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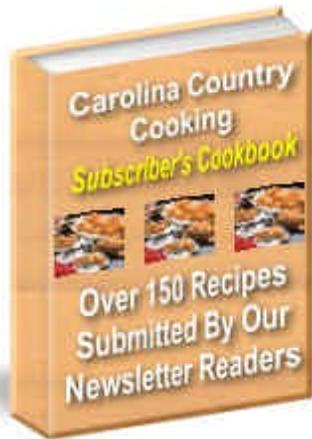


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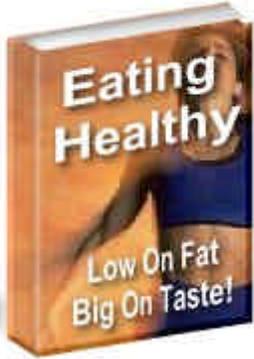
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***“Cat Head Biscuits
And
Garlic Fried Chicken”***

***Carolina Mountain Cooking
With***



Pearlie



And



Jewel

Enjoy The True Tastes Of Southern Mountain Cooking



Dedication

“Cat Head Biscuits And Garlic Fried Chicken” was created from the recipes and memories of two of the Carolina Mountain’s most talented cooks and most gracious Southern Ladies.

These two ladies spent their entire lives caring, loving, and providing for their families. Everything from keeping a good home for their children, tending gardens for food, to teaching their children, grandchildren, and great-grandchildren the true meaning of “family values”. The wives of loggers and farmers, money was often in short supply. They never had too many of the “finer” things of life but no one ever went to bed hungry, and no one ever felt unloved.

To Pearlie And Jewel:

“Eventhough many of your wonderful recipes have been lost, the genuine love and caring that went into every meal and shown to each one of us will be fondly remembered and sorely missed for generations to come.”



Carolina Country Cooking

Real Southern Recipes, And More From The Blue Ridge Mountains Of
North Carolina

<http://www.carolina-country-cooking.com>

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Carolina Mountain Cooking
With
Pearlie And Jewel



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How To Order The Printed Version Of This Cookbook

A Little About Carolina Mountain Cooking

The mountain tradition of cooking is that food should be unpretentious, solid, and filling.

Traditionally pork or chicken was the main source of meat, but beef, fish, and a wide variety of wild game were also enjoyed. Some form of homemade bread was served at nearly every meal. The two main types of breads were corn breads and biscuits. There are almost more ways to eat a "Cat Head" biscuit than you can imagine. Most everyone grew their own gardens and during the summer, large gardens would produce an abundance of fresh vegetables. Favorites vegetables tended to be green beans, cabbage, turnips, beets, garden greens, tomatoes, onions, carrots and potatoes. Not only did these large gardens produce fresh vegetables for the summer but also for canning and preserving for the coming winter months. Winter in the North Carolina mountains were extremely harsh at times and a stockpile of preserved meats and vegetables were a necessity for survival.

Often winter storms would keep people "snowed in" for days, weeks, or at times, even months with no way to get supplies from the few stores that did exist. Mountain people were, and still are, mostly self-sufficient. They quickly became highly respected and sought out for their survival skills.

Herbs and spices were not readily available. The main seasonings were salt and black pepper with cinnamon, nutmeg, and a few others mostly reserved for baking. Small quantities of meats such as "fat back" and bacon were often used to season vegetables.

Continued ...

A wide variety of apples and cherries were grown as well as an abundance of wild berries such as strawberries, blueberries, blackberries, and grapes, all of which found their way into some of the best desserts you could ever imagine. Fresh fruit cobblers, pies, and cakes are some of the most incredible examples of mountain cooking you can find.

Salads as we know them today were not eaten. Instead, lunch and supper would contain dishes of fresh sliced tomatoes, onions, and cucumbers in addition to the regular cooked vegetables and various homemade pickles and relishes.

Traditional mountain cooking is made up of simple, easy to prepare, yet wonderfully delicious dishes. You never left the table hungry or unsatisfied.

The true art or magic of mountain cooking is that:

Somewhere between seemingly empty kitchen cabinets and the dinner table, the cook was able to take a few simple ingredients and create something truly wonderful.

“The Truth About The Cherry Tree”

When we were children there was a cherry tree near our house. When they got ripe my younger brother would climb the tree and throw them down to us. The rest of us were afraid to climb.

One day after climbing the tree, he refused to share the sweet, ripe, cherries with the us, so we went into daddy’ s woodshed, got a saw, and cut the tree down. We finally had our fill of cherries.

When our father saw his cherry tree on the ground, he became very angry. Needless to say none of us could sit down for awhile.

That was the last time we ever even thought of cutting down another cherry tree.

All work and no play in the 1920's

“Growing up in the 1920’ s 30’ s, entertainment was often the gathering of friends and neighbors in the evenings with friends and neighbors for bean stringings and corn shuckings. The teenagers would make a game out of the work. If a certain color of corn was found. That person would get a kiss. This was a way to have fun and get the work done at the same time.”

Barbecued Chuck Roast

4 pound Chuck roast
1/4 cup of red wine vinegar
1 cup of sliced onions
2 tablespoons of shortening
2 minced garlic cloves
1/2 cup of catsup
1/2 cup of water
2 tablespoons of Worcestershire sauce
1 teaspoon of rosemary
1 teaspoon of salt

Melt the shortening in a heavy pan and brown the roast on all sides in hot shortening. Add onion and garlic. Cook until onion is soft. Combine catsup, water, vinegar, Worcestershire sauce, rosemary and salt. Pour over meat. Cover and cook slowly until meat is fork tender, about 2 1/2 hours. May be cooked in crock pot, but allow longer cooking time.

Mountain Fried Rabbit

2 young rabbits, washed and dressed
2 beaten egg yolks
3 cups of milk
1 1/4 cups of flour
1 teaspoon of salt
1/2 cup of shortening

Dry the rabbits and cut into several pieces. Combine the egg yolks and 1 cup of milk and gradually add 1 cup of the flour, then add the salt and beat until smooth. Dip rabbit pieces into the batter and fry in hot fat until brown, or about 15 minutes. Reduce the heat and continue cooking until tender, about 30 to 40 minutes, turning frequently. To make gravy add the remaining flour to fat in pan, gradually add the remaining milk and stirring constantly, heat to boiling and season to taste with salt and black pepper. Pour over the pieces of rabbit.

Western North Carolina Style Barbecue Roast Chicken

1 frying chicken cut in pieces
2 teaspoons of sugar
1/4 cup of butter
1/8 teaspoon of red pepper flakes
1 teaspoon of salt
1 teaspoon of black pepper
3/4 tablespoon of dry mustard
1 teaspoon of chili powder
2 tablespoons of vinegar
1/2 teaspoon of Tabasco sauce
1 teaspoon of Worcestershire sauce
1 cup of water
1 tablespoon of chopped onion
1 clove of garlic, minced

Salt the chicken, brown in butter and put in a roasting pan. Mix the rest of the ingredients together in a pot and cook over medium heat for 4 to 5 minutes. Pour over the chicken and bake, basting often in a 325 degree oven for 1 1/2 hours.

Garlic Fried Chicken

2, 2 1/2 pound frying chickens cut in pieces
2 tablespoon of lemon juice
1 cup of sour cream
1 clove of garlic, grated
1/4 teaspoon of Worcestershire sauce
1/2 teaspoon of salt
1/4 teaspoon of black pepper
1/4 teaspoon of celery salt

Wipe the chicken pieces with a damp cloth and store in container with tight fitting lid. Mix all ingredients together, pour over chicken, and let marinate in the refrigerator overnight. When ready to fry, drain the liquid from the chicken pieces and dredge them in flour, heat some vegetable oil in a large skillet over medium heat and brown the chicken pieces on all sides. Lower the heat and cover skillet and cook for 35 -40 minutes.

Mom' s Pan Fried Fish

Growing up near the South Toe river in the mountains of North Carolina, my brother and I would make fishing poles out of sticks with line made of string and straight pins bent into hooks.

We would spend hours fishing, so we could have mom' s fried fish for supper. She would clean the fish and roll them in equal amounts of flour and cornmeal mixed with salt and pepper, and pan fry them in hot oil until golden brown.

Blue Ridge Mountain Pot Roast

3-5 pound chuck roast
3 tablespoons of flour
2 tablespoons vegetable oil

Roll roast in the flour and brown in the vegetable oil in a large pot. Then stir in:

1 3/4 cups of beef broth
1/4 teaspoon of peppercorns
1 teaspoon of salt
2 bay leaves

Bring this to a boil and reduce the heat to low and simmer covered for 2 hours. Then add:

2 pounds of potatoes, pared and quartered
1 cup of sliced celery
2 cups of sliced carrots
1 pound of peeled white onions

If needed, put in more water or broth to cover the vegetables and cook for 1 more hour or until vegetables are tender. Put meat and vegetables onto a hot platter and sprinkle with parsley.

Pour off drippings and thicken with enough flour to make gravy.

Southern Style Pork Roast

3/4 teaspoon of salt, divided
1/2 teaspoon of black pepper, divided
2 1/2 pounds of pork loin roast
1/2 cup of flour
1/4 cup of melted butter
2 tablespoons of oil
1 medium onion, chipped
4 carrots cut into short pieces
4 medium potatoes, peeled and cut in half

Rub 1/2 teaspoon of the salt and 1/4 teaspoon of the black pepper on the roast and dredge the roast in the flour. Brown the roast on all sides in butter and oil in a deep, large cast iron skillet. Remove the roast from the skillet and drain. Cook the onion in the skillet with the drippings until tender and place the roast over the onions. Add the carrots and potatoes and sprinkle the remaining salt and pepper over the vegetables. Cover the skillet and bake at 350 degrees for about 1 1/2 hours. Place the roast on a serving dish and place the vegetables around it. Slice and serve.

Pork Loin And Gravy

Pork loin sliced into 1/4" to 1/2" thick slices
Flour
Milk
Salt and Black Pepper

Dip the slices of pork loin in flour coating until covered. Heat lard or oil in a cast iron skillet until hot. Place the pork slices in the skillet and brown both sides. When both sides are browned, cover the skillet and cook slowly until the pork is tender and juicy. Remove the meat from the skillet and place on a serving dish. Next, add two rounded spoons of flour to the drippings in the skillet and mix thoroughly. Add the milk and the salt and black pepper to taste. Cook slowly, stirring constantly until the gravy is smooth. You can then pour the gravy over the pork loin in the serving dish or into a bowl to be eaten with "cat head biscuits" and mashed potatoes.

Old Timey Chicken “N” Dumplings

1 Whole chicken
Salt and Black Pepper

Cut the chicken up into quarters and place in a pot and cover with water. Simmer the chicken until tender. When the chicken is tender, add the salt and black pepper to taste. You can leave the bones in or take the meat off the bone; it's entirely up to you.

To make the dumplings:

Ingredients:

2 cups of flour
3 tablespoons of baking powder
1 teaspoon of salt
3 tablespoons of lard or shortening
1 egg, beaten well
1 cup of whole milk

Sift together the flour, baking powder, and the salt. Cut in the lard or shortening and mix in the egg and milk. Drop the dumplings by spoonfuls into the pot of chicken and broth and cook for 15 minutes or until the dumplings are done.

Church Social Meatloaf

2 pounds of ground beef
2 cups of cornbread crumbs
3/4 cup of minced onion
1/4 cup of chopped green pepper
2 eggs
2 tablespoons of horseradish
1 tablespoon of salt
1/4 cup of milk
1/4 cup of catsup or thick tomato pulp
1 teaspoon of dried mustard

Mix all of the ingredients together and form into a loaf. Spread additional catsup on top and bake at 400 degrees for 35 minutes.

Aunt Beth' s Meatloaf

1-1/2 pounds of ground beef
1 onion chopped
1 egg
1/2 cup of fresh breadcrumbs
1 teaspoon salt
2-8oz. cans of tomato sauce
1/4 teaspoon of black pepper
1/2 cup of water
3 tablespoons of vinegar
3 tablespoons of brown sugar
2 tablespoons of mustard
2 teaspoons of Worcestershire sauce
3 strips of bacon
Parmesan cheese

Mix the beef, breadcrumbs, onion, egg, salt, pepper and 1 can of the tomato sauce. Form into a loaf and put in a shallow pan. Combine the remaining tomato sauce and all of the other ingredients except bacon and parmesan cheese and pour over meat loaf. Sprinkle with the parmesan cheese. Place the bacon on top of the meatloaf and bake at 350 degrees for 1 hour and 15 minutes. Basting occasionally.

Aunt Abby' s Chicken Patties

6 cups of chopped, cooked chicken
1/4 tablespoon of butter
1 tablespoon of chopped onion
1/3 cup of flour
2 cups of milk
2 teaspoons of salt
1/4 teaspoon of black pepper

Brown the onion in butter and stir in the flour, salt, and pepper. Pour in the milk and cook until kind of bubbly. Remove from heat and mix with the chopped chicken in a shallow bowl. Cover and put in refrigerator over night. Remove from the refrigerator and shape into patties. Beat 3 eggs and dip patties in the eggs. Chill for 15 minutes and fry in hot oil until golden brown.

Country Baked Chicken

2 cut up broilers or frying chickens
6 medium potatoes, peeled and cubed
1/2 pound of sliced bacon
2 large onions, peeled and chopped
6 large carrots, scraped and cubed

Brown the chicken parts on all sides in a large heavy pot. Layer the potatoes, carrots, and the chopped onions on top of the chicken and lay the bacon strips close together on top of the vegetables. Cover pot and bake at 350 degrees for 1 hour and 15 minutes. Remove the lid from the pot and bake to an additional 15 minutes or until the bacon is browned.

Country Fried Steak

2 pounds of cube steak
1 1/2 teaspoons salt
1/2 teaspoon of black pepper
2 cups water
1 can of Cream Of Chicken Soup
Vegetable oil

Salt, pepper the cube steak and roll in the flour. Heat the vegetable oil in a skillet and brown the steak pieces on both sides. Remove the steak and place in crockpot. Add water and the cream of chicken soup and simmer until tender, about 2 hours.



Did You Know?

Sprinkling salt on your cabinet shelves helps to keep ants away.

Company Pork Chops

4 thick center cut pork chops with no bone
A small amount of vegetable oil
1 small onion, thinly sliced
1/2 teaspoon of caraway seeds
1/2 teaspoon of salt
1/2 teaspoon of red pepper
1/2 teaspoon of dill weed
A dash of garlic powder
2/3 cup of hot water
1/2 cup of sour cream

Brown the pork chops in the vegetable oil. Drain most of the oil and remove the pork chops from the skillet. Sauté the onion and add the water and other seasonings. Put the pork chops back in the skillet, cover, and simmer over low heat for about 40 minutes. Do not let the pork chops get dry, add more water if necessary. Then remove the pork chops to a warm serving platter. Mix the sour cream into the juices in the skillet and heat but do not boil. Pour the gravy over the pork chops just before serving.

Beef Barbecue Cups

3/4 pound of ground beef
1/2 cup of barbecue sauce
1 tablespoon of minced onion
3/4 cup of shredded cheddar cheese
2 tablespoons of brown sugar
1 can (10) biscuits (Use "Hungry Jack" if available)

In a large skillet brown the ground beef and drain. Add the barbecue sauce, onion and brown sugar. Set aside. Heat the oven to 400 degrees. Separate the biscuits and place in an ungreased muffin pan. Press the dough up the sides of the muffin cups to the edge to form a cup. Spoon the ground beef mixture into each biscuit cup, sprinkle with the cheddar cheese and bake for 15-20 minutes.

Tomato Soup Meatloaf

- 1 can of tomato soup
- 1 1/2 pounds of ground beef
- 1 cup of small bread cubes
- 1/4 cup of finely chopped onion
- 1 egg, slightly beaten
- A generous dash of black pepper

Thoroughly mix 1/2 cup of the tomato soup with the rest of the ingredients and firmly shape into a loaf. Place the meatloaf into a shallow baking pan and bake at 350 degrees for 1 hour and 15 minutes. Blend the remaining soup with 1/4 cup of water and 2 tablespoons of the drippings from the meatloaf and pour this mixture over the meatloaf and bake for another 15 minutes.

Mother's Beef Stew

- 2 to 2 1/2 pounds of lean beef stew meat
- 2 tablespoons of bacon drippings or shortening
- 2 large onions, diced
- 5 large potatoes, cut into eighths
- 4 or 5 large carrots, cut into 2 inch slices
- Salt and black pepper to taste
- Garlic powder
- 1 – 10 3/4 ounce can of condensed tomato soup, undiluted
- 1 cup of diced celery (optional)
- 1 soup can of water

Brown the stew meat in the bacon drippings or shortening. Add the onions and cook until browned. Add the other vegetables and the seasonings. Add the soup and water. Simmer for about 3 hours or until the meat and the vegetables are tender adding more water as needed during cooking.



Did You Know?

Quickly applying ice cold vinegar to a burn will give fast relief and help prevent blisters.

Cabbage Rolls

1 pound of ground beef
1/3 cup of uncooked rice
1 egg, beaten
1 1/2 teaspoons of salt
1/8 teaspoon of black pepper
6 large cabbage leaves
1 medium thinly sliced onion
2 tablespoons of butter or margarine, melted

For the sauce:

1 - 10 3/4 ounce can of tomato soup, undiluted
1 1/4 cups of water
1/2 cup of chopped celery
1 teaspoon of fresh parsley, minced
3 tablespoons of lemon juice
1 teaspoon of sugar
1 teaspoon of salt
1/8 teaspoon of black pepper

Mix the ground beef, rice, egg, 1 1/2 teaspoons salt, and 1/8 teaspoon of black pepper together in a bowl and mix well. Cook the cabbage leaves in boiling water for 5 to 8 minutes or just until tender. Remove the cabbage leaves from the water and drain. Place equal portions of the meat mixture in the center of each cabbage leaf and fold the ends over, and fasten with wooden toothpick.

Sauté the onion in butter in a large skillet until tender but not brown. Add the tomato soup and the remaining ingredients, stirring well. Simmer for 10 minutes.

Place the cabbage rolls in the tomato mixture, cover and simmer for 1 1/2 to 2 hours.



Did You Know?

Oil and grease stains wash out of clothing better with a little baking soda added to the wash water.

Layered Hamburger Pie

1 pound of ground beef
1 egg
1/4 cup of dry bread crumbs
1 teaspoon of salt
1 teaspoon of mixed herbs (or egano, basil, marjoram)
1 teaspoon of dry mustard
1/4 teaspoon of ground cumin
1/8 teaspoon of garlic powder
1 1/2 cups of sliced potatoes
1 medium onion, sliced into rings and separated
1 1/4 cups of mushrooms
1 cup of shredded cheddar cheese
1/2 cup of shredded swiss cheese
2 tablespoon of parsley

Mix the ground beef with the egg, bread crumbs, salt, herbs, mustard, cumin and garlic powder. Pat evenly into a 9" pie pan to make a crust. Fill crust with a layer of potatoes, onion and mushrooms, reserving some mushrooms to ring the pie. Cover with aluminum foil and bake at 350 degrees for 1 hour or until the potatoes are done. Remove from the oven and take off the foil and sprinkle the cheese and parsley on top. Return to the oven just long enough to melt cheese.

Crockpot Apple Glazed Pork Roast

1 - 4 pound pork loin roast, trimmed
1/4 cup of unsweetened apple juice
Salt & pepper to taste
3 tablespoons of brown sugar
6 apples, quartered
1 teaspoon of ground ginger

Rub the roast with the salt and pepper. Brown the pork roast under the broiler to remove any excess fat and drain well. Place apple quarters in the bottom of a crockpot. Place the roast on top of the apples. Combine the apple juice, brown sugar, and ginger. Spoon this mixture over the top surface of the roast, moistening well. Cover and cook on Low setting for 10 -12 hours or until done.

Crockpot Au Gratin Potatoes and Ham

6 medium potatoes, peeled and sliced
1 medium onion, coarsely chopped
1 1/2 cups of cooked ham, cubed
1 cup of shredded american cheese
1 can of cream of mushroom soup
1/2 cup of milk
1/2 teaspoon of thyme leaves

In a crockpot layer 1/2 of the potatoes, onion, ham and cheese, repeat the layers. In small bowl, combine the cream of mushroom soup, milk, and thyme and pour over top of the layers. Cover and cook on the HIGH setting for 3 hours then reduce to the LOW setting and cook for 2 to 2 -1/2 hours or until the potatoes are tender.

Creamy Chicken And Biscuits

1 – 10 ounce package of frozen green peas
2 cups of cut up cooked chicken
1 can of cream of chicken soup
1/2 cup of sour cream
1/2 cup of milk
1/8 teaspoon of black pepper
2 cups of Bisquick baking mix
1/2 cup of cold water
1 1/4 cup of shredded cheddar cheese

Heat the peas, soup, sour cream, cut up chicken, milk, and the black pepper just to boiling. Mix the Bisquick baking mix and water and knead 5 times. Roll out the dough to 1/2 inch thick and cut out the biscuits with a biscuit cutter. Pour the chicken mixture into an oblong baking dish and sprinkle the shredded cheddar cheese on top. Bake for 20 minutes at 425 degrees.



Did You Know?

Rubbing a little salt on your pancake griddle will help to keep pancakes from sticking.

Country Meatballs

3 slices of white bread
1/2 cup of milk
1 pound of ground beef
2 cups of cooked rice
1 teaspoon of salt
1/4 teaspoon of ground thyme
1/4 teaspoon of garlic salt
Cornflake crumbs
Vegetable oil
1 – 10 3/4 ounce can of cream of mushroom soup , undiluted
1 1/4 cups of buttermilk

Soak the bread in 1/2 cup of milk until soft. Add the ground beef, rice, and the seasonings and shape into 12 – 1 1/2” meatballs. Coat each meatball with the cornflake crumbs and brown well in hot vegetable oil. Place the browned meatballs in a shallow baking dish and pour the mushroom soup and buttermilk over them. Bake uncovered for 30 minutes at 350 degrees.

Catfish With Bacon And Horseradish Sauce

3 catfish fillets (flounder or other fish can be used)
4 strips of bacon
1 – 8 ounce package of cream cheese, softened
1/4 cup of chopped onion
2 tablespoons of butter
1/4 cup of dry white wine
2 tablespoons of horseradish
1 tablespoon of Dijon mustard
1/2 teaspoon of salt
1/2 teaspoon of black pepper
2 tablespoons of minced parsley

Fry the bacon until crisp, drain and set aside. Place the fish fillets in a buttered baking dish. Fry the onions in butter until soft. Then in a small bowl blend the cream cheese, white wine, horseradish, mustard, salt, and the black pepper with the onions. Pour the onion mixture over the fish fillets and top with the crumbled bacon. Bake at 350 degrees for 30 minutes or until the fish flakes easily with a fork. Garnish with the parsley.

Creamy Skillet Chicken

1 cut up frying chicken
1 can of cream of chicken soup
3/4 cup of Carnation milk
6 medium onions
8 carrots
3/4 cup of chopped celery
Salt and black pepper to taste

Brown the chicken in a lightly greased skillet. When the chicken is browned on all sides, add the vegetables, soup, cream, salt and black pepper. Cover the skillet and cook over low heat until the vegetables and chicken are tender.

Barbecued Spareribs

4 pounds of spareribs
2 teaspoons of salt
3/4 cup of catsup
2 tablespoons of vinegar
1/8 teaspoon of cayenne pepper
2 medium-sized onions, sliced
1/4 teaspoon of black pepper
3/4 cup of water
2 teaspoons of Worcestershire sauce
1 teaspoon of chili powder

Arrange spareribs in large baking dish or roasting pan. Add the onions, and sprinkle with the salt and black pepper. Combine the remaining ingredients, and pour over spareribs. Cover, and bake in at 350 degrees for about 1 1/2 hours, basting often. Remove cover, and bake an additional 20 minutes longer.



Did You Know?

Adding a spoonful of vinegar to fruit while cooking will improve the flavor.

Chicken Fried Steak And Gravy

2 pounds of round steak, about 1 inch thick
2 large eggs
2 tablespoons of milk
1/4 cup of unbleached Flour
Salt and black pepper, to taste
2 tablespoons of butter

For the gravy:

1 cup of milk
1 cup of water
1/4 cup of flour
Salt
Black Pepper

Cut the steak crosswise into 4 serving pieces and pound each piece to a thickness of about 1/4 of an inch. In a large plate, beat the milk and eggs together, in a second plate combine the flour, salt, and the black pepper. Dip each piece of steak first into the egg mixture and then into the flour mixture, coating completely. Shake each piece gently to remove the excess flour. Melt the butter in a skillet, using medium heat and fry the steaks, two at a time, for about 5 minutes on each side or until golden brown.

For the gravy:

Pour off all but about 4 tablespoons of the drippings from the skillet. Over medium heat, slowly stir in the 1/4 cup flour, stirring constantly. Combine the 1 cup milk and 1 cup water and slowly add to flour mixture, stirring constantly to loosen the brown pieces left on the skillet from frying the steak. Add salt and black pepper to taste and raise the heat to bring to a boil. When bubbly, lower heat and continue to stir until the gravy reaches the desired thickness.

Serve the steak and gravy with cat head biscuits and mashed potatoes.

My Favorite Beef Stew

1-1/2 pounds beef stew meat
5 medium potatoes, peeled and cubed
7 cups of water
4 medium carrots, diced
1 medium onion, chopped
1- 28 ounce can of tomatoes, undrained
1 1/2 teaspoons of salt
1/2 teaspoon of black pepper
2 garlic cloves, minced
1 bay leaf
3 tablespoons of cornstarch
1/2 cup of cold water

Place beef stew meat and 7 cups of water in a large pot and slowly bring to a boil. Reduce heat and simmer for 2 hours. Add the potatoes, carrots, onion, tomatoes, salt, pepper, garlic and bay leaf. Cover and simmer for 60 minutes. Combine cornstarch and cold water until smooth. Stir into stew and bring to a boil. Cook and stir for 2 minutes or until thickened.

Pineapple Baked Ham

1 cooked ham with bone in
1/4 cup of pineapple juice
1/2 cup of firmly packed brown sugar
1-12 ounce can of sliced pineapple, drained
Maraschino cherries
Whole cloves

Score the surface of ham with diagonal cuts in diamond shapes. Insert cloves into diamonds. Place the ham in to a roasting pan. Bake for 2 hours at 325 degrees. Combine the brown sugar and pineapple juice, and pour over the ham. Arrange pineapple slices and cherries on ham. Bake uncovered for an additional 30 -40 minutes.

Salisbury Steak

1 1/2 pounds of ground beef
1 cup of chopped onion
1/2 cup of cooked rice
1/4 teaspoon of black pepper
1 egg
1 3/4 cups of sliced fresh mushrooms
2 Tablespoons of Worcestershire sauce
1/2 teaspoon of salt
2 - 13 3/4 ounce cans of beef broth
3 tablespoons of water
2 tablespoons of cornstarch

Combine first five ingredients then divide into six equal portions. Shape each into a 1 -inch thick patty. Coat a skillet with a vegetable oil and cook the patties about five minutes on each side. Set aside and keep warm. Add the mushrooms to the skillet and cook for three minutes. Then add the Worcestershire sauce, salt, and beef broth. Cook for another ten minutes. Return the patties to skillet, cover, and simmer for 15 minutes. Place the patties on a platter and keep warm. Combine the water and cornstarch and add to broth mixture, stirring well. Bring mixture to a boil and cook one minute more. Serve over patties.

Bacon Potato Pie

1 pound of thick -sliced, lean bacon
1 onion
1 pound of baking potatoes
1/2 pound of Cheddar cheese
8 eggs

Cut the bacon slices into square pieces. Fry the bacon pieces until well cooked and then drain on paper towels. Peel the potatoes, grate them, and put them into a bowl of cold water to keep them from discoloring while you prepare the other ingredients. Grate the cheese and mince the onion. Butter a 9 X 13 inch shallow baking dish and preheat the oven to 350 degrees. If you placed the grated potatoes on water, drain them well and squeeze them dry. Beat the eggs in a large bowl. Add all the other ingredients and stir. Pour the mixture into the baking dish and bake at 350 degrees for about 45 minutes, or until the eggs are cooked.

Ham Loaf

1 pound of cooked ham, ground in a food processor
1 1/2 pounds of lean ground pork
1 egg
1 cup of fresh bread crumbs
3/4 to 1 cup of milk
Salt to taste
Black pepper to taste

For the glaze:

1 cup of brown sugar
1/2 cup of vinegar
1/2 cup of water
1/2 teaspoon of dry mustard

Mix the first seven ingredients together and shape into a loaf, and place in a loaf pan. Mix the glaze ingredients together well and pour about 1/2 of the mixture over the loaf. Bake at 350 degrees for 2 hours, basting about every 15 to 20 minutes after the 1st hour of cooking. Remove the loaf from the pan and mix the remaining glaze with the pan juices and serve along with the ham loaf.

Cornbread Pie

Preheat oven 350 degrees. In a large iron skillet, brown 1 pound of lean ground beef and 1 large chopped onion. Add 1 can of condensed tomato soup, 2 cups of water, 1 teaspoon of black pepper, 1/2 teaspoon of cayenne pepper, 1 teaspoon of paprika, 1/2 teaspoon of cumin, 1/2 cup of chopped green peppers, 1 cup of whole kernel corn, drained, and salt to taste.

Combine 3/4 cup of corn meal, 1 tablespoon of sugar, 2 tablespoons of flour, 1/2 teaspoon of salt, 1 1/2 teaspoons of baking powder, 1 beaten egg, 3/4 cup of buttermilk (add more to make a thinner batter), and 1 tablespoon of vegetable oil. Pour the cornbread mixture to over the simmering ingredients in the skillet. The cornbread batter may disappear into the meat mixture but it will rise during baking and form a layer of cornbread. Bake for 20 or 30 minutes or until the cornbread is lightly browned.

Baked Trout with Fresh Herbs

2 dressed trout, about 1 3/4 pounds
Salt and black pepper to taste
3 tablespoons of chopped fresh parsley
2 tablespoons of minced green onions
2 teaspoons of minced fresh sage
2 teaspoons of chopped fresh chives
1 teaspoon of minced fresh rosemary
1 teaspoon of minced fresh thyme
1 clove of garlic, minced
1/4 cup of unsalted butter
Lemon wedges

Sprinkle the trout with salt and black pepper to taste. Combine parsley and the next 6 ingredients in a small bowl and stir well. Stuff half of herb mixture in each fish cavity. Place fish in buttered 13 X 9 X 2 baking dish and dot the fish with butter. Bake at 350 degrees for 20 to 25 minutes or until fish flakes easily. Garnish with lemon wedges.

