggs	1 tsp vanilla

Cream butter, add sugar and blend, beat in eggs; sift the cream of tartar and soda with the flour twice before adding to the batter alternately with the milk and vanilla. (Put in a cup of raisins or walnuts for variety). Pour into a large buttered and floured cake pan or two layer pans, and bake in in a 350 oven: 45 minutes for the large pan, 30 minutes for the layer pans. Test it.

Carol's Carrot Cake Deluxe

3 c shredded carrots	1/2 tsp cloves
1 T lemon juice	1/2 tsp nutmeg
20 oz can crushed pineapple, drained	1/2 tsp allspice
3 c flour	1 1/2 c vegetable oil
2 c sugar	5 eggs
2 tsp baking powder	2 tsp vanilla
2 tsp soda	1 c coconut
1 tsp salt	1 c walnuts
2 tsp cinnamon	1 c raisins

Combine carrots and lemon juice in a small bowl. Squeeze liquid from pineapple. Mix dry ingredients in a bowl. Add oil until blended. Add carrots; then eggs one at a time. Stir in the rest. Bake at 350 for 1 hour or until done. Bake in a 9x13"pan.

Mandarin Cake

This is quick to make and you will get raves!

1 c sugar	1 c flour
1 egg	10 oz can mandarin oranges, undrained
1 tsp soda	1/2 c chopped nuts (pecans, walnuts or almonds)
1 tsp vanilla	
1/2 tsp salt	

Place all ingredients in medium bowl. Beat by hand 3 minutes (until smooth). Pour into buttered 8"x8" pan. Bake 25 - 30 minutes at 350.

Topping

3/4 c brown sugar	3 T butter
3 T milk	

Bring to boil in small pot. While still boiling, pour over the cake as it comes from oven. Serve cake warm or cold with whipped cream or ice cream.



Sour Cream Coffee Cake

Mmmm...Great for breakfast hot or cold with butter!!

1/4 c butter	1 tsp baking soda
1 c brown sugar	1 1/2 c flour
2 eggs	1 1/2 tsp baking powder
1 c sour cream	1/4 tsp salt

Cream butter, sugar, and eggs. Mix sour cream and baking soda. Be careful. It will bubble over it you're not quick. Alternate with flour, baking powder, and salt. Pour half the batter into a tube or 8x8" pan. Sprinkle with filling. Pour over the remaining batter.

## Filling:

3/4 c brown sugar	1/2 c chopped walnuts
1 tsp cinnamon	

Bake 40 - 60 minutes at 350 F.

Triple Chocolate Cake

1 1/2 c white sugar	3 eggs
2 1/2 c flour (1 c WW)	1/2 c cocoa
2 1/2 tsp b. powder	1 1/2 tsp b. soda
1 tsp salt	1 tsp cinnamon
1/2 c milk	2 tsp vanilla
3 c shredded zucchini	1 c chocolate chips
3/4 c margarine	

Preheat oven 350. Cream the margarine with the sugar. Beat in the eggs. Sift together the flour, cocoa, baking powder, baking soda, salt and cinnamon. Add sifted dry ingredients to the creamed margarine mixture, alternating with the milk and vanilla. Fold in the shredded zucchini and chocolate chips. Pour into 2 greased 8x8" pans. Bake 35 minutes or until done. Frost.

Angel Cake

1 c flour	1 1/4 c sugar
1 c egg whites (8-10)	3/4 tsp vanilla
1/4 tsp salt	1/4 tsp almond extract
1 tsp cream of tartar	

Beat egg whites until frothy; then add cream of tartar, and continue beating until egg-whites are stiff but not dry and will hold their shape. Sift sugar, and fold in gradually, a little at a time. Fold in vanilla and almond extracts. Sift flour; measure; add salt and sift 3 times. Now sift a small amount of flour over mixture and fold in carefully; continue until all flour has been used. Pour into an ungreased angel-food tin, and bake in a slow oven (275) for the first 30 minutes; then increase temperature to 325 for the last 30 minutes. Remove from oven, invert pan over a wire rack for one hour or until cold.



Carol Dojczman's Orange Cake

1/2 c shortening	1 1/2 tsp baking powder
1 1/4 c sugar	1 tsp salt
2 eggs	1/2 tsp soda
1 3/4 c flour	1 c squeezed orange juice with pulp

Cream shortening and beat in sugar. Blend in eggs. Add remaining dry ingredients and mix in, adding orange juice gradually. Pour batter into 2 8"x8" pans (greased). Bake at 350 for 30 - 35 minutes.

May be iced with plain vanilla icing. This can then be cut and frozen for lunches.

Carol Dojczman's Cocoa Cake

This is a moist one, and it doesn't call for milk.

3/4 c butter	3/4 c cocoa
1 3/4 c sugar	1 1/4 tsp b. soda
2 eggs	1/2 tsp salt
1 tsp vanilla	1 1/3 c water
2 c flour	

Beat butter and sugar; Beat in eggs and vanilla. Combine dry ingredients. Add alternately with water. Pour into 2 greased 8 x 8" pans. Bake 30 to 35 minutes at 350.

Deanna Lux's Italian Coffee Cake

One day when we had no butter in the house for baking, my girlfriend suggested this and began to whip it up before my eyes from memory. You will make this one again and again because it has the old-fashioned taste of pound cake

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

Mix eggs and oil together. Blend in sugar; then stir in flour, and baking powder, alternately with milk. Bake 45 min. at 350° in 2 greased loaf pans.

White Chocolate Cheesecake

This runs a close 2nd to Sue's chocolate espresso cheesecake! A totally different taste experience.

1 1/2 c graham crumbs	6 T melted butter
3 pkgs (250g) Cream Cheese, softened	1 c sugar
4 T dark rum	3 T flour
3 eggs	1 tsp vanilla
	6 squares White Baker's Chocolate, melted

Mix crumbs and butter; press onto bottom and 1" up sides of a 9" springform pan. Bake 10 minutes at 325 F. Beat cream cheese and sugar until smooth. Beat in flour, rum and vanilla. Beat in eggs, one at a time, just until blended. Stir in chocolate; pour over crust. Bake at 325 F for 50 minutes or until set. Run knife around rim of pan to loosen cake. Cool. Refrigerate overnight.

Sue Dougherty's Chocolate Espresso Cheesecake

Watch for those cream cheese sales. This will be WELL WORTH your investment! For cheesecake connoisseurs.

3 - 8 oz packs cream cheese	2 T water
1 1/2 chocolate wafer crumbs or graham cracker crumbs	1 c sugar
2 T sugar	3 T flour
1/4 c butter, melted	3 eggs
2 c chocolate chips	2 egg yolks
2 T instant reg. or espresso coffee	1 c whipping cream

Soften cream cheese in a large bowl. In another bowl, blend wafer crumbs, sugar, and butter. Pat onto bottom and an inch up the sides of a 9" springform pan. Chill. Slowly melt chocolate chips. Meanwhile, in a small dish, dissolve coffee powder in water. Now beat softened cream cheese till light and smooth. Gradually add sugar. While mixing still, sprinkle flour over mixture. Add eggs, one at a time, beating well after each one. Beat in melted chocolate, coffee, and whipping cream on LOW speed. Bake one hour at 350. Turn oven off and leave cheesecake in for 40 minutes with the door closed. Remove from oven and let cool to room temperature. Refrigerate several hours or overnight.

Phone up some friends and enjoy!

Cherry Cheesecake

1 c graham crumbs	1 can Eagle Brand
2 T sugar	1/3 c lemon juice
1/4 c melted butter	1 tsp vanilla
8 oz cream cheese	1 can cherry piefill

Press crumbs, sugar, and butter in 8"x8" pan. Bake at 350 F. till golden brown. Cool. Mix cheese, Eagle Brand, lemon juice, vanilla and spread on a cooled crust. Carefully spread cherries on top of cheese mixture. Chill.

Microwave CheesecakeCrust:

1/4 c butter	2 T sugar
1 c graham crumbs	2 T flour

Filling:

8 oz cream cheese	1 egg
1/3 c sugar	1 tsp vanilla

Topping:

1 c sour cream	1/4 tsp vanilla
3 T sugar	1 can cherry pie filling

Melt butter in 8" round pie plate. (60 seconds - HI) Mix in remaining crust ingredients. Press mixture in pie plate. Soften cheese (30 seconds on HI) and beat with rest of filling ingredients, using mixer. Pour over crust and cook, on HI uncovered 5 minutes. Combine sour cream, sugar, and extract. Spread over filling. Cook, uncovered 2 minutes. Cool slightly. Spoon cherry filling on top. Chill overnight. Serves 6-8.

Apple Bavarian TorteCrust:

1/3 c margarine	1/2 tsp salt
1/3 c sugar	1 c flour

Press into bottom of and 8"x8" pan or springform pan.

Filling:

8 oz cream cheese or cottage	1/2 tsp vanilla
1/3 c sugar	1 egg

Cream until smooth. Pour into crust.

Topping:

4 c sliced apples	cinnamon
3 T water	

Place all ingredients in saucepan and cook over low heat until apples are just slightly tender. Spread over filling.

Crumble:

3 T butter	1/3 c sugar
1/3 c flour	1/4 c sliced almonds

Combine butter, flour and sugar. Sprinkle almonds on top. Bake at 425 for 20 minutes; decrease to 375 for 40 minutes until golden brown. Torte must be cut in pan. Store in fridge.