Salmon Cakes

1 - 7 1/2 ounce can salmon, drained and flaked
1/3 cup of saltine cracker crumbs
1 egg, slightly beaten
2 tablespoons of chopped onion
2 tablespoons of milk
1 tablespoon of lemon juice
2 tablespoons butter or margarine

In medium bowl, combine all ingredients except the butter, and blend well. Shape the mixture into 4 patties. Melt the butter in a skillet and fry the patties on both sides until golden brown and heated throughout.



Did You Know?

Soaking a pan with burned on food in a mixture of baking soda and water for 10 minutes will make it easier to clean.

Beef and Cabbage Soup

1 pound of lean ground beef
1/2 teaspoon of garlic salt
1/4 teaspoon of garlic powder
1/4 teaspoon black pepper
2 stalks celery, chopped
1 - 16 ounce can of kidney beans, drained
1/2 of a head of cabbage, chopped
28 ounces tomatoes, chopped and liquid reserved
1 can water in empty tomato can
4 beef bouillon cubes
Chopped parsley

In a Dutch oven, brown the ground beef. Add all of the remaining ingredients except the parsley, and bring to boil. Reduce the heat and simmer, covered for 1 hour. Garnish with parsley.



Did You Know?

Adding a little salt to the water will help your cut flowers to last longer.

Childhood Fun On The Riverbank

“Growing up in the 40’ s an early 50’ s things were different, we no longer had bean stringings or corn shuckings, but we still got together with friends and neighbors on summer evenings.”

“One of my favorite memories is of a swing my dad and some friends hung in a tree on the riverbank near our house. Our neighbors would gather there in the evenings to cook out and swing. That swing would take us halfway across the river. Some of the very brave would swing out and drop into the river, but I was never that brave.”

Mama' s Young Peas And Potatoes In White Gravy

3 cups fresh peas
8-10 small new potatoes (scrape peeling off, it is very thin on young potatoes)
1 teaspoon salt (more may be added if needed)
1/4 teaspoon black pepper or as much as you like (the more the better)
2 tablespoons of butter
1 small can of evaporated milk
3 tablespoons of flour

Cover peas and potatoes with water. Add salt and pepper. Cook in large pot until tender. Remove enough water from potatoes to mix with flour until fairly thin and pour back into the peas and potatoes. Stir well. Add the butter and evaporated milk and stir until well blended (more water or milk may be added if needed). Cook until the gravy is slightly thick. This is absolutely wonderful spooned over crumbled up cornbread.

“This is a dish my mama would make in the spring when the peas and young potatoes were ready to gather in her garden, and was something everyone always looked forward to”.

Shuck Beans Or Leather Britches (Dried Green Beans)

A popular way to preserve fresh green beans for the winter was to “string” them with a needle and thread and hang them up to dry. Once they were dried they would keep for a long time, also drying the beans gives them a wonderful smoked flavor when cooked.

Wash and dry fresh green beans. Remove the ends and the strings. Use a large darning needle with heavy white thread and pierce bean near the middle of each, pushing them along the thread so that they are about 1/4 inch apart. Hang the “stringed” beans up in a warm, well ventilated place to dry. They will shrivel up and turn greenish gray. When cooking in the winter, as my mother did, cover with water and soak overnight, drain, add new water and parboil slowly for 30 minutes. Drain again. Add more water and a ham hock or salt pork and cook until tender.

“Kilt” Lettuce Salad

2 slices of bacon
1/4 cup of cider vinegar
2 tablespoons of water
1 tablespoon of sliced green onion
1 tablespoon of salt (more or less to taste)
1 teaspoon of sugar
Black Pepper to taste
2 tablespoons of sliced, black olives
2 heads of lettuce, rinsed, drained and cored

Fry the bacon until crisp. Drain fat but leave the bacon in the skillet. Crumble up the bacon and add the vinegar, water, onion, salt, sugar, and the black pepper to skillet and heat to boiling. Tare the lettuce into small pieces in a salad bowl and add the olives. Pour the hot bacon dressing over lettuce and toss to coat.

Fried Green Onions

3 or 4 slices of bacon
2 cups of green onions including tops, chopped into small pieces (about 1/2")
1/2 teaspoon of salt
1/8 teaspoon of black pepper
1 teaspoon of sugar

Fry the bacon in a heavy skillet until crisp, drain on paper towels and crumble into small pieces. Remove all but about 1 tablespoon of the bacon grease from the pan and add the chopped green onions, salt, black pepper, sugar, and the crumbled bacon. Stir in 1/2 cup of hot water and simmer for 20 to 25 minutes. Serve hot.



Did You Know?

When frying bacon, sprinkling a pinch of salt in the frying pan will help to keep the grease from splattering.

Squash Fritters

2 cups of shredded raw squash
1 small onion, finely chopped
2 tablespoons of cornmeal
2 tablespoons of flour
1 egg
1 teaspoon of salt
1/4 teaspoon of baking powder

Mix all of the ingredients together and drop by spoonfuls into hot oil. Fry until golden brown on all sides.

Country Fried Squash

3-4 yellow squash (washed and sliced length ways)
1-1/2 cups of corn meal
3 tablespoons of sugar
1/2 teaspoon of salt
1/4 teaspoon of black pepper
Vegetable oil

Mix meal, sugar, salt and pepper. Dredge each piece of squash in mixture. Pour 1/2 inch oil in pan and heat. Add squash carefully and pan fry until golden brown.

Bean Salad

1 can of green beans
1 can of kidney beans
1 can of wax beans
1 onion, chopped
1 bell pepper, chopped
1/2 cup of vinegar
1/2 cup of salad oil

Drain the beans and mix all of the ingredients together .

Homemade Baked Beans

3 cups of white beans
3/4 pound of fresh salt pork
1 tablespoon of prepared mustard
1 teaspoon of ground ginger
2 tablespoons of molasses
Salt and Black Pepper to taste
1 tablespoon of brown sugar

Soak the bean overnight. Rinse and drain in the morning. Cover with cold water, boil for 15 minutes and drain. Put the beans in a buttered baking dish and add the other ingredients. Place the salt pork in the beans with the rind exposed and cover with boiling water. Bake covered at 300 degrees for 6 hours. Remove the cover for the last 30 minutes to brown.

Nine Day Slaw

3 pounds of cabbage, shredded
1 chopped green pepper
2 small onions, sliced
1 cup of sugar
1 cup of vinegar
1 cup of vegetable oil
2 teaspoons of salt
2 teaspoons of dry mustard

Mix the sugar, vinegar, vegetable oil, salt, and the dry mustard together in a saucepan and bring to a boil. In a large bowl mix the shredded cabbage, chopped green pepper, and the sliced onions together and pour the hot liquid mixture over the vegetables. Mix well and place in the refrigerator overnight. This slaw will “keep” for up to nine days.



Did You Know?

You can add more flavor to frozen vegetables by cooking them in chicken, vegetable, or beef broth.

Potato and Sausage Soup

1/2 gallon of diced potatoes
1 pound of pork sausage
2 cups of whole milk
2 to 3 tablespoons of flour
Salt and Black Pepper to taste

Wash, peel, and dice the potatoes into a large pot. Cook the potatoes with the salt and black pepper and enough water to cover the potatoes. While the potatoes are cooking, crumble the sausage and fry until done. When the potatoes are tender add the sausage and grease and about 1 1/2 cups of the milk to the pot and bring the potato mixture to a boil. Mix the flour with the remaining 1/2 cup of milk and pour into the potatoes. If desired add more salt and black pepper to taste. Continue to cook the potatoes until the soup is the desired thickness.

Bean and Bacon Soup

1/2 pound of navy beans
6 slices of bacon
1 onion, chopped
1/2 cup of chopped celery
Salt and Black Pepper to taste

Soak the navy beans in cold water for about 2 hours. Drain the beans and wash with cold water. Place the beans in a pot, cover with water and cook for about 45 minutes to an hour. Add the chopped onion, celery, salt, and pepper and cook for about a half an hour or until the beans are tender. While the beans are cooking fry the bacon until crisp. After the bacon has cooled crumble in the pot of beans and let simmer for a few more minutes.



Did You Know?

You can add a teaspoon of cider vinegar to a main dish or vegetable dish to remove excessive sweetness.

Pinto Bean Soup

2 cups of cooked pinto beans
1/2 cup of chopped onion
2 1/2 cups of chicken stock
1/2 cup of tomato juice
3 tablespoons of butter
2 minced garlic cloves
Sour cream

Cook the onions in the butter. Add the pinto beans, chicken stock, and the minced garlic and mix well. Pour into saucepan and simmer for 10 minutes. Add the tomato juice and cook until heated through. Serve with a spoonful of sour cream on top.

Quick Corn Chowder

1 strip of bacon, diced
1 medium onion, diced
1 – 14 1/2 ounce can of chicken broth
2 cups of water
2 large potatoes, peeled and diced
1/2 teaspoon of salt
1/4 teaspoon of black pepper
1 – 15 ounce can of whole kernel corn, drained
1 cup of milk, divided
1/4 cup of all-purpose flour
Chopped fresh parsley, optional

In a 3-quart saucepan, cook the bacon until crisp and remove onto a paper towel to drain. Cook the diced onion in the bacon drippings until tender and add the chicken broth, water and potatoes and bring to a boil. Reduce the heat, cover and simmer for 15 minutes or until the potatoes are tender. Add the salt and the black pepper and mix well. Next, add the corn and 3/4 cup milk. Mix the flour and the remaining 1/4 cup of milk until smooth and add to the soup. Bring the soup to a boil and cook, stirring constantly for about 2 minutes. Garnish with bacon and parsley if desired.

Sour Cream And Chive Potato Soup

3 cups of diced, peeled potatoes
1/2 cup of diced celery
1/2 cup of diced onion
1 1/2 cups of water
2 chicken bouillon cubes
1/2 teaspoon of salt
2 cups of milk
1 cup of sour cream
2 tablespoons of flour
1 tablespoon of chopped chives

In large saucepan, combine the potatoes, celery, onion, water, chicken bouillon cubes, and the salt. Cover and cook until the potatoes, onions, and celery are tender, or about 20 minutes. Do not overcook potatoes. They should be just tender, not mushy. Next, add 1 cup milk and heat through. In medium bowl, mix the sour cream, flour, chives and the remaining 1 cup milk. Gradually stir the sour cream mixture into the soup. Cook over low heat, stirring constantly, until thickened.

Fried Cabbage

1 head of cabbage, shredded or chopped
1 teaspoon of hot red pepper (optional)
Salt and Black Pepper to taste
Grease or vegetable oil for frying

Heat a small amount (1/8" more or less) of grease or oil in a cast iron skillet. Pour the cabbage into the skillet and fry stirring constantly until the cabbage is shiny. Lower the heat and add the hot red pepper, salt, and black pepper. Continue cooking until the cabbage is tender.



Did You Know?

Rolling raisins and nuts in flour before adding to cake batter will help to keep them from sinking to the bottom of the pan while baking.

Vinegar Coleslaw

1 head of cabbage, chopped
1/4 cup of vinegar
Granulated sugar to taste
1/3 cup of cold water
A dash of salt and a dash of black pepper

In a large bowl, combine the cabbage, vinegar, water, salt, and black pepper. Mix well and sweeten with the sugar to taste.

Potato Dumplings

6 diced medium potatoes
2 cups of water
1/2 teaspoon of salt
1/4 teaspoon of black pepper
1/2 stick of butter
3 cups of whole milk

For the dumplings:

1/2 cup of flour
Milk
5 tablespoons of shortening

Cut the shortening into the flour until crumbly. Add enough milk so that the dough sticks together. Roll out the dough and cut into small pieces.

Cook the potatoes in the 2 cups of water, salt, and pepper until tender. Add the 3 cups of whole milk and the 1/2 stick of butter and bring to a rolling boil. Quickly drop the dumplings into the potatoes, cover and cook for about 10 minutes more.



Did You Know?

When cooking foods in a double boiler, adding a little salt to the water will make the food cook faster.

Scalloped Corn

1/2 cup of dried breadcrumbs
3 tablespoons of butter
1/4 cup of chopped green onions
2 tablespoons of flour
1/4 teaspoon of dry mustard
1/4 teaspoon of paprika
Dash of black pepper
3/4 cup of milk
1 beaten egg
12-oz. can corn, drained

Melt 1 tablespoon of the butter in a medium skillet. Stir in the breadcrumbs and cook over medium heat until browned. Remove the breadcrumbs and set aside. Melt the remaining 2 tablespoons butter in the same skillet and add the onions and cook until tender. Stir in the flour, mustard, paprika and black pepper and cook, stirring constantly, until bubbly. Gradually add the milk and the egg and cook, stirring constantly, until the mixture comes to a boil and thickens. Stir in corn and cook until heated through. Remove to serving dish. Sprinkle with the breadcrumbs and serve.

Fried Apples

4 large sweet apples (Such as Delicious or Macintosh)
Oil
1/2 stick of butter
3/4 cup of sugar

Remove the core and thinly slice the apples. Fry the apples in the hot oil until browned. Add the butter and sugar and cook until melted.



Did You Know?

Adding a little baking soda to water used to soak dried beans will make them more digestible.

Spiced Rhubarb

2 cups of sliced rhubarb
1/2 teaspoon of ground cinnamon
2 cups of sugar
1/4 teaspoon of allspice
1/4 teaspoon of ground cloves
1/4 teaspoon of ground ginger
1/4 teaspoon of ground nutmeg

Cook the rhubarb in water until tender. Add the sugar and any combination of the spices that you happen to have on hand. Continue cooking, stirring often to prevent burning until the rhubarb thickens. Serve over fresh hot cat head biscuits.

Apple Pudding

1/2 cup of butter
1 cup of sugar
1 egg, beaten
1/2 teaspoon of ground cinnamon
1/2 teaspoon of ground nutmeg
1/2 teaspoon of allspice
1 cup of cooked apples
1 cup of flour
1 teaspoon of baking soda
1/4 teaspoon of salt

For the sauce:

1/2 stick of butter
1 cup of brown sugar
6 tablespoons of milk

Cream the brown sugar and butter together and add the beaten egg. Sift together the cinnamon, nutmeg, allspice, flour, baking soda, and salt and add to the butter/brown sugar mixture. Fold in the cooked apples and pour into a greased 8" X 8" X 2" baking dish. Bake at 350 degrees for 30 to 35 minutes. Mix the 1/2 stick of butter, 1 cup of brown sugar, and the 6 tablespoons of milk together in a pot. Bring the sauce mixture to a boil and simmer for 5 minutes. Serve by pouring the warm sauce over the apple pudding.

Corn Pudding

2 cans of whole kernel corn, drained
Enough whole milk to cover the corn
2 eggs
1 tablespoon of sugar
2 to 3 tablespoons of flour
Butter

Drain the corn, and place in a medium sized, greased baking dish. Pour in enough milk to cover the corn. Stir in the 2 eggs, and the sugar. Sprinkle in the flour to thicken and stir. Cut a few small pieces of butter and place on top of the corn mixture. Place the baking dish in a 325 degree oven. After baking for about 5 minutes, when margarine melts, stir the corn mixture again and continue to bake for 45 minutes to 1 hour, or until lightly browned.

Green Tomato Pie

3 cups of thinly sliced green tomatoes
1 unbaked pie shell

Mix together:

1 1/2 cups of sugar
1/4 teaspoon of salt
5 teaspoons of grated lemon rind
1/4 teaspoon of cinnamon
5 tablespoons of lemon juice
2 tablespoons of butter

Layer the sliced green tomatoes into the unbaked pie shell, sprinkling each layer with the mixture of the other ingredients. Place the top crust on the pie and bake for 35 to 40 minutes at 350 degrees.

Nanny' s Scalloped Broccoli

2 cups chopped broccoli
1/2 cup of grated cheddar cheese
2 eggs
1/4 cup of chopped parsley
2 tablespoons of chopped onion
1/8 teaspoon of black pepper
1 can of cream of celery soup
1/2 cup of soft bread crumbs
2 pimientos, chopped
1 teaspoon of salt

Beat the eggs in large bowl. Mix in all of the remaining ingredients. Pour into a buttered casserole dish and set in pan of boiling water and bake at 375 degrees for about 50 minutes or until firm.

Crockpot Baked Beans

1 pound of dried great northern, or navy beans
2 medium onions, chopped
1/2 cup of brown sugar
1/4 cup of molasses
1/3 cup of catsup
1/4 pound of salt pork or bacon, diced
1 tablespoon of salt
1 1/2 teaspoons of dry mustard
1/4 teaspoon of black pepper

Simmer the beans in 6 cups of water for 30 minutes. Allow the beans to stand, covered, for 1 1/2 hours or until softened and drain. Put all of the ingredients into a crockpot and add 1 cup water, stirring to blend. Cover the crockpot and cook on LOW for 10 to 12 hours or on HIGH for 5 to 6 hours, stirring occasionally .



Did You Know?

You can use vinegar on fried and broiled foods instead of lemon juice.

Broccoli Soufflé

1 – 8 ounce container of cottage cheese
3 eggs
1 package of frozen broccoli, cooked and drained
3 tablespoons of flour
4 tablespoons of butter
4 ounces of shredded American cheese
Salt and black pepper

Pre-heat the oven to 350 degrees. Put the cottage cheese in a mixing bowl and add the eggs and stir well. Next, add the broccoli, sprinkle the flour on top and mix well. Add the butter and stir in some of the shredded cheese. Season with salt and black pepper to taste. Pour the broccoli mixture into a buttered 1 quart casserole dish, sprinkle the remaining cheese on top and bake for 1 hour.

Squash Patties

1 1/4 cups of self -rising flour
1/2 teaspoon of sugar
3/4 teaspoon of salt
1/2 cup of sour cream
1 egg
3 cups of coarsely ground or chopped squash
1 medium onion, chopped
Black pepper to taste

Combine the first 5 ingredients and beat until smooth. Stir in the squash, chopped onion, and black pepper. Drop by spoonfuls into a hot greased skillet and fry until golden brown on both sides.



Did You Know?

You can reduce the amount that bacon shrinks by running it under water before frying.

Cabbage With Mustard-Horseradish Sauce

1 small head of cabbage quartered
2 tablespoons of finely chopped onion
2 tablespoons of butter or margarine
1 tablespoon of all -purpose flour
2/3 cup of evaporated milk
1 tablespoon of prepared mustard
2 teaspoons of prepared horseradish
1/4 teaspoon of salt
A dash of black pepper
Water

Cook the cabbage in salted, boiling water for 10 to 12 minutes and drain well. In a small saucepan cook the onion in the butter or margarine until tender. Blend in the flour, 1/4 teaspoon of salt, and a dash of black pepper. Add the milk and 1/2 cup of water. Cook stirring constantly until thickened and bubbly. Stir in the mustard and horseradish. Spoon the sauce over the cabbage.

Baked Mashed Potatoes

3 pounds of potatoes (about 6 large)
1/4 cup of finely chopped onion
1/4 cup of butter or margarine
1 – 12 ounce carton of small curd cottage cheese
1/4 cup of snipped parsley
1 teaspoon of salt
Margarine or butter, melted

Peel, cook, and mash the potatoes. In a saucepan cook the onion in 1/4 cup of butter or margarine until tender but not brown. Stir the onion, salt, parsley, and cottage cheese into the mashed potatoes. Spoon the potato mixture into a well greased 2 -quart casserole dish. Drizzle melted butter over the top. Bake at 350 degrees for about 30 minutes or until the mixture is heated through and lightly browned on top.

Split Pea Soup With Dumplings

2 1/4 cups green split peas (about 1 pound)
2 ham hocks
8 cups of cold water
1 medium onion, sliced
1 cup of diced celery
1 cup of diced carrots
1 teaspoon of salt
1/4 teaspoon of black pepper

For the dumplings:

2 cups of sifted all-purpose flour
3 teaspoons of baking powder
1 teaspoon of salt
3 tablespoons of shortening
1 cup of milk
1 egg, beaten

Combine the green split peas, ham hocks, cold water, onion, celery, carrots, 1 teaspoon of salt, and the black pepper in a Dutch oven. Bring to boiling, cover and simmer for 1 1/2 hours stirring occasionally. Remove the ham hocks and cut off the meat and dice, discarding the bones. Add the meat back to the soup and simmer, uncovered for 15 to 20 minutes more.

Sift together the all-purpose flour, baking powder, and 1 teaspoon of salt. Cut in the shortening. Combine the milk and the beaten egg and add to the flour mixture, stirring just until all ingredients are moistened. Drop the batter from a rounded tablespoon on top of the bubbling soup. (Dip the spoon into the hot soup before spooning each dumpling to prevent them from sticking to the spoon.) Cover tightly and return to boiling. Reduce the heat and simmer for 15 to 18 minutes.



Did You Know?

You can brown pale gravy by adding a bit of instant coffee straight from the jar. It won't taste bitter either.

Golden Baked Potatoes

2 pounds of potatoes, peeled
1 – 16 ounce can of diced carrots, drained
Milk, heated
2 tablespoons of butter
Salt and black pepper

Cook the potatoes in boiling, salted water until tender and drain. Add the diced carrots and mash with an electric mixer at low speed. Slowly beat in enough milk to make light. Stir in the butter and a little salt and black pepper. Spoon the potatoes into a 2 -quart casserole dish. Dot the top with additional butter. Bake at 350 degrees for 25 minutes.

Mustard Greens

2 1/2 pounds of mustard greens
6 slices of bacon cut into 1 -inch pieces
2/3 cup chopped onions
1 or 2 dashes cider or red wine vinegar
Water

Wash the mustard greens very well and chop or tear into 1 -inch pieces. Cut the 6 slices of bacon into 1 -inch pieces. Fry the bacon in a pot large enough to hold the greens. Add the greens along with the chopped onions and cook, stirring with wooden spoon, until the greens are coated with the bacon grease. Cover the greens with water and season with salt. Bring to boil and cover the pot, reduce the heat, and simmer until tender. Stir occasionally and add water to prevent scorching. When the greens are the desired tenderness, increase the heat to medium-high, Bring to a boil stirring often and boil off nearly all of the excess liquid. Add vinegar, salt, pepper and sugar to taste and serve hot.

Okra Fritters

1 quart of okra
Salt
Black pepper
2 eggs
2 teaspoons of baking powder
Flour

Boil the okra until tender then strain off water and mash. Season with salt and pepper to taste. Mix in the eggs, baking powder, and enough flour to make a stiff batter. Drop by one rounded tablespoonful at a time in hot oil and fry until golden brown.

Potato Pancakes

2 cups of cold mashed potatoes
1 egg
Salt
Black pepper
Finely chopped onion (optional)

Mix the 2 cups of mashed potatoes, the egg, a dash of salt and pepper, and if you like, some finely chopped onion (potato pancakes are good with and without onion). Flatten into pancakes about 3/4 of an inch thick. Fry in a butter or margarine until golden brown on both sides and the center is hot.

Fried Grits

Make a pot of grits the night before and pour into a lightly greased loaf pan. Set the pan in the refrigerator overnight. The next morning, turn the pan upside down on a baking sheet and hit the bottom a few times to loosen the "grit loaf". Slice to the desired thickness and roll each piece in cornmeal or flour. Fry in a little vegetable oil in a non-stick pan until crisp and brown. Eat them like hashbrowns with salt, pepper, and catsup or like pancakes with honey or syrup.

Fried Corn

6-8 large ears of sweet corn, cleaned, rinsed, and kernels removed from cob
1 green peppers, diced
1/2 cup all-purpose flour
1 tablespoon granulated sugar
Salt & pepper to taste
1/2 cup vegetable shortening

Combine corn kernels, green pepper, flour, sugar, salt and pepper. Toss to evenly coat vegetables. Heat the shortening until hot. Carefully add the corn mixture and fry until the corn is tender and starts to brown. Stir frequently to prevent sticking.

Hobo Beans

1 to 2 pounds of ground beef
2 – 16 ounce cans of pork & beans
1 can of kidney beans, drained
1 can of butter beans, drained
1 can of tomato soup or tomato puree
1 cup of brown sugar
1 package of Lipton Onion Soup Mix
1 teaspoon of yellow mustard

Brown meat in 1/2 cup of water. Mix all of the ingredients together in a large casserole dish and bake uncovered at 350 degrees until desired consistency.



Did You Know?

A slice of soft bread placed in a package of hardened brown sugar will soften it in a couple of hours.

Southern Style Collard Greens

- 1 large bunch (about 3 pounds) of collard greens
- 1 smoked ham hock
- 1 onion, chopped
- 2 teaspoons of minced fresh garlic
- 3 teaspoons of cider vinegar
- 3 teaspoons of dark corn syrup
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of red pepper
- 1/2 teaspoon of white pepper
- A few dashes hot pepper sauce

Cut off and discard base of stems on the greens, then coarsely chop the upper stems and leaves. Wash several times in cold water and drain thoroughly. Place 1 packed cup of greens in a blender or food processor and puree and set aside. Place the remaining greens and ham hock in a large pot and cover with water. Bring greens to a rolling boil and add the onions, garlic, vinegar, corn syrup and seasonings to taste, reduce heat to medium. Add the pureed collards. Cover and cook for 2 hours or until cooked down and tender.

Corn Fritters

- 1 can of whole kernel corn, drained (reserving the liquid)
- Milk
- 1-1/2 cups of flour
- 3 teaspoons of baking powder
- 3/4 teaspoons of salt
- 1 egg, beaten

Add enough milk to the reserved corn liquid to measure 1 cup. Sift together the dry ingredients. Combine the egg, milk mixture, and corn and add to the dry ingredients. Mix just until moistened. Drop batter from a tablespoon into deep, hot oil. Fry until the fritters are golden brown, 3 to 4 minutes. Drain on paper towels.

Fried Green Pepper Rings

3 large green bell peppers
2 large eggs, lightly beaten
2 cups of milk
2/3 cup of Italian -seasoned bread crumbs
1/2 cup of grated Parmesan cheese
1 cup of all -purpose flour
Vegetable oil

Slice the peppers into 1/4 -inch rings and remove and discard seeds and membranes. Combine eggs and milk and stir well. Combine the bread crumbs and the Parmesan cheese, mixing well. Dip the pepper rings in egg mixture, and dredge in flour. Dip again in egg mixture, and dredge in the bread crumb mixture, coating well. Pour oil to depth of 2 inches into a large skillet or deep fryer and heat to 375 degrees. Fry the pepper rings for 1 to 2 minutes or until golden, turning once. Drain on paper towels and serve immediately.

Black Eyed Pea Soup

2 carrots, chopped
2 celery stalks, chopped
1 large onion, chopped
2 quarts of chicken
2 pounds of black eyed peas
1 – 3 to 4 pound picnic ham w/ bone
2 bay leaves
Fresh oregano or basil to taste
Fresh ground black pepper to taste

Soak the black eyed peas in cold water for 6-8 hours and drain. Cut the ham into large chunks and combine all of the ingredients in a large pot. Add enough water to barely cover the ingredients. Cover the pot and simmer for 2 -3 hours, stirring occasionally. Remove the lid and simmer for 1 hour. Can be served right away, but the longer it sits the better it gets.

Tomato Cakes

1 – 14 to 16 ounce can of chopped tomatoes
1/4 of a box of saltine crackers, crushed
1/4 of a medium onion, chopped
Salt and pepper to taste
Vegetable oil

Drain about 1/2 the liquid off of the tomatoes. Mix together the tomatoes, onion, and crushed saltines and let sit for 15 -30 minutes so the tomato juice soaks into the saltines. Stir again to evenly distribute ingredients. Heat the oil in a cast iron skillet over medium -high heat. When the oil is hot enough, shape the tomato mixture into patties and fry until thoroughly brown on both sides.

Wilted Dandelion Greens

A pan of dandelion greens
1/2 pound of bacon
1/2 cup of vinegar
1/2 cup of water
1/2 teaspoon of brown sugar
Hard boiled eggs

Pick a pan full of small spring dandelion leaves with no buds, wash and thoroughly drain. Cut the bacon into 1 inch pieces and fry until crisp in a separate skillet. Add the vinegar water and brown sugar to the bacon and drippings and heat to a near boil and immediately pour over greens. Allow hot skillet to cover the pan of dandelion greens for a few minutes to steam. Add chopped hard boiled eggs.



Did You Know?

You can easily remove the silks from corn on the cob by wiping downward with a damp paper towel.

Ramps

One sure fire way to tell that spring has finally arrived here in the mountains is all of people along the sides of road selling ramps. It seems that every produce stand, every yard sale and flea market has signs advertising ramps for sale. Not car ramps or ATV ramps mind you but a local delicacy.

Ramps, also known as wild leeks, are a type of onion that grows wild in the Carolinas. They look like scallions with broad leaves. Although their flavor is stronger, they can be used in place of scallions, onions or leeks.

During ramp season, which begins in March and runs through June, ramps can be found in specialty stores or at ramp festivals. At the end of the season, their leaves wither and the plant lies dormant throughout the remainder of the summer, fall and winter.

Resembling the lily of the valley, the wild ramp has a woody and very wild aroma offering a delicious onion-garlic flavor that people either love to an unbelievable degree or hate to the same degree. Personally I think they taste like a cross between a very strong, sweet onion and garlic.

A word of caution:

Ramps smell to the high heavens so it's best if you can cook them outside. They also leave you with breath that eating no amount of onions or garlic can even compare with. Also, if eaten in large enough quantities the odor will actually come through the skin. I know that this sounds really disgusting but ramps are really very good and an Appalachian spring tradition dating back to the earliest settlers.

Continued...

Here are a couple of the more popular Ramp recipes:

Ramps and Eggs

6 eggs

1/2 teaspoon of salt

2 dozen ramps

1/4 cup of bacon drippings

Clean and cut up ramps, using 1/2 of the stems. Place bacon drippings in iron skillet; heat to sizzling. Put in ramps and salt; fry until tender. Scramble eggs; pour over ramps and stir until eggs are done. Serve with crisp bacon and cornbread.

Potatoes and Ramps

4 or 5 large potatoes, diced

1 lb. bacon

1 1/2 lb. ramps, cleaned and cut up

6 eggs (optional)

salt and pepper to taste

Fry bacon in skillet, remove from pan and set aside. Put the diced potatoes in bacon grease and let fry 3 to 4 minutes. Add cut up ramps and continue frying until potatoes are well done. Put previously fried bacon on top of the potatoes and ramps; let simmer for about 2 minutes.

If you want to add scrambled eggs, add after potatoes are done and before adding bacon.

Just Where Do Eggs Come From?

“My brother and I became curious as to how eggs came out of a hen. We were about 4 and 5 at the time, so we went to the barn where the hens had their nests and lay quietly behind one of the hens and watched her lay and egg.”

“We weren’ t so curious anymore.”

Sweet Potato Cakes

- 1 cup of mashed sweet potatoes
- 2 cups of sifted flour
- 1 1/2 teaspoons of sugar
- 1 1/2 teaspoons of salt
- 2 1/2 teaspoons of baking powder
- 1/2 cup of vegetable oil
- 1/2 cup of milk

Sift the flour, baking soda, sugar and the salt into a bowl. Mix the oil and milk with the mashed sweet potatoes until well blended. Add the sweet potato mixture to the flour mixture and mix lightly with fork until mixture holds together. Turn the dough out onto a floured board and knead gently until smooth. Roll dough out to about 1/4" thick and cut into rounds with floured biscuit cutter. Place the sweet potato rounds on a baking sheet and bake at 425 degrees for 10 -20 minutes.

Johnny Cakes

- 1/2 cup of flour
- 1 cup of cornmeal
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1 lightly beaten egg
- 1 cup of hot water or milk
- 1 tablespoon of shortening

Mix all of the dry ingredients together and then stir in the egg, water or milk, and the shortening. Drop or pour into a hot, greased cast iron skillet to form small cakes, and fry until golden brown on both sides. Can be eaten with butter as bread or with molasses or syrup as pancakes.



Did You Know?

You'll shed less tears if you'll cut the root end off of the onion last.

Grittled Bread

Back in the “ good old days” everybody grew his or her own corn. In the fall of the year when the corn was hard and dry they would gather all of the corn from the fields and have a big party called a “ corn shucking” . The corn was then stored in a corncrib to be used as feed for both man and beast. Every community had a corn mill where people would take their corn and have it ground into meal. Around August of the following summer they would start to run out of the previous year’ s corn. Instead of having biscuits with every meal they looked for a way to make cornbread out of the fresh corn in the garden and this is how this recipe was born.

10 to 12 ears of corn (the harder the better)
1 cup of plain flour
2 teaspoons of baking powder
1/2 teaspoon of salt
4 tablespoons of bacon grease
2 eggs

Grate the corn off of the cob using a cheese grater or cut off the corn as if making cream style corn and run it through a blender. Mix all of the ingredients together with the corn. Put the bacon grease in a large iron skillet and heat until it is very hot. Pour the batter into the hot skillet and bake at 400 degrees until golden brown. The bread will be crispy on the outside and sticky on the inside. Serve with butter while hot. This is said to be the best of the corn breads.

Whipping Cream Biscuits

2 cups of self -rising flour
2 teaspoons of sugar
1 cup of whipping cream

Combine all of the ingredients into a stiff dough. Knead the dough and roll out to about 3/8” thick. Cut out the biscuits and bake in a greased pan for 10 – 12 minutes at 450 degrees.

Spoonbread

2 1/2 cups of boiling water
2 egg yolks
2 stiffly beaten egg whites
2 cups of cornmeal
1 teaspoon of baking powder
1 teaspoon of salt
1 1/2 cups of buttermilk
3 tablespoons of melted butter

Gradually stir the cornmeal into the boiling water. After the cornmeal mixture has cooled add the egg yolks, baking powder, salt, melted butter, and the buttermilk. Fold in the beaten egg whites. Pour into a greased baking pan and bake for 45 minutes at 425 degrees.

Old-Time Dressing or Stuffing

2 tablespoons of bacon drippings
3 cups of cornbread and biscuits (more cornbread than biscuits)
2 tablespoons of butter
1/2 cup of chopped onion
1 1/2 teaspoons of ground sage
2 eggs
Milk
Salt and Black Pepper to taste

Heat the bacon drippings and butter in a heavy skillet. Crumble up the biscuits and cornbread. Add the biscuits and cornbread, the salt, black pepper, sage, onion, and eggs to the skillet, stir and brown slightly. Add enough milk to make a soft batter and cook until fairly dry or bake for 25 – 30 minutes at 350 degrees.



Did You Know?

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make you family think you've been baking all day!

Cat Head Biscuits (as big as a cat' s head)

2 cups of flour
1/4 teaspoon of baking soda
2 teaspoons of baking powder
1 teaspoon of salt
5 tablespoons of lard or shortening
About 1 cup of buttermilk

Sift the dry ingredients together and cut in the lard or s hortening. Add enough buttermilk to make a soft dough. Pinch off about a lemon sized ball of dough for each biscuit and pat out with your hands. Bake for 12 – 15 minutes at 450 degrees or until the tops are golden brown. Remove the biscuits from the oven and rub butter on the tops of the hot biscuits to coat.

Some Of The Different Ways We Eat “Cat Head” Biscuits:

In the South , the infamous “ Cat Head” biscuit was and still is used in a great number of ways. In fact this versatile bread can easily be eaten in different ways with every meal. Here are just a few ways I remember eating them:

Aside from the usual biscuit filled with various homemade jams and jellies, we would sometimes eat them hot from the oven, filled with a generous amount of brown sugar and butter. The butter melts over the brown sugar and creates a breakfast food that no store -bought brown sugar and cinnamon toaster pastry can even touch.

Split open or torn into small pieces and smothered with one of the delicious southern gravies such as Chocolate Gravy, Sausage Gravy, or one of the homemade “ Fruit Jams” .

Not much in the world of food is as good as a sandwich made out of a big homemade biscuit with a large slice of a ripe, red tomato and a little salt or with a slice of pork tenderloin or ham.

Continued...

“ Cat Head” biscuits make great desserts when covered with your favorite berries, ice cream, and whipped cream. This is a very easy way to make a wonderful strawberry shortcake.

Another way I remember eating them was to cream butter and honey or butter and molasses together and spread over the hot biscuits.

Try some for yourself and you will find that the biscuit is one of the most versatile and delicious foods ever to come out of your oven.

Hushpuppies

1 cup self-rising flour
1 egg beaten
1 cup self-rising cornmeal
1/2 cup chopped green onion
1 cup buttermilk
1 teaspoon sugar
1/2 teaspoon salt

Combine the flour, cornmeal, and the sugar in a large bowl. Stir in the egg, onions, and 1/2 cup of the buttermilk to mixture. Gradually stir in the remaining 1/2 cup of the buttermilk until the batter is well mixed, but not runny. Drop by spoonfuls into hot oil and fry until golden brown.

Mountain Corn Bread

1 1/2 cups of cornmeal
1/2 cup of flour
2 teaspoons of baking powder
1 teaspoon of soda
1 teaspoon of salt
1 beaten egg
2 cups of buttermilk
1/4 cup of melted butter
2 tablespoons of sugar

Combine dry ingredients and mix well. Add buttermilk, egg and butter. Stir until moistened but don't beat. Pour into greased 8" square pan. Bake at 425 degrees for 20 to 25 minutes or until golden brown.



Did You Know?

A few drops of lemon juice added to simmering rice will help to keep the grains separate.

Rhubarb Pecan Bread

1 1/2 cups of brown sugar
2/3 cup of vegetable oil
1 egg
1 cup of buttermilk
1 teaspoon of baking soda
2 1/2 cups of flour
1 1/2 cups of diced fresh rhubarb
1/2 cup chopped pecans

Topping:

1/2 cup of sugar
1 tablespoon of butter

Combine the brown sugar, oil, egg, buttermilk, soda, flour, rhubarb and the pecans. Pour into 2 greased and lightly floured loaf pans. Mix topping ingredients together and sprinkle over batter. Bake at 350 degrees for 1 hour.

Southern Style Hush Puppies

2 cups of plain corn meal
1/4 cup of sugar
7 tablespoons of minced onion
1 1/2 cups of buttermilk
1 tablespoon of flour
1 teaspoon of baking soda
1 teaspoon of salt
1 egg, beaten

Mix dry ingredients. Add onions. Stir egg and buttermilk together and add to mixture. Mix and drop by spoonfuls into hot oil. When done hush puppies will float to top.

Pearlie' s Potato Biscuits

1 cup of buttermilk
1 cup of mashed potatoes
1/2 teaspoon of baking soda
1 tablespoon of butter
1 tablespoon of honey
2 teaspoons of baking powder
1 tablespoon of brown sugar
2 cups plain of flour
1/2 teaspoon of salt

Mix potatoes and butter together. Dissolve the baking soda in the buttermilk and add the honey. Mix the baking powder, sugar and flour together in a bowl and mix in the milk and the potato and butter mixture. Roll out to 3/4 inch thick on floured surface and cut out biscuits with a biscuit cutter or a floured glass. Bake at 400 degrees until golden brown.

Apple Roll

1 1/2 cups of flour
1/2 cup of shortening
1 teaspoon of softened butter

Blend the flour and shortening in a bowl and then stir in enough water to make a stiff dough. Roll the dough out on a floured surface into a 10 X 14 inch rectangle and spread with butter.

For The Apple Filling:

4 cups of chopped apples
1 1/4 cups of sugar
3 tablespoons of flour
1/2 cup of butter

Combine 3 cups of the chopped apples with 1 cup of sugar and spread over the pastry. Roll as if making a jelly roll and place in a crescent shape in a greased 8 X 12 inch baking pan. Mix the remaining apples, sugar, and flour together and place around the roll. Add 2 cups of water to the pan and dot the roll with butter. Bake at 375 degrees for about 45 minutes.

Orange Nut Bread

- 1 orange
- 1 cup of raisins
- 1 cup of pecans
- 1 cup of hot orange juice
- 1 teaspoon of baking soda
- 1 cup of sugar
- 1 teaspoon of vanilla
- 1 beaten egg
- 2 cups of flour, sifted
- 1 teaspoon of baking powder
- 1/4 teaspoon of salt

Using a sharp knife, peel the outer rind from the orange. Grind the orange rind, raisins, and the pecans using the finest blade on a food processor and transfer to a bowl. Pour in the hot orange juice, mix in the baking soda, sugar, vanilla, egg, and the flour sifted with the baking powder and salt. Mix well and pour into a greased loaf pan and bake for 50 minutes at 350 degrees.

Zucchini Bread

- 3 eggs
- 1 cup of vegetable oil
- 2 cups of sugar
- 2 cups of peeled and grated zucchini
- 1 teaspoon of vanilla
- 1/4 teaspoon of baking powder
- 1 cup of pecans
- 3 cups of flour
- 1 teaspoon of salt
- 1 teaspoon of baking soda
- 3 teaspoons of cinnamon

Beat the eggs, sugar, and the vegetable oil together. Then add the vanilla and stir in the graded zucchini. Sift the flour, salt, cinnamon, baking soda, and the baking powder together and stir into the egg/sugar mixture. Mix in the pecans and pour into two well greased loaf pans. Bake at 325 degrees for 60 to 70 minutes.

Always Perfect Pan Rolls

3/4 cup of sugar
3/4 cup of shortening
1 cup of boiling water
2 packages of dry yeast
1 cup of warm water
2 eggs, slightly beaten
6 to 7 cups of plain flour
1 teaspoon of salt
1 teaspoon of baking powder
1/2 teaspoon of baking soda

Cream the sugar and shortening together and add the boiling water. Mix well and set aside to cool. Dissolve the yeast in the warm water. Add the eggs to the cooled shortening mixture and stir in the yeast mixture. Combine 5 cups of flour with the salt, baking powder, and the baking soda. Mix well and pour out onto a floured board. Knead in the remaining flour until the dough is not sticky. Roll out about 1 1/2 inch balls with your hands and place in greased baking pans. Put the pans of dough in a warm place and let rise for about 3 hours. Bake the rolls for 20 minutes at 400 degrees. Note: The rolls can be kept in the refrigerator until ready to let rise.

Refrigerator Bran Muffins

5 cups of flour
3 cups of sugar
2 teaspoons of salt
5 teaspoons of baking soda
1 cup of vegetable oil
1 quart of buttermilk
4 eggs, well beaten
1 – 15 ounce box of Post Raisin Bran
2 cups of chopped pecans
2 teaspoons of ground cinnamon
2 teaspoons of vanilla

Blend all of the ingredients together by hand. Fill greased muffin pans 2/3 full and bake for 10 - 15 minutes or until done, at 400 degrees. Note: The batter can be stored in a covered bowl in the refrigerator for up to six weeks.

Pumpkin Muffins

2 cups of sifted flour
1 tablespoon of baking powder
1 teaspoon of salt
1/4 teaspoon of cinnamon
1/4 teaspoon of nutmeg
1/4 teaspoon of ginger
1/4 teaspoon of allspice
1/4 cup of brown sugar
1/2 cup of raisins
1 egg, well beaten
1/2 cup of milk
3/4 cup of cooked pumpkin
1/4 cup of molasses
1/3 cup of melted shortening
1/2 cup of chopped pecans

Sift the flour, baking powder, salt, and the four spices. Stir in the brown sugar, raisins, and the pecans. Mix together the egg, milk, pumpkin, molasses, and the melted shortening. Add the pumpkin mixture to the dry ingredients and stir until just moistened. Fill greased muffin tins 2/3 full and bake at 400 degrees for 25 minutes.

Banana Bread

1/2 cup shortening
1 cup sugar
2 eggs
3/4 cup mashed very ripe banana
1 tsp. vanilla
1 1/4 cup sifted flour
3/4 tsp. baking soda
1/2 tsp. salt
1/2 cup chopped nuts (optional)

Cream shortening and sugar until fluffy. Add eggs, one at a time, beating well after each addition. Stir in banana and vanilla. Sift dry ingredients together and add to banana mixture. Mix well. Pour into greased loaf pan or 9x9x2-inch pan. Bake at 350 degrees for 30 to 35 minutes.

Oatmeal Blueberry Muffins

1 1/3 cups of all -purpose flour
3/4 cup of rolled oats
2 teaspoons of baking powder
1/2 teaspoon of baking soda
1/4 teaspoon of salt
1 egg, beaten
3/4 cup of milk
1/2 cup of packed brown sugar
1/4 cup of vegetable oil
1/2 teaspoon of vanilla extract
3/4 cup of fresh or frozen blueberries

Grease eighteen 1 3/4 -inch or six 2 1/2 -inch muffin cups or line them with paper baking cups and set aside. Preheat the oven to 400 degrees. In a bowl mix together the flour, oats, baking powder, baking soda and salt. Make a well in center of dry mixture. In a second bowl combine the egg, milk, brown sugar, oil and vanilla extract. Add the egg mixture all at once to dry mixture. Stir just until moistened (batter should be lumpy). Fold the blueberries into batter. Spoon 1/2 the batter into the prepared muffin cups, filling each to about 3/4 full. Bake at 400 degrees for 10-12 minutes for 1 3/4 -inch muffins or 16 -18 minutes for 2 1/2 -inch muffins. Cool in muffin cups on a wire rack for 5 minutes. Remove muffins from pans and repeat with remaining batter.



Did You Know?

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Rhubarb Muffins

1 1/4 cups of brown sugar
1/2 cup of vegetable oil
1 egg
1/2 cups of milk
1 teaspoons of vinegar
2 teaspoons of baking soda
1/2 teaspoon of salt
2 1/2 cups of flour
2 teaspoon of vanilla extract
1 1/2 cups of rhubarb, cut up

For the topping:

1/2 teaspoon of cinnamon
1/2 cup of sugar
1 tablespoon of butter

Grease a muffin pan or line with paper baking cups. Mix the first 3 ingredients together and add the dry ingredients alternately with the milk. Add the vanilla extract and rhubarb, and stir by hand. Fill muffin cups 3/4 full. Top with topping mixture. Bake at 350 degrees for 20 -25 minutes.



Did You Know?

Rubbing the inside of the pot with vegetable oil will prevent noodles, spaghetti, and similar starches from boiling over.

Molasses Oatmeal Bread

6 cups of flour
2 cups of oats
1 teaspoon of salt
2 packages of yeast
1 cup of water
1/2 cup of milk
1/2 cup of molasses
1/2 cup of butter or margarine
2 eggs

In a mixing bowl combine 4 1/2 cups of the flour, the oats, salt, and the yeast. Combine the water, milk, molasses, and butter or margarine in a pan and heat to 120° -130 degrees. Let the milk mixture cool. With an electric mixer on medium, gradually add the liquids to flour mixture. Beat for 2 minutes. Add the eggs and 3/4 cup of flour and beat for another 2 minutes. Stir in enough additional flour to make a soft dough. Turn out the dough and knead for 8° -10 minutes. Place the dough into a greased bowl, turning the dough to grease the top. Cover and let rise for 1 hour. Punch down the dough and turn out onto lightly floured surface. Divide the dough into 4 equal parts. Take 2 sections and role into 12" ropes, then twist them together, turn the ends under, and place in 8.5" x 4.5" x 2.5" loaf pan. Repeat for remaining dough. Cover the loaf pans and let rise 1 hour. Bake at 400 degrees for approximately 30 minutes. Toothpick should come out clean when the bread is done. Put the loaves out on a cooling rack until it's had the chance to dry out a bit.



Did You Know?

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shoving off those kernels in a snap.

Sweet Potato And Apple Muffins

1 cup of flour
1 cup of wheat flour
1-1/2 cups of sugar
1 teaspoon of baking soda
1 teaspoon of baking powder
1/2 teaspoon of salt
2 teaspoons of pumpkin pie spice
1 – 15 ounce can of sweet potatoes, drained
1 egg
1/2 cup of evaporated milk
1/3 cup of vegetable oil
1 cup of finely chopped, peeled apple

For the topping:

2 tablespoons of flour
1/4 cup of packed brown sugar
1/2 teaspoon of ground cinnamon
2 tablespoons of butter
3 tablespoons of finely chopped pecans

Preheat oven to 350 degrees. In a medium bowl, combine the flours, sugar, baking soda, baking powder, salt and pumpkin pie spice. In a large bowl, beat the sweet potatoes until mashed. Add the egg and beat until well blended and the mixture is smooth. Stir in the evaporated milk, vegetable oil and apples. Next, stir in the flour mixture and mix until just combined and moistened. Evenly spoon batter into greased or paper-lined muffin tins.

For topping, combine the 2 tablespoons of flour, brown sugar and cinnamon. Cut in the butter until the mixture resembles coarse crumbs. Stir in pecans. Sprinkle topping over the muffin batter and bake for 18 to 20 minutes or until done.

Wooden Wheel Wagons And A Barn With No Nails

“My brother’ s and their friends would build wooden wheel wagons out of scrap pieces of lumber and poplar trees. They would saw down a tree if it was perfectly round and suitable for wheels. They pulled nails out of daddy’ s old barn to put it together with. To this day I wonder how the barn stood all those years with so few nails. Whenever we needed a nail, we just pulled it out of the barn. Anyway we would take the wagon to the top of the mountain in front of our house and ride it down.”

“It was very scary at times, but we loved it anyway.”

Sausage Gravy

About 1 pound of sausage
2 tablespoons of flour
1 1/2 cups of milk
Salt and Black Pepper
Water

Make the sausage into patties and fry over medium heat until brown and cooked through. Remove the sausage from the pan and discard about half of the grease. Brown the flour, stirring constantly, in the remaining sausage grease. Add the milk and enough water to make the gravy as thick or thin as you like. Crumble up a few of the sausage patties and add to the gravy. Add salt and black pepper to taste. Serve over cat head biscuits.

Chocolate Gravy

2 heaping tablespoons of cocoa
1 cup of sugar
3 tablespoons of flour
4 cups of milk
1 teaspoon of vanilla
1 tablespoon of butter

Mix the cocoa, flour, and the sugar in a pot with a fork or whisk until well blended. Add all of the other ingredients and bring to a boil, stirring constantly, over medium heat. Continue cooking until the gravy is the desired thickness. Serve hot over cat head biscuits with lots of butter.



Did You Know?

Thawing frozen fish in milk will draw out the frozen taste and provide a fresh-caught flavor.

Old Fashioned Chicken Gravy

2 tablespoons of butter
1 tablespoon of flour
3/4 cup of chicken stock
1/4 cup of light cream
Salt
Black Pepper

Pour the grease from the pan after frying the chicken and replace it with the butter. When the butter has melted, stir in the flour. When the butter and flour mixture is bubbly, stir in the stock and the cream. Cook until the gravy thickens. Season with salt and pepper as desired. Serve with the fried chicken or over biscuits or mashed potatoes.

Old-Fashioned Tomato Gravy

1/2 pound of diced bacon
1 small onion, chopped
2 tablespoons of flour
1/8 teaspoon of salt
A pinch of black pepper
1 - 14 1/2 ounce can of diced tomatoes, undrained
3 cups of tomato Juice

In a skillet, fry the bacon until crisp and place on paper towels to drain. Discard all but 2 tablespoons of the bacon drippings and cook the chopped onion in drippings until tender. Stir in the flour, salt and black pepper and cook, over low heat, stirring constantly until the mixture is golden brown. Gradually add the tomatoes and tomato juice and stir well. Bring the mixture to a boil over medium heat and cook, stirring constantly for about 2 minutes. Reduce the heat and simmer, uncovered, for 15 to 20 minutes or until the gravy becomes thickened, stirring occasionally. Stir in bacon and serve over cat head biscuits.

Mama's Strawberry Jam

4 cups of fresh strawberries (washed, capped and sliced in half)
2 cups of water
3/4 cup of sugar
3 tablespoons of flour
1 tablespoon of butter
dash of salt

Combine strawberries, salt and water in medium pot. Cook over medium heat until strawberries are soft. Combine sugar and flour, pour enough hot juice from berries to mix very thin. Add to strawberries stir until mixed well. Add butter and stir occasionally until thickens. Serve with hot biscuits. Frozen strawberries may be used. If using other berries or fruits, adjust the amount of sugar to taste.

This recipe is one of the things mama made for breakfast, when I was growing up. My brothers, sisters and I always looked forward to breakfast. In the summer we would pick wild strawberries for the jam.



Did You Know?

Your gravy will have less lumps if you will add a pinch of salt to the flour before mixing it with water.

No Water Was Too Cold To Have Fun

“There was a creek or branch as we call it in the mountains, in front of our house. We would get together with our friends and build a dam out of rocks, so we could go swimming on hot summer days. The water was so cold it would make your arms and legs ache after a few minutes, but we never seemed to mind. Another favorite thing to do was catch lizards, crawfish and stick bait to go fishing in the river near by. Those were simple times, but such wonderful memories.”

“I wish all children could experience some of that.”

Sour Cream Apple Pie

2 tablespoons of all -purpose flour
1/4 teaspoon of salt
3/4 cup of white sugar
1/4 teaspoon of ground nutmeg
1 egg
1 cup of sour cream
1 teaspoon of vanilla extract
3 cups of peeled and chopped apples
1 - 9 inch single crust pie
1/3 cup white of sugar
1/3 cup of all -purpose flour
1 teaspoon of ground cinnamon
2 tablespoons of butter

Stir 2 tablespoons of flour, salt, 3/4 cup sugar and the nutmeg together in a bowl. Combine the egg, sour cream and vanilla in another bowl and mix well. Add the egg mixture to the dry ingredients, mixing well. Stir in the apples and spoon mixture into the unbaked pie shell and bake in a preheated 400 degree oven 15 minutes. Reduce the temperature to 350 degrees and bake for 30 minutes more.

Remove pie from oven and increase the temperature to 400 degrees. Prepare the cinnamon topping and sprinkle over pie. Return to oven and bake 10 minutes more. Cool on a wire rack.

To Make the Cinnamon Topping:

Combine 1/3 cup of sugar, 1/3 cup of flour and 1 teaspoon of ground cinnamon in bowl. Cut in 2 tablespoons of butter until crumbly.



Did You Know?

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

Buttermilk Pie

1 tablespoon of flour
1 cup of sugar
3 well beaten egg yolks
3 egg whites
2 teaspoons of ground nutmeg
2 tablespoons of melted butter
1/2 cup of buttermilk with 1/4 teaspoon of baking soda added

In a bowl, mix the flour, sugar, and the nutmeg together and then add the egg yolks, melted butter. Add the buttermilk and mix well. Pour into an unbaked piecrust and bake at 325 degrees until set. Beat the egg whites with 6 tablespoons of sugar to form a meringue. Spread the meringue on the cooled pie and brown slightly in the oven.

Chess Pie

1/4 pound of butter
1/2 cup of brown sugar
1 cup of white sugar
3 eggs
1 tablespoon of vinegar
1/2 tablespoon of vanilla
1 tablespoon of cornmeal

Melt the butter, brown and white sugars. Add the eggs, vinegar, vanilla, and the cornmeal and stir until mixed but do not beat. Pour into an unbaked piecrust and bake for 1 hour at 350 degrees.



Did You Know?

Cream will whip better and faster if you first chill the cream, bowl, and the beaters well.

Vinegar Pie

1 cup of water
2 eggs
2 tablespoons of vinegar
1 cup of sugar
2 tablespoons of flour
1 tablespoons of butter
1/2 teaspoon of lemon extract
1 9-inch baked piecrust

Mix together the sugar, water, eggs, vinegar, and the flour in the top of a double boiler. Cook, stirring constantly until the mixture is smooth and thick. Remove the mixture from the heat and stir in the lemon extract and the butter. Pour into the baked piecrust and let cool. Top with whipped cream if you like.

Berry Dumplings

1 quart of your favorite berries
1 quart of water
1/2 stick of butter
3/4 cup of sugar

Put the berries and water into a big pot and cook over medium heat until the berries are done. Stir in the sugar and butter.

Mix 2 cups of self-rising flour and 6 tablespoons of shortening with a fork and add 2/3 cups of milk. Mix to form a dough. Drop by tablespoonfuls into the boiling berry mixture. After all of the dumplings have been dropped into the berries, cover the pot and reduce the heat to low and cook for another 8 to 10 minutes. Be sure the berry mixture is boiling and do not stir the dumplings or they will stick together.

Sweet Potato Pie

4 tablespoons of butter, softened
4 cups of mashed cooked sweet potatoes
2 cups of sugar
4 eggs
2 tablespoons of flour
1 teaspoon of salt
1/2 teaspoon of baking soda
1 cup of buttermilk
2 teaspoons of vanilla
2 unbaked 9-inch piecrusts

In a large bowl, mix the sweet potatoes, butter, and eggs and mix well. Next in another bowl mix the sugar, flour, and salt together and then mix into the sweet potato mixture. Combine the buttermilk and the baking soda and add this to the sweet potatoes and mix well. Stir in the vanilla and pour the sweet potatoes in to the two piecrusts. Bake at 350 degrees for 1 hour and 10 minutes or until the pies are set.

Bottom's Up Peach Cobbler

1 cup of flour
2 teaspoons of baking powder
A pinch of salt
1 cup of milk
3 or 4 cups of cooked, sliced peaches, drained
1 cup of sugar

Sift together the flour, salt, and the baking powder and mix in the sugar and milk. Pour the batter into a large, glass baking dish and spread the peaches on top. Bake for about 1 hour at 350 degrees. The dough will come to the top while baking.



Did You Know?

Celery will last longer if you wrap it in aluminum foil when putting in the refrigerator.

Peach Dumplings

2 cups of sliced peaches
2 cups of hot water
1 tablespoon of butter
1 cup of flour
1 cup of sugar
2 teaspoons of baking powder
1/2 teaspoon of salt
2 cups of cream or milk

Make syrup out of the hot water, sugar, and the butter and add the peaches to the pot. Bring the peaches and syrup to a boil. Mix the flour, baking powder, salt, and milk into a stiff batter and drop by large spoonfuls into the boiling peaches. Cover and cook for 20 minutes. This is so good served with vanilla ice cream!

Black Walnut Cookies

1/2 cup of flour
1/2 teaspoon of baking powder
1/2 teaspoon of salt
2 cups of black walnuts, chopped
2 cups of brown sugar
4 eggs, beaten

In a bowl, combine the brown sugar and the eggs. Mix in the salt, baking powder, and the flour. Fold in the black walnuts. Drop by rounded teaspoonfuls onto a greased cooking sheet and bake for 12 minutes at 375 degrees.



Did You Know?

When flouring a cake pan, use a bit of the cake mix instead of flour. It will work just as well and you won't have any of the white mess on the outside of the cakes.

Mom' s Cherry Pie

(Ordinarily the cherries would be the ones canned the previous summer but this recipe has been changed to the more readily available "store bought" ones.)

2 -16 ounce cans pitted tart cherries, undrained
1 cup sugar
3 tablespoons of cornstarch
2 tablespoons of butter
1/8 teaspoon of red food coloring
2 -9 inch prepared pie crusts

Drain cherries, reserving 1/2 cup of the juice. Combine sugar and cornstarch in a large saucepan, stir in reserved cherry juice. Cook over medium heat, stirring constantly, until mixture comes to a boil 1 minute, stirring constantly. Remove from heat, and stir in cherries, butter and food coloring if desired, cool. Pour into prepared 9 in crust. Cut remaining crust into 1/2" strips. Arrange in lattice design over cherries even with edges. Roll bottom crust over edges and press with fork or fingers. Bake at 375 for 30 to 35 minutes.

"As children, my brother and I would climb the cherry tree and pick cherries for mom to can and make preserves. We would have her delicious pies all winter."

Mom' s SugarCookies

2 3/4 cups of flour
1 1/2 cups of sugar
1 cup of butter
2 eggs
1 teaspoon of cold water
1 teaspoon of baking powder
1/2 teaspoon salt

Cream butter and sugar. Add eggs one at a time mix after each egg. Combine flour, baking powder and salt add to mixture and mix then add cold water. Add rest of flour mix well. Let set for 10 min. Drop by tablespoon on greased cookie sheet. Bake at 375 degrees until lightly brown.

Black Mountain Buttermilk Pound Cake

2 sticks of butter
3 cups of sugar
1 teaspoon of lemon extract
1 teaspoon of almond extract
6 eggs, separated
1/2 teaspoon of vanilla
1/2 teaspoon so butter flavoring
3 cups sifted flour
1/2 teaspoon of salt
1/4 teaspoon of baking soda
1 cup of buttermilk

Mix butter and sugar at medium speed. Add the egg yolks one at a time, mixing after adding each egg. Add the flavorings. Sift the flour, salt and baking soda together. Add the dry ingredients to the butter and egg mixture alternating with buttermilk beginning and ending with dry ingredients. Beat egg whites until stiff but not dry and fold into the mixture. Pour into a greased and floured 10 - inch tube pan. Bake in a 350 degree preheated oven for 1 hour and 15 min. Allow to cool for 15 minutes before removing from pan

Chocolate Fudge Cupcakes

4 squares of semisweet chocolate
1 3/4 cups of sugar
1 cup of flour
4 eggs
1 teaspoon of vanilla
2 sticks of butter
1 cup of pecan halves

Melt the chocolate and butter together and stir in the pecan halves, coating well. Set the chocolate/pecan mixture aside to cool. Combine the sugar, flour and the eggs mixing by hand, blend but do not beat, the batter will be stiff. Stir in the chocolate mixture and vanilla. Mix well. Fill cupcake pan full with batter. Bake in a 325 -degree oven for 35 –40 minutes. Do not over bake. Cool a few minutes before removing from pan.