Never Fail Pastry

5 c flour	1 tsp salt
1 lb lard (2 c)	3 tsp brown sugar
2 tsp baking powder	1 T vinegar
1 egg	

Mix dry ingredients in a bowl, beat egg slightly in measuring cup, add vinegar to egg then add enough water to make a cup. Cut lard into dry ingredients. Pour egg mixture into this, tossing with a fork until mixture is moistened. Form into balls. Roll on floured surface. Prick pie shells to keep from shrinking and bulging. Bake at 400 F.

Crisco Pastry

The flakiest!

2 c flour	1/2 tsp salt
1 c Crisco shortening	3 - 4 T water

Cut shortening into the flour and salt. Sprinkle on water. Stir with a fork to mix into a ball and roll away!

## PIES

## PIES

Celina McDougall's Pumpkin Pie

This one is from Keon's Hotel in Chapeau, Quebec where Cecile worked as a cook as a young woman. There are two variations, depending on the amount of pumpkin you have on hand and whether you prefer a lighter or denser pie. Both are excellent.

Number One:	Number Two:
2 c pumpkin	3 c pumpkin
* 1 c coffee cream	* 1 c coffee cream
3/4 c sugar	3/4 c sugar
3 eggs	4 eggs
1/2 tsp cinnamon	1/2 tsp cinnamon
1/8 tsp cloves	1/8 tsp cloves

In a large mixing bowl, blend filling ingredients well with a mixer. Pour filling into a pastry lined 9" pie plate (a nice deep one). When making Number Two, you will need to pour extra filling into custard cups. Bake in a preheated 350 oven for at least an hour or more. Test with a knife to see if it comes out clean.

\* OR 1/2 c whipping cream mixed with 1/2 c milk OR 1 c milk mixed with 5 T dry milk powder ... I use whatever I have.

Kathleen Hubert's Amazing Raspberry Pie

First time I tasted this, I said to Mark "Kathleen could get 4 bucks a slice for this at a restaurant!"

2 - 8" pie crusts, baked	2 T cornstarch
1 1/2 c cold water	1 small box (85g) red jello
1/2 c sugar	powder
1 qt raspberries, fresh	

Combine water, sugar, and cornstarch together. Boil till thick and stir in jello powder. Spread raspberries evenly in the bottoms of the pie crusts. Pour jello mixture over the berries. Chill until set. Serve with ice cream if desired.

\* I have also made this with fresh strawberries, cut in halves.

Peach Pie

A definite winner! I make several of these during peach season.

1 - 9" double pie crust	1 tsp lemon juice
1 c sugar	4 c sliced peaches, or *more
2 T quick cooking tapioca	2 T butter
1/4 tsp salt	

Mix sugar, tapioca, salt, and lemon juice; combine with peaches. Let stand 15 minutes. Place peach mixture in pastry shell. Dot with butter. Cover with pastry. Bake 40 - 50 minutes at 425.

\* I pack the peaches in until they make a nice mountain.

Pecan Pie

Pecans are expensive, but this really stretches them out nicely.

9" unbaked pie crust	2 T butter, melted
3 eggs	1 tsp vanilla
1 c corn syrup	1 c pecan halves
1/2 c sugar	

Preheat oven to 350. In medium bowl, beat eggs well. Beat in syrup, sugar, butter, and vanilla until well-blended. Arrange pecan halves in single layer in bottom of pie crust. Pour egg mixture over the pecans carefully. Bake pie one hour, or until knife comes out clean. Cool.

Black Forest Pie

I asked for this recipe from the cook at Bethel Farm in Acton, after everyone at supper raved about the dessert!

Unbaked single crust pie pastry

Filling:

3/4 c butter  
3/4 c sugar  
6 T cocoa  
2/3 c ground almonds (use  
your blender)  
2 T flour  
3 eggs, separated  
2 T water  
1/4 c sugar

Topping:

1/3 c sour cream  
2 T sugar  
1/2 tsp vanilla  
1 c cherry pie filling

Glaze:

1/2 c semi-sweet real  
chocolate chips  
1 1/2 tsp shortening

Heat oven to 350. Line 9" pie pan with pastry; crimp or flute crust. Set aside. In a saucepan melt butter over medium heat. Stir in 3/4 c sugar and cocoa. Remove from heat; cool 5 minutes. Stir in almonds and flour. Stir in egg yolks, one at a time, until well mixed. Stir in water. In a small mixer bowl beat egg whites until foamy. Continue beating, gradually adding 1/4 c sugar, until soft peaks form. Fold chocolate mixture into egg whites just until blended. Pour into prepared pie shell. Bake for 35 to 45 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes. In medium bowl stir together all topping ingredients EXCEPT cherry pie filling. Spread over warm pie; top with spoonfuls of cherry pie filling. Return pie to oven for 5 minutes. In saucepan melt chocolate chips and shortening over low heat, stirring constantly, until melted. Place melted chocolate into a small plastic bag with a small hole cut into one of the corners and squeeze to drizzle over the pie. Refrigerate at least 2 hours.

Brox's Tin Roof Pie

This was a popular choice at the restaurant I used to work at.

1/2 c peanut butter  
1/2 c corn syrup  
2 c Rice Krispies  
vanilla ice cream, softened

chocolate syrup  
peanuts, chopped  
whipped cream  
marachino cherries

Mix together peanut butter, corn syrup, and Rice Krispies. Pat into a pie shell. Fill with ice cream. Freeze until solid. Garnish each piece with remaining four ingredients, in that order.



Butter Tarts

These are the best - not crystalline, but just a soft gel centre! Makes 2 dozen (mix up one batch of CRISCO pastry)

2/3 c real butter, melted	Thompson seedless raisins
1 c corn syrup	walnuts
1 c brown sugar	coconut
4 eggs, beaten	strawberry or raspberry jam

Mix butter, corn syrup, brown sugar, and eggs THOROUGHLY. Into each pastry shell, place 1 level tsp of jam and either a.) 4 raisins + 1 tsp walnuts or b.) 1 T coconut. Fill each shell with filling. Bake at 350, 15 - 20 minutes, until pastry is golden brown. When baked, allow at least 10 minutes before removing tarts from tins.

These also make lovely pecan tarts. Fill shells with filling and place 4 or 5 pecans in each tart.

Coffee Almond Tarts

These are easy to make but oh, so impressive to serve.

12 tart shells	1/4 tsp salt
2 eggs, beaten	1/4 c melted butter
1 1/2 c dark brown sugar	1 tsp vanilla
2 tsp instant coffee powder	1 c chopped almonds
dissolved in 2 T water	

Beat eggs, sugar, instant coffee, and salt together well. Add the melted butter, vanilla, and nuts. Spoon into tart shells and bake at 400 for 12 - 15 minutes.

Apricot Pastries

Not really tarts...these pastries are attention-getters. The rich, flaky dough puffs up and browns beautifully.

1 c all purpose flour	1/8 tsp salt
1/2 c margarine cut into chunks	1/2 c (125 g) 4 oz cream
apricot jam	cheese cut into chunks
1 egg, beaten	sugar

Mix flour, salt, margarine and cream cheese together in food processor until well-blended or mix in traditional manner by hand, for pastry. Gently shape dough into a ball and wrap in clear plastic. Refrigerate at least two hours or preferably, overnight.

Preheat oven to 375. Lightly grease a cookie sheet. On floured surface, roll out dough 1/8" thick. With 3" diameter cookie cutter, cut out shapes. Reroll trimmings. On half the number of shapes, place 1 tsp apricot jam in center of each shape. Brush edges with beaten egg. Cover each with another cut-out. Lightly press edges together with a fork, sealing well. Arrange on cookie sheets, brush top of each with remainder of beaten egg, then sprinkle with sugar. Bake 10 - 12 minutes or until golden. Cool.  
Yield: 20 - 24

Neil'S Harbour Bread  
(from "Food That Really Schmecks")

This is quite quick to whip up and very simple to follow. I adapted it slightly.

1 c lukewarm water	1/2 c white sugar
1 tsp white sugar	1 T salt
2 T yeast	1/2 c oil
2 c lukewarm water	9 c flour (I use 3 of these whole wheat)

Dissolve the teaspoon of sugar in the cup of warm water, sprinkle the yeast over it, and let stand 10 minutes. Stir yeast down. Pour into large bowl. Stir in the 2 cups of warm water, salt, sugar, oil, and - one cupful at a time - enough flour to make a soft dough. Knead thoroughly. When the dough loses its shiny wet look it should be ready. Place dough into greased bowl, grease the top of the dough and cover with a plastic bag. Let rise in a warm place for 1 1/2 hours. Punch down.

Divide the dough into 3 pieces, shape into loaves and place in greased loaf pans. Cover with plastic and let rise again until doubled... at least an hour. Bake 20 - 30 minutes at 375. Tip loaves from pans to a rack and let cool.

Onion Bread: After the first rising, take 1/3 of the dough in Neil's Harbour Bread recipe. Knead into it 1/2 - 1 c fried onions. You may need a little more flour, if the dough gets sticky. Proceed with recipe according to instructions.

Raisin Bread: Can be made the same way only add 1 c raisins.

Cheese Bread: Same instructions, using 1 c cheese cubed into 1" pieces.

Paula Chant's Dinner Rolls

These are addictive.