North Carolina Date Cake

1 1/3 cups of flour
1 cup of light brown sugar
1 teaspoon of baking soda
1 teaspoon of baking powder
1 tablespoon of butter
3/4 cup of chopped pecans
1 cup of chopped dates to which 1 cup of boiling water has been poured over.
1 beaten egg

Cream butter and add the dry ingredients. Add nuts dates and water. Mix well. Stir in the beaten egg. Pour into a greased 8" X 8" pan and bake at 350 degrees for 45 minutes.

Topping:

1 cup of light brown sugar
1/2 cup of sour cream
1 cup of dates, finely chopped

Boil the brown sugar and sour cream together for about 10 minutes on low heat. Add the dates and boil for 5 minutes longer. Let cool and spread on cooled cake.

Apple Topping For Ice Cream

1/3 cup of Minute Tapioca
1 cup of firmly packed brown sugar
4 cups of sliced tart apples
2 cups of water
2 tablespoons of lemon juice
2 tablespoons of butter
1/2 teaspoon of cinnamon
1/2 teaspoon of salt

Mix all of the ingredients together and let stand for 10 -15 minutes to allow the tapioca to dissolve. Bring the mixture to a boil, stirring often. Reduce the heat to low and simmer until the apples are tender. Serve warm with a sprinkle of nutmeg over ice cream.

Nanny' s Homemade Chocolate Cake

2 cups of plain flour
2 cups of sugar
1 teaspoon of butter
3/4 cup of cocoa
2 eggs
1 cup of boiling water
1 teaspoon of baking powder
1 teaspoon of baking soda
1/2 teaspoon of salt
1 cup of milk
1 teaspoon of vanilla

Beat the sugar, eggs and butter together until creamy. Add the cocoa to 1 -cup of boiling water and mix well. Add cocoa mixture to sugar mixture. Sift flour, soda, baking powder and salt together. Add to the sugar mixture alternating with the milk and vanilla, starting and ending with the flour mixture. Pour into well -greased and floured pans and bake at 350 degrees for 25 to 30 minutes .

Frosting:

1 1/2 cups of sugar
2 -1 ounce squares of chocolate
1/2 cup of milk
1 teaspoon of vanilla
2 tablespoons of butter

Melt the chocolate in a pan and remove from heat. Mix in the sugar and milk and bring to a full boil. Cook the chocolate mixture until it reaches the soft ball stage (when a small amount dropped into a glass of cold water forms a soft ball). Remove the chocolate mixture from the heat and stir in the vanilla and butter. Spread on the cooled cake.

Micaville Pineapple Cake

2 cups of sugar
2 cups sifted, plain flour
3 eggs
1 stick of butter
2 1/2 cups of crushed pineapple
2 teaspoon of baking soda
2 teaspoon of vanilla
1/2 teaspoon of salt

Cream the sugar, butter and eggs together and stir in the remaining ingredients. Pour into a greased 9" X 13" pan and bake at 350 degrees for 35 minutes.

Icing:

1 1/2 cups of sugar
1 cup of evaporated milk
3/4 stick of butter
1 1/2 cups of chopped pecans

Combine the sugar, butter and milk in a pan and boil for 3 minutes. Remove from heat and stir in the chopped pecans. Cook until mixture begins to thicken. Remove from heat and pour over cake.

Strawberries In The Snow

1 Angel Food cake, torn into pieces
1 container of cool whip
1 quart fresh strawberries
1 package of strawberry glaze
2 cups of powdered sugar
1 – 8 ounce package of cream cheese

Mix strawberries and glaze together, set aside. Mix cream cheese and powdered sugar together, beat in cool whip until well mixed. In large glass bowl put layer of cake, then layer of cream cheese mixture, add layer of strawberries. Repeat layers and top with strawberries.

Creamy Pumpkin Pie

1 –8 ounce package of cream cheese, softened
3 eggs
3/4 cup of granulated sugar, divided
1 unbaked pie shell
1 1/4 cups of cooked pumpkin
1 cup of evaporated milk
1 teaspoon of vanilla
1/4 teaspoon of salt
1 teaspoon of ground cinnamon
1/2 teaspoon of ground ginger
1/4 teaspoon of nutmeg

Mix the cream cheese, 1 egg, vanilla, and 1/4 cup of the sugar together and spread the mixture in the bottom of the unbaked pie shell. Next, mix the pumpkin, evaporated milk, the 2 remaining eggs, 1/2 cup of sugar, the spices, and the salt together in a large bowl. Pour the pumpkin mixture carefully over the cream cheese mixture and bake at 350 degrees for 50 minutes.

Easy Strawberry Cake

1 box white cake mix plus 2 tablespoons flour
1 1/3 cups of frozen strawberries
1 small package strawberry Jell -O
2/3 cup of vegetable oil
1/3 cup water
4 eggs
1/2 stick butter, softened
3 cups powdered sugar

Thaw strawberries at room temperature. Drain and reserve juice for frosting. Mix cake mix, flour, Jell -O, cooking oil, water and eggs until well mixed. Pour into 9 X 13 inch pan. Bake at 350 degrees for 30 to 35 minutes. Set pan on wire rack to cool.

For The Frosting:

Cream softened butter and powdered sugar in mixing bowl while adding enough strawberry juice to make creamy and of spreading consistency. Frost cooled cake as desired.

Homemade Banana Pudding

3 1/2 tablespoons of all -purpose flour
1 1/2 cups of sugar
1/4 teaspoon of salt
3 cups milk
3 eggs yolks, beaten
1 teaspoon of vanilla
5 or 6 bananas, sliced
Homemade Vanilla Wafers
3 egg whites, beaten until stiff
1 teaspoon of vanilla
1/4 cup sugar

Mix flour, sugar and salt in saucepan. Combine beaten egg yolks and milk. Stir to mix well. Add flour mixture and mix until well blended. Cook over medium heat, stirring constantly until smooth and thickened. Remove from heat and add 1 teaspoon of vanilla. Place a layer of vanilla wafers in bottom of a large casserole dish. Add a layer of sliced bananas over wafers. Top with the cooked custard mixture. Repeat layers as needed. Beat egg whites lightly and gradually add 1/4 cup sugar. Beat until stiff. Add 1 teaspoon vanilla. Spread meringue over pudding. Bake at 425 degrees until golden brown.

Homemade Vanilla Wafers

1/2 cup of butter
1 cup of sugar
1 egg
1/3 cups of cream
1 teaspoon of vanilla
1/2 teaspoon of salt
2 cups of all -purpose flour
2 teaspoons of baking powder

Cream the butter and sugar together and mix in the egg and cream and beat until well blended. Add in the rest of the ingredients and mix lightly. Drop small portions of the soft dough onto a greased baking sheet. Flatten the tops of the wafers with the back of a spoon and bake for 8 minutes at 350 degrees. Remove from oven and allow to cool.

Peaches And Cream

For The Crust:

- 1/2 cup of butter melted
- 1 cup of all purpose flour
- 1 1/2 teaspoons of baking powder
- 1/4 teaspoon of salt
- 2 tablespoons of sugar
- 1/2 cup of finely chopped pecans

Peach Filling:

- 1 – 8 ounce package of cream cheese
- 1 cup of sugar
- 2 cups of whipped topping
- 2 1/2 cups of peach pie filling

To prepare the crust, combining all of the crust ingredients together and press into a 9 inch square pan. Bake for about 20 minutes at 350 degrees. Remove from oven and allow to cool. Next prepare the peach filling by creaming the sugar and cream cheese together and then add the whipped topping and mix well. Pour the cream cheese mixture into the cooled crust and chill well. Top the cream cheese mixture with the peach pie filling. Cut into squares just before serving.

Strawberry Pudding

- 1 quart of strawberries, sliced
 - 1 -6 ounce package of strawberry Jell -O
 - 1/2 cup of sugar
- Combine and heat just until the sugar and Jell -O are dissolved.

- 2 - 3 ounce boxes of instant vanilla pudding
- 3 cups of milk
- 1 - 8 ounce carton of sour cream
- 1 - 12 ounce container of cool whip
- 1 box of vanilla wafers

Mix the instant pudding and milk. Add the sour cream and 3/4 of the cool whip. Layer the vanilla wafers, pudding mixture and the strawberry mixture. Make two layers of these 3 ingredients. Top with the remaining cool whip and garnish with a few sliced strawberries.

Hummingbird Cake

3 cups of plain flour
2 cups of sugar
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon cinnamon
2 cups of chopped pecans
1 1/2 cups of vegetable oil
3 eggs
1 1/2 teaspoons of vanilla
1 – 8 ounce can of crushed pineapple
3 bananas, mashed

Place all of the dry ingredients in a large bowl. Add all of the other ingredients and stir until mixed well. Do not beat. Pour into a greased and floured tube pan. Bake at 325 degrees for 1 hour and 15 minutes. Remove from the oven and allow to cool in the pan.

For The Frosting:

1 – 4 ounce package of cream cheese (at room temperature)
1/2 stick of butter
1 teaspoon of vanilla
1/2 box of 10X powdered sugar

Mix all of the frosting ingredients together and beat by hand until smooth and creamy. Spread over the cooled cake.



Did You Know?

You can remove the odor of onions or garlic from your hands by rubbing moistened salt on your hands and then rinsing with warm water and soap.

Grandma's Spice Cake

2 cups of all -purpose flour
1/2 teaspoon of baking soda
1 1/2 teaspoons of baking powder
1 teaspoon of ground cinnamon
1/4 teaspoon of ground cloves
1/4 teaspoon of ground ginger
1/4 teaspoon of ground nutmeg
1 1/2 cups of sugar
1/4 cup of butter
1/4 cup of vegetable oil
1/2 teaspoon of vanilla
2 eggs
1 1/2 cups of buttermilk

Mix together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves ginger, and set aside. In A large mixing bowl beat the butter and oil with an electric mixer on medium speed for 30 seconds. Add the sugar and vanilla and beat until well mixed. Add the eggs, one at a time, beating after adding each egg. Add the dry flour mixture and buttermilk alternately into the egg and butter mixture, beating on low speed after each addition, just until combined. Pour into two greased and lightly floured 8 X 1 -1/2 inch cake pans. Bake in a 350 degree oven for 35 to 40 minutes, or until toothpick comes out clean. Cool on wire rack.

Creamy Nut Frosting:

Blend 2 1/2 tablespoons of flour and 1/2 cup of milk. Cook the flour mixture until it forms a thick paste and cool until it is lukewarm. Meanwhile cream 1/4 cup of butter, 1/4 cup of shortening and 1/2 cup of sugar together and add to lukewarm flour paste. Beat until fluffy. Add 1 teaspoon of vanilla and 1/2 cup of chopped pecans. Blend in 1 cup of powdered sugar (more if needed). Beat until fluffy. Frost the cooled cake and sprinkle chopped pecans on top.

Banana Nut Oatmeal Cookies

1 1/2 cups of sifted all -purpose flour
1/2 teaspoon of baking soda
1 teaspoon of salt
1 cup of sugar
3/4 teaspoon of ground cinnamon
1/4 teaspoon of ground nutmeg
3/4 cup of butter
1 egg, well beaten
1 cup mashed ripe bananas
1/2 cup of chopped nuts (walnuts or pecans)
1 3/4 cups of oatmeal

Sift the dry ingredients together. Cut in butter and add the egg, bananas, nuts and oatmeal and beat until well blended. Drop by teaspoonfuls onto an ungreased cookie sheet. Bake in a 400 degree oven for 12 to 15 minutes.

Fresh Apple Cobbler

1/2 cup of sugar
1 1/2 teaspoons of ground cinnamon
1/2 cup of pecans or walnuts
1 cup of self rising flour
4 cups of thinly sliced apples
1 cup of sugar
1 egg, well beaten
1/2 cup of evaporated milk
1/3 cup of butter

Mix 1/2 cup of sugar, the ground cinnamon and 1/4 cup of the nuts together. Place the apples slices in the bottom of a greased baking dish and sprinkle with the cinnamon mixture. Sift together 1 cup of flour and 1 cup of sugar. Combine the milk, egg, and the butter and add the flour and sugar mixture all at once and mix until smooth. Pour this mixture over the apples. Sprinkle with the remaining 1/4 cup of nuts. Bake at 325 degrees for about 55 minutes. Serve warm with ice cream if desired.

Coconut Cream Pie

2 1/2 cups of milk
2 egg yolks
1/4 cup of heavy cream
4 tablespoons of cornstarch
2 tablespoons of butter, softened
2 teaspoons of vanilla
1 1/2 cups of flaked coconut
1 baked pie shell

Whisk milk, egg yolks and cream together. Mix sugar and cornstarch in heavy sauce pan. Mix in the yolk mixture and cool over medium heat, stirring occasionally, for 5 minutes. Then stir constantly until it comes to a boil, and cook about 8 minutes more. Remove from heat and stir in vanilla and butter. Pour into pie shell and smooth top. Cool pie in refrigerator. Top with whip cream. Sprinkle on flaked coconut. (For chocolate cream pie increase sugar to 1 cup and melt 4 oz semi -sweet chocolate and add to filling in place of coconut).

Whip Cream

1 cup of heavy whipping cream
2 tablespoons of powdered sugar
1/2 teaspoon of vanilla

Mix all ingredients and whip until cream hold stiff peaks



Did You Know?

You can easily remove food stains from your fingers by rubbing the stained areas with a slice of raw potato and rinsing with water.

Peanut Butter And Chocolate Oatmeal Cookies

2 cups of sugar
1 stick of butter
1/2 cup of milk
1/4 cup of cocoa
1/2 teaspoon of vanilla
1/2 cup of peanut butter
2 1/2 cups of quick oats
1/2 cup of coconut
1/2 cup of chopped pecans or walnuts

Combine the sugar, butter, cocoa and the milk in a saucepan and bring to a boil and continue to boil for 2 minutes. Remove from heat and add the vanilla, oats, peanut butter, coconut, and the nuts. Stir until well mixed. Drop by spoonfuls onto wax paper and allow the cookies to cool.

Orange Drop Cookies

1/2 cup of butter
3/4 cup of sugar
2 cups of flour
1 egg
1/4 teaspoon of salt
1/2 teaspoon of baking soda
1/2 cup of orange juice
1/2 cup of chopped pecans or walnuts
1/2 cup of chopped dates
1 teaspoon of shredded orange peel

Cream the butter and the sugar together. Add the egg and blend well. Sift the flour, salt, and the baking soda together and add with the orange juice. Fold in the nuts, dates, and the orange peel. Drop by teaspoonfuls onto a cookie sheet and bake at 400 degrees for 10 to 12 minutes.

Coconut Black Walnut Cake

2 cups of sugar
1/2 teaspoon of baking powder
1 cup cooking oil
1 cup buttermilk
4 eggs, beaten
1 cup of chopped black walnuts
3 cups of flour
1 cup of flaked coconut
1/2 teaspoon of salt
2 teaspoons of coconut extract
1/2 teaspoon of baking soda

Combine the sugar, oil and eggs and beat well. Combine the dry ingredients and add to sugar mixture alternately with the buttermilk. Stir in the nuts and the coconut extract. Bake at 325 degrees for 1 hour and 5 minutes in a greased and floured tube pan. Pour hot coconut syrup over hot cake.

Coconut Syrup

1 cup sugar
2 tablespoons butter
1/2 cup milk
1 teaspoon of coconut extract

Mix together and boil for 5 minutes



Did You Know?

You can perk up soggy lettuce by adding lemon juice to a bowl of cold water and soaking the lettuce for an hour in the refrigerator.

Pumpkin Raisin Cake

2 cups of sugar
2 cups of flour
3/4 cup of vegetable oil
1 teaspoon of salt
1 teaspoon of ground cinnamon
1 – 8 ounce can of crushed pineapple, drained
2 cups of pumpkin
1 cup of raisins
4 eggs
1 teaspoon of baking powder
2 teaspoons of baking soda
1 teaspoon of allspice
2 teaspoons of vanilla
1 cup of chopped pecans

Combine the sugar, pumpkin, vegetable oil, and the eggs and mix well. Combine the dry ingredients and the spices and add to the pumpkin mixture and beat for 1 minute at medium speed. Stir in the pineapple, raisins, pecans and the vanilla. Pour the batter into a 9 X 13 inch baking pan and bake at 350 degrees for 55 minutes. Allow the cake to cool for 10 minutes in the pan then remove it from the pan as frost after cake is completely cooled.

For the Cream Cheese frosting:

1 – 8 ounce package of cream cheese
1/2 cup of butter, softened
1 – 16 ounce package of powdered sugar, sifted
1 teaspoon of vanilla
1/2 cup of finely chopped pecans

Combine the cream cheese and the butter, and beat until light and fluffy. Gradually add the powdered sugar and mix well. Stir in the vanilla and the chopped pecans.

Pumpkin Roll

3/4 cup of self -rising flour
3 eggs, beaten
3/4 cup of sugar
2/3 cup of pumpkin
2 teaspoons of ground cinnamon
1 teaspoon of ginger
1/2 teaspoon of nutmeg
1/2 cup of finely chopped pecans or walnuts
3 cups of confectioners sugar
1 – 8 ounce package of cream cheese

Combine the eggs, flour, and 3/4 cup of sugar and mix well. Add the pumpkin, cinnamon, ginger, and nutmeg to the flour mixture and mix until well blended. Grease a cookie sheet and spread the batter in the pan. Bake for 15 minutes at 375 degrees. Flip the thin cake onto a clean towel and using the towel, roll it into a roll. Allow to set until cool.

While the cake is cooling mix the confectioners sugar, cream cheese, and the chopped nuts together until smooth and creamy. When the cake is cool, unroll it and remove the towel. Spread the cream cheese mixture on the cake and roll it back up into a roll. Dust the roll with a little confectioners sugar before slicing.



Did You Know?

It's not sunlight that ripens tomatoes, it's warmth.

If you store tomatoes with stems pointed down they will stay fresh longer.

Blueberry Cheese Cake Pie

- 1 – 9 inch deep dish or 10 inch regular unbaked pastry shell
- 1 – 21 ounce can of blueberry pie filling
- 1 teaspoon of grated lemon rind
- 1 – 8 ounce package of cream cheese, softened
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 2 eggs
- 2 tablespoons of lemon juice concentrate
- 1 teaspoon of vanilla

Place the oven rack in it's lowest position and preheat the oven to 425 degrees. Combine the blueberry pie filling with 1/2 teaspoon of the lemon rind and pour into the pastry shell and bake for 15 minutes.

Beat the cream cheese in a large mixing bowl until fluffy. Gradually beat in the sweetened condensed milk, then the eggs, 2 tablespoons of lemon juice, vanilla, and the remaining 1/2 teaspoon of the lemon rind. Pour this mixture over the blueberries. Reduce the oven temperature to 350 degrees and bake for 25 minutes or until set. Remove the pie from the oven and allow to cool. Chill well before serving.

Date Balls

- 2 eggs, beaten
- 1/2 cup of granulated sugar
- 1/2 teaspoon of vanilla
- 1 cup of shredded coconut
- 1 cup of chopped pecans
- 1 cup of chopped dates
- Powdered or granulated sugar

Mix all of the ingredients together and place in a shallow baking pan. Bake at 350 degrees for 20 minutes. Remove from the oven and mix well. Roll into balls while still warm and then roll powdered or granulated sugar.

Fudge & Caramel Lover's Cake

- 1 – 14 ounce package of caramels
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 1 1/4 cups of vegetable shortening, divided
- 2 cups of all -purpose flour
- 1/2 cup of unsweetened cocoa
- 1 teaspoon of baking soda
- 1/4 teaspoon of salt
- 2 cups of sugar
- 2 eggs
- 1 cup of water
- 1/2 cup of buttermilk
- 1 1/2 teaspoons of vanilla
- 1 1/2 cup of coarsely chopped pecans

Preheat the oven to 350 degrees. In a heavy saucepan, combine the caramels, the sweetened condensed milk, and 1/2 cup of the shortening. Over medium heat, cook and stir until the caramels are melted and smooth. In a medium bowl, combine the flour, cocoa, baking soda, and the salt. In a large bowl, beat the sugar and the remaining 3/4 cup of shortening until fluffy and then beat in the eggs.

In a small bowl, combine the buttermilk, and the vanilla and add to the sugar/shortening mixture, alternating with the flour mixture and beat well. Spread half of the batter into a greased 9 X 13 inch baking pan. Bake for 15 minutes, or until the center is set. Remove the pan from the oven and spread the caramel mixture evenly over the cake. Next, spread the remaining batter over the caramel and sprinkle with the chopped pecans. Return the baking pan to the oven and bake for an additional 40 minutes, or until the cake springs back when lightly touched. Loosen the cake from the sides of the pan while still warm. Allow the cake to cool before serving.



Did You Know?

You should never add salt to the water that you cook corn in. It will only make the corn tougher.

Caramel Apple Oat Bars

- 1 3/4 cups of unsifted flour
- 1 cup of quick cooking oats
- 1/2 cup of firmly packed brown sugar
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1 cup of cold butter
- 1 cup of chopped walnuts
- 20 pieces of caramel candy
- 1 – 14 ounce can of sweetened condensed milk (not evaporated)
- 1 – 21 ounce can of apple pie filling

Preheat the oven to 375 degrees. In a large mixing bowl, combine the flour, oats, sugar, baking soda, and the salt. Next, cut in the butter until crumbly. Reserve 1 1/2 cups of the crumb mixture and press the remainder on the bottom of a 9 X 13 inch baking pan. Bake for 15 minutes. Add the nuts to the remaining crumb mixture.

In a heavy saucepan, over low heat, melt the caramels with the sweetened condensed milk, stirring until smooth. Spoon the apple filling over the baked crust and top with the caramel mixture. Sprinkle the remaining crumb/nut mixture on top of the caramel mixture and bake for an additional 20 minutes, or until set. Allow to cool or serve warm with ice cream.

French Vanilla Cake

- 1 box of Graham crackers
- 2 boxes of instant French vanilla pudding
- 1 medium container of whipped topping
- 1 can of milk chocolate cake frosting
- 3 cups of cold milk

Mix the milk with the pudding mix until thick and then mix in the whipped topping. Layer the Graham crackers and the pudding until you have used it all, ending with a layer of crackers on top. Top with the chocolate frosting and refrigerate.

Blueberry Pound Cake

1 cup plus 2 tablespoons of butter, softened and divided
2 1/4 cups of granulated sugar, divided
4 eggs
1 teaspoon of vanilla extract
3 cups of all -purpose flour, divided
1 teaspoon of baking powder
1/2 teaspoon of salt
2 cups of fresh or frozen blueberries, well drained

Grease a 10" tube pan with the two tablespoons of butter. Sprinkle the pan with 1/4 cup of sugar and set aside.

Cream the remaining 1 cup of butter, gradually add the remaining 2 cups of sugar and beat well. Add the eggs, one at a time. Add the vanilla, mixing well. Combine 2 3/4 cups of flour, baking powder and the salt. Gradually add to the creamed butter mixture, beating well. Dredge the blueberries into the reserved 1/4 cup of flour to coat well. Fold the blueberries into the batter and pour into the prepared pan. Bake at 325 degrees for 70 minutes. Cool in pan for 10 minutes then remove.

Glaze:

2 cups of sifted 10x confectioner' s sugar
2 or more tablespoons of milk
1 tablespoon lemon extract

Mix until the right consistency and pour over the cooled cake.



Did You Know?

Lettuce loves fat. You can easily remove excess fat from soups and stews by dropping a few lettuce leaves in the pot. The fat will cling to the lettuce leaves.

Applesauce Cake

1 cup of Crisco
2 cups of sugar
1 cup of strawberry preserves
2 eggs
2 teaspoons of salt
1 teaspoon of nutmeg
1 teaspoon of cloves
1 teaspoon of cinnamon
1 cup of black walnuts
1 cup of pecans
1 box of raisins
4 1/2 cups of plain flour
2 teaspoons of vanilla
2 1/2 cups of applesauce
2 teaspoons of baking soda mixed in with the applesauce

Cream the shortening and sugar. Add the eggs, strawberry preserves, and the applesauce. Mix in the flour and spices. Add the raisins and nuts and mix all together. Bake for 2 hours at 300 degrees. Wrap in aluminum foil until ready to serve.

Chocolate Cornmeal Cookies

1/2 cup of raisins (if desired)
3/4 cup of butter
3/4 cup of sugar
1 egg
1 1/2 cups of flour
1/2 cup of cornmeal
1/4 teaspoon of salt
1 teaspoon of baking powder
1 teaspoon of vanilla
1/4 cup of cocoa
1/4 cup of milk

Mix the butter and sugar in a large bowl, add the egg and beat well. Add the rest of the ingredients and mix well. Drop dough from a teaspoon on a greased baking sheet. Bake at 350 degrees for about 15 minutes or until lightly browned. Makes about 3 dozen cookies.

Cranberry Cheese Cake Bars

1 package of butter cake mix
1/2 cup of butter, softened
1 egg
1/4 cup of chopped pecans

For the filling:

1 – 8 ounce package of cream cheese
1/4 cup of powdered sugar
1/2 teaspoon of vanilla
1 egg
1 – 16 ounce can of whole berry Cranberry sauce
1/4 teaspoon of nutmeg

Heat the oven to 350 degrees. Combine the cake mix, butter and 1 egg until crumbly, add the chopped pecans and press into an ungreased 9 X 13 inch baking pan. Bake for 5 to 8 minutes to set the crust. Combine the cream cheese, powdered sugar, vanilla and 1 egg. Beat and then add the nutmeg to the cranberry sauce. Pour the cream cheese mixture over the crust. Spoon the cranberry sauce over the cream cheese in 3 rows lengthwise, pull a knife through the rows to make swirls. Bake at 350 degrees for 30 to 40 minutes.

Molasses Pie

4 eggs, beaten slightly
1 cup of thick dark molasses
1 cup of sugar
4 tablespoons of melted butter
3 tablespoons of flour
A dash of nutmeg
1 unbaked pie shell

Mix all together except for the crust. Pour the mixture into the pie shell and bake at 325 degrees for 1 hour.

Applesauce Fruit Cake

1 1/2 cups of brown sugar
1 quart of applesauce
1/2 pound of melted butter or margarine
1 cup each of raisins, chopped figs, chopped dates, and chopped pecans
1 teaspoon of cinnamon
3/4 teaspoon each of cloves and allspice
1/2 teaspoon of nutmeg
3 cups of plain flour
3 teaspoons of baking soda
1/2 teaspoon of salt

Mix together the flour, baking soda, and the salt. In a separate bowl mix the nuts, fruits, sugar, and the spices together. Stir in the melted margarine and add the flour mixture. Mix well. Bake in a greased and floured tube pan at 350 degrees for about 1 hour and 15 minutes. This cake freezes well.

Baked Rice Pudding

3 eggs, beaten
2 cups of milk
1/2 cup of sugar
1 teaspoon of vanilla
1/2 teaspoon of salt
1 1/2 to 2 cups of cooked rice
1/3 to 1/2 cups of raisins (optional)
Ground nutmeg

Combine the first 5 ingredients and mix well. Add the rice and raisins. Turn into a 10 X 6 X 1 3/4 inch baking dish. Bake, uncovered, at 325 degrees for 30 minutes, then stir. Sprinkle with nutmeg. Continue baking until a knife inserted in the center comes out clean (about 30 minutes more).

Caramel Custard Pie

1 – 14 1/2 ounce can of evaporated milk
2 eggs
1 cup of brown sugar
3 tablespoons of all -purpose flour
2 tablespoons of butter
1 unbaked 9 -inch pie shell
Water

Add enough water to the evaporated milk to make 2 cups and beat in the eggs. Combine the brown sugar and the flour and cut in the butter until the mixture is like coarse crumbs. Add the milk mixture to the brown sugar and beat until well blended. Pour into the pastry shell and bake at 400 degrees until a knife inserted in the center comes out clean (about 30 minutes). Allow to cool completely.

Mashed Potato Fudge

1/2 cup cooked potatoes, mashed
2 tablespoons butter or margarine, softened
1 pound of confectioners' sugar
3 squares baking chocolate, melted
1 teaspoon of vanilla extract
A dash of salt

Put the mashed potatoes into a mixing bowl and add the butter or margarine and mix well. Add the confectioners' sugar, and mix well. Add the vanilla extract to the melted chocolate then add chocolate with salt to the mashed potato mixture. Press into a lightly greased platter or dish and chill. Coconut may also be added. When cool, cut into bars or squares.



Did You Know?

If your soup or stew is too salty, you can add raw cut up potatoes. They will absorb the excess salt. Just remove them after they have cooked.

Huckleberry Coffeecake

1/4 cup butter or margarine, softened
4 ounces of cream cheese
1 cup of sugar
1 egg
1 cup of all -purpose flour
1 teaspoon of baking powder
1/4 teaspoon of salt
1 teaspoon of vanilla extract
2 cups of huckleberries or blueberries
Vegetable cooking spray
2 tablespoons of sugar
1 teaspoon of ground cinnamon

Cream the butter or margarine and cheese together and gradually add 1 cup sugar. Beat with an electric mixer at medium speed until well blended. Add the egg and beat well. Combine the flour, baking powder, and salt and stir into butter/cream cheese mixture. Stir in the vanilla extract and fold in the huckleberries or blueberries. Pour the batter into a 9 -inch round cake pan coated with cooking spray. Combine 2 tablespoons of sugar and the cinnamon and sprinkle over the batter. Bake at 350 degrees for 1 hour and let cool.

Blackberry Pie

1 to 2 tablespoons of butter or margarine
1 1/2 cups of flour
1/2 to 3/4 cups of sugar
1 1/2 cups of milk
1 1/2 teaspoons of baking powder
3/4 teaspoon of cinnamon
1/2 teaspoon of salt
4 cups of blackberries

Melt the margarine in a 9 X 13 glass baking dish. Combine the flour, sugar, baking powder, cinnamon and salt. Add the milk and stir until moistened. Spoon the blackberries over the batter. Do not stir. Bake at 325 degrees for 45 minutes. Serve hot or cold with ice cream or whipped cream.