Scald 1 1/2 c milk. Add:

1/4 c sugar  
1 1/2 tsp salt  
1/4 c shortening

Stir. Cool to luke warm. Meanwhile dissolve:

1/2 c warm water  
1 tsp sugar  
1 envelope yeast

Let it sit 10 minutes. Pour this into the warm milk mixture. Add 1 beaten egg. Stir in 3 c flour. Add 2 - 2 1/2 c more flour. Knead 10 minutes. Let rise for 1 1/2 hours. Pound down. Shape into 2 dozen equal sized balls. Place in 2 greased 9" round pans. Let rise 45 minutes. Bake 15 - 20 minutes at 375.



Marko's Montréal Bagels

You can never go back to store bagels after tasting these!

1 1/2 c warm water	1/2 c honey
2 T yeast	6 c flour (3 of these
1 tsp sugar	whole wheat flour)
2 1/2 tsp salt	3 qts water for boiling bagels
1 large egg	1/3 c honey (or cheaper malt syrup)
1 yolk, extra	sesame and poppy seeds
1/4 c oil	for sprinkling

In a large mixing bowl, blend the water, yeast, sugar, and salt. Stir to dissolve sugar and salt. Stir in egg, extra yolk, oil and honey. Mix well.

Add flour one cup at a time (put whole wheat flour in first), mixing with a wooden spoon until dough is too stiff to stir. Knead remaining flour in by hand to form a soft, supple dough.

When dough is smooth and elastic, place it into an oiled bowl, grease the top of the dough, and cover it with a plastic bag. Let dough rise one hour, or until **doubled**.

Punch down and divide into 14 equal portions. Shape dough into bagels, by elongating each portion into an 8" coil about 3/4" thick. Fold ends on each other, sealing by rolling back and forth gently with the palm of one hand. This locks the ends together and must be done properly, or the bagels will open in the boiling water. Let bagels rise on a towel-lined baking sheet for 30 - 40 minutes, or until **doubled**.

Meanwhile, measure water into a Dutch oven with honey, and heat to boiling. Cover, reduce heat, and allow to simmer while bagels are rising.

Preheat oven to 425. Increase water temperature back to boiling and remove cover. Have both bowls of poppy and sesame seeds nearby.

When water is boiling, use a slotted spoon and add bagels, three at a time, to the water bath. When they rise to the surface (almost immediately), allow them to boil for about one minute, then turn them over and let them boil another minute before removing them. Drain on a towel, briefly. Then dip them into either the poppy or sesame seeds.

Arrange boiled, seeded bagels on an ungreased baking sheet on the lowest rack of the oven until bagels are medium brown (approx. 15 minutes) Remove from oven. Remove from pans with a spatula immediately. Cool on racks.

NOTE: We save our boiling water and honey to use again two more times. (in the interest of economy) Simply bottle it and refrigerate. Add a little more water as needed each time, to make up the difference that has evaporated.

Continued...

MARKO'S MONTREAL BAGELS (continued)

If not using bagel dough immediately, it can be refridgerated after initial mix-and-knead stage. Cover dough well in a lightly greased bowl. Let dough come to room temperature when ready to use, and resume the recipe.

Neet's Whole-Grain Bread  
(adapted from G92 12/8 pg.27)

Dissolve 3 T dry yeast in 4 c warm water.

Stir in 4 c whole wheat flour and 1 c grains.(= 4 T flax, 4 T millet, 2 T sesame seeds, 2 T sunflower seeds, 4 T bran)

Let rise to double its size in a warm place. (approx. 1 hr)

Add 2 tsp salt, 1/2 c sugar, 1/2 c oil. Mix well.

Add 5 - 7 c white flour to firm up the dough.

Knead on floured surface 15 minutes.

Let rise in greased bowl to double its size (approx. 1 hr)

Knead lightly, and shape into 4 loaves or 2 loaves and 2 dozen buns.

Let rise for 10 minutes in greased bread pans or pie plate for buns.

Bake at 325 for one hour. (less time for the buns)

Carol Dojczman's Oatmeal Batter Bread

Mark OFTEN puts in his request for this one. I often make it for a treat on family study night.

In large mixer bowl, combine 1 1/2 c flour, 1 c rolled oats, and 1 package dry yeast. In saucepan, heat 1 1/4 c milk, 1/4 c shortening, 1/4 c honey, and 2 tsp salt just until warm (115 - 120 F) stirring constantly to melt shortening. Add to dry mixture in mixing bowl. Add 1 egg and 1 egg yolk to mixture in mixing bowl. (Reserve the one egg white)

Beat at low speed with electric mixer for 1/2 minutes scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in 1 1/2 c flour to make a soft dough. Beat until smooth. Cover and let rise in a warm place until double (1 3/4 - 2 hours). Stir dough down. Sprinkle a greased 2 quart casserole with 2 T rolled oats. Turn dough into prepared casserole. Brush with beaten, reserved egg white and sprinkle with 1 T rolled oats. Let rise in a warm place until double (45 minutes).

Bake at 350 for 45 - 50 minutes. Let stand in dish for 15 minutes. Remove.

Maple Oatmeal Bread

On the days I make this bread, I always filch one chunk of dough out (the size of a baseball) before I shape my two loaves. I flatten it, fit into a 9" round cake pan and up the sides to make a delicious pizza for two for supper. I do not let rise the second time. I simply begin assembling my pizza and then bake it. This started out as an accident, when I realized I had nothing out for supper one afternoon, and it has now become a tradition. We LOVE the taste of this pizza crust!!

1/4 c margarine  
1/2 c maple syrup or table  
syrup with 15% maple syrup  
1 T brown sugar

1 1/2 c old fashioned oats  
2 tsp salt  
1 T yeast  
7 or 8 c white flour ( 1 c of  
these may be whole wheat)

In a large bowl, combine margarine, oats, syrup, and salt. Pour 2 c boiling water over this and stir. In a small bowl, mix yeast and brown sugar with 1/2 c warm water. Set the small bowl on top of ingredients in the large bowl - it keeps the yeast warm and prevents spills as yeast foams up. After yeast has doubled and oat mixture has cooled to warm, (10-15 minutes) mix the two. Add flour 2 cups at a time, and beat well until it is all incorporated.

Knead until dough is elastic and not sticky. Allow to rise in a warm place for 1 hour. Punch down, knead briefly and divide dough. Let rise for another 30 - 45 minutes. Bake at 350 for 30 - 45 minutes or until browned. Yield: 2 large loaves.

## PANCAKES

## PANCAKES

German Pancakes

These puff up with big air bubbles and then collapse before you serve them. A special treat for two.

4 eggs  
1 T. sugar  
1/2 tsp. salt

2/3 c. flour  
2/3 c. milk  
2 T. butter, melted

Heat oven to 400°. Grease 2-9" round cake pans. Beat eggs in a mixing bowl until light yellow. Add remaining ingredients. Beat until smooth. Pour into pans, bake for 20 min., then reduce heat to 350° and bake 10 min. Slip onto hot plates, using a spatula to "fin-agle" them out.

Rich Pancakes

This recipe can be doubled.

3/4 c flour	1 tsp baking powder
1/2 tsp salt	1 T sugar
1 egg, well beaten	3/4 c milk
1 1/2 T oil	

Sift flour, baking powder, salt, and sugar into a large bowl. Combine egg, milk, and oil. Add to flour mixture all at once and stir just until blended. Heat cast iron pan on medium high until a few drops of cold water will dance in small beads before evaporating. Grease pan lightly. Pour batter in by 1/4 cupful. Fry until center of pancakes are full of unbroken bubbles. Turn with spatula and brown other side. Makes 6 pancakes. Serves 2.

Rita Mom's Sour Milk Pancakes

Mom always had sour milk that needed using up.

2 c sour milk	1 tsp baking powder
1 T sugar	1/2 tsp soda
2 eggs	pinch of salt
1 c flour	

Sift together the flour, salt, baking powder and soda together. Add to this the well beaten eggs and sugar, and mix all with the sour milk. Mix all ingredients thoroughly. Heat cast iron frying pan and keep it well oiled each time batter is dropped in. Flip over when bubbles appear everywhere and pancake is brown. MED heat seems to work best. Makes 5 large pancakes or many small. Nicely feeds 3 persons.

Mary Ziegler's Pancakes

These are nice, puffy, basic pancakes that are quick and easy to whip up. Economical too.

1 c flour	1/4 tsp salt
1 c milk	1 T sugar
2 T oil	1 egg
1 T baking powder	

Mix wet and dry ingredients separately. Stir together just until mixed. There will still be small lumps...that's okay. Fry in a greased cast iron pan.

Marko's Crisp Waffles

2 eggs, separated	2 c milk
2 c flour	1/2 c butter, melted
4 tsp baking powder	1/2 tsp salt

Beat egg whites stiff. Beat egg yolks thoroughly. Sift flour, baking powder, and salt together and add to egg yolks. Add milk and butter and beat until smooth. Fold in stiffly-beaten egg whites. Bake in hot waffle iron (1 cup at a time) 4 - 6 minutes. Makes 5 large waffles. (20 small)

Marko's Deluxe Waffles

These are amazing!

1 c flour	2 eggs, separated
1 1/2 tsp baking powder	2 T melted butter
1/2 tsp salt	1 c heavy cream (whipping cream)
1 T sugar	

Heat waffle iron. In a small bowl sift together flour, baking powder, salt, and sugar. Beat egg yolks in a medium-sized bowl. Add sifted dry ingredients, melted butter, and cream. Stir until blended. Fold in beaten egg whites. Pour onto heated waffle iron. Close and bake until steam stops, 4 - 6 minutes. This batter is thick.

## MUFFINS

## MUFFINS

Carol Dojczman's Blueberry Muffins

I like to make these for company who sleeps over. This is the main way that I use up our summer blueberries.

1 3/4 c flour	3 tsp baking powder
1/2 tsp salt	1/4 c margarine
1/2 c sugar	1 egg
3/4 c milk	1 tsp vanilla
1 c frozen or fresh blueberries	

In large bowl, stir together flour, baking powder, and salt. Make a well in the center.

In another bowl, cream margarine and sugar. Beat in egg until quite smooth. Mix in milk and vanilla. Pour into the well and stir just to moisten. Batter will be lumpy.

Fold blueberries into batter. Fill greased muffin cups 3/4 full. Bake 25 minutes at 400. Makes 12 muffins.

Lois Kerr's Bran Muffins

I started making these as a teenager when I became interested in healthy eating and have been making them ever since.

1 c flour	1 tsp soda
1 c bran	1 egg
2 T wheat germ	1/2 c oil
3/4 c brown sugar	3/4 c milk + 1 T vinegar,
1/4 tsp salt	stirred into it
dates or raisins	walnuts

Combine dry ingredients. Add wet ingredients. Blend together, but do not overstir. Bake 18 - 20 minutes at 375. Yield: 12 muffins. Recipe may be doubled.

Zucchini Muffins

A seasonal treat.

1 c sugar	2 tsp salt
3 eggs	1/4 tsp allspice
2 1/2 c shredded zucchini	1/2 tsp nutmeg
1 c oil	1/2 tsp baking powder
2 tsp vanilla	2 tsp soda
3 c flour	1 1/2 tsp cinnamon

Mix sugar and eggs together. Add zucchini, oil, and vanilla. Blend well. In another bowl mix dry ingredients. Now combine wet and dry ingredients. Add nuts or raisins (opt.) Bake at 350 for 20 minutes.

Date-Orange Muffins

1 1/2 whole oranges & rind	1 1/2 c flour
1/2 c orange juice	1 tsp soda
1/2 c dates	1 tsp baking powder
1 egg	1/2 c brown sugar
1/2 c butter	

Cut oranges into pieces. Remove seeds. Put in blender. Blend until rind is well ground. Add juice, dates, egg, and butter. Whirl in blender. Sift dry ingredients together. Pour on the orange mixture. Stir lightly. Bake 15 minutes at 400.

Carrot-Orange Muffins

3/4 c oil	2 c flour
1 c white sugar	1/2 tsp baking soda
2 eggs	2 tsp baking powder
1 whole orange, pureed	1/2 c nuts
2 carrots, shredded (1 c)	

Mix together in order given. Bake 20 - 25 minutes at 350. Yield: 16 muffins



Apple Streusel Muffins

Mark asked me to get this recipe off of his Mom, as these were his favorite muffins at home.

## Topping:

1/2 c packed brown sugar

1/4 c all purpose flour

1/4 c real butter

In a small bowl rub sugar, flour and butter until crumbly. Set aside.

1 1/2 c all purpose flour

3 tsp b powder

1 egg

1/4 c oil

1/2 c granulated sugar

1/2 tsp salt

1/4 c milk

3/4 c apple, peeled and grated

In mixing bowl stir flour, sugar, b. powder and salt together. Make a well in the centre. In another bowl, beat egg, milk, and oil to blend. Stir in apple. Pour into well. Stir until just moistened. Fill muffin tins 3/4 full. Sprinkle with topping. Bake 20 to 25 minutes at 400 F. Makes 12 muffins.

Shelley-Joy's Oatmeal-Date Teatime Muffins

Shelley made these up for quick breakfasts, one district convention we stayed at their place. They are addictive.

1 1/3 c all purpose flour

2 tsp baking powder

1/4 tsp salt

3/4 c milk

1/4 c cooking oil

1 c dates, chopped

3/4 c rolled oats

1/2 tsp baking soda

1 beaten egg

1/2 c packed brown sugar

1/2 tsp vanilla

Grease muffin cups, or line. (1 dozen 2" cups) In bowl, mix dry ingredients. Add wet ingredients all at once and stir just til moistened. Fold dates into batter. Spoon into cups. Bake at 400 for approx. 15 minutes or til done.

Christie Longman's Chocolate Chip Muffins

A chocolate lover's delight.

1 1/2 c flour

1/2 c sugar

3 tsp baking powder

1/4 tsp salt

\* 1 c milk

1/3 c melted butter

1 egg

1 c chocolate chips

1/4 c wheat germ

Mix dry ingredients with chocolate chips. Combine egg, milk, and butter. Stir into flour mixture. Do not beat. Bake at 375 for 20 minutes.

\* When made with sour milk: Use 2 tsp baking powder + 1/4 tsp soda instead of 3 tsp baking powder.

Aunt Theresa's Oatmeal Tea Bread

I was sent this in the mail and it IS good.

Bread:

1 1/4 c flour	1/2 tsp nutmeg
3/4 c sugar	1 c oats
1 tsp salt	1/2 c raisins (opt)
1 tsp baking powder	1 1/4 c unsweetened apple
1 tsp soda	sauce
1/2 tsp cinnamon	1/3 c oil
2 large eggs	1/4 c milk

Topping:

2 T brown sugar	2 T chopped nuts
1/4 tsp cinnamon	

Prepare topping and set aside. Grease and flour a 9 x 5 x 3" loaf pan or an 8 x 8" cake pan. In a large bowl sift together dry ingredients, including raisins. Beat eggs, applesauce, oil, and milk together. Stir into dry ingredients until thoroughly moistened. Pour batter into prepared pans and sprinkle with topping. Bake 40 - 50 minutes at 350.

Nutty Seed Bread

This has a lovely texture!

2 c flour	1/4 c wheat germ
1 tsp baking powder	1/4 c sesame seeds
1 tsp soda	2 T poppy seeds
1/2 tsp salt	1 egg, beaten
1 c lightly packed brown sugar	1 c buttermilk
1/2 c chopped nuts	1/4 c oil

Combine the first 9 ingredients in mixing bowl. Stir well to blend. Beat egg, buttermilk and oil together; add to dry ingredients. Stir just until moistened. Pour batter into greased 9 x 5" loaf pan. Bake 50-60 minutes at 350 or until toothpick comes out clean. Cool in pan 10 minutes, then turn out on wire rack to cool completely.

Banana Loaf

7/8 c lard	1 tsp baking powder
1 tsp salt	1 tsp soda
1/2 c sugar	2 T sour milk
1 egg	1 tsp vanilla
2 1/2 c flour	1 1/2 c pureed banana

Combine lard, salt, sugar, egg, and vanilla. Beat well. Add bananas, then quickly fold in sifted dry ingredients and sour milk. Pour into greased, floured loaf pan. Bake 1 hour at 375. Put foil on if it browns too quickly.

### Cape Breton Oatcakes

These are great with a spot o'tea!

3 c rolled oats	1 tsp baking soda
3 c white flour	1 1/2 c lard or shortening
1 c brown sugar	3/4 c cold water
2 tsp salt	

Combine all the dry ingredients. Cut in the lard until it's really well blended. Add water a little at a time until the dough is right to roll, like pastry. Use rolled oats on the board instead of flour, and don't skimp it. Roll about 1/8" thin. Cut in squares with a knife and bake at 350 for about 12 - 15 minutes. Watch them, they're too precious to let burn.

### Molasses Whole Wheat Bread

A lovely treat for breakfast or coffee break.

1 tsp salt	1 beaten egg
1 tsp soda	1/2 c molasses (fancy)
3/4 c white flour	1/2 c brown sugar
2 c whole wheat flour	1 1/2 c buttermilk

Mix the salt, soda, and two kinds of flour together. Beat the egg with the molasses and brown sugar, then add the buttermilk. Pour the liquid ingredients into the dry and stir only until moistened. Pour into a buttered loaf pan, bake in a 350 oven for about 40 minutes, until the bread tests done. Butter it, and serve it while still warm, or cool the next day.

Betsy Brubacher's Spaghetti  
(with my adaptations)

This is one out of Edna Staebler's first cookbook. A real simple comfort food.

450 g elbow noodles (half of a regular package)	6 c tomatoes
2 T olive oil	1 tsp salt
2 large onions, chopped	1/2 lb cheddar cut into 1" cubes
1 green pepper, chopped	4 bay leaves
4 slices bacon	

Cook onions and peppers in oil until partly cooked; add tomatoes and salt and cook till onions are tender. Meanwhile boil noodles until al dente and drain them. Place in a dutch oven. Gently mix cheese cubes throughout. Pour tomato mixture over top, along with bay leaves. Stir to coat noodles. Spread bacon slices over the top and place uncovered in oven (300) for approx. an hour. Check it toward the end and if bacon is crispy, just put a lid on to prevent the top from drying out. REMOVE BAY LEAVES BEFORE SERVING!! Mmmmm

Heidi Dojczman's "Lazy Man's Perogies"

A fairly economical company dish.

Make 2 c mashed potatoes.(4 large spuds)  
Cook lasagna noodles.(9)  
Sauté 1 c onions with 1/4 c butter.

Layer 3 noodles in 9" x 13"  
Mix and put on top - - 2 c cottage cheese  
1 egg  
1/4 tsp onion salt

Layer 3 noodles.  
Mix and put on top - - mashed spuds  
1 c shredded cheese  
1/4 tsp onion salt  
1/8 tsp pepper

Layer 3 noodles.  
Top with onions. Cover with foil. Bake at 350 for 1/2 hour. Serve with sour cream.