Peach Upside Down Cake

1 pound of peaches, peeled and sliced
1 cup plus 2 tablespoons of sugar
1 1/2 cups of flour
1 teaspoon of cream of tartar
1/2 teaspoon of baking soda
1/2 teaspoon of corn starch
1/4 teaspoon of salt
1/2 cup of milk
1 teaspoon of vanilla extract
1/2 cup of butter, softened
2 eggs, separated

Preheat the oven to 350 degrees. Spread the peaches into the bottom of a 9 -inch baking dish. Sprinkle with 2 tablespoons of the sugar and let sit. Combine the flour, cream of tartar, baking soda, cornstarch and salt in a medium bowl the combine the milk and vanilla in another small bowl and set aside. Cream together the butter and the remaining 1 cup of sugar in a medium bowl. Add the egg yolks one at a time, beating to incorporate completely. Add the milk and flour mixtures in alternating additions, beating continuously. Beat the egg whites until soft peaks form and fold into the batter. Pour the batter over the peaches. Spread the batter over the peaches evenly and bake until a knife inserted in the center comes out clean, or about 1 hour. Let cool slightly and invert onto a serving platter.



Did You Know?

You can prevent potatoes from budding by placing an apple in the bag with the potatoes. Just remember to change the apple every week.

Chocolate Chip Oatmeal Cookies

1 cup Crisco
3/4 cup of sugar
3/4 cup of light brown sugar
2 beaten eggs
1 tsp vanilla flavoring
1 3/4 cup flour with 1/2 tsp salt
1 tsp baking soda
2/3 cup of quick cooking oatmeal
1 cup of nuts (optional)
6 oz package of chocolate chips

Cream together the shortening and the sugars then add the eggs and vanilla. Sift together the flour, salt and baking soda and add to butter mixture. Add the oatmeal, nuts and chocolate chips to creamed mixture. Drop by teaspoonful onto baking sheet. Bake at 350 degrees for 12 - 15 minutes.

Brown Sugar Pie

1 - 9 inch pie shell, baked
3 eggs, separated
2 cups of milk
2 cups of brown sugar
4 tablespoons of cornstarch
3 tablespoons of butter
1 teaspoon of vanilla extract

Preheat oven to 350 degrees. Beat the egg yolks and add 1/2 cup of the milk. Stir in the brown sugar, salt, corn starch and the remaining 1 1/2 cups of milk. Mix well and cook over medium heat, stirring constantly until bubbly and thick. Remove from heat and stir in the butter and vanilla extract. Pour into the prepared pie shell. Beat egg whites until frothy. Gradually add granulated sugar and beat until stiff peaks form. Spread the meringue over pie and bake in preheated oven until the meringue is golden brown.

Upside Down Apple Pecan Pie

1 cup of chopped pecans
1/2 cup of firmly packed brown sugar
1/3 cup of butter or margarine, melted
1 package of piecrusts for a two -crust pie
6 cups of peeled, sliced, apples
1/4 cup of sugar
2 tablespoons of flour
1/2 teaspoon of cinnamon
1/8 teaspoon of nutmeg

Preheat oven to 375 degrees. In a 9 -inch pie pan, combine pecans, brown sugar, and butter; spread evenly over bottom of the pan. Prepare the piecrusts according to package directions for a two -crust pie, place the bottom of crust over pecan mixture in pie pan. In a large bowl, combine the apples, sugar, flour, cinnamon, and nutmeg and mix lightly. Spoon into the piecrust lined pan. Top with the second crust, flute the edges, and cut slits in several places. Bake for 40 to 50 minutes or until crust is golden brown and apples are tender. Cool pie upright in pan for 5 minutes. Place serving plate over pie and quickly turn upside down. Carefully remove the pan. Some nuts may remain in pan; replace on pie with knife. Cool at least 1 hour before serving.

Kentucky Derby Pie

1 cup of sugar
1 cup of flour
1/2 cup of butter
2 eggs
1 teaspoon of vanilla extract
1 cup of chocolate chips
1 cup of chopped pecans
1 ready-made pie shell

Preheat oven at 350 degrees. Mix the sugar, flour, eggs, vanilla and butter. Then pour into a pie shell along with the pecans and chocolate chips. Bake for 40 minutes at 350 degrees. Let cool. The pie should be chewy when you serve it and not runny.

Chocolate Bread Pudding

3 large eggs
1 1/4 cup of sugar
1 1/2 teaspoons of vanilla extract
1 1/4 teaspoons of ground nutmeg
1 1/4 teaspoons of ground cinnamon
4 tablespoons of unsalted butter, melted
2 cups of milk
1/2 cup chopped walnuts
1/2 cup of chocolate chips
5 cups of very stale and dry bread cut into 3/4" to 1" cubes

For the whipped cream:

1 teaspoon of vanilla extract
1 pint of heavy cream
Powdered sugar to taste

Be sure that the bread cubes are really dry so that they soak up the milk and egg mixture before baking. Beat the eggs on high speed in an electric mixer for about three minutes. Add the sugar, 1 1/2 teaspoon of vanilla, nutmeg, cinnamon and butter. Beat for about a minute until well blended. Add the milk, walnuts and the chocolate chips. Mix well. Grease or butter a bread or lasagna pan that is just large enough to hold all the bread cubes. Put the bread into the pan and pour the egg and milk mixture over it, stirring a couple of times. Let the mixture sit in the pan for 45 minutes. Preheat the oven to 350 degrees and stir the pudding once again. When the oven is hot, stir the pudding one last time and put it in the oven. Immediately lower the temperature to 300 degrees. After baking for 40 minutes, turn the oven up to 425 degrees and let the pudding bake another 15 to 20 minutes. While the pudding is baking, whip the cream with 1 teaspoon of vanilla and powdered sugar. Serve the warm pudding topped with the whipped cream.



Did You Know?

If your tomatoes are too ripe, place them in cold salted water and leave overnight. They will be fresh and firm to the touch the next morning.

Apple-Raspberry Crisp

2 cooking apples, peeled, cored, sliced thin
1 tablespoon of lemon juice
Vegetable cooking spray
10 ounces of frozen raspberries in light syrup, thawed
1 cup of regular oats, uncooked
3 tablespoons of butter
2 tablespoons of honey
1 teaspoon of ground cinnamon
1/2 teaspoon of ground nutmeg

Combine the apples and lemon juice and toss gently. Place the apples in a 10 X 6 X 2 -inch baking dish that has been coated with cooking spray. Top the apples with the raspberries. Combine the oats and the remaining ingredients and sprinkle evenly over the raspberries. Bake at 375 degrees for 30 minutes or until lightly browned and the apples are tender.

Blueberry Buckle

1/2 cup of shortening
1/2 cup of sugar
1 egg, beaten
2 cups of flour
2 1/2 teaspoons of baking powder
1/4 teaspoon of salt
1/2 cup of milk
2 cups of fresh blueberries
1/2 cup of sugar
1/2 cup of flour
1/2 teaspoon of cinnamon
1/4 cup of butter

Cream the shortening and sugar together and add the egg and mix well. Sift 2 cups of flour, baking powder and salt together and add to creamed mixture alternating with the milk. Pour into well greased 11 X 7 X 1 1/2 inch baking pan. Sprinkle the blueberries over the batter. Combine the remaining ingredients and sprinkle over the blueberries. Bake at 350 degrees for 45-50 minutes.

Apple Turnovers

2 cups of flour
1 teaspoon of salt
3/4 cups of shortening
5 tablespoons of cold water
1 3/4 cups of canned or fresh apples
1/3 cup of packed brown sugar
1 tablespoon of butter
1/4 teaspoon of cinnamon
1/8 teaspoon of nutmeg
1/3 cup of water
1 tablespoon of flour
1 teaspoon of sugar

Mix the salt and flour together and cut in the shortening. Add the water a tablespoon at a time. Form the dough into a ball and roll out on floured surface. This dough will dry out quickly, so use immediately. Preheat the oven to 425 degrees. Bring the apples and 1/3 cup of water to a boil in a saucepan, lower the heat and simmer for about five minutes. Stir in the remaining ingredients, except the butter, and bring to a boil once more. Boil for about a minute, then add the butter. Cut you're the dough into circles or squares and fill with the apples. Bake on a greased cookie sheet at 425 degrees for about 20 minutes or until golden brown. Drizzle a confectioner's sugar and water glaze over the turnovers when cool.



Did You Know?

Apples absorb odors. They emit ethylene gas, which when placed with other unripe fruits will cause them to ripen quicker.

Fried Apple Pies

2 tablespoons of butter
2 pounds of apples, cored and diced
1/2 teaspoon of cinnamon
A pinch nutmeg
1/4 cup of sugar
1/4 cup of brown sugar
1 1/2 cup of water
The juice of 1/2 of a lemon
1 teaspoon of vanilla
1 tablespoon of corn starch

For the crust:

3 cups of flour
2 teaspoons of sugar
1 1/2 teaspoons of salt
1/4 teaspoon of baking powder
6 tablespoons of shortening
1 egg
3/4 cup of milk
Powdered sugar

Preheat oil in a skillet for frying. In a saucepan, melt the butter and add the apples and cook for 2 minutes. Stir in the cinnamon, nutmeg, 1/4 cup of sugar, and 1/4 cup of brown sugar. Continue cooking for 1 minute, stirring constantly to dissolve the sugar. Add the water and lemon juice. Bring the liquid to a boil and add the cornstarch dissolved in 1 tablespoon of water. Whisk the vanilla and the cornstarch mixture into the liquid. Reduce the heat to a simmer and cook for 15 - 20 minutes, or until the apples are soft. Remove from heat and allow to cool completely.

Mix together the shortening, egg, and 3/4 cup of milk. In a mixing bowl, sift the flour, sugar, salt and baking powder together. Gradually add the egg mixture to the flour mixture, working it to make a thick dough. Divide the dough into 12 equal portions. On a lightly floured surface, roll the dough pieces into thin rounds, about 5 inches in diameter. Put 1/4 cup of the apple mixture in the center of each round, fold the dough over and crimp the edges with a fork. Fry the pies, two to three at a time, in the hot oil, until golden brown. Remove from the oil and drain on paper towels. Powder the pies with the powdered sugar.

Life Before Toys-R-Us

“Growing up, we had to make our toys and find ways to entertain ourselves. One of our favorite things to do was go into the woods in search of grapevines hanging from tree’ s to swing on or fallen tree’ s to walk on .

I recently took my little grandson into the woods and taught him how to swing on grapevines and walk on logs. He loved it and thought it was much more fun than playing with store bought toy’ s or video games.”

Dump Dish Dinner

2 cups of long grain rice, cooked and salted
3 cups of stew meat cooked, seasoned, and cut into small pieces
2 tablespoons of butter
1 1/2 medium onion, chopped
1 cup of whole kernel corn, drained
1 cup of peas, drained
1 cup of beef broth
1 can of cream of celery soup
4 strips of bacon

Layer all of the ingredients in a casserole dish and pour the cream of celery soup and beef broth over mixture. Top with the bacon strips and bake in a 400 degree oven for 1 hour. Cover with foil if it starts to dry out.

Burnsville Beef And Macaroni Skillet

1 pound of hamburger meat
1-6oz. can of tomato paste
1-8oz. package of elbow macaroni uncooked
1/2 cup of chopped green pepper
1/2 cup of chopped onion
1-20oz. can of chopped tomatoes
1 cup of water
2 teaspoons of chili powder
1/2 teaspoon of allspice
2 tablespoons of Worcestershire sauce
Salt and black pepper to taste
1 tablespoon of shortening

Cook the hamburger meat, elbow macaroni, onion and the green pepper in hot fat slowly until meat is lightly browned. Add the remaining ingredients to the skillet and bring to boil. Cover and simmer, stirring occasionally, for 20 minutes or until done.

Rice And Sausage Casserole

4 cups of cooked brown rice
3/4 cup of chopped onion
1/2 cup of chopped celery
1/4 cup of chopped green pepper
1/4 cup of chopped red pepper
1 cup of sliced mushrooms
3 tablespoons of olive oil
3 tablespoons of butter
1 pound of cooked sausage, drained
A dash of Tabasco sauce

Sauté all of the vegetables in the olive oil and butter for about 5 minutes. Mix the cooked vegetables along with the sausage and Tabasco sauce into the cooked rice. Place the rice mixture into a buttered casserole and bake at 350 degrees until hot. This is great for cool days or holiday cooking.

Crescent Roll Casserole

1 pound of ground chuck
1 small can of mushrooms, drained
1/2 cup of chopped onions
1 teaspoon of salt
1/2 teaspoon of black pepper
1 – 8 ounce can of tomato sauce
2 cups of shredded cheddar cheese
1 – 8 ounce can of crescent dinner rolls
1/2 cup of sour cream
1/4 teaspoons of basil
1/4 cup of oregano

Preheat the oven to 370 degrees. Brown the beef, mushrooms, and the onions and drain. Add the tomato sauce. Place the meat mixture into an ungreased 8 X 12 inch baking dish. Sprinkle generously with the shredded cheese. Separate the dough into 8 triangles. Mix in a small bowl, the sour cream, basil, and the oregano. Spread 1 tablespoon of the sour cream mixture onto each triangle. Loosely roll up each triangle of dough starting at the wide end and arrange on top of the casserole. Bake for 25 to 30 minutes.

Onion Casserole

2 large Bermuda onions, sliced and separated into rings
2 tablespoons of butter
1/2 pound of Swiss cheese, grated
1/4 teaspoon of black pepper
1/2 cup of milk
1 can of cream of chicken soup
1 teaspoon of soy sauce
8 slices of French bread, buttered

Simmer onions in butter until tender. Place in a casserole dish. Top this with the grated Swiss cheese and black pepper. Heat the soup and milk until well blended then add the soy sauce and stir well. Pour this mixture over the onions and cheese in the casserole dish. Stir lightly using a knife. Overlap the bread slices on the top of the casserole. Bake at 350 degrees for a total of 30 minutes. After the casserole has baked for about 15 minutes, push the bread down into the cheese and onions and continue baking for the remaining 15 minutes. You can use any type of onions that you like and also lots more than are called for.



Did You Know?

You can prevent grease build-up in your oven by frequently wiping it with vinegar.

Ground Beef And Corn Casserole

- 1 1/2 pounds of lean ground beef
- 1 cup of chopped onion
- 1 - 12 ounce can of whole kernel corn, drained
- 1 can of cream of chicken soup
- 1 can of cream of mushroom soup
- 1 cup of sour cream
- 1/4 cup of chopped pimiento
- 3/4 teaspoon of salt
- 1/4 teaspoon of black pepper
- 3 cups of noodles, cooked and drained
- 3 tablespoons of butter, melted
- 1 cup of soft bread crumbs

Brown the ground beef; add the onion and cook until tender, but not brown. Add the corn, soup, sour cream, pimiento, salt, and pepper. Mix well; then stir in the cooked noodles. Taste and add more seasoning if needed. Pour into a 2 -1/2 quart casserole dish. Add the melted butter to the breadcrumbs and sprinkle over top of the casserole. Bake at 350 degrees for 30 minutes or until hot.

Chicken And Dressing Casserole

- 3 pounds of cooked, boned, and skinned chicken (or boneless breast pieces)
- 1 can of cream of chicken soup
- 1 can of cream of celery soup
- 1 small can of pet milk
- 1 tablespoon of sage
- 1 package of cornbread stuffing mix
- 1 cup of chicken broth

Arrange the chicken in the bottom of a long cake pan or casserole dish. Pour the chicken soup, cream of celery soup, and the small can of milk over the chicken. In a large bowl mix the stuffing mix, the sage, and the chicken broth. Spread the stuffing mixture on top of the chicken and bake at 450 degrees for 20 minutes.

Three Bean Casserole

- 1 pound of ground beef
- 1 cup of chopped onion
- 1 can of lima beans, drained
- 1 can of red kidney beans, do not drain
- 1 can of pork & beans, do not drain
- 1/2 cup of brown sugar
- 1/2 cup of catsup
- 1 tablespoon of vinegar

Brown the ground beef then add the onions and cook until tender. Mix in the other ingredients and bake at 350 degrees for 40 minutes or until heated through.

Mixed Vegetable Casserole

- 1 can of white corn, drained
- 1 can of french-cut green beans
- 1 can of cream of celery soup
- 1 cup of shredded sharp cheddar cheese
- 1 cup of chopped celery
- 1 cup of chopped green pepper
- 1 cup of chopped onion
- 1 – 8 ounce container of sour cream

Mix the above ingredients and place into a 9 X 13" baking dish.

For the topping:

- 2/3 box of cheese crackers
- 1 package of slivered almonds
- 1 stick of melted butter or margarine

Crumble the crackers and mix with the melted butter or margarine and the almonds. Sprinkle the topping mixture on top of the vegetables and bake at 325 degrees for approximately 30 to 45 minutes or until the casserole is bubbling and hot throughout.

The Short End Of The Stick

“There were June apple trees near our home, that would ripen in June so we would climb the trees to get the best apple and dare anyone else to touch the prize. One day a friend spotted the biggest and most ripe apple and started to climb the tree, but she couldn’ t reach it. So she asked my aunt who was standing on the ground to hand her a stick. My aunt decided to play a little trick on her and found a stick and a pile of cow manure. She rolled the end of the stick in the manure and took it to my friend in the tree. Without looking, she reached and took hold of the stick, and got more than she bargained for.”

“Needless to say that was one prize apple she forgot about.”

To Ski Or Not To Ski

My 9 year old brother wanted to learn to ski, but since he didn' t have any skis, he decided to make his own. He took 2 long, narrow boards and nailed mini blind slats on the bottoms. He then proceeded to nail his new shoes to the boards.

There was a fresh layer of snow on the ground so he took his new homemade skis to the top of a hill near our house and came down head over heels. His only comment was:

"I bout' killed myself!"

When our parents found out what he had done to his new shoes, he almost wished he had.

In those days, new shoes were hard to come by, we usually only got one new pair a year.

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30 Delicious Dessert Recipes Just In Time For The Holidays

Almond Cakes
Hot Fudge Pudding Cake
Tiramisu
Cherry-Apple Turnovers
Chocolate Cookie Cups
Chocolate Ladyfinger Cake
Coffee Angel Food Cake
Magic Lemon Meringue Pie
Coffee Cheesecake
Devil's Food Cookies
Lemon Cookies
Lemony Cheesecake With Raspberry Topping
Light Pumpkin Pie
Marbled Cheesecake
Mississippi Mud Cake
Mocha Fudge Pie
Strawberry Shortcake
Upside-down Apple Tart
Apple Coffee Cake
Apple Pie Cake
Grandma's Banana Cake
Black Bottom Cupcakes
Black Cake
Chocolate Chip Cake
Cocoa Cola Cake
Orange Cake
Grandma's Applesauce Cake with Raisins and Pecans
Black Forest Trifle
Pineapple Crumbcake
Savannah Cream Cake

Almond Cakes

Serving Size: 28

Preparation Time: 0:15

1 cup blanched almonds
1 1/3 cups sugar
1 cup all-purpose flour
1 teaspoon rose water (optional)
3 egg whites
Vegetable cooking spray

Place almonds in food processor, and process until finely ground. Add sugar and flour; process until blended. Add rose water and egg whites; process until well-blended (the mixture will be very thick). With floured hands, shape the dough into 28 balls, and place 2 inches apart on baking sheets coated with cooking spray.

Bake at 325 degrees for 28 minutes or until crisp on the outside and soft on the inside; cool on racks. Yield: 28 cookies (serving size: 1 cookie).

Notes: The original version of these cookies called for 2 cups of almonds. We replaced 1 cup with flour for a healthier, but still delicious, alternative.

Per serving: 85 Calories; 3g Fat (28% calories from fat); 2g Protein; 14g Carbohydrate; 0mg Cholesterol; 7mg Sodium

Hot Fudge Pudding Cake

Serving Size: 9

Preparation Time: 0:11

1 cup all-purpose flour
1/2 cup sugar
2 tablespoons unsweetened cocoa
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup skim milk
1 tablespoon vegetable oil
1 teaspoon vanilla extract
1/3 cup sugar
2 tablespoons unsweetened cocoa
1/8 teaspoon salt
1 cup boiling water
4 cups vanilla ice milk

Combine flour, sugar, cocoa, baking powder, and salt in a medium bowl, and stir well.

Combine skim milk, oil, and vanilla; add to dry ingredients, and stir well. Spoon batter into a 9-inch square baking pan.

Combine 1/3 cup sugar and next 2 ingredients. Sprinkle over batter.

Pour 1-1/2 cups boiling water over batter. (Do not stir).

Bake at 350 degrees for 30 minutes or until cake springs back when lightly touched in center. Yield: 9 servings (serving size: 1 [3 x 3-inch] piece and 1/2 cup ice milk).

Notes: It may taste like you're splurging, but this cocoa-laced pudding cake is really a heart-healthy treat, says registered dietitian Susan Hagins White, of Surfside Beach, South Carolina.

Serving Ideas: Serve topped with ice milk.

Per serving: 228 Calories; 5g Fat (17% calories from fat); 5g Protein; 45g Carbohydrate; 8mg Cholesterol; 188mg Sodium

Tiramisu

Serving Size: 8

Preparation Time: 0:11

2/3 cup sifted powdered sugar
8 ounces reduced-fat cream cheese (1 package)
1 1/2 cups frozen reduced-calorie whipped topping thawed and divided
1/2 cup sugar
1/4 cup water
3 egg whites
1/2 cup hot water
1 tablespoon sugar
1 tablespoon instant espresso coffee granules
2 tablespoons Kahlua or other coffee-flavored liqueur
20 ladyfingers
1/2 teaspoon unsweetened cocoa

Combine powdered sugar and cream cheese in a bowl, and beat at high speed of a mixer until well-blended. Gently fold 1 cup whipped topping into the cheese mixture.

Combine 1/2 cup sugar and next 2 ingredients in the top of a double boiler; place over simmering water. Beat at high speed of a mixer until stiff peaks form. Gently stir one-fourth of egg white mixture into cheese mixture. Gently fold in remaining egg white mixture; set aside.

Combine hot water and next 3 ingredients; stir well. Split the ladyfingers in half lengthwise. Arrange 20 ladyfinger halves, cut sides up, in the bottom of an 8-inch square baking dish. Drizzle half of the espresso mixture over ladyfinger halves. Spread half of cheese mixture over ladyfinger halves; repeat procedure with the remaining ladyfinger halves, espresso mixture, and cheese mixture. Spread remaining 1/2 cup whipped topping evenly over cheese mixture; sprinkle with cocoa.

Place one toothpick in each corner and in center of Tiramisu to prevent plastic wrap from sticking to whipped topping; cover with plastic wrap. Chill 2 hours. Yield: 8 servings (serving size: 1 [4 x 2-inch] piece).

Notes: Try freezing Tiramisu for two hours before serving so it will cut cleanly.

Per serving: 411 Calories; 21g Fat (47% calories from fat); 8g Protein; 46g Carbohydrate; 166mg Cholesterol; 162mg Sodium

Cherry-Apple Turnovers

Serving Size: 6

Preparation Time: 0:15

1 1/4 cups frozen pitted dark sweet cherries
1 medium Rome apple peeled, cored and coarsely chopped
sugar
1/8 teaspoon almond extract
1 Dash ground nutmeg
6 sheets frozen phyllo pastry thawed
Butter-flavored vegetable cooking spray
1/2 teaspoon cornstarch
2 tablespoons sliced almonds toasted
1 teaspoon powdered sugar

Position knife blade in food processor bowl; add cherries and apple. Pulse 4 times or until finely chopped; spoon into a bowl. Add sugar, almond extract, and nutmeg; stir well, and let stand 15 minutes. Press through a sieve, reserving 1/4 cup plus 2 tablespoons juice. Set aside.

Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 4 (3-1/2-inch-wide) strips; lightly coat each strip with cooking spray.

Stack 2 strips, one on top of the other. Spoon 1 tablespoon cherry-apple mixture onto one end of each stack; fold the left bottom corner over mixture, forming a triangle. Keep folding back and forth into a triangle to the end. Repeat with remaining ingredients. Place the triangles, seam side down, on a baking sheet; lightly spray tops with cooking spray.

Bake at 400 deg for 15 minutes or until golden.

Combine reserved cherry-apple juice and cornstarch in a small saucepan; stir well. Bring to a boil, and cook 1 minute, stirring constantly. Yield: 6 servings (serving size: 2 turnovers, 1 tablespoon sauce, and 1 teaspoon almonds).

Notes: Spoon sauce over turnovers; sprinkle with almonds and powdered sugar.

Serving Ideas: Serve warm or at room temperature.

Per serving: 138 Calories; 3g Fat (18% calories from fat); 3g Protein; 26g Carbohydrate; 0mg Cholesterol; 93mg Sodium

Chocolate Cookie Cups

Serving Size: 12

Preparation Time: 0:15

1/2 cup sugar
3 tablespoons all-purpose flour
3 tablespoons quick-cooking oats
2 tablespoons finely chopped almonds
1 tablespoon unsweetened cocoa
1/4 teaspoon salt
2 tablespoons margarine, melted
1/2 teaspoon vanilla extract
1/4 teaspoon almond extract
3 egg whites lightly beaten
Vegetable cooking spray

Combine the first 6 ingredients in a medium bowl. Combine margarine, extracts, and egg whites; stir well. Add to dry ingredients, stirring just until dry ingredients are moistened.

Coat baking sheets with cooking spray; using a finger, trace 12 (3-inch) circles on baking sheets. Spoon 1 tablespoon batter into center of each circle; spread batter to outside edge of each circle. Bake at 350 degrees for 10 minutes or until edges appear dry.

Remove cookies from pan immediately, and place each cookie over an inverted 6-ounce custard cup (or jar) coated with cooking spray. Shape the cookies around custard cups to form cookie cups, and let cool completely. Yield: 1 dozen (serving size: 1 cookie).

Notes: This recipe is featured with KONA COFFEE ICE MILK IN CHOCOLATE COOKIE CUPS, Page 100.

Per serving: 70 Calories; 2g Fat (30% calories from fat); 2g Protein; 11g Carbohydrate; 0mg Cholesterol; 81mg Sodium

Chocolate Ladyfinger Cake

Serving Size: 9

Preparation Time: 0:20

1 cup sugar
3/4 cup Dutch process cocoa
1/4 cup cornstarch
1/4 teaspoon salt
2 cups skim milk
2 squares semisweet chocolate (1-ounce) coarsely chopped
3 tablespoons stick margarine
1 1/2 cups frozen reduced-calorie whipped topping, thawed
23 ladyfingers
1/4 cup Grand Marnier or other orange flavored liqueur
1 tablespoon powdered sugar
Orange slices (optional)

Combine the first 4 ingredients in a large saucepan. Gradually add skim milk, stirring with a wire whisk until blended. Add the chopped chocolate; bring to a boil over medium heat, and cook for 1 minute, stirring constantly. Add the margarine, and cook for 1 minute, stirring constantly. Remove from heat. Place pan in a large ice-filled bowl for 10 minutes or until the chocolate mixture cools to room temperature, stirring occasionally.

Remove pan from ice. Spoon 1/2 cup chocolate mixture into a small bowl, and gently fold in whipped topping. Cover and chill chocolate-whipped topping mixture. Set aside the remaining chocolate mixture.

Line a 9 x 5-inch loaf pan with heavy-duty plastic wrap, allowing wrap to extend over edge of pan. Split ladyfingers in half lengthwise. Arrange 9 ladyfinger halves lengthwise in 3 rows, rounded side down, in a single layer in bottom of pan. Brush 1 tablespoon Grand Marnier over ladyfingers in pan.

Spread about 1/2 cup chocolate mixture over the ladyfinger layer. Repeat procedure 3 more times with the remaining ladyfingers, Grand Marnier, and chocolate mixture, ending with ladyfingers (1 lady finger half will be left over). Cover; chill for at least 8 hours.

Uncover and invert the pan onto a serving platter; remove the plastic wrap. Sprinkle with powdered sugar. Yield: 9 servings (serving size: 1 slice of cake and 3 tablespoons topping).

Notes: Dutch process cocoa has less acidity than regular cocoa, and it gives the pudding mixture a smoother chocolate flavor. Serve cake with chocolate-whipped topping mixture.

Serving Ideas: Garnish each serving with an orange slice, if desired.

Per serving: 597 Calories; 31g Fat (45% calories from fat); 9g Protein; 77g Carbohydrate; 148mg Cholesterol; 195mg Sodium

Coffee Angel Food Cake

Serving Size: 12

Preparation Time: 0:20

1 tablespoon instant coffee granules
1 tablespoon water
14 1/2 ounces angel food cake mix, (1 box)
1 teaspoon almond extract
1 teaspoon vanilla extract
2 tablespoons instant coffee granules
1 tablespoon water
6 tablespoons stick margarine softened
1 pound powdered sugar (1 box)
3 tablespoons skim milk

Combine 1 tablespoon coffee granules and 1 tablespoon water in a small bowl; stir well, and set aside.

Prepare angel food cake batter according to package directions.

Fold in coffee mixture and extracts. Spoon batter into an ungreased 10-inch tube pan, spreading evenly. Break large air pockets by cutting through batter with a knife.

Bake at 375 degrees for 30 minutes or until cake springs back when lightly touched. Invert pan, and let cool for 40 minutes. Loosen cake from sides of pan, using a narrow metal spatula. Invert cake onto a serving plate; set aside.

Combine 2 tablespoons coffee granules and 1 tablespoon water in a small bowl; stir well, and set aside.

Cream margarine at high speed of a mixer. Add coffee mixture; beat well. Gradually add powdered sugar, beating at medium speed until well-blended. Add milk; beat well. Yield: 12 servings (serving size: 1 slice).

Notes: Spread frosting over top and sides of cake. Store loosely covered in refrigerator.

Per serving: 334 Calories; 6g Fat (16% calories from fat); 3g Protein; 68g Carbohydrate; 0mg Cholesterol; 325mg Sodium

Magic Lemon Meringue Pie

Filling

1 crumb or baked pastry 8-inch pie shell, cooled
1 can (14 ounces) Borden Sweetened Condensed Milk
1/2 cup ReaLemon Lemon Juice
1 teaspoon grated lemon peel
2 egg yolks

In medium-sized mixing bowl blend together Borden Sweetened Condensed Milk, lemon juice, lemon peel and yolks until thickened. Turn into pie shell.

Meringue

2 egg whites (at room temperature)
1/4 teaspoon cream of tartar
1/4 cup sugar

In small-sized mixing bowl whip whites with cream of tartar until they hold a soft peak. Gradually whip in sugar, continue to whip just until whites hold firm peaks. Pile onto pie filling and seal to inside edge of pie shell. Bake at 325 degrees F. (slow) oven until top is golden brown, about 15 minutes. Cool.