Kathie Plein's California Lasagna

Great for a crowd! I stock up on mozzarella when it goes on sale, and freeze it for this one.

1 lb ground beef	2 - 28 oz can tomatoes
1 large onion	6 oz can tomato paste
2 cloves garlic, crushed	3/4 c dry red table wine or water
1 tsp basil	12 lasagna noodles (1/2 lb)
1 tsp oregano	2 lb mozzarella
2 tsp salt	1/2 c parmesan

Cook beef until browned. Add onion. Cook until transparent. Drain fat. Add garlic, basil, oregano, stirring constantly; cook for few minutes. Add salt, tomatoes, tomato paste, and wine or water. Cover and simmer 30 minutes. Remove cover and simmer 30 minutes more. Cook lasagna noodles. Heat oven to 350. Spread small amount of sauce in a 9 x 13" pan. Cover sauce with noodles. Spread on some sauce, mozzarella, and parmesan (Approx. one third of each) Repeat with two more layers. Bake 30-45 minutes until hot and bubbly.

Beefy Bacon Pasta

This is quick, extremely tasty, and only uses one pan... saves on dishes! This dish freezes very well. Goes nice with mashed potatoes and salad or hot vegetable.

4 bacon slices	1 1/2 tsp chili powder
1 lb ground beef	1 tsp sugar
1/2 c chopped onion	1 tsp salt
3 c water	1/4 tsp pepper
5 1/2 oz can tomato paste	1 tsp parsley flakes
1 1/2 c uncooked elbow macaroni	1/4 tsp garlic powder

Fry bacon in large cast iron frying pan. Cut in small pieces. Set aside. Put beef and onion in same pan. Scramble fry until browned. Drain fat. Add remaining ingredients, including bacon. Stir gently, as pan will be quite full. Cover and simmer slowly until macaroni is cooked, about 10 - 15 minutes. A little more water can be added if a looser casserole is desired. Yield: 6 c.

Pepper Steak

This is a delicious treat served with potatoes and vegetables or a salad. A no-fuss supper.

Buy 1 lb pepper steak (1" thick).  
Marinate in 1/4 c white wine for 2 hours or overnight.  
Sear both sides in a little oil. Lower heat to medium and cook until medium rare (5-10 minutes)

*carrot, celery green pepper 1 candiced*Hamburger Barley Soup*tom 1 bag pear**barley*

This one is a real man-pleaser...it hits the spot on a cold winter day. Sometimes I make two batches at a time and freeze it down for a quick lunch on hectic days. It's a great way to sneak those vegetables in too!

- |                                 |                              |
|---------------------------------|------------------------------|
| 1 - 1 1/2 lb hamburger          | 1/3 c barley (or brown rice) |
| 6 c water                       | 1 tsp salt                   |
| 3 beef bouillon cubes <u>or</u> | 1/8 tsp pepper               |
| 3 tsp beef broth mix            | 2 bay leaves                 |
| 2 c sliced carrots              | 28 oz can tomatoes (3 1/2 c) |
| 1 1/2 c chopped onions          | 1/4 c ketchup                |
| 1 1/2 c chopped celery          | 8 oz can tomato sauce (1 c)  |
| 1/2 c chopped green pepper      |                              |

*whole pot = 1483 cal w/ extra**heat*

In a large Dutch oven, brown ground beef. Drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until vegetables and barley are barely tender. REMOVE BAY LEAVES (they can be fatal if one becomes lodged in the throat) Yield: 10 servings (1 1/2 c each)

Hearty Bacon Potato Chowder

A rich and simple soup welcome at almost any occasion. Takes 40 minutes preparation time.

- |   |  |
|---|--|
| 6 - 8 slices bacon, cut into 1" pieces                    | 10 3/4 oz can condensed cream of chicken soup            |
| 6 medium potatoes, peeled and cubed into 1/2" pieces (2c) | 8 oz can whole kernel corn, drained <u>or</u> 1 c frozen |
| 1 c chopped onions  | 1/4 tsp pepper   |
| 1 c sour cream  | 1/4 tsp thyme  |
| 1 1/4 c milk  |  |

In 3 qt saucepan, cook bacon over medium heat for 5 minutes; add potatoes and onions. Continue cooking, stirring occasionally, until potatoes are tender (15 - 20 min) Add remaining ingredients. Continue cooking, stirring occasionally, until heated through. (10 - 12 min) Serves 4.

Carol Dojczman's Tomato Soup

Even those not fond of canned tomato soup cannot help but enjoy this version!

- |                              |                     |
|------------------------------|---------------------|
| 1 quart canned tomatoes (4c) | *1 c whipping cream |
| 1/2 tsp baking soda          |                     |

Over medium heat, bring tomatoes to a boil. Add baking soda (to prevent cream from curdling). Stir well. Pour in whipping cream and turn element off. Stir cream in and serve immediately.

\* If one prefers the soup less rich, replace some of the cream with milk. (3/4:1/4 or 1/2:1/2)



Onion Soup

3 T butter	4 c water
3 c sliced onions	4 tsp beef broth mix
2 T flour	1 tsp Worcestershire

Melt butter in saucepan. Add onions and fry at a low heat until golden brown. Blend in flour. Add water and broth mix. Stir well. Bring to a boil. Simmer 20 minutes. Add Worcestershire sauce. Serve with crusty bread topped with Mozarella floating on top. Melt cheese under broiler.

Split Pea Soup

2 c dried split peas	1 onion, chopped
2 qts water	2 stalks celery, sliced
1 1/2 tsp salt	pepper
2 carrots, sliced thin	

Rinse split peas. Drain, place in 4 quart pot, add water and salt and bring to a boil. Add carrots, onion, and celery. Cover, reduce heat, and simmer until peas are tender, about 1 1/2 hours. Add pepper to taste. Serves 8-10. Opt: add ham pieces for added flavouring.

Creamy Mushroom Soup

3 c sliced fresh mushrooms	1/4 c flour
1/4 c chopped onion	1 tsp salt
2 tsp chicken soup mix	pinch poultry seasoning
2 c water	3 c milk
1/4 c butter	

Combine mushrooms, onion, bouillon mix, and water in medium saucepan. Bring to a boil. Reduce heat; cover and simmer 15 minutes. Melt butter in large saucepan. Blend in flour, salt, and seasoning. Gradually stir in milk. Cook over medium heat stirring constantly, until mixture just comes to a boil and thickens. Stir in undrained mushroom mixture. Serve hot. Makes **about 6 cups**.

Voyageur Bean Soup

4 c. cooked navy beans	3 carrots, sliced
3 c. ham broth	salt to taste
3 c. canned tomatoes	1/4 tsp. pepper
1 c. celery, chopped	1/2 tsp. savory
2 c. raw potatoes, diced	1 c. chopped ham (opt.)
1 lg. onion, chopped	

Bring to a boil. Cover and simmer over low heat until vegetables are tender.

Swiss Steak

A great way to deal with cheaper, tougher cuts.

Cut into 6 portions 1 1/2 lbs round or blade steak (boneless)

Dredge in mixture of:

1/3 c flour

1 tsp salt

1/4 tsp pepper

In a frypan, heat 2 T bacon drippings. Add floured meat and cook until browned on one side. Turn meat, and then add 1 large onion, chopped. Continue cooking until meat is browned on second side. Stir in: 1 1/2 c tomatoes, canned  
1/2 c celery, chopped  
1 green pepper, chopped

Bring to a boil, cover, reduce heat and simmer about 1 1/2 - 2 hours or until meat is tender. You may add more liquid if necessary. Serves 4.

Denise Riberdy's  
Meatballs à la Russe

A microwave recipe. Total cooking time: 16 minutes.

1 1/2 lbs lean ground beef

1/2 c milk

2 T onion soup mix

Combine the above ingredients in a large bowl and mix thoroughly. Shape into meatballs (approx. 1") Place in a 3 quart oval microwave-proof baking dish. Cover with waxed paper and cook, covered, on HI (Maximum power) for 3 minutes. Turn meatballs over. Cook, covered on HI for another 2 minutes. Remove meatballs.

Stir 3 T flour into drippings. Stir in 1 1/2 c water, 2 T chopped fresh parsley, (substitute: 1 tsp dry parsley) and 5 T onion soup mix. Cook uncovered on 60 (Bake) for 5 minutes or until mixture comes to a boil. Add meatballs. Cook, covered, on 60 (Bake) for 6 minutes, stirring occasionally. Gradually blend in 1/2 c sour cream. Let stand, covered, 5 minutes before serving. Serve over hot cooked rice or noodles. Serves 6. Enjoy...

Marlene's Kiddie Casserole

1 lb hamburger

1/2 c chopped celery

1/2 c chopped onions

garlic clove, crushed

salt

1 box Kraft dinner

2 c canned tomatoes

1 c cooked vegetables like  
corn, carrots, peas, etc.

Fry hamburger, celery, onions, garlic, and salt until meat browns. Drain fat. Meanwhile, mix Kraft dinner according to directions on box. Add tomatoes and vegetables. Stir into meat mixture and fry until hot throughout.

Shepherd's Pie

An old standby.

1 lb ground beef  
1 small onion, chopped  
1/2 tsp salt  
dash of pepper  
1 can peas, or corn drained  
or 1 c frozen

1 can condensed  
tomato or mushroom soup  
5 med. potatoes, just cooked  
1/2 c milk  
1 beaten egg  
grated cheese (opt)

Lightly brown meat, add onion. Cook until tender. Add seasonings, vegetables, and soup. Pour into 1 1/2 qt. casserole. Mash hot potatoes, add milk and egg. Season. Drop in mounds over meat. If desired, sprinkle with cheese. Bake at 350° for 30 minutes. Serves 4 - 6.

NOTE: If I am really pressed for time, I simply simmer the meat mixture until vegetables heat through and serve the mashed potatoes on the side.

Sweet and Sour Meatballs

## Meatballs:

1 1/2 lbs ground beef  
1/2 c milk  
1 c bread crumbs  
1 egg, beaten  
salt/pepper

## Sauce:

1 c catsup  
1/2 c water  
3 T brown sugar  
4 T vinegar  
4 T Worcestershire sauce

Onion, sliced into rings

Form meatballs. Brown. Place in casserole with onion. Bring sauce to a boil. Pour over meatballs. Bake at 350° for 1 hr or less. Serve with rice or potatoes, and hot vegetables.

Wai Ki Ki Meatballs  
(Debbie Robinson's)

1 1/2 lbs cooked meatballs  
2 T cornstarch  
1/2 c brown sugar  
1 can pineapple tidbits

1/3 c vinegar  
1 T soya sauce  
1/3 c green peppers,  
chopped

Mix cornstarch and brown sugar. Stir in pineapple juice, which has been drained, vinegar, and soya sauce. Cook at medium, stirring constantly until it thickens and boils. Boil one minute. Stir in meatballs, pineapple tidbits, and pepper. Heat throughout. Serve with rice.

Edna Staebler's Meat Loaf

1 1/2 lb ground beef	1/2 c bread crumbs
2 eggs	2 T catsup
2 T chopped fresh parsley	4 T milk
or 1 T dried	squirt of Worcestershire
1 stalk celery, chopped	1/2 tsp sage
1 onion, chopped	salt, pepper

Mix everything. Pack it into a 9 x 5 x 3" loaf pan. Bake at 325 for 1 1/2 hours. Put 1/4" water on top of loaf so it will not brown too quickly. Optional: After 1 hour of cooking, drain fat off loaf. Top loaf with 1 can of undiluted tomato soup OR strips of bacon. Return to the oven for remaining 1/2 hour. You may have to broil bacon for a few minutes to crisp it up.

(Dad's) Uncle Diddy's Famous Stuffed Peppers

This is a meal in itself: meat, rice and vegetables in one.

Filling:

1 lb lean hamburger*	1 lg onion
1 lb lean ground pork	1 stalk celery
6 T ketchup	2 c rice, cooked

Mix in a large bowl with bare hands. Cut tops neatly off 14 large green peppers so they can be recapped. Clean out the seeds. Parboil the peppers and tops for 3 minutes in boiling water. Into each pepper, place 2 T tomato sauce. Then stuff with filling, leaving a little headspace. Place another tablespoon tomato sauce on top, and replace caps. Stand them on end touching one another in a large roaster. Carefully pour 2 - 28 oz cans tomato sauce over and around the peppers. Bake 2 hours at 300 or until meat is cooked.

\* Note - if using regular ground beef, I fry it first to drain fat.

Microwave Beef Stroganoff

1 lb ground beef	1 tsp dillweed
1 med onion, sliced in rings	2 T cornstarch
1 clove garlic, minced	1/4 c dry red wine or water
1 1/4 c beef broth	1 c sour cream
4 oz can mushrooms, drained	

Place beef, onion, and garlic in a 2 qt casserole. Cover. Microwave 8 - 10 minutes on HIGH. Stir in broth, mushrooms and dill. Combine cornstarch and wine in small bowl until smooth. Stir into broth. Cover again. Microwave 18 - 20 minutes on MED-HIGH or until meat is fork tender. Mix in sour cream. Cover. Continue cooking until heated through, 3 or 4 minutes on MED-HIGH. Let stand, covered 5 minutes. Serve with egg noodles.

Kathie Plein's California Lasagna

Great for a crowd! I stock up on mozzarella when it goes on sale, and freeze it for this one.

1 lb ground beef	2 - 28 oz can tomatoes
1 large onion	6 oz can tomato paste
2 cloves garlic, crushed	3/4 c dry red table wine or water
1 tsp basil	12 lasagna noodles (1/2 lb)
1 tsp oregano	2 lb mozzarella
2 tsp salt	1/2 c parmesan

Cook beef until browned. Add onion. Cook until transparent. Drain fat. Add garlic, basil, oregano, stirring constantly; cook for few minutes. Add salt, tomatoes, tomato paste, and wine or water. Cover and simmer 30 minutes. Remove cover and simmer 30 minutes more. Cook lasagna noodles. Heat oven to 350. Spread small amount of sauce in a 9 x 13" pan. Cover sauce with noodles. Spread on some sauce, mozzarella, and parmesan (Approx. one third of each) Repeat with two more layers. Bake 30-45 minutes until hot and bubbly.

Beefy Bacon Pasta

This is quick, extremely tasty, and only uses one pan... saves on dishes! This dish freezes very well. Goes nice with mashed potatoes and salad or hot vegetable.

4 bacon slices	1 1/2 tsp chili powder
1 lb ground beef	1 tsp sugar
1/2 c chopped onion	1 tsp salt
3 c water	1/4 tsp pepper
5 1/2 oz can tomato paste	1 tsp parsley flakes
1 1/2 c uncooked elbow macaroni	1/4 tsp garlic powder

Fry bacon in large cast iron frying pan. Cut in small pieces. Set aside. Put beef and onion in same pan. Scramble fry until browned. Drain fat. Add remaining ingredients, including bacon. Stir gently, as pan will be quite full. Cover and simmer slowly until macaroni is cooked, about 10 - 15 minutes. A little more water can be added if a looser casserole is desired. Yield: 6 c.

Hamburger Stroganoff

1/2 c chopped onion	1/4 tsp pepper
1 clove garlic, minced	10 oz can mushrooms sliced
1/4 c butter	10 oz can cream of chicken soup undiluted
1 lb ground beef	1 c sour cream
2 T flour	2 T minced parsley or dill
1/2 tsp salt	

Cook onion and garlic in butter over medium heat for 3 minutes. Add meat and brown well. Sprinkle in flour, salt, pepper, and stir in mushrooms. Cook gently 5 minutes. Add soup, stir and simmer, uncovered 10 minutes. Stir in sour cream and heat but do not boil. Sprinkle with parsley or dill. Serve with cooked rice. Serves 4 to 6.



Taco Salad

1 lb ground beef	1 head lettuce, torn up
1 onion, chopped	2 large tomatoes, chopped
2 c kidney beans, drained	150 g Tortilla chips
1 tsp salt	1/2 c grated cheese
1/2 tsp pepper	sour cream

Brown ground beef and onion together in skillet. Drain fat. Remove from heat and stir in beans, salt, and pepper. Layer this meat mixture on top of chips, lettuce, and tomatoes. Top with heated Chili-Tomato Sauce, then cheese, and a dollop of sour cream. (Or layer it how you prefer.)

Chili-Tomato Sauce

2 T oil	1 - 2 T chili powder
1 onion, chopped	1/4 tsp dried oregano
3 c tomato puree or sauce	1 tsp salt
2 cloves garlic, minced	

Sauté onion in oil. Add remaining ingredients. Simmer 30 minutes, stirring frequently. Serves 6.

Marlene's Curried Beef in Pita

Even "non-curry fans" will be impressed! I know...I am one.

6 pitas, cut in half	1/4 c raisins
1 lb ground beef	1 1/4 tsp salt
1/2 c chopped onion	1 tsp curry powder
1 large apple, chopped	1 c sour cream or yoghurt

In 10" skillet over MED-HI heat, cook beef and onion until browned. Drain off fat. Add apple, raisins, salt, and curry. Reduce heat to low; cover and simmer 5 minutes or until apple is tender crisp. Fill each pita half with 1/3 c beef mixture. Top with a dollop of sour cream or yoghurt.

Oven Porcupines

1 lb ground beef	1/8 tsp garlic powder
1/2 c uncooked regular rice	1/8 tsp pepper
1/2 c water	15 oz tomato sauce ( or 2 c)
1/3 c chopped onion	1 c water
1 tsp salt	2 tsp Worcestershire
1/2 tsp celery salt	

Heat oven to 350. Mix meat, rice, 1/2 c water, onion, salts, and spices. Shape mixture by rounded T into balls. Place meatballs in ungreased 8 x 8" pan. Stir together remaining ingredients; pour over meatballs. Cover. Bake 45 minutes. Uncover, bake 15 minutes longer. 4 servings.



Beef Stir-Fry with Ginger Sauce

This recipe is vibrant in colour and flavour! It reminded us of the kind of food they serve at Bobo City, our favourite restaurant in Ottawa (Tai and Szechuan cuisine). It is quick to cook, so if everything is cut up ahead of time, you could have supper on the table in 15 minutes. Serve with rice.

4 T olive oil	4 stalks celery, thinly sliced
2 lg garlic cloves, crushed	1 onion, chopped
3/4 lb lean beef, sliced in thin strips (I use round steak)	4 shiitake mushrooms, sliced (I use canned mushrooms)
1 red pepper and 1 green pepper cut in thin julienne strips	350 ml bottle Presidents Choice Memories of Kyoto Ginger Sauce
4 carrots, thinly sliced	

Heat large skillet or wok until very hot. (med-high heat) Add 2 T oil, 1 clove of garlic, and beef strips. Cook, stirring for 2 minutes. Remove meat from pan and set aside.