Coffee Cheesecake

Serving Size: 12

Preparation Time: 0:20

Vegetable cooking spray
3/4 cup graham cracker crumbs
2 tablespoons sugar
2 tablespoons reduced-calorie stick margarine melted
1 tablespoon unsweetened cocoa
2/3 cup sugar
1/3 cup all-purpose flour
1 tablespoon cornstarch
1 teaspoon vanilla extract
8 ounces Neufchatel cheese, (1 package)
8 ounces nonfat cream cheese, (1 tub)
2 eggs
1/2 cup skim milk
2 1/2 tablespoons instant coffee granules
1/3 cup nonfat sour cream
3 egg whites
1/4 cup sugar

Coat a 9-inch springform pan with cooking spray.

Combine crumbs and next 3 ingredients, and stir well. Firmly press crumb mixture into bottom and 2 inches up sides of pan; set aside.

Combine 2/3 cup sugar and next 6 ingredients in a large bowl; beat at high speed of a mixer until smooth.

Combine milk and coffee granules; stir well. Add milk mixture and sour cream to cheese mixture; beat until smooth.

Beat egg whites (at room temperature) at high speed of a mixer until soft peaks form. Gradually add 1/4 cup sugar, 1 tablespoon at a time, beating until stiff peaks form.

Gently fold egg white mixture into cheese mixture.

Pour into prepared pan. Bake at 300 degrees for 1 hour or until almost set. Turn oven off; loosen cake from sides of pan, using a narrow metal spatula or knife. Let cheesecake stand in oven with door slightly opened for 1 hour. Remove from oven; cover and chill 8 hours. Yield: 12 servings (serving size: 1 wedge).

Per serving: 220 Calories; 8g Fat (32% calories from fat); 8g Protein; 29g Carbohydrate; 49mg Cholesterol; 270mg Sodium

Devil's Food Cookies

Serving Size: 30

Preparation Time: 0:20

1/4 cup margarine, softened
2/3 cup sugar
1/2 cup nonfat buttermilk
1 teaspoon vanilla extract
2 egg whites
1 1/2 cups all-purpose flour
1/2 cup unsweetened cocoa
1 teaspoon baking soda
1/4 teaspoon salt
Vegetable cooking spray
2 teaspoons sifted powdered sugar

Cream margarine; add 2/3 cup sugar, and beat at medium speed of an electric mixer until blended. Add buttermilk, vanilla, and egg whites; beat well.

Combine flour, cocoa, baking soda, and salt; add to creamed mixture, mixing well.

Drop dough by tablespoonfuls 2 inches apart onto cookie sheets coated with cooking spray. Bake at 350 deg for 7 minutes. Remove from pan, and cool completely on wire racks. Sprinkle with powdered sugar. Yield: 2-1/2 dozen (serving size: 1 cookie).

Per serving: 60 Calories; 2g Fat (25% calories from fat); 1g Protein; 10g Carbohydrate; 0mg Cholesterol; 84mg Sodium

Lemon Cookies

Serving Size: 3

Preparation Time: 0:11

2 cups sifted cake flour

3/4 cup sugar

2 teaspoons baking powder

6 tablespoons chilled stick margarine, cut into small pieces

2 tablespoons grated lemon rind

1 tablespoon lemon juice

1 egg, lightly beaten

Vegetable cooking spray

2 tablespoons powdered sugar

Position knife blade in food processor bowl; add first 4 ingredients, and pulse 2 times or until blended. Add margarine and lemon rind; process until mixture resembles coarse meal. Add lemon juice and egg; process until dough leaves sides of bowl and forms a ball. Gently press mixture into a ball; wrap in heavy-duty plastic wrap, and chill 1 hour.

Shape dough into 42 (1-inch) balls; place 2 inches apart on baking sheets coated with cooking spray.

Bake at 350 degrees for 12 minutes. Remove cookies from pan, and roll in powdered sugar.
Yield: 3-1/2 dozen (serving size: 1 cookie).

Notes: Cool completely on wire racks.

Per serving: 712 Calories; 26g Fat (32% calories from fat); 8g Protein; 114g Carbohydrate; 60mg Cholesterol; 541mg Sodium

Lemony Cheesecake With Raspberry Topping

Serving Size: 12

Preparation Time: 0:11

32 ounces vanilla low-fat yogurt (1 carton)
Vegetable cooking spray
1 cup low-fat granola cereal (without raisins)
1 tablespoon stick margarine melted
1 cup nonfat sour cream
3/4 cup sugar
3 tablespoons cornstarch
1/4 teaspoon salt
8 ounces Neufchatel cheese, (1 package)
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 1/2 teaspoons vanilla extract
2 eggs
2 egg whites
3/4 cup low-fat sour cream
1 tablespoon sugar
1 teaspoon vanilla extract
1 egg white
10 ounces frozen raspberries in light syrup, (1 package) thawed

Place a colander in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over edge of bowl. Spoon the yogurt into colander. Cover loosely with plastic wrap, and refrigerate for 12 hours.

Spoon yogurt cheese into a large bowl, and set aside; discard liquid.

Coat bottom of 9-inch springform pan with cooking spray. Combine granola and margarine; stir well. Press mixture into bottom of pan.

Bake at 325 degrees for 20 minutes, and let cool on a wire rack.

Add nonfat sour cream and next 4 ingredients (sour cream through Neufchatel cheese) to the yogurt cheese, and beat at medium speed of a mixer until smooth. Add the grated lemon rind, lemon juice, 1-1/2 teaspoons of vanilla, 2 eggs, and 2 egg whites, and beat well. Spoon the cheese mixture into prepared pan. Bake at 325 degrees for 1 hour; remove from oven.

Combine low-fat sour cream, 1 tablespoon sugar, 1 teaspoon vanilla, and 1 egg white; stir well. Spread sour cream mixture evenly over cheesecake, and return to oven; bake an additional 15 minutes. Turn off oven, and let cheesecake stand in closed oven for 1 hour. Remove cheesecake from oven; cover and chill at least 8 hours. Yield: 12 servings (serving size: 1 wedge and 4 teaspoons raspberry topping).

Light Pumpkin Pie

Serving Size: 8

Preparation Time: 0:11

1/2 cup sugar

1 1/2 teaspoons pumpkin-pie spice

1/2 teaspoon salt

1/2 cup skim milk

2 egg whites

1 egg

29 ounces mashed cooked pumpkin (1 can)

1 unbaked 9-inch deep-dish pastry shell

Combine first 7 ingredients in a large bowl; beat at low speed of a mixer until smooth.

Pour into pastry shell. Bake at 425 degrees for 50 minutes or until a knife inserted in center comes out clean, and let cool on a wire rack. Yield: 8 servings.

Notes: Pumpkin pie is a holiday tradition at our house. I keep trying to think of ways to make a lighter version, and I've come up with this recipe that uses substitutes for the heavier ingredients. -- Sue Smith, Rosemount, Minnesota.

Per serving: 186 Calories; 7g Fat (32% calories from fat); 4g Protein; 28g Carbohydrate; 23mg Cholesterol; 308mg Sodium

Marbled Cheesecake

Serving Size: 12

Preparation Time: 0:11

Vegetable cooking spray

1/2 cup chocolate wafer cookie crumbs (8 cookies)

1 cup sugar

1/4 cup all-purpose flour

1 tablespoon vanilla extract

16 ounces nonfat process cream cheese product, softened

16 ounces nonfat sour cream

4 eggs

3 squares sweet baking chocolate, melted

Wrap outside bottom and sides of a 9-inch springform pan with heavy-duty aluminum foil. Coat bottom of pan with cooking spray; sprinkle with chocolate wafer cookie crumbs, and set aside.

Combine sugar and next 4 ingredients in a bowl. Beat at medium speed of an electric mixer until smooth. Add eggs, 1 at a time; beat well after each addition.

Pour half of cheese mixture into a bowl; add melted chocolate, stirring until well blended. Spoon alternating mounds of plain and chocolate cheese mixtures into prepared pan; swirl with a knife to create a marbled effect. Place pan in a large shallow pan; add hot water to larger pan to a depth of 1 inch.

Bake at 325 deg for 45 minutes; remove from oven. Remove springform pan from water; remove foil from pan. Let cool 1 hour. Cover and chill at least 2 hours. Yield: 12 servings (serving size: 1 wedge).

Notes: This sensational cheesecake, made with nonfat cream cheese and sour cream, can be whipped up in no time flat.

Per serving: 343 Calories; 20g Fat (51% calories from fat); 7g Protein; 35g Carbohydrate; 108mg Cholesterol; 235mg Sodium

Mississippi Mud Cake

Serving Size: 16

Preparation Time: 0:11

1/3 cup margarine, softened
1 cup sugar
3 eggs
1 cup all-purpose flour
1/3 cup unsweetened cocoa
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chopped pecans
1 teaspoon vanilla extract
Vegetable cooking spray
Chocolate Glaze
3 1/4 cups miniature marshmallows

INGREDIENTS FOR Chocolate Glaze:

2 cups sifted powdered sugar
6 tablespoons unsweetened cocoa
1/4 cup skim milk
2 tablespoons margarine
1 teaspoon vanilla extract

Cream margarine, and gradually add sugar, beating at medium speed of a mixer until well-blended. Add eggs, 1 at a time, beating well after each addition.

Combine flour, cocoa, baking powder, and salt; stir well. Add to creamed mixture, beating at low speed until blended. Stir in pecans and vanilla. Pour batter into a 13 x 9-inch baking dish coated with cooking spray.

Bake at 325 degrees for 16 minutes or just until set (not until toothpick tests clean, or cake will be overbaked). While cake bakes, prepare Chocolate Glaze; set aside.

Remove cake from oven; top with marshmallows. Bake 2 minutes or until marshmallows are soft. Remove from oven; drizzle with Chocolate Glaze, and let cool. Yield: 16 servings.

Instructions for CHOCOLATE GLAZE:

Combine sugar and cocoa in a bowl; stir. Combine milk and margarine in a 1-cup glass measure. Microwave at HIGH 1 minute. Add milk mixture and vanilla to sugar mixture; beat at low speed of a mixer until blended. Yield: 1 cup (serving size: 1 tablespoon).

Per serving: 246 Calories; 8g Fat (27% calories from fat); 3g Protein; 44g Carbohydrate; 34mg Cholesterol; 123mg Sodium

Mocha Fudge Pie

Serving Size: 8

Preparation Time: 0:11

1/3 cup hot water
4 teaspoons instant coffee granules divided
19-7/8 ounces light fudge brownie mix (1/2 box) (2 cups)
2 teaspoons vanilla extract divided
2 egg whites
Vegetable cooking spray
3/4 cup 1% low-fat milk
3 tablespoons Kahlua or other coffee-flavored liqueur divided
3-7/8 ounces chocolate instant pudding-and-pie filling mix, (1 package)
3 cups frozen reduced-calorie whipped topping, thawed and divided
Chocolate curls (optional)

Combine hot water and 2 teaspoons coffee granules in a medium bowl; stir well. Add brownie mix, 1 teaspoon vanilla, and egg whites; stir until well blended.

Pour mixture into a 9-inch pieplate coated with cooking spray. Bake at 325 degrees for 22 minutes. Let crust cool completely.

Combine milk, 2 tablespoons Kahlua, 1 teaspoon coffee granules, remaining 1 teaspoon vanilla, and pudding mix in a bowl; beat at medium speed of a mixer 1 minute. Gently fold in 1-1/2 cups whipped topping. Spread pudding mixture evenly over brownie crust.

Combine remaining 1 tablespoon Kahlua and remaining 1 teaspoon coffee granules in a bowl; stir well. Gently fold in remaining 1-1/2 cups whipped topping. Spread whipped topping mixture evenly over pudding mixture. Yield: 8 servings (serving size: 1 wedge).

Notes: Store remaining brownie mix in a zip-top heavy-duty plastic bag in refrigerator; reserved brownie mix can be used for another pie or to make a small pan of brownies. To make brownies, combine reserved brownie mix (about 2 cups), 1/4 cup water, and 1 lightly beaten egg white in a bowl. Stir just until combined. Spread into an 8-inch square pan coated with vegetable cooking spray. Bake at 350 degrees for 23 to 25 minutes. Serve immediately, or store loosely covered in refrigerator.

Nonalcoholic Mocha Version:

When making the pudding mixture, substitute 2 tablespoons 1% low-fat milk for the Kahlua. In the topping, omit the Kahlua, and dissolve the coffee granules in 1 tablespoon water.

Serving Ideas: Garnish with chocolate curls, if desired.

Per serving: 657 Calories; 39g Fat (52% calories from fat); 7g Protein; 74g Carbohydrate; 100mg Cholesterol; 375mg Sodium

Strawberry Shortcake

Serving Size: 8

Preparation Time: 0:11

2 cups all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
3 tablespoons chilled margarine
1 teaspoon chilled margarine, cut into small pieces
3/4 cup 1% low-fat buttermilk
1 egg white, lightly beaten
1 1/2 teaspoons turbinado or granulated sugar

Strawberry Topping

1/2 cup reduced-calorie frozen whipped topping, thawed
Fresh strawberries (optional)

Combine first 5 ingredients in a bowl; cut in margarine with a pastry blender until mixture resembles coarse meal. Add buttermilk; stir just until dry ingredients are moistened.

Turn dough out onto a heavily floured surface. Knead dough 5 or 6 times. Roll dough to 1/2-inch thickness; cut with a 3-inch biscuit cutter. Place on a baking sheet, and brush with egg white; sprinkle with sugar.

Bake at 450 degrees for 12 minutes or until golden. Split biscuits; place bottom halves of biscuits on individual plates. Spoon 1/2 cup Strawberry Topping over each biscuit half; top with remaining half. Spoon 1 tablespoon whipped topping over each shortcake. Yield: 8 servings (serving size: 1 shortcake).

Serving Ideas: Garnish with fresh strawberries, if desired.

Per serving: 239 Calories; 10g Fat (37% calories from fat); 5g Protein; 33g Carbohydrate; 17mg Cholesterol; 289mg Sodium

Upside-down Apple Tart

Serving Size: 8

Preparation Time: 0:11

1 cup all-purpose flour
1 tablespoon sugar
1 Dash salt
2 tablespoons vegetable shortening
1 1/2 tablespoons chilled stick margarine, cut into small pieces
3 tablespoons ice water
1 tablespoon lemon juice
3 medium Golden Delicious apples (1-1/4 pounds) each peeled and cut into 8 wedges
3 medium Granny Smith apples (1-1/4 pounds) each peeled and cut into 8 wedges
3 tablespoons sugar
1 tablespoon all-purpose flour
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground allspice
1 1/2 teaspoons margarine
1/3 can sugar
2 tablespoons water

Place the first 3 ingredients in food processor, and pulse 2 times or until combined. Add shortening and 1-1/2 tablespoons chilled margarine, and pulse 4 times or until the mixture resembles coarse meal. With processor on, add ice water through food chute, processing just until combined (do not form a ball).

Gently press flour mixture into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap, and chill for 15 minutes. Roll dough, still covered, into an 11-inch circle. Place dough in freezer for 5 minutes or until plastic wrap can be easily removed.

Combine the lemon juice and apple wedges in a large bowl, and toss well. Combine 3 tablespoons sugar and next 4 ingredients; sprinkle over apple wedges, and toss well. Set apple mixture aside.

Melt 1-1/2 teaspoons margarine in a 9-inch cast-iron skillet over medium heat. Add 1/3 cup sugar and 2 tablespoons water, and cook 1 minute or until the sugar dissolves (do not stir). Cook an additional 3 minutes or until amber or golden, stirring occasionally. Remove from heat.

Arrange apple mixture evenly in bottom of skillet. Remove top sheet of plastic wrap from dough, and invert dough on top of apple mixture. Remove other sheet of plastic wrap, and gently tuck dough around edge of skillet. Cut slits in dough for steam to escape. Bake at 425 degrees for 25 minutes or until browned. Yield: 8 servings (serving size: 1 wedge).

Per serving: 214 Calories; 6g Fat (27% calories from fat); 2g Protein; 38g Carbohydrate;

Apple Coffee Cake

This is a great recipe which I have been making a fair bit lately because it's so easy and it has minimal prep time.

Ingredients:

2/3 cup butter or marg. (room temp)
1/3 cup sugar
1/2 cup sour cream
1 tsp. vanilla
1 1/3 cup flour
2/3 tsp. baking soda
1/8 tsp. salt
1 chopped fresh apple (about a cup)
1/3 raisins (optional)

Topping

1/4 cup flour.
1/4 cup brown sugar (firmly packed)
2 tbsp. butter or marg. (room temp)
1/2 tsp. cinnamon

In mixing bowl, cream butter and 1/3 cup sugar until light/fluffy. Beat in sour cream, vanilla and egg. Combine the flour, baking soda and salt. Mix into creamed mixture. Blend Well. Combine all of the topping ingredients until mixture forms coarse crumbs Spoon half of the batter into a greased 8inch round cake pan. Sprinkle with apples and raisins and half the topping mixture. Top with remaining batter, sprinkle remaining topping over top of the cake

Bake at 350F for 25-30 minutes. It's best served warm!! Also very nice with vanilla ice cream.

Apple Pie Cake

Ingredients:

1/4 cup butter
1 cup sugar
1 egg
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon baking soda
1 cup flour
1/2 cup chopped nuts
2 1/2 cups diced apples
1 teaspoon vanilla
2 tablespoons hot water

Combine ingredients in order given. (Batter will be thick). Bake in a greased 9-inch pie pan for 45 minutes at 350F. Serve warm with whipped cream or ice cream. Delish.

Grandma's Banana Cake

Ingredients:

2/3 cup shortening
2 1/2 cups sifted cake flour
1 2/3 cups sugar
1 1/4 tsp. baking powder
1 tsp. baking soda
1 tsp salt
1 1/4 cups mashed fully ripe bananas
2/3 cups buttermilk (divided)
2 eggs
2/3 cup chopped walnuts (opt.)

Place shortening in mixing bowl. Sift in dry ingredients. Add bananas and 1/3 cup of the buttermilk. Mix until moistened; beat 2 minutes at medium. Add the other 1/3 cup of buttermilk and the eggs. Beat 2 more minutes. Fold in chopped walnuts. Bake in 2 greased and lightly floured 9-inch cake pans at 350F for about 35 minutes. Cool 10 minutes in pans, remove from pans and cool completely.

Black Bottom Cupcakes

Batter:

1 1/2 cups flour
1 cup water
1 tsp salt
1/3 cup oil
1 tsp baking soda
1 tbl. vinegar
1 cup sugar
1 tsp. vanilla
1/4 cup cocoa

Filling:

8 oz. cream cheese
1/2 cup sugar
1 egg
1/8 tsp. salt
1 cup semi-sweet chocolate morsels

Combine in small bowl - cream cheese, egg, salt, sugar and chocolate morsels. Mix well and set aside.

Sift together in large bowl - flour, salt, baking soda, sugar, cocoa. Add water, oil, vinegar and vanilla. Beat with electric mixer well.

Fill small muffin tins lined with muffin papers 1/2 full with chocolate batter. Top each with 1/2 tsp. cheese filling. Bake approximately 18 minutes.

Black Cake

1 pound raisins, minced
1 pound pitted prunes, minced
1 pound dried currants, minced
1 pound glaceed cherries, minced
6 ounces glaceed lemon peel, minced
6 ounces glaceed orange peel, minced
1 bottle (750 ml) Manischewitz Concord Grape wine
1 bottle (750 ml) dark rum
2 pounds dark brown sugar
4 1/4 cups all-purpose flour
4 teaspoons double acting baking powder
1/2 teaspoon freshly grated nutmeg
1/2 teaspoon cinnamon
4 sticks (2 cups) unsalted butter, softened
10 large eggs
1 tablespoon vanilla
1 1/2 cups almond paste, if desired

7 cups confectioners' sugar, sifted
6 large egg whites at room temperature
2 tablespoons strained fresh lemon juice

silver dragees for decorating the cake

In a large bowl, combine well the raisins, the prunes, the currants, the cherries, the peels, the wine, and the rum and let the fruit macerate, covered, at room temperature for at least 2 weeks.

In a heavy skillet combine 1 pound of the brown sugar and 1 cup water, bring the mixture to a boil over moderate heat, stirring and washing down any sugar crystals clinging to the side with a brush dipped in cold water until the sugar is dissolved, and boil the syrup, swirling the skillet occasionally, for 3 to 4 minutes, or until it is reduced to 1 3/4 cups. Let the burnt sugar syrup cool and reserve it.

Into a bowl sift together the flour, the baking powder, the nutmeg, and the cinnamon. In the large bowl of an electric mixer cream together the remaining 1 pound brown sugar and the butter until the mixture is light and fluffy and beat in the eggs, 1 at a time, beating well after each addition. Beat in the vanilla, the flour mixture, and 1 1/3 cups of the reserved burnt sugar syrup, reserving the remaining syrup for another use. In another large bowl combine well the flour mixture and the fruit mixture and divide the batter between 2 buttered and floured 10-inch springform pans. Bake the cakes in the middle of a preheated 350F oven for 1 hour and 50 minutes to 2 hours, or until the cakes are set and a tester inserted in the centers come out with some crumbs adhering to it. (The centers of the cake will be quite moist). Let the cakes cool in the pans on a rack, remove the sides and the bottoms of the pans and wrap the cakes in foil or wax paper. Let the cakes stand at room temperature for 1 week.

Roll out half the almond paste between sheets of plastic wrap to form a 10-inch round and remove the top sheet of plastic wrap. Fit the almond paste layer over one cake, trimming the edge if necessary, and remove the other sheet of plastic wrap. Roll out and fit the remaining almond paste onto the remaining cake in the same manner.

Make the icing: In a bowl with an electric mixer beat 4 cups of the confectioners' sugar, the egg whites, and the lemon juice for 4 to 6 minutes, or until the mixture holds soft peaks. Beat in the remaining 3 cups confectioners' sugar and beat the icing until it holds stiff peaks.

Transfer 2 cups of the icing to a pastry bag fitted with a decorative tip, spread the remaining icing on the tops and sides of the cakes with a long metal spatula, and pipe the icing in the pastry bag decoratively onto the cakes. Arrange the dragees on the cakes. Makes 2 black cakes.

Chocolate Chip Cake

Sift together

2 1/2 c. flour

3 tsp. baking powder

1 tsp. baking soda

1/4 tsp. salt

Cream together

1 c. butter or margarine

1 c. sugar

3 eggs

beat the eggs in one at a time

Add to the creamed mixture

1 c. sour cream

2 tsp. vanilla.

Add flour mixture to creamed butter mixture and mix together.

Mix together the following:

1 c. chopped nuts (we always used walnuts_

1 c. chocolate chips

1/2 c. brown sugar

2 tsp. cinnamon

Grease a tube pan (angel food cake pan). Pour 1/2 the batter in the pan then sprinkle on 1/2 the chocolate chip mixture. Add the remainder of the batter, then sprinkle the remainder of the chocolate chip nut mix on top. Bake 1 hour at 350F.

Cocoa Cola Cake

2 cup Flour
1 1/2 cup Marshmallows - Miniature
2 cup Sugar
1 cup Margarine
2 tsp Cocoa - Unsweetened
1 cup Cola
1/2 cup Buttermilk
2 ea Eggs - Beaten
1 tsp Soda

2 Tbsp Margarine
2 Tbsp Cocoa - Unsweetened
8 Tbsp Cola
2 cup Sugar - Powdered
1 cup Nuts - Chopped

Combine flour & sugar in a large mixing bowl. Melt butter, add cocoa and cola (not diet), heat to boiling. Cool slightly. Pour over flour and sugar mixture, stir till well blended. Add buttermilk, beaten eggs, soda & vanilla. Mix well, stir in marshmallows. Pour into greased & floured 13x9

pan and bake @ 350 for 40 min., or till tests done. Frost while hot. FROSTING: Combine first 3 ingredients in saucepan and heat to boiling. Add powdered sugar and mix well. Stir in chopped nuts.

A very good, and unusual, cake

Orange Cake

Use the smaller amount of sugar for a less-sweet fruit bread; the larger amount for an orange loaf cake.)

1 Cup butter	3 Cups white flour
1-2 Cups sugar	1 Cup flaked coconut
4 eggs	1 Cup chopped walnuts
1/2 Cup orange juice	8 ounces chopped dates
1 teaspoon baking soda	

Grease well and lightly flour two 9 x 5 x 3 inch loaf pans. Preheat oven to 300 degrees F.

In a large bowl cream butter and gradually beat in sugar. Add eggs one at a time and beat well after each.

Sift together flour and baking soda. Stir the dry ingredients into the butter mixture in three parts, alternating with the orange juice. Mix nuts, coconut and dates and fold gently into batter.

Pour batter into greased pans and bake for 1 to 1-1/2 hours or until golden brown. Mix together 1/2 Cup of orange juice and 1 Cup of powdered sugar and pour over cakes in pans while still hot. Cool in pans on racks. Wrap in aluminum foil when cool and freeze if possible.

Makes two loaves.

Grandma's Applesauce Cake with Raisins and Pecans

1/2 cup butter	1 tsp. cinnamon
2 cups sugar	1/2 tsp. nutmeg
2 eggs	1/4 tsp. allspice
2 1/2 cups sifted all-purpose flour	1 1/2 cups applesauce
1 1/2 tsp. baking soda	1/2 cup raisins
1 tsp. salt	1/2 cup pecans

Cream butter and sugar till light. Add eggs, beating well after each addition. Sift dry ingredients together and add to creamed mixture alternately with applesauce. Stir in raisins and pecans. Turn batter into greased and lightly floured pan (13x9x2-inch). Bake at 350F about 45 minutes or till done. Cool in pan.

(an additional 1/3 cup raisins can be substituted for the 1/2 cup of pecans, if desired)

Black Forest Trifle

Servings: 8

4 1/2 c Milk
3 oz Unsweetened chocolate
1/3 c Cornstarch
1/2 c Sugar
1/4 ts Salt
2 ts Vanilla extract
2 c Cookie crumbs*
1 ea Can cherry pie filling**

* Make cookie crumbs from vanilla wafers, shortbread, or chocolate chip cookies.

** This should be a 20 oz can - reduced-calorie if available.

1. Put 4 cups of the milk into a large, heavy saucepan.
Add unsweetened chocolate (3 - 1 oz pieces).
Heat over moderate heat, watching carefully, until bubbles form on milk around edges of pan - milk is then scalded. Remove from heat and set aside.
2. Put cornstarch, sugar, salt and remaining 1/2 cup milk into a small bowl. Use a whisk to stir mixture until all dry ingredients are moistened and no lumps remain. Be sure mixture is well stirred just before adding to hot milk.
3. Using a wire shisk, stir hot milk mixture in saucepan while gradually adding cornstarch-milk mixture. Return saucepan to heat and cook over moderately high heat, stirring constantly, until mixture begins to boil. Boil 1 minute, stirring constantly.
4. Remove from heat and stir in vanilla. Spoon 1/3 of pudding into a 2 quart souffle dish or glass bowl. Top with 1/3 of cookie crumbs.
5. Set aside 1/2 cup cherry-pie filling.
6. Gently spoon half of remaining pie filling onto crumbs in bowl.
repeat layering with another third of chocolate pudding, crumbs, the remaining pie filling and the remaining chocolate pudding.
7. Spoon remaining cookie crumbs around chocolate pudding to form a border. Fill center with reserved 1/2 cup pie filling.
8. Refrigerate, covered, until pudding is well chilled. (5-6 hours)

Pineapple Crumbcake

2 sticks (8 ounces) butter, softened to room temperature
1 1/4 cups sugar
1 egg
3 egg yolks
1 teaspoon vanilla
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 medium pineapple (2 to 2 1/2 pounds)
1/4 teaspoon cinnamon

Preheat the oven to 350F. butter a 10 by 2 inch round cake pan and line the bottom with waxed paper.

In a large mixer bowl, beat 1 stick of the butter and 3/4 cup of the sugar until light and fluffy. Add the whole egg and continue beating until well blended. Gradually add the egg yolks, 1 at a time, beating well after each addition. Beat in the vanilla.

Sift together 1 1/4 cups of the flour and the baking powder. Stir into the butter mixture. Turn the batter into the prepared pan and spread evenly.

Cut the skin and eyes from the pineapple. Quarter and core the pineapple. Cut the quarters crosswise into 1/2 inch thick slices. Arrange the slices in concentric circles, overlapping slightly and leaving a margin of about 1 inch around the edge.

In a small saucepan over low heat, melt the remaining 1 stick butter. Let cool slightly.

In a medium bowl, combine the remaining 1/2 cup sugar, 1 1/4 cups flour and the cinnamon. Pour the melted butter over the flour mixture and rub together with your fingertips to form coarse, pea-size crumbs. Scatter the crumbs evenly over the pineapple and better.

Bake the cake for 55 to 60 minutes, until a knife inserted in the center comes out clean. Let cool in the pan for 15 minutes. Unmold onto a plate and remove the paper. Invert back onto a rack to cool. Serve warm or at room temperature.

Savannah Cream Cake

1 envelope (1/4 ounce) unflavoured gelatine
5 extra-large egg yolks
1 cup sugar
1/2 cup dry sherry
2 3/4 cups heavy cream, chilled
1 tablespoon vanilla extract
Angel Food Cake, cut into 1 inch squares
1 cup fresh strawberries, sliced
1 1/2 cups fresh raspberries
1 1/2 tablespoons fresh lemon juice

In a small bowl, sprinkle the gelatin into 1/2 cup of cold water and let soften. In a medium bowl, beat the egg yolks and 1/2 cup of the sugar until the mixture thickens and turns pale yellow, about 2 minutes. Stir in the sherry and 1/4 cup water.

Scrape the egg yolk mixture into a heavy medium saucepan and cook over moderate heat, stirring constantly, until the custard thickens enough to coat the back of a spoon lightly; do not let boil. Strain the custard into a large bowl and whisk in the softened gelatine; set aside.

In a large bowl, whip 2 cups of the cream until it begins to thicken. Gradually beat in 1/4 cup of the sugar and the vanilla. Continue to beat until moderately stiff. Cover and refrigerate the whipped cream.

Set the bowl containing the custard and gelatine into a large bowl of ice and water. Whisk gently until the custard is cold and beginning to set, 3 to 4 minutes. Remove from the ice and fold in the whipped cream.

Fold the Angel Food Cake squares into the custard cream until they are completely coated. Spoon this mixture into a buttered 10 inch tube pan. Cover and refrigerate until set, 1 to 2 hours.

Meanwhile, in a food processor, combine the strawberries, 1 cups of the raspberries, the remaining 1/4 cup sugar and the lemon juice; puree until smooth. Strain if desired to remove the seeds. Cover and refrigerate the strawberry-raspberry sauce until chilled. Beat the remaining 3/4 cup cream until moderately stiff.

To unmold the cake, wrap the tube pan briefly in a hot wet towel; run a knife around the edge. Unmold the cake onto a platter and cover with the whipped cream. Garnish the cake with the remaining 1/2 cup raspberries and serve the strawberry-raspberry sauce on the side.

Angel Food Cake

1 cup plus 2 tablespoons cake flour
1/4 teaspoon nutmeg, preferably freshly grated
1 1/2 cups sugar
12 extra-large egg whites
1 1/4 teaspoons cream of tartar
1/2 teaspoon salt
1 teaspoon vanilla extract

Preheat the oven to 374F. Sift together the cake flour, nutmeg and 1/2 cup of the sugar.

In a large bowl, beat the egg whites until frothy. Add the cream of tartar and salt. Continue beating until soft peaks form. Gradually beat in the remaining 1 cup sugar, 1 tablespoon at a time, until very stiff shiny peaks form. Beat in the vanilla and fold in the flour mixture. Turn the batter into an ungreased 10 inch tube pan and bake for 30 minutes, or until a cake tester inserted in the center comes out clean. Invert onto a rack to cool.

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Angel Fudge

Yield: 8 servings

2 c Sugar
8 tb Hershey's chocolate syrup
1 c Milk
1 tb Butter
1 ts Vanilla
1 sm Can marshmallow whip

Place the sugar, chocolate syrup and milk in a deep kettle and stir until the ingredients are well blended. Boil without stirring until the mixture will form a soft ball when dropped into cold water. Remove from fire and add the butter, vanilla, and marshmallow whip and allow to stand until the mixture has cooled to lukewarm. Then beat until creamy and pour into buttered tins. Cut into squares.

Chocolate College Fudge

Yield: 8 servings

6 tb Hershey's cocoa; or 1/4 lb Hershey's baking chocolate
1 c Milk
3/4 c Boiling water
4 c Granulated sugar
2 tb Butter
1 ds Salt
1 ts Vanilla

Use a large kettle to make this fudge, as it will boil very high. Break the chocolate into pieces and add the water, or simply mix cocoa and water; cook till thick. Mix the sugar, milk and salt and add to the chocolate; cook slowly, stirring all the time, until the sugar is dissolved, then boil more rapidly until the mixture will make a soft ball when dropped into cold water. Add the butter without stirring and let the mixture stand until it is cold. Now beat vigorously till nearly dry. Place in oblong shallow pans which have been well buttered; cut in squares. A cupful of broken nut meats or candied fruit may be added for variety.

Chocolate Fudge

2 c Sugar (granulated)
1 c Condensed milk -(unsweetened!)
2 oz Chocolate, unsweetened
 -(I use Hershey's baking
 -chocolate; Baker's
 -chocolate does NOT work)
2 1/2 tsp Butter
1/4 t Salt
1 tbl Corn syrup (light)
1 c Walnuts (chopped)
1 tbl Vanilla extract
1 tbl Rum

Combine sugar, condensed milk, butter, salt, chocolate and corn syrup in a HEAVY 3-quart saucepan. Heat slowly. Stir until everything is melted. When the chocolate is melted thoroughly, beat with electric mixer (I ain't proud!) until smooth. Let cook to halfway between soft and medium ball stage (use candy thermometer if available). Let cool until barely touchable (due to heat). Stir in chopped walnuts, vanilla and rum. Beat the mixture until it starts to set. When it starts to set, get it into an 8-inch square pan (buttered, of course). If you wait to do this, you will eat it out of the saucepan.

Fantasy (Perfect) Fudge

Yield: 12 servings

3 c Sugar
3/4 c Margarine
2/3 c Evaporated Milk
12 oz Pkg. semi-sweet chocolate -chips
7 oz Marshmallow Creme (1 jar of -Kraft brand)
1 ts Vanilla
1 c Chopped nuts

Stir together margarine, sugar and milk in heavy 3 qt. saucepan. Bring to full boil stirring constantly. Boil 5 minutes over medium heat, or until candy thermometer reaches 234 deg. F., with constant stirring to prevent scorching. (Candy thermometer highly recommended) Remove from heat. Gradually stir in chocolate chips until melted. Add remaining ingredients, mix until well-blended. Pour into greased 9x9 inch or 13x9 inch pan. Cool at room temperature.

Cut into squares. Makes about 3 pounds of fudge.

Two-Story Fudge

Yield: 8 servings

=== first story ===

2 1/4 c Sugar
1 c Milk
1 1/2 tb Butter
1 ts Vanilla
5 tb Hershey's® cocoa; or
3 oz Hershey's® baking chocolate

=== second story ===

2 1/2 c Sugar
2 tb Butter
1 c Rich milk
1 ts Vanilla

For 1st story

Melt the butter, add the sugar, milk and chocolate, broken into small pieces, or cocoa. Stir gently till the chocolate or cocoa is melted, then cook with very little stirring to the soft-ball stage.

Remove from the fire, cool, add vanilla and beat till creamy. Pour into a buttered pan and set aside to become thoroughly cold.

For 2nd story

Melt butter and add sugar and milk. Cook with very little stirring to the soft ball stage. Let stand till cold, then add vanilla and beat till creamy. Pour over the dark fudge, smoothing the surface with a knife. When cool, cut in squares. Nuts may be added to either the dark or light fudge.

Creamy Chocolate Fudge

Yield: 36 servings

2 oz Unsweetened chocolate
2 c Sugar
2/3 c Evaporated milk
2 tb Corn syrup
3 tb Butter
1 ts Vanilla

Grease an 8x8" square pan with butter. Grease a heavy-bottomed saucepan with butter. Grate the chocolate into it and add the sugar, milk and corn syrup. Stir over low heat until chocolate melts and sugar dissolves. Increase the heat to medium-high and boil the mixture until it reaches soft ball stage (240F.). Stir just enough to prevent scorching., remove from the heat and add the butter. Cool to lukewarm (110F.) without stirring. Add the vanilla. Beat until the candy loses its gloss and becomes thick enough to hold its shape. This will take 10 minutes if you use a heavy electric mixer and longer by hand. Immediately pat into the prepared pan. Cool and cut into squares. Yields 36 pieces.

Creamy Milk Chocolate Fudge

Yield: 16 servings

2 c Miniature marshmallows
14 oz Condensed milk
ds Salt
1 c Milk chocolate chips
12 oz Chocolate chips
1/2 c Nuts -chopped
1 1/2 ts Vanilla

In a qt glass measure, combine marshmallows, milk and salt. Microwave on HIGH 3-4 minutes. Stir until marshmallows melt and mixture is smooth. Add chips and stir until melted. Stir in nuts and vanilla. Line an 8-9" square pan with wax paper. Spread fudge evenly in pan. Chill 2 hours, until firm. Turn onto cutting board, peel off paper, and cut into squares.

Double-Decker Fudge

Yield: 2 pounds

1 c REESE'S peanut butter chips
1 c HERSHEY'S semi-sweet -chocolate chips or -HERSHEY'S MINI CHIPS -semi-sweet chocolate
2 1/4 c Sugar
1 3/4 c Marshmallow creme
3/4 c Evaporated milk
1/4 c Butter or margarine -(1/2 stick)
1 t Vanilla extract

Line 8" square pan with foil, extending foil over edges of pan. Measure peanut butter chips into one medium bowl and chocolate chips into second medium bowl. In heavy 3-quart saucepan, combine sugar, marshmallow creme, evaporated milk and butter. Cook over medium heat, stirring constantly, until mixture boils; boil and stir 5 minutes. Remove from heat; stir in vanilla. Immediately stir 1/2 hot mixture (1 1/2 cups) into peanut butter chips until chips are completely melted; quickly pour into prepared pan. Stir remaining 1/2 hot mixture into chocolate chips until chips are completely melted. Quickly spread over top of peanut butter layer. Cool; refrigerate 1 1/2 hours or until firm. Cut into 1" squares. Store tightly covered in refrigerator. Makes about 60 pieces or about 2 pounds candy.

Alltime Favorite Raisin Cookies

Yield: 6 dozen

2 c Raisins
1 c Water
1 3/4 c Sugar
1 c Shortening
2 Eggs; slightly beaten
1 ts Vanilla extract
3 1/2 c Flour, all-purpose
1 ts Baking powder
1 ts Soda
1 ts Salt
1/2 ts Cinnamon
1/2 ts Nutmeg
1 c Pecans; or walnuts, chopped

Combine raisins and water in a medium saucepan; bring to a boil, and boil about 3 minutes. Cool. (Do not drain.) Gradually add sugar to shortening, beating well after each addition. Add eggs; beat well. Stir in raisins with liquid and vanilla. Combine dry ingredients; gradually add to raisin mixture, stirring after each addition. Stir in pecans. Drop by tablespoonfuls 2 inches apart onto well-greased cookie sheets. Bake at 375 degrees for 10 to 12 minutes or until browned.

Almond Double Chip Cookies

Yield: 36 Servings

3/4 c Butter or margarine, softened
3/4 c Packed light brown sugar
1 Egg
1/2 ts Almond extract
1 1/2 c All-purpose flour
1/4 ts Baking soda
1/2 ts Salt
1 c Semisweet chocolate chips
1 c Vanilla milk chips
1/2 c Slivered blanched almonds

Preheat oven to 375°F. Line cookie sheets with parchment paper or leave ungreased. Beat butter and brown sugar in large bowl until creamy. Beat in egg and almond extract. Combine flour, baking soda and salt in small bowl. Blend in butter mixture. Stir in semisweet and vanilla milk chips and almonds. Drop dough by rounded tablespoonfuls, 3" apart, onto prepared cookie sheets. Bake 8-10 minutes or until light brown. DO NOT OVERBAKE. Cool 2 minutes on cookie sheets; remove to wire racks to cool completely.

Makes about 3 dozen cookies.

Almond Shortbread Cookies

Yield: 3 dozen

1 c Flour, all-purpose
1/2 c Cornstarch
1/2 c Sugar, powdered
1 c Almonds, finely chopped
3/4 c Butter; softened

Combine flour, cornstarch, and powdered sugar; stir in almonds. Add butter; blend with a wooden spoon until a soft dough forms.

Shape dough into small balls. Place on ungreased cookie sheet; flatten each ball with lightly floured fork. Bake at 300 degrees for 20 to 25 minutes or until edges are only lightly browned. Cool before storing.

Amish Sugar Cookies

Yield: 24 servings

1/2 c Sugar;
1/3 c Powdered Sugar;
1/4 c Margarine; (1/2 stick)
1/3 c Vegetable oil
1 Egg; (large)
1 ts Vanilla
1 ts Lemon or almond flavoring
2 tb Water
2 1/4 c All-purpose flour
1/2 ts Baking soda
1/2 ts Cream of tartar;
1/2 ts Salt

Place sugars, margarine and oil in a mixer bowl and mix at medium speed until creamy. Add egg, vanilla, flavoring and water, and mix at medium speed for 30 seconds, scraping down the bowl before and after adding these ingredients. Stir remaining ingredients together to blend well; add to creamy mixture and mix at medium speed to blend. Form dough into 24 balls using 1 tablespoon dough per ball. Place balls on cookie sheets that have been sprayed with pan spray or lined with aluminum foil. Press balls down evenly to 1/2" with the back of a tablespoon dipped in water. Bake at 375 for 12 to 14 minutes, or until cookies are browned on the bottom and lightly browned around the edges. Remove cookies to a wire rack and cool to room temperature.

Baby Ruth Cookies

1/2 c Butter, softened
3/4 c Peanut butter, smooth
1 1/2 c Sugar
2 Eggs, beaten
1 1/4 ts Vanilla
3 c Flour, sifted
1 ts Baking powder
1/2 ts Salt
2/3 c Milk
5 Baby Ruth bars, 1.9oz, cutup

Cream butter, peanut butter and sugar until light and fluffy; beat in beaten eggs and mix well; add vanilla. Sift dry ingredients together and add alternately with the milk. Stir in the cut-up Baby Ruth pieces. Drop from teaspoon on buttered cookie sheets. Bake in preheated 375~F oven until golden brown, about 12-15 minutes.

Best Oatmeal Cookies

Yield: 55 servings

3/4 c Low fat margarine, room temp
1/2 c Packed brown sugar
1 1/2 c All purpose flour
1 ts Ground cinnamon
1 1/2 c Oats, uncooked
1 ts Vanilla
1 c White sugar
2 Egg whites, slightly beaten
1 ts Baking soda
1/4 ts Ground nutmeg
1 c Raisins

In a large mixing bowl, beat margarine and sugars until light and fluffy. Add egg whites. In a medium size bowl, combine flour, baking soda, cinnamon and nutmeg; add to sugar mixture. Stir in oats, raisins and vanilla. Chill 1 hour. Preheat oven 350F. Roll a teaspoon of dough into a ball and place on an ungreased cookie sheet. Grease the bottom of a glass with margarine, dip glass in sugar and use to flatten ball of dough. continue, leaving adequate space between cookies. Bake 10 min. Cool on racks.

Big Soft Chocolate Chip Cookies

Yield: 18 Cookies

1 1/2 Sticks Unsalted Butter
2 c + 2 Tbl. Unsifted, Bleached, All Purpose Flour
1/2 ts Baking Soda
1/2 ts Salt
1 c Light or Dark Brown Sugar
1/2 c Granulated Sugar
1 lg Egg + 1 Yolk
2 ts Pure Vanilla Extract
1 1/2 c Chocolate Chips

Place a rack in the middle of the oven. Preheat oven to 325 F. Temperature is critical so use an oven thermometer to verify the correct oven temperature and adjust as necessary. Melt the butter in a small saucepan and set aside to cool until it's lukewarm. In a large bowl, whisk the flour, baking soda, and salt. Do not sift. Place both sugars in a medium mixing bowl. Pour melted butter into sugar and mix until completely blended. Add egg, yolk, and vanilla extract. Mix until blended. Add flour mixture and mix until blended. Add chocolate chips. Mix just until chips are evenly distributed. Line 11 x 17 cookie sheets with parchment paper. Don't use waxed paper. It's too flammable.

Baking Instructions: Using a scant 1/4 cup of cookie dough, roll a ball in the palms of your hands. Grab the ball with the fingertips of both hands and pull the dough into two pieces resembling half moons. Rotate the halves so the two jagged/flat sides point toward the ceiling and push the two halves together. You'll now have a cookie with a jagged top surface (they look like little tree stumps). (I didn't do this for all of them and they were fine) Place the cookies (about 6 per sheet) onto the cookie sheets. Put cookies in oven and bake for 15 minutes.

Start checking for doneness after about 13 minutes and every two minutes thereafter. They are done when they are turning light golden brown and the edges are starting to get dry and firm while the centers are still soft. Cool cookies completely on their cookie sheets.

The twin secrets to these "mall style" cookies are the melted butter and the extra egg yolk.

Serving Suggestions Serve warm or allow to cool completely. Store completely cooled cookies in airtight containers, separating layers of cookies with waxed paper. The dough will keep refrigerated for 2 days and frozen for about 30 days. Be sure to wrap it closely with plastic wrap and place it in an airtight container. Thaw frozen dough overnight in the refrigerator. Baked cookies will keep in the freezer for a few weeks. Wrap individually in plastic wrap. Thaw 15 minutes at room temperature for a quick cookie fix.

NOTES: 1) The dark brown sugar makes darker colored cookies. The light brown or golden brown sugar makes lighter colored cookies. I prefer the dark ones because of the little extra flavor the molasses adds. 2) For a nice variation, use light brown sugar instead of dark, substitute white chocolate chips, and add 2 or 3 tsp. grated orange peel (from one large orange), to the batter. These are called White Chip, Orange Dream Cookies.

Brown Sugar Cookies

Yield: 3 servings

1/2 c Flour
1 ts Baking powder
1/4 c Melted butter, cooled
1 c Brown sugar
1 Egg
1/4 ts Salt
1/2 c Chopped nuts

Sift flour and baking powder together. Cream butter and sugar. Combine all ingredients; pour into an 8 x 8 inch greased pan. Bake for 30 minutes at 350 degrees. Cut in squares.

Candy Cane Cookies

Yield: 30 servings

1 1/4 c Butter or Margarine
1 c Powdered Sugar
1 Egg
1 ts Vanilla Extract
1/2 ts Almond Extract
3 1/2 c All-purpose flour
1/2 ts Salt
Red food coloring
1 Egg white, slightly beaten
Red decorating sugar - (optional)

1. Cream together butter and powdered sugar. Beat in egg and flavorings.
2. Combine flour and salt. Stir into first mixture. Set aside half of dough. Tint remaining half light red with dew drops of food coloring.
3. Keep dough chilled for ease in handling. With hands, roll 1 teaspoonful of white dough and 1 teaspoonful of red dough into strips about 4-inches long. Put strips side by side and twist together lightly. Repeat with remaining dough.
4. Arrange on ungreased baking sheets. Curve 1 end down to form into candy cane shape. Brush cookies with egg white. Sprinkle with red sugar, if desired.
5. Bake at 350°F for 10 to 12 minutes or until very lightly browned. Cool on wire racks. Store airtight.

Cherry Chocolate Cookies

Yield: 72 Servings

1 c Margarine or butter
3/4 c Packed brown sugar
2 Egg yolks
2 oz Semiswet chocolate; -melted and cooled
1 1/2 ts Finely shredded orange peel
1 ts Ground cinnamon
1 ts Vanilla
1/4 ts Salt
2 1/4 c All-purpose flour
1 1/2 c Finely chopped pecans (to 2)
2 Egg whites
3/4 c Cherry jelly or preserves

In large mixing bowl beat margarine or butter and brown sugar with an electric mixer on medium speed for 30 seconds. Add egg yolks, beating well. Blend in melted chocolate, orange peel, cinnamon, vanilla, and salt. Stir in flour. Place pecans and egg white in two separate small, shallow bowls. Slightly beat egg whites with a fork. Shape dough into 1-inch balls. Dip each ball into egg white; roll in pecans to coat. Place balls, 2 inches apart, on lightly greased baking sheets. Using your thumb, make slight indentation in top of each cookie. Bake in 350 degree oven about 12 minutes or till edges are firm. Cool cookies on a wire rack. Fill centers of cooled cookies with a small spoonful of jelly or preserves. Makes about 60 cookies.

Christmas Butter Cookies

Yield: 36 servings

1 c Butter
1 c Sugar
1 Egg
1 tb Milk
1 ts Vanilla
2 3/4 c All-purpose flour
1 ts Baking powder
1/4 ts Salt

Cream butter, gradually add sugar and beat until light and fluffy. Beat in egg, milk and vanilla. Combine flour, baking powder and salt. Gradually add to creamed mixture. Chill for ease in handling. Roll out dough to 1/8" thickness on lightly floured surface. Cut with floured cookie cutters into desired shapes. Bake on a cookie sheet in preheated 350 F oven 8-10 minutes or until lightly browned. Remove to wire racks to cool. Makes 4-5 dozen.

Christmas Fruitcake Cookies

Yield: 36 servings

1/2 c Vegetable oil
1/2 c Brown sugar
1 Egg
1 1/4 c Whole wheat flour
1/2 ts Baking powder
1 ts Ground cinnamon
1/4 ts Ground cloves
1/4 ts Ground allspice
1/4 c Milk
1/2 c Chopped walnuts
1/2 c Raisins
1/2 c Snipped dried apricots
1/2 c Chopped dates

Cream together the oil and sugar. Add the egg. Then blend in the remaining ingredients. Drop by spoonfuls onto a lightly oiled baking sheet. Bake in 350 F oven for about 10 minutes. Cool on a wire rack and store in a tightly closed container.

Christmas Ginger Cookies

Yield: 36 Servings

6 c Flour
1 tb Baking soda
1 tb Ginger
1 ts Cloves
1 ts Cinnamon
1 ts Nutmeg
1/2 ts Salt
1 c Solid shortening, Crisco
1 c Molasses
1 c Brown sugar, packed
1/2 c Water
1 Large egg
1 ts Vanilla

Mix flour, soda, spices and salt. Beat shortening, molasses, sugar, water, egg and vanilla until well blended. Gradually beat in flour mixture. Will be soft. Divide into fourths. Pat each 1/4 into 1" thick round. Wrap in plastic and refrigerate at least 3 hours or up to 1 week. Roll on lightly floured surface to 1/8" thick, cut with gingerbread men cutters and bake at 350 degrees for 10-12 minutes. Cool slightly on cookie sheet, then transfer to wire racks to cool completely.

Frosted Spice Cookies

1 c Butter, softened 1 c Sugar
1 c Molasses 1 Egg
1 c Sour milk* 6 c Flour
1 tb Baking powder 1 ts Baking soda
1 ts Ground cinnamon 1 ts Ground ginger
1/2 ts Salt 1 c Chopped walnuts
1 c Golden raisins 1 c Chopped dates

FROSTING

3 3/4 c Powdered sugar 1/3 c Orange juice
2 tb Butter, melted

In a large mixing bowl, cream butter and sugar. Add molasses, egg and milk; mix well. Combine the flour, baking powder, baking soda, cinnamon, ginger and salt; gradually add to creamed mixture. Stir in walnuts, raisins and dates. Chill for 30 minutes. Roll dough out on a lightly floured surface to 1/4" thickness. Cut with a 2 1/2" cutter. Place on greased baking sheets. Bake at 350 degrees 12-15 minutes. Cool completely. For frosting, beat all ingredients in a small bowl until smooth. Frost cookies.

* - To sour milk, add 1 Tbsp. vinegar to milk and let stand for 5 minutes.

Makes: 5-6 dozen

Giant Oatmeal Spice Cookies

Yield: 2 dozen

1 1/2 c Flour, all-purpose 1/2 ts Soda
1/2 ts Salt 2 ts Cinnamon, ground
2 ts Cloves, ground 2 ts Ginger; ground
1 c Butter (or marg.); softened 1 c Sugar
1 c Sugar, brown; firmly packed 2 Eggs
1 ts Vanilla extract 3 c Oats, quick-cooking; uncooked
1 c Nuts; chopped (opt.)

Combine flour, soda, salt, and spices; set aside. Combine butter and sugar, creaming well; beating in eggs and vanilla. Add flour mixture, mixing well. Stir in oats; add nuts, if desired.

Drop dough by a 1/4-cup measure 5 inches apart onto lightly greased cookie sheets. Bake at 375 degrees for 12 to 14 minutes or until lightly browned. Cool slightly on cookie sheets; remove to wire racks to cool completely.

Golden Maple Sugar Cookies

Yield: 60 cookies

2 1/2 c Sifted Flour
1 ts Baking Soda
1 ts Cream Of Tarter
1/4 ts Salt
1 1/3 c Butter Flavored Crisco
1 1/2 ts Vanilla
2 tb Pure Maple Syrup
2 c Sugar
2 Egg Yolks

Sift together the Flour, Soda, Tarter, and Salt, and set aside. Cream (Beat) the Crisco, Vanilla, and maple syrup until well mixed, then add the sugar gradually creaming until light and fluffy. Add Egg yolks one at a time and beat well after each is added. Slowly add the Sifted dry ingredients and beat until just blended. Make Balls 1 1/2 inch (Approx) in Diameter and place 2 inches apart on an ungreased cookie sheet. Bake at 350 degrees for 9 to 11 min or until the edges just start to turn golden brown. Allow to cool at least two min on the sheet before removing to a rack until completely cool.

Lemon Butter Cookies

1/2 c Granulated sugar
1/2 c Powdered sugar
3/4 c Butter or margarine, softened
1/4 c Oil
1 tb Grated lemon peel
1 tb Lemon juice
1 Egg
2 1/2 c All-purpose flour
1/2 ts Cream of tartar
1/2 ts Baking soda
1/4 ts Salt
Yellow decorator sugar

Beat the sugars, butter and oil in a large bowl until light and fluffy. Add the lemon peel, lemon juice and egg and blend well. Stir in the flour, cream of tartar, baking soda and salt; mix well. Cover with plastic wrap and refrigerate for 1 hour for easier handling.

Heat the oven to 350F. Shape the dough into 1-inch balls and roll in the decorator sugar. Place the balls 2 inches apart on ungreased cookie sheets. Bake for 7 to 12 minutes or until set. Remove immediately from the cookie sheets.

NOTE: "These lemony morsels are more tender when made with butter, but margarine is an acceptable alternative." Makes 3 1/2 dozen.

Molasses Sugar Cookies

Yield: 36 servings

3/4 c Shortening, melted
1 c Sugar
1 Egg
1/4 c Molasses
2 ts Baking soda
2 c All purpose flour
1/3 ts Cloves
1/2 ts Ginger
1 ts Cinnamon
1/2 ts Salt

Melt shortening; allow to cool. Add sugar, egg and molasses to shortening. Sift flour, soda and spices together. Mix all together and form into 1 inch balls, roll in granulated sugar and place on cookie sheet 2 inch apart. Bake 6 to 8 minutes in 350 degree oven. If taken out of oven when shiny, cookie will be softer. Leave on pan 1 minute before removing after taking out of oven.

Old Fashioned Peanut Butter Cookies

Yield: 24 Servings

2 1/2 c Flour
1 ts Baking powder
1 ts Baking soda
1/4 ts Salt
1 c Butter or Margarine
1 c Peanut Butter
1 c Sugar
1 c Packed Brown Sugar
2 Eggs
1 ts Vanilla extract

Stir flour, powder, soda and salt; set aside. In large bowl with mixer at medium speed, beat butter and peanut butter until smooth. Beat in sugars until blended, then eggs and vanilla. Add flour mixture; beat until well blended. If necessary, chill dough. Shape into 1-inch balls. Place 2 inches apart on ungreased cookie sheets. Flatten slightly and decorate with candied cherries, or flatten with fork dipped in colored sugars. Bake in 350F oven 12 minutes or until lightly browned. Remove from cookie sheets. Cool on rack. Makes 6 dozen.

30 Great BBQ Sauces

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Honey Spiced BBQ Sauce

1 1/4 c Catchup	2 tb Dry mustard
2/3 c Salad oil	3 ts Ginger, fresh grated
3/4 c Vinegar	1 ea Lemon, sliced thinly
5 tb Worcestershire sauce	3 tb Butter
1 c Honey	

Combine all ingredients in a saucepan and heat to blend together.

Hot Barbecue Sauce

1 1/2 c Tomato juice	1 Garlic clove,peeled
1/3 c Brown sugar	1/4 c Cider vinegar
1 Onion slice,thick	1 t Chili powder*
1/4 Green pepper,seeded	1 T Prepared mustard
1 Celery stalk	

* - more if preferred.

1. Combine ingredients in a saucepan and let steam; keep just under simmering point for about 30 minutes. Remove and discard onion, green pepper, celery, and garlic.

2. Brush sauce on meat or chicken during last 15 minutes of cooking. If desired, spoon additional sauce over cooked meat when serving.

Hot Georgia BBQ Sauce

1/2 c Lemon juice	1/3 c Vinegar'
1/4 c Ketchup	1/4 c Water
1 tb Brown sugar	1 ts Salt
1 ts Dry mustard	1 ts Paprika
1/2 ts Pepper	1/2 ts Cayenne
1/2 ts Onion powder	1/8 ts Garlic powder
1 ts Tabasco sauce	2 tb Butter

Combine all ingredients in a saucepan. Heat to boiling point. Use for barbecuing chicken, pork, veal, beef or lamb.

Layo Barbecue Sauce

3/4 qt Catsup	4 tb Lemon juice
1 ts English mustard	1 Bay leaf
1 ts Freshly ground black pepper	4 tb Sharp salad dressing
1 tb Worcesteshire sauce	3/4 c Maple syrup
1 Clove garlic	1 c Butter
1/2 md Onion	Chili powder

Mix, bring to a boil and simmer one hour. Remove onion and bay leaf.

Barbecue Sauce

1/4 c Bacon drippings or margarine	2 tb Chili Powder
1 c Ketchup	1 ts Dry mustard
1/2 c Molasses	1/2 ts Salt
2 tb Worcestershire Sauce	1/2 ts Cayenne Pepper or Red Pepper
1/4 c Wine vinegar	1/2 ts Garlic Powder
2 c Water	

In a saucepan, combine Bacon Drippings, Ketchup, Molasses, Worcestershire Sauce and Vinegar. Begin cooking over low heat. Slowly stir in the water. Add the remaining ingredients, mixing well. Raise the temperature to medium high and bring the sauce to a boil. Reduce heat and simmer for 30 minutes. Let sauce cool and stand at room temp. for an hour or more.

When ready to serve, reheat. Serve warm over barbecued meats. Sauce will keep refrigerated for several weeks.

Teriyaki Marinade & BBQ Sauce

1 c Soy Sauce	1/2 ts Powdered Ginger
1 c Water	1/2 ts Garlic Powder
2 tb Vinegar	1 ts Hot Pepper Sauce, opt'l
2 tb Brown Sugar	2 tb Corn Starch
1 ts Dry Mustard	

Whisk together all the ingredients except the corn starch. Marinate the meat long enough to flavor and tenderize- 1 hr for young chicken breasts or fish, overnight for round steak and up to 5 days for some game cuts.

BBQ and baste with the marinade. Make a slurry of the starch and a little water and whisk into the marinade. Bring to a boil, stirring as the sauce thickens. Serve with the BBQ'd meat.

Oak Sauce

4 Dried new mexico red chilies	1 1/2 ts Sea salt
4 Dried chipotles	1/4 c Straight bourbon
2 Fresh habanero ; stemmed	2 c Red wine vinegar
6 md Garlic cloves	1/4 c Fresh lemon juice
1/3 c Fresh rosemary ; loosely packed	1/4 c Onion ; chopped

Preparation Time: 0:25 Preheat oven 250 degrees. Dry roast the dried chilies until you smell them, about 3 minutes. Submerge them in a pot of hot water and soak them until soft, about 20 minutes. Put all ingredients in blender and give it hell for 3-4 minutes. Pour into mason jar. Joe's soak sauce improves with age and will last several weeks. I have also frozen it.

Barbecue Sauce

1/4 c Ketchup	1 ts Paprika
1 c Tomato juice	1/8 ts Ground cayenne pepper
1/4 c Vinegar	1 ts Dry mustard
1/2 c Water	1 ts Salt
2 ts Worcestershire sauce	2 ts Brown sugar
1/4 ts Chili powder	1/2 c Chopped onion
1/4 ts Garlic salt	

Combine all ingredients and simmer 15 minutes. Sufficient for 3 lbs. of ribs.