Add remaining oil and garlic to pan and heat. Add red and green peppers, carrots, celery, onion, and mushrooms, and stir-fry, tossing frequently, for about 5 - 7 minutes, until tender but crunchy.

Add Memories of Kyoto sauce and heat to boiling; return meat to pan and toss well.

Makes 4 generous servings.

Mark Dojczman's Famous Chili

9 strips bacon	7 c canned tomatoes (2 - 28 oz cans)
2 medium onions, chopped	2 - 3 T chili powder
1 clove garlic, minced <u>or</u> 1/2 tsp garlic powder	1/4 tsp crushed red peppers (optional)
2 lbs ground beef	1 1/2 tsp oregano
2 - 19 oz cans kidney beans, drained	1 tsp salt

Fry bacon until crisp. Remove, crumble, and set aside.

Cook onions and garlic in bacon fat until onions are yellow. Add meat and cook until well browned, breaking apart with wooden spoon. Drain meat of fat.

Add remaining ingredients and crumbled bacon to the meat, onions, and garlic in a large stock pot. Cover tightly and simmer for 30 minutes.

Serve very hot in deep bowls. Tastes better the next day, reheated.

Neet's Crock-Pot Stew

Mix 1/3 c flour, salt and pepper on a dinner plate. Roll 2 c stewing beef in flour. Fry until brown in oil. Put browned meat in crock-pot.

Pour reserved\* mushroom liquid plus enough water to make 1 c into pan drippings to loosen. Scrape liquid and drippings into crock-pot.

Then add:

4 large potatoes, cubed  
2 onions, chopped  
2 - 28 oz can tomatoes  
1 tsp salt

4 - 6 large carrots, cut into  
bite size pieces  
1 can mushrooms (\* reserve  
liquid)

Stir gently together. Cook, covered 12 hours on LOW or 6 hours on HIGH.

Kathleen Hubert's Oven Stew

This is a great company dinner with homemade rolls.  
Delicious and nutritious!!

2 lb stew meat, uncooked  
1 onion, chopped  
4 celery stalks, chopped  
8 carrots, chopped  
4 - 6 potatoes  
1 tsp salt  
1/2 tsp pepper  
1 T sugar  
2 T minute tapioca  
3 c tomato juice or V8  
1 c water

Stir together. Put in a dutch oven with lid on. Bake at 300 for 3 - 4 hours.

Can be doubled in a big roaster.

Linda Wincek's Beef and Peppers

This can be changed to "Chicken and Peppers" by substituting boneless chicken breast for steak.

2 medium green peppers, cut into strips	1 small onion, chopped
2 T oil	1 clove garlic, finely chopped
1 - 2 lbs steak (cut into thin strips)	1 tsp salt
	1/8 tsp pepper

Cook and stir peppers, onion & garlic in 1 T oil until peppers are almost tender, about five minutes. Remove from pan. Add remaining oil, steak, salt and pepper. Cook and stir until done, about two to five minutes. Add vegetables that are set aside, and toss well until heated through. Serve with rice. Serves 3 - 4.

Greek Fish Bake

Haddock is expensive, but when it goes on sale, this is a treat.

lemon pepper (eg. McCormick's	salt
Citrus & Pepper Seasoning)	4 potatoes, peeled & thinly
2 carrots, shredded	sliced
1 onion, minced	2 T olive oil
1 lb haddock fillets, thawed	

Grease a 2 1/2 qt. casserole dish. Sprinkle generously with lemon pepper. In a large bowl, toss potatoes, carrots, and onion with 1 T of the oil and spread in <sup>covered</sup> casserole. Sprinkle lightly with salt to taste. Bake at 450 for 20 minutes or until potatoes are tender, stirring once.

Arrange fillets in single layer over top; sprinkle again with lemon pepper and remaining oil. Bake 5 - 7 minutes or until fish flakes easily when tested with a fork. (uncovered)

Feeds 4 IF you have other fixings with the meal.

Neet's Crispy Batter

Everyone needs a good feed of English style fish 'n chips now and then.

3/4 c flour  
1/4 c cornstarch  
2 tsp baking powder  
1/2 tsp salt  
3/4 c milk

Combine first 4 ingredients in a bowl. Add milk and beat with a wooden spoon until smooth. Dip food, ensuring all surfaces are covered.

This will coat approximately 1 1/2 lbs of cod or 3 - 4 chicken legs with thighs (cut in pieces) for deep frying. Cook 6 - 7 minutes for fish and 15 - 20 minutes for chicken turning once.

Baked Tuna Molds

Mark is not a big tuna fan, but even he likes this one.

3 T butter	2 eggs
1/3 c soft bread crumbs	1 tsp salt
1 c milk	1/4 tsp pepper
1 can tuna	

Melt butter; add crumbs, milk, and tuna. Beat eggs slightly; add with salt and pepper. Pour into greased individual molds or two small casseroles. Bake 45 minutes at 325 F. Serves 4.

Carol Dojczman's Savory Tuna Roll

Serve with mashed potatoes and vegetables. This is a great change from meat. It is similar to meat pie or sausage rolls.

Pastry:

1 c sifted flour	1/2 tsp salt
1/3 c shortening	1/2 c shredded cheese
3-4 T cold milk	

Sift flour with salt. Cut in shortening and cheese til size of peas. Sprinkle with milk. Mix up like pie dough. Refridgerate while making filling.

Filling:

1 T butter	1 small onion, chopped fine
1 T flour	1/3 c milk
1/4 tsp salt	dash marjoram
dash thyme	dash pepper
6 1/2 oz drained flaked tuna	2 T minced fresh parsley
1 egg, slightly beaten	(or 2 tsp dried)

Melt butter. Sautè onion until tender on medium heat. Blend in flour, add milk and spices (excluding parsley). Bring to a boil, stirring constantly. Remove from heat. Stir in tuna, parsley, egg. Set aside. Roll pastry 12 x 7" rectangle. Gently lift it onto ungreased cookie sheet. Spread filling lengthwise down centre. Moisten edges. Pinch edges of long sides together over filling. Seal ends. Bake at 400 for 35 to 45 minutes until golden brown. 6 servings.

## TURKEY

## TURKEY

Won Tons

This recipe will fill approximately 40 won ton skins.

Won Ton Filling

1/2 lb ground turkey or beef	1 T soya sauce
1/2 tsp ground ginger	2 garlic cloves, minced
1 package wonton wrappers	

Combine all ingredients and mix well.

Place about 1 level teaspoon of filling in centre of each won ton square. Brush edges lightly with beaten egg. Fold into triangular shape. Press edges firmly to seal. Brush a little beaten egg on one lower point of the triangle. Bend the lower points under and overlap one on top of the other. The third point, bend up and a won ton shape or a wisp of a cloud is formed. Deep fry a few at a time for approx. one minute, turning once. Drain on paper towelling. Serve with cherry sauce.

Elfrieda del Fabbro's Chicken Curry

This was the first time I ever tasted curry and actually liked it!

2 roasting chickens, cut up	1/2 c flour
2 c water	2 T curry powder
1/2 c butter	2 T brown sugar
1/4 c oil	2 tsp Worcestershire
2 cloves garlic	1 tsp ginger
2 c chopped onions	1 tsp salt
2 c chopped peeled apples	dash of pepper
1 c chopped celery	1/2 c raisins
1/2 c chopped green pepper	1/4 c dessicated coconut
2 lg tomatoes, chopped	

In a large roasting pan, arrange chicken pieces; add water, cover and bake in 350 oven for 1 hour or until chicken is tender. Cool chicken in cooking liquid, then remove pieces, reserving cooking liquid. Cut meat into bite-sized pieces. Add water to chicken broth to make 4 c. Set aside.

In large skillet over med. heat, heat butter and oil with garlic. When hot, add onions, apples, celery, green pepper, and tomatoes; cook until soft, stirring frequently. Add flour, curry to taste, sugar, Worcestershire, ginger, salt, and pepper to taste; cook for 3 min., stirring well. Add reserved broth, raisins, coconut, and meat. Stirring constantly, bring to a boil. Reduce heat and simmer for 15 to 20 minutes. Serve with rice. Serves 8 or more.

Rita Mom's "Crackered" Chicken

This is an economical way to feed a crowd an impressive supper.

Take 10 chicken legs, skin them. Rinse under cold tap water. Dip in seasoned flour (salt/pepper). Dip in 3 eggs whisked with 1/4 c milk. (Hold onto the ankle knob to dip the legs and you will keep your hands completely clean). Dip in 2 sleeves crushed soda crackers. Place on greased cookie sheets. Drizzle each leg with 1 tsp melted butter. Bake at 350 an hour or longer, until done.

Swiss Chicken Cutlets

This is QUICK and EASY to make (10 minutes preparation time; 15 minutes cooking time) but no doubt you'll want a bottle of wine with this elegant entrée!

Thin slices Swiss cheese (about 2 oz)	*4 chicken cutlets (4 oz ea), 1/4" thick
2 T flour	1/2 tsp black pepper
1 T butter	1/2 c chicken broth
1/4 c dry white wine	1/4 tsp dried oregano

Place cheese on top of each cutlet. Starting with a short end, tightly roll up cutlets, jelly-roll style. Tie securely with string, so the rolls hold their shape during cooking.

On plate, combine flour and pepper. Mix well. Add cutlets; toss gently to coat.

In a large skillet, melt butter over medium heat. Add cutlets; cook, turning frequently, until golden, about 3 minutes.

Add broth, wine, and dried oregano to skillet. Increase heat; bring to a boil. Reduce heat to medium-low; simmer until chicken is cooked through and sauce is slightly thickened, about 10 to 12 minutes. You may wish to add a little water.

\* If cutlets are unavailable, simply pound skinless, boneless chicken breast halves between 2 sheets of waxed paper to a 1/4" thickness. Use the edge on the bottom of a mug.

Paula Vaillencourt's Chicken Tetrazini

Melt 3 T. margarine. Add 1/4 c. flour, black pepper, paprika, and 2 c. milk. Cook on MED heat until thickened.

Add 1 can (10 oz.) drained mushrooms, 2 cans (10 oz) cream of mushroom soup and 1 c. chopped cooked chicken.

Heat through. Serve over any noodles you like. Can also sprinkle shredded cheese on top.



Marlene Bielowski's Chinese Fried Rice

3 c cooked rice, chilled	1 c chopped cooked chicken*
6 eggs	1 T soya sauce
1/4 tsp salt	2 T chopped green onions
oil	

Beat eggs, salt lightly. Heat 3 T oil until very hot. Pour eggs in. Stir until scrambled, making very small pieces the size of peas. Set aside. Gently stir rice and 2 T oil until well coated. Add chicken, soya sauce and stir well. Add eggs. Heat through. Sprinkle with green onions before serving.

\* Opt. Exchange chicken for 1 c cooked pork, or half a pound of bacon, cooked and crumbled.

Quiche

This is an old standby from my Grade 10 Home Economics class! I like to keep a spare frozen crust in the freezer for a quick meal.

4 eggs beaten	1/2 c grated cheese
1 c milk	1/2 tsp salt
2 1/2 T melted butter	1/8 tsp pepper
unbaked 9" pastry crust	*optionals

Mix ingredients together. Pour into crust. Bake 10 minutes at 425, then 30 minutes at 325. \*Optionals: sliced mushrooms, green pepper, bacon bits, chopped ham.

Variation: Spinach Quiche

add 2 c spinach (chopped, steamed and drained) to the regular recipe.

Lynda Larouche's Poutine

We like this for a quick lunch after service on Saturday mornings.

frozen french fries  
shredded cheddar  
1 - 398 ml can St. Huberts Hot Chicken Sauce, heated  
(found in the Gravy section of grocery store)

Fry up the french fries in deep fryer. Drain. Divvy the fries on each plate. Sprinkle with cheddar, and top with hot chicken sauce.

Extra gravy can be stored, covered, in fridge.

Neet's Macaroni and Cheese

3 T real butter	1 tsp salt
3 T flour	1/8 tsp pepper
1 1/2 c milk	1 - 1 1/2 c grated cheese

Melt butter in a saucepan on MED heat. Add flour and make a paste. Gradually add milk, whisking continually. Season with salt and pepper. Once milk gets good and hot, turn down to MED-LO and cook until thickened. Add cheddar. Stir until melted. Serve cheese sauce over cooked noodles.  
Serves 4 - 6.

Barb del Fabbro's Three-Bean Salad

1/2 c sugar	16 oz can green beans, cut, drained
1/2 c cider vinegar	16 oz can red kidney beans, drained
1/2 c onion, minced	16 oz can wax beans, cut, drained*
1/2 c salad oil	
1 tsp salt	

*too sweet for Tyler*

In a large bowl, stir together sugar salad oil, vinegar and salt. Nuke dressing 60 seconds on HIGH, and stir until sugar dissolves. Add beans and onion, toss to coat.

Cover and refrigerate at least 6 hours before serving to blend flavors.

\*Sometimes I use white navy beans, instead of wax beans.

Kathleen Louve's Greek SaladDressing:

1/2 c oil	3 T red wine vinegar
1/4 c chopped fresh parsley	1/2 tsp salt
1/8 tsp pepper	1/8 tsp oregano
1/8 tsp garlic powder <u>or</u>	
use 1 clove, minced	

Stir together until thoroughly mixed, Toss over salad mix.

Salad Mix:

Regular head lettuce and romaine  
tomatoes  
black olives  
Spanish onion chunks  
feta cheese

Mix these ingredients in a large bowl according to the family's taste.

How to Grow Alfalfa Sprouts

Use ordinary canning jars with 2 piece lids. Remove flat part of lid and replace it with a 6" square of plastic window screening (or cheesecloth). For a pint jar use 1 T alfalfa seeds, for a quart jar, use 2 T.

Put seeds in jar and fill with cold water. Screw on screen top. Soak seeds 5 - 12 hours. Drain off water. Rinse seeds with cool water and drain again. Place jar at slight angle so it drains continually. It should be at room temperature but not in full light, for best results. However, the only thing that can really go wrong with sprouts is that you can forget to water them for more than 24 hours. Try to rinse more often; every 6 hours is best. Depending on how well you remember, they will be fully sprouted in 4 to 5 days. They will grow little green leaves if placed in full sunshine. (I like this.) They keep up to a week if refridgerated, but should be rinsed daily.

Taboule (Lebanese)

1 c water	2 or 3 tomatoes, chopped
1 c bulgar	1 garlic clove, minced
1 c chopped parsley	1/4 c lemon juice
3 green onions, chopped	1/4 c olive oil

Soak bulgar in water for one hour. Stir in remaining ingredients. Taste improves if let sit overnight.

Macaroni Salad

2 c uncooked macaroni	large carrot, grated
1 can salmon or tuna	Dressing:
1/2 c chopped celery	2/3 c mayonnaise
3 green onions, chopped	1/4 c tuna juice or oil
1/2 green pepper, chopped	2 T vinegar

Boil macaroni until tender, then chill. Toss with fish and vegetables. Coat completely with dressing. Season with salt, pepper, and parsley. Optional: Use 1 c grated cheddar cheese instead of fish.

Sue Dougherty's Caesar Salad

This salad is our Number One family favorite!!

1 egg	3/4 c oil
1 clove garlic	6 slices bacon
1/2 tsp salt	4 slices bread, cubed
2 T vinegar	large head Romaine lettuce
1 T lemon juice	1/2 c parmesan cheese
1 tsp anchovy paste	1 clove garlic

In blender mix first six ingredients. Blend until fluffy. While still blending, slowly pour in oil. Set aside. Fry bacon until crisp. Set aside. Brown garlic and bread cubes in the bacon fat on Low Heat. Wash and tear lettuce leaves into bite-sized pieces. Crumble bacon and sprinkle on top. Add croutons and parmesan. Toss with dressing at mealtime.

Pineapple Carrot Salad

1 small pkg orange jello	1 c boiling water
1 can crushed pineapple, drained	pineapple juice + 1 tsp
1 c grated carrot	vinegar + water to = 1 c

Dissolve jello in water and juice. Cool to set. Stir in pineapple and carrots. Chill until firm.

Tomato Soup Dressing

1 can tomato soup	1 tsp mustard, prepared
1 c oil	1 tsp salt
1/2 c cider vinegar	1 T Worcestershire
1/2 c water	1/2 tsp pepper
2 T sugar	1/2 tsp paprika
2 cloves crushed garlic	1/2 medium onion, finely chopped

Put in quart sealer and shake well. Keep in fridge.

Blender Mayonaise

1 egg	1 T vinegar
3/4 tsp salt	1 T lemon juice
1/2 tsp dry mustard	1 c salad oil
1/4 tsp paprika	

Put egg, seasonings, vinegar, lemon juice, and 1/4 c oil into blender. Cover and process on "whip". Immediately remove feeder cap and pour in the remaining oil in a steady stream. Use rubber spatula if necessary to keep ingredients flowing to processing blades.

French Tomato Dressing

10 oz can condensed tomato soup	dash of cayenne
3/4 c vinegar	5 T brown sugar
1 tsp salt	1 tsp onion, minced
1/2 tsp pepper	1 1/2 c salad oil
	1 tsp dry mustard

Combine all ingredients in quart jar. Shake vigorously and chill. Shake again before serving. Yield 3 1/2 cups.

Caesar Salad Dressing

1 c oil	1/2 tsp dry mustard
1/3 c white vinegar	1/2 tsp oregano
2 T lemon juice	1/4 tsp basil
1 tsp sugar	pepper to taste
2 - 4 cloves crushed garlic	

Add all ingredients EXCEPT oil in a blender cup. Blend for a few seconds until well mixed. Add to oil in a jar. Shake well before serving.

Delicious served on torn Romaine lettuce, real bacon bits, and Parmesan cheese, tossed together. Mmmm.

Creamy Number One

1/2 c sour cream  
1/2 c mayonnaise

1 tsp vinegar  
1 tsp sugar

Mix well.

Creamy Number Two

1/2 c sour cream  
1/2 c mayonnaise

1 T cider vinegar  
5 T milk

Whisk thoroughly.

Creamy Number Three

3/4 c plain yoghurt  
3/4 c mayo

1 T cider vinegar  
1 T sugar

Carol Dojczman's Salad Dressing

Very mild. It does not detract from the lovely taste of FRESH greens from the garden.

1 tsp sugar  
1/2 tsp paprika  
1/4 c lemon juice

1/2 tsp salt  
1/4 tsp dry mustard  
3/4 c oil