Barbecue Sauce for a Crowd

54 oz Bullseye or KC Masterpiece hickory smoke Barbecue sauce	
7 Lemons; juiced	2 tb Worcestershire sauce
3 1/2 qt Tomato sauce	1/2 c White kayo syrup
4 ts Dry mustard	1 tb Black pepper
2 tb Garlic powder	1 ts Cayenne pepper
2 tb Onion powder	4 tb Oil or margarine
1 c Brown sugar	

Mix all ingredients and heat thoroughly to blend flavors, maybe 15 min on lowest heat. Cool. Baste on meat last 10 minutes only, or serve with meat. Keeps well in fridge.

Kansas City - Style Sauce

3/4 c Light brown sugar, packed	1/4 ts Mace, ground
1 ea 1 1/4 oz package regular flavor chili seasoning	1/4 ts Black peppper, fresh ground
1 c White distilled vinegar	2 ts Dry mustard
1/4 c Molasses	1 ts Ginger, ground
1/4 c Water	1/2 ts Allspice, ground
32 oz Ketchup	1/4 ts Cayenne pepper
3 ts Liquid smoke (optional)	

In a large saucepan, combine the brown sugar, chili seasoning, mustard, ginger, allspice, cayenne, mace, and black pepper. Add the vinegar, molasses, water, and liquid smoke, if using. Stir until dry ingredients are dissolved. Add the ketchup and stir to mix.

Bring to a boil over high heat, stirring constantly to avoid spattering. Reduce the heat to low, cover, and simmer for 30 minutes. Remove from the heat and let cool to room temperature. Use immediately or cool to room temperature, cover, and refrigerate for up to 1 week.

Kinda Karolina Sauce

1 c Prepared mustard	1/4 c Salt
1 c Vinegar	1 c Water
1/4 c Ground red pepper	

Bring to a boil. Pour over anything that isn't moving or mooing...

KY Colonels Secret Pork BBQ Sauce

2 1/2 c Water	1 Clove garlic, minced
1/4 c Vinegar	1 ts Red pepper
1 tb Sugar	2 ts Chili powder
3 ts Pepper	1 ts Red pepper sauce
2 tb Butter	1 ts Dry mustard powder
3 ts Salt	3 tb Worcestershire sauce
1/4 Chopped onion	

Combine all ingredients in a saucepan. Bring to a boil, stirring constantly. Reduce heat and simmer for 5 minutes. Cool overnight, warm before using. Start basting meat with this at the beginning of the cooking process. Baste and turn until pork registers 170 degrees on a meat thermometer (takes about 20 minutes for country ribs.)

Ol' Fashion Barbecue Sauce

1 Stick butter	1/4 c Chili powder
3 Cloves garlic -- minced	1/4 c Vinegar
1 Onion -- chopped	1 Lemon -- diced
Salt -- to taste	Pepper -- to taste
1/2 c Worcestershire sauce	1/2 c Brown sugar
1 lg Can Tomato juice	4 c Catsup
1 lg Can V-8 vegetable juice	

Saute garlic, onion and lemon in butter until tender, then add remaining ingredients. Simmer about 2 hours or until sauce thickens.

Moppin' Sauce

1 c Cider vinegar	5 tb Worcestershire Sauce
3 ea Cloves garlic, minced	2/3 c Vegetable oil
3 tb Ginger, grated	3 tb Butter
2 tb Dry mustard	1 ea Lemon, thinly sliced, with peel on

Combine all ingredients in a saucepan and heat until flavors are nicely blended, about 15 minutes. After it cools, strain the lemon slices out.

Missouri Barbecue Sauce

2 tb Oil	1 tb Chili powder
3/4 c Cider vinegar	1 ts Dry mustard
1 ts Garlic; finely minced	1 ts Paprika
1/2 ts Sugar	1/2 ts Ground cumin

Combine all ingredients, heat to boiling and allow to cool. Let set for at least one hour for flavors to blend.

Molasses Orange Barbecue Sauce

1 cn Tomato soup, condensed -10 3/4 oz size	1 tb Seasoned salt
1 tb Dry mustard	1 cn Tomato sauce, 8 oz can
1 tb Worcestershire sauce	1/2 c Molasses, light
1 tb Orange peel, finely shredded	1/2 c Vinegar
1 1/2 ts Paprika	1/2 c Brown sugar, packed
1/2 ts Pepper, black	1/4 c Vegetable oil
1/4 ts Garlic powder	1 tb Minced onion, instant

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

Mustard Based Central South Carolina BBQ Sauce

3 T Peanut Oil	2 T Honey
2 ea Minced Garlic Cloves	1 T Brown Sugar
1 ea Minced Onion	2 t Dry Mustard
1/2 c Catsup	1 t Ginger
1/3 c Apple Cider Vinegar	1 pn Salt
2 T Lemon Juice	

Combine ingredients and set aside. Grill meat (do not add anything). During the last 4-10 minutes baste with this sauce. Boil the remaining sauce and spoon 2 T's onto each plate, adding the meat portion.

N.C. Basting Sauce

2 c Vinegar, cider	1 tb Worcestershire sauce
1 tb Tabasco sauce	1 tb Chili powder
2 tb Paprika	1 c Water
3 tb Salt	

Combine all ingredients and let sit for an hour or more at room temperature to let flavors combine and mature.

New Orleans Barbeque Sauce

1 ea Onion, large, chopped	3 c Tomato puree
3 tb Oil	1/2 c New Orleans Molasses
3 ea Cloves garlic, minced	1/4 c Vinegar
1 ts Dry mustard	1 ds Angostura bitters
1 ts Thyme	2 tb Worcestershire sauce
1 ts Oregano	1 tb Salt
1/2 c Water	3 tb Brown sugar
1/4 c Sweet pickle, chopped	

Cook onion in oil over moderate heat until transparent. Add minced garlic and cook 1/2 minute. Add remaining ingredients and bring to a boil. Simmer 10 minutes. Makes an excellent sauce for chicken, spareribs, or hamburgers. Any leftover sauce can be stored in the refrigerator for later use.

No Salt Barbecue Sauce

1/4 c Vinegar	1 c Hunts no salt tomato sauce
1 ts Sugar or 2 packets of equal	1 tb Worcestershire sauce
1 ts Celery seed	3 ds Tabasco
1 ts Dried onion	1 c Water
1/4 ts Liquid smoke	

Combine all ingredients. Heat to boiling, then simmer 30 minutes. Optional: add a squeeze or two of lime juice.

North Carolina-Style Barbecue Sauce

1 c White vinegar	1 c Cider vinegar
1 tb Sugar	1 tb Red pepper flakes, crushed
1 tb Tabasco sauce	Salt; to taste
Black pepper	

In a non-corrosive container, combine all ingredients and mix well.

Eastern North Carolina Rub & Sauce

-----RUB-----
2 ts Salt 2 ts Black pepper
2 ts Brown sugar 1 ts Cayenne pepper
2 ts Cumin 1/4 c Paprika
2 ts Chile powder

-----SAUCE-----
1 c White vinegar 1 tb Red pepper flakes
1 c Cider vinegar 1 tb Tabasco
1 tb Sugar 1 tb Black pepper

Use rub on meat and allow to set until rub looks moist. For sauce, blend all ingredients and allow flavors to blend.

Western North Carolina Smoked Pork Sauce

1 c Ketchup 1/4 c Onion, minced
1 c Brown sugar, packed 1 ts Pepper Sauce
1/2 c Lemon juice 1 ts Worcestershire sauce
1/4 c Butter

Combine all ingredients and simmer for 30 minutes. Reduce heat and simmer for another 30 minutes. Use as a dipping sauce.

Oriental BBQ Sauce

4 T Toasted sesame seeds 1/3 c Oil
1 T Peanut butter 1/3 c Sherry
4 T Brown sugar 1 t Grated ginger (amount ??)
2 T Curry powder 1 T Minced garlic
1/2 c Soy sauce 4 Green onions chopped, white only
1 T Pepper

Place first 8 items in blender and blend 45 seconds. Stir into bowl with ginger, garlic & onions. Use to marinate chicken.

Pungent BBQ Sauce

1 c Olive oil	1 tb Basil
6 Cl Garlic; chopped	1 tb Chili powder
1 c Onion; minced	1/4 c Parsley; chopped
1 c Green pepper; minced	1 c Red wine
1 c Tomatoes peeled and chopped	1 c Beef stock
2 Celery; minced	1 c Tomato puree
2 tb Red win vinegar	1 1/2 ts Salt
2 ts Pepper	

Saute the garlic in the oil until browned and almost crisp. Add the onions and cook until tender but not browned. Add green pepper, tomatoes, celery, basil, chili powder, stock and vinegar. Cover and let simmer for 40 min., then run the mixture through a blender or food processor. Add the remaining ingredients and simmer for at least 10 min., the longer this sauce simmers the better it makes it.

To serve this sauce can be used either hot or cold for basting or serving on the table. Makes 5 1/2 cups and can be stored in the refrigerator covered.

Quick BBQ Sauce

1/4 c Onion -- finely chopped	2 tb Butter
1 c Ketchup	1/4 c Brown sugar
1/4 c Lemon juice	1 tb Worcestershire sauce
1 ts Mustard	1 Clove garlic -- finely chopped
1/2 ts Tabasco sauce -- to taste	

In a small saucepan, cook onion and garlic in butter until tender. Add remaining ingredients bring to boil. Reduce heat, simmer uncovered 15 to 20 min. Use as a basting sauce for chicken, pork or beef. Can be made in microwave.

Ranch Barbecue Sauce

1 c Catsup	1 ts Salt
1/3 c Worcestershire sauce	1 ds Tabasco sauce
1 ts Chili powder	1 c Water

Combine all ingredients. Heat to boiling; simmer 30 minutes. If sauce gets too thick, add small amount of water. Use to baste ribs, etc.

Red Hot Barbecue Sauce

1/4 c Molasses	1/2 c Pineapple juice
1/4 c Prepared mustard	1/4 c Worcestershire sauce
1/4 c Packed brown sugar	1/2 ts Tabasco sauce
3/4 c Vinegar	

Put molasses, mustard, and brown sugar into a small bowl; stir to mix well. Add remaining ingredients; mix well. Makes about 2 cups.

Pineapple Cranberry Barbecue Sauce

1 ea 12 oz jar of pineapple preserves
1/2 c Chili sauce
1/2 c Whole Cranberry sauce
1/3 c Vinegar

Combine all ingredients. Use to baste pork, poultry or sweet potatoes last 15 minutes of grilling.

Secret Basting Sauce

1 c Texas beer	1/4 c Wine vinegar
2 tb Liquid smoke	1/4 ts Tabasco
2 tb Soy Sauce	

Mix all ingredients in a shaker-type bottle. Shake liberally on ribs, chops, etc. while cooking.

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Barbecued Meat Balls

Ingredients:

1 lb. of Hamburger	1 cup of dry breadcrumbs
1/2 cup of milk	1/2 tsp. of Pepper

Mix the above ingredients together and make into balls.

Sauce:

1/2 tbsp. of Worcestershire sauce	1 tbsp. of Sugar
1/2 cup of water	1/2 cup of catsup
1/4 cup of vinegar	1/2 cup of chopped bell peppers
1/2 cup of chopped onion	

Mix the ingredients for the sauce together and pour over meatballs and bake uncovered for 45 minutes at 350 degrees.

Wellington Meat Loaf

Meat Loaf Ingredients:

- 2 eggs, beaten
- 1/4 cup of milk
- 1/4 cup of catsup
- 1 – 1 3/8 oz. package of dry onion soup mix
- 1 tablespoon of chopped parsley
- 2 slices of bread torn into pieces
- 2 lbs. of a mixture of ground beef, veal, and pork
- 1 – 7/8 oz. package of mushroom gravy mix

Pastry Ingredients:

- 1/2 cup plus 2 tablespoons of all purpose flour
- A dash of salt
- 1 tablespoon of shortening
- 2 tablespoons of butter cut into pieces
- 1 1/2 to 2 tablespoons of cold water

Combine the flour and salt in a mixing bowl. Cut in the shortening, then cut in the butter until mixture resembles coarse meal. Stir in the water with a fork. Wrap the dough in wax paper and chill for 30 minutes. Place dough on a floured surface and roll to about 1/8" thick. Combine the eggs, milk, catsup, the onion soup mix and mix well. Add to the meat mixture and mix thoroughly. Place the meat mixture into a 13" X 9" X 2" pan and shape into a loaf. Center the pastry over the meat loaf, tucking the pastry around the bottom of the meat loaf to seal in the juices. Prick the top of the pastry with a fork. Bake at 350 degrees for 1 hour and 15 minutes. Prepare the mushroom gravy according to the package directions and serve over the meat loaf.

Salisbury Steak

Ingredients:

1/2 cup of chopped onion
3 tsp. of Oil
2 lb. of Ground beef
1 cup of breadcrumbs
2 Eggs, slightly beaten
Pepper
1/2 cup water
2 (10 oz.) cans of cream of mushroom soup

Fry the onions in the oil until tender. Add to onions, 1/3 of the soup, breadcrumbs, eggs, and pepper to the ground beef. Mix and form the ground beef into patties. Cook in pan until almost done and drain. Blend the remaining soup with water and pour over meat. Simmer until done.

Swiss Cheese Meat Loaf

Ingredients:

1 lb. of Ground beef
1/4 cup of chopped onion
1/2 cup of dry breadcrumbs
1 egg
2 cans of tomato sauce
3/4 cup milk
1 teaspoon of salt
1/4 teaspoon of pepper
1/4 teaspoon of thyme
8 slices of Swiss cheese

Mix all the ingredients except the cheese together in a bowl. Put half of mixture in greased loaf pan. Layer the cheese on top of the meat mixture. Then put the rest of the meat mixture on top of the cheese. Bake at 350 degrees for 1 to 1 1/2 hours. If you like put some catsup on top of the meat loaf before you bake it for added flavor.

Lemon Steak

Ingredients:

2 pounds boneless round steak
2 eggs beaten
1 tsp. Grated lemon rind
3 tbsp. Lemon juice
3/4 tsp. Salt
3/4 tsp. Pepper
1 1/2 cups breadcrumbs
Vegetable oil

Trim fat off the steak and cut into serving size pieces. Mix together the eggs, lemon rind, lemon juice, salt and pepper. Mix well and dip the steaks into the mixture. Next cover with the breadcrumbs and cook in hot oil until done.

Beef With Mushroom Sauce

Ingredients:

1/4 lb. of butter
1 lb. of mushrooms cleaned and halved
1 cup of chopped scallions
2 teaspoon of minced garlic
2 tablespoons of tomato paste
1/2 teaspoon of Thyme, crumbled
Bay leaves
1-1/2 cups of beef broth
1/4 cup of red wine
1 cup of tomato puree
Salt to taste
1/2 teaspoon of black pepper
1-1/2 to 2 lbs. of cooked beef, in bite size pieces

In a large pan melt the butter and add the mushrooms and cook until they are soft. Next add all the other ingredients except the beef and simmer over low heat for 1 hour. Stir in the beef and cook until the beef is hot all the way through.

Marinated London Broil

Ingredients:

1/2 cup of mayonnaise
1/3 cup of soy sauce
1/4 cup of lemon juice
2 tablespoons of prepared mustard
1 clove of garlic, minced
1/2 teaspoons of ground ginger
1/4 teaspoons of black pepper
1 London broil (about 3 pounds 2 inches thick)

In a dish mix together the mayonnaise, soy sauce, lemon juice, mustard, garlic, ginger and pepper. Pour over the London broil covering all sides. Cover and marinate for several hours in the refrigerator. Place in a broiling pan and broil about 6 inches from heat, turning once. Cook for about 25 to 30 minutes or to desired doneness.

Zesty Pot Roast

Ingredients:

1 (8-ounce) bottle Italian salad dressing
1 (4 pound) roast
1 (10 1/2-ounce) can beef broth
1 cup of water
6 carrots cut into 1 1/2 pieces
1 (10-ounce) package frozen cut green beans
All-purpose flour

Pour the salad dressing over the roast and cover and refrigerate for at least 8 hours. In a Dutch oven put the roast saving the salad dressing add the beef broth and water. Cover and simmer for about 2 hours. Next add the carrots and cook for 5 minutes then add the green beans and the salad dressing and cook for 20 to 25 minutes more. Remove the roast and vegetables. Measure the liquid and put back in the Dutch oven. Combine 1-tablespoon flour for every cup liquid and 2 tablespoons water. Stir well until thick and bubbly. Serve with the roast.

Country Style Steak

Ingredients:

2 pounds of cube steak
flour
salt
pepper
1 can cream of chicken soup
2 cups water

Salt and pepper the steak and roll in the flour. Pour about 1/2 inch cooking oil in frying pan and heat. Add the steak and brown on each side. Place in crock pot. Mix the soup with 2 cups of water and pour over the steak. Cover the crock pot and simmer for about 2 hours or until tender.

Beef Stroganoff

Ingredients:

2 lbs. of steak sliced into thin strips about 3" long
1/2 cup of finely chopped onion
1/2 teaspoon of chili powder
1/2 teaspoon of cumin
1/2 teaspoon of garlic powder
Salt to taste
1 dash of black pepper (or to taste)
16 ounces of sour cream
2 tablespoons of corn starch

Season meat with garlic powder, black pepper, and salt. Brown meat in saucepan in amounts small enough that the meat will brown well. After all meat is browned put it all back in the pan and add 1 cup water. Lower heat to simmer. Add onion, chili powder, and cumin to simmering mixture. Simmer for about 1 hour adding small amounts of water to keep meat half immersed in liquid.

Mix corn starch with a small amount of cold water and stir into meat mixture. Just before serving, blend in sour cream. Serve over egg noodles or rice.

Delightful Ham Rolls

Ingredients:

1/2 lb. of Margarine softened
3 Tbsp. of Mustard
3 Tbsp. of Poppy seed
1/2 of an onion grated
1 pkg. of Party rolls
1 lb. of Ham sliced thin
1/3 lb. of Swiss cheese
1/3 lb. of Mozzarella cheese

Combine margarine, mustard, poppy seed, and the onion. Split the party rolls and spread the mixture on the top and bottom of the rolls. Fill the rolls with ham and cheese slices. Wrap with foil and bake at 400 degrees for 10 minutes.

Pork Chops With Sweet Potatoes

Ingredients:

6 Pork chops 1 1/2 inches thick
2 tbsp. Flour
Tbsp. Oil
Sweet potatoes
Salt
Pepper

Boil the potatoes for 20 minutes, peel and cut into 1/2-inch slices. Lightly dust the pork chops with the flour salt and pepper. In a pan heat the oil and brown the pork chops for about 1 minute on each side. Next add the potatoes and cover, finishing cooking for 30 minutes.

Strawberry Glazed Ham

Ingredients:

1, 5 to 7 pound fully cooked ham
1-1/2 cups strawberry preserves
1/3 cup of prepared mustard
1/4 cup of lemon juice

Trim the skin from the ham. In a roasting pan put the ham fat side down and bake for 1 to 2 hours at 325. While the ham is cooking in a small pan combine the preserves mustard and lemon juice. Over low heat cook until well blended. In the last 20 minutes of the ham baking brush with 1/2 cup of the strawberry glaze. Use the rest of the glaze for a sauce.

Elegant Chicken Casserole

Ingredients:

1 pound of chicken breasts cut into 2" chunks
2 cans of cream of chicken soup
1 cup of white wine
1 small package of Pepperidge Farm herb stuffing mix
1/2 cup of melted butter

Layer the chicken chunks in a 9" X 13" baking dish. Mix the soup and wine together and pour over the chicken. Layer the stuffing mix on top of the chicken and drizzle the melted butter over the stuffing mix. Bake at 350 degrees for 30 minutes.

Fast Chicken "N" Dumplings

Ingredients:

1 pkg. of boneless chicken breasts
1 ctn. of canned biscuits
1 can of cream of chicken soup
1 Tbsp. of Poultry seasoning
Salt
Pepper
2 Tbsp. of Butter

Boil chicken until tender. Add salt and pepper to taste. Remove the chicken breasts from broth and set aside. Add the cream of chicken soup, butter, and poultry seasoning to the broth and bring to a boil. Drop small pieces of the canned biscuits in the broth and boil until done. Remove the skin from the chicken and separate into small pieces and put in the broth.

Crispy Baked Chicken

Ingredients:

1/2 c. mayonnaise
1 Tbsp. of Lemon juice
1/2 tsp. of Worcestershire sauce
1/8 tsp. of Garlic powder
1/8 tsp. of Black pepper
3 lb. Frying chicken
1 1/3 c. of Italian bread crumbs

In a small bowl combine the mayonnaise, lemon juice, Worcestershire sauce, garlic powder, and the black pepper. Dip chicken and coat on all sides with the mixture. Put the bread crumbs in a large plastic bag. Put 1 piece of the chicken at a time into the bag and shake to coat chicken. Put the chicken into a glass baking dish or broiler pan. Bake at 425 degrees for 40 minutes or until golden brown and tender.

Easy Chicken Pie

Ingredients:

4 large chicken breasts, cooked and deboned
1 can of cream of chicken soup
1 can of chicken broth
1-cup of self-rising flour
1-cup of milk
1 stick of margarine, melted

Cut the cooked chicken into small pieces. Put chicken into a shallow casserole dish and add the cream of chicken soup and chicken broth. In a separate bowl mix the flour, milk, and the margarine. Pour mixture evenly over chicken and bake at 375 degrees for 1 hour. You may also add any vegetables you like to the pie.

Spicy Barbecued Chicken

Ingredients:

2 cups of apple cider vinegar
1/2 cup of barbecue sauce
1/4 cup of vegetable oil
1 tablespoon of crushed red pepper
1/2 teaspoon of salt and pepper
1/2 teaspoon of ground red pepper
2 broiler-fryers, quartered

In a pan mix together the cider vinegar, barbecue sauce, vegetable oil, crushed red pepper, salt, pepper, and the red pepper. Bring to a boil and reduce heat and simmer for 2 to 3 minutes. Set sauce aside. Put the chicken skin side up on the grill and grill for about 15 minutes. Dip the chicken into the sauce and return to the grill and grill until the chicken is done. Basting with the sauce every 10 minutes.

Turkey Cranberry Loaf

Ingredients:

1 (12-ounce) container of cranberry-orange sauce
1-1/2 pounds of ground turkey
1-1/2 cups of bread crumbs
1/4 cup of lemon juice
1 egg
1 tablespoon of chicken flavored instant bouillon
1-1/2 tsp. of poultry seasoning

Preheat oven to 350. In a large bowl mix together the cranberry orange sauce (save 1/2 cup), turkey, breadcrumbs, lemon juice, egg, bouillon and poultry seasoning and mix well. Press into a 9-inch pie plate and bake for 50 minutes. Top with the remaining sauce.

Barbecued Fish

Ingredients:

1 small onion, chopped
1 tablespoon of brown sugar
1/4 cup of cider vinegar
2 tablespoons of catsup
2 tablespoons of dry mustard
1 teaspoon of worcestershire sauce
1/4 teaspoon of ground cloves
1 teaspoon of chili powder
1/4 teaspoon of cayenne pepper
1 1/2 lbs. Firm, whitefish fillets
- such as Red Snapper or Halibut

Combine all of the sauce ingredients in a pot, place over medium heat and boil until reduced to a thin syrup. Pour the syrup through a strainer, discard the cooked ingredients in the strainer and chill the syrup. Place fish steaks or fillets in a baking dish and spoon some of the syrup over. Marinate in the refrigerator for 1 hour. Cook the fish on a hot grill, basting with a teaspoon of barbecue syrup on each side.

Calico Beans

Ingredients:

1 lb. of Ground beef
1/2 lb. of Bacon (fry first and drain off fat and chop into small pieces)
1 onion chopped
1/2 cup of catsup
1 tsp. of Salt
3/4 cup of brown sugar
1 tsp. of Dry mustard
2 tsp. of Vinegar
1 16 oz. can of Pork and beans
1 16 oz. can of Kidney beans
1 package of frozen Lima beans

Brown the hamburger and bacon and add the onion and cook slightly. Add the remaining ingredients except the beans and bring to a boil. Add the beans and mix well. Bake in a casserole dish for 30 minutes at 350 degrees.

Baked Beans

Ingredients:

2 - 16 ounce cans of Pork & Beans
1/4 cup of brown sugar
1/3 cup of chopped granny smith apples
8 strips of bacon
1/3 cup of bottled bar-b-que sauce
1/4 cup of golden raisins
1/2 cup of chopped onion

Drain pork and beans and place into oven-proof bowl. Add the chopped onion, apples, brown sugar, raisins, and the bar-b-que sauce to the beans. Mix together and lay bacon strips on top. Place in covered baking dish and bake at 350 degrees for 1 to 1 1/2 hours.

Broccoli Casserole

Ingredients:

2 10 oz. Pkgs. of frozen Broccoli
1 cup of mayonnaise
1 cup of grated sharp cheddar cheese
1 can of cream of mushroom soup
2 eggs beaten
1 medium onion chopped
1/2 pkg. Herb stuffing mix
3/4 stick of butter
Salt and pepper to taste

Cook the broccoli, drain, and chop into small pieces. Combine the mayonnaise, egg, onion broccoli and soup. Place into a casserole dish and sprinkle the cheese on top. Melt the butter, combine with the stuffing mix and put on top of the casserole. Bake for 40 to 45 minutes at 350 degrees.

Carolina Country Slaw

Ingredients:

1 large cabbage, shredded
1 bell pepper, diced
1 onion, diced

Mix the pepper and onion together. Layer the cabbage and pepper and onion mix in a large mixing bowl. Pour 1 ½ cups sugar over this. Mix the following ingredients together and bring to a boil.

1 cup of vinegar
3/4 cup of oil
1 tsp. of Salt
1 tsp. of celery seed
2 tsp. of Mustard
1 tbsp. Plus 1 tsp. of Sugar

Pour this over the cabbage, pepper, and onion and do not stir. Cover tightly and refrigerate for 4 hours. Tastes really good if refrigerated all night!

Spiced Up Carrot Strips

Ingredients:

5 large carrots, julienned
2 tbsp. of Butter
1 tbsp. of Sugar
1 tsp. of Salt
1/4 tsp. of ground cinnamon

Place the carrots in a pan and cover with water, and cook until tender and drain. Combine the butter, sugar, salt, and cinnamon and pour over the carrots and toss to coat. Serve immediately.

Sautéed Mushrooms

Ingredients:

1/4 cup of butter
1 lb. of Mushrooms
Lemon pepper (to taste)
1/2 cup of water
1/2 cup of cooking wine
1 beef bouillon cube

Sauté the mushrooms and lemon pepper in the butter until the mushrooms are slightly brown. Add the water and cooking wine and bring to a boil. Add the beef bouillon cube and cook until thickened.

Fried Okra

Ingredients:

1 pound of fresh okra
1/2 cup of self rising flour
1 cup of self rising cornmeal
1 cup of vegetable oil for frying

Wash the okra in cold water and dry with a paper towels. Remove the tops and stems and cut the pods into 1/2 inch long pieces. Mix the cornmeal, flour, and salt together in a mixing bowl and add the okra. Stir the okra and cornmeal mixture together making sure to completely coat the okra pieces on all sides and then let it stand for a few minutes and then stir again. Once the okra is completely coated shake the bowl to allow the left over breading to settle to the bottom. Heat the vegetable oil over medium high heat in a large frying pan. Place the breaded okra into the pan fry until browned on all sides. Remove the fried okra from the pan and drain on paper towels before serving.

Onion Pie

Ingredients:

1, 9-inch pie shell
1/4 cup of Italian dressing
2 tablespoons of butter or margarine
2 large onions, thinly sliced
1 cup of shredded cheddar cheese
2 teaspoon of sage
1 teaspoon of dried marjoram leaves, crushed
1/8 teaspoon of black pepper
2 eggs
1/2 cup of heavy cream

Preheat oven to 400. Pierce the bottom of pie shell with fork. Bake 8 minutes or until lightly brown. Cool the pie shell completely. In a large pan on medium heat, heat the Italian dressing and butter add the onions and cook until the onions are tender. Fill the pie shell with the cheese and pour the onion mixture in. Meanwhile in a bowl beat the eggs, cream, sage, marjoram and pepper and pour over the onions. Bake 35 minutes or until golden brown.

Sweet Potato Soufflé

Ingredients:

1 large can of sweet potatoes, drained
1 cup of sugar
3/4 stick of butter, melted
1/2 teaspoon of cinnamon
1/2 teaspoon of nutmeg
1/2 cup of milk
2 eggs

Combine all ingredients in a large bowl and beat with an electric mixer until smooth. Pour into a casserole dish and bake for 20 minutes at 400 degrees.

Topping Ingredients:

3/4 cup of corn flake crumbs
3/4 stick of butter
1/2 cup of chopped pecans
1/2 cup of brown sugar

Mix all of the topping ingredients together and spread over the baked sweet potatoes. Return to the oven and bake for 10 minutes at 400 degrees.

Spinach Casserole

Ingredients:

2 pkg. of frozen Chopped spinach
1/2 to 3/4 stick of margarine
8 oz. of Cream cheese
Parmesan cheese
Breadcrumbs

Cook the spinach according to package directions and drain off the water. Melt the cream cheese and margarine over low heat. Mix the spinach, cream cheese and margarine together and place into a casserole dish. Sprinkle with the Parmesan cheese and a little more heavily with the breadcrumbs. Bake for 10 to 15 (will be bubbly) at 350 degrees.

Pan Fried Squash

Ingredients:

6 medium yellow squash
1 cup of corn meal or flour
Salt to taste
2 tbsp. of vegetable oil
1/2 cup of sugar

Cut the squash into slices and salt. Dredge with the meal or flour. In a pan heat the vegetable oil. Add the squash and sprinkle the sugar and fry slowly until they are brown turning several times.

Fried Green Tomatoes

Ingredients:

4 medium tomatoes
1 cup of corn meal
2 tbsp. of Bacon drippings
Salt and pepper

Cut the tomatoes into thick slices and sprinkle with the salt and pepper. Roll the tomato slices in the corn meal until both sides are covered. Heat the bacon drippings in a frying pan and add the tomatoes. Fry slowly until golden brown.

Stuffed Tomatoes

Ingredients:

2 large ripe tomatoes
1/2 pack of saltines crackers
Salt and pepper to taste
Mayonnaise to taste
Chopped onion to taste

Drop tomatoes in boiling water until the skins will peel off easily. Take a spoon and scoop out the center of the tomato. Take what you scooped out of the tomato and mix with the other ingredients. Put the tomato mixture back into the scooped out tomatoes.

No Crust Zucchini Pie

Ingredients:

4 eggs
1/2 cup of milk
1 cup of vegetable oil
3 cups of shredded or thin sliced zucchini
3/4 cup of shredded mozzarella cheese
1/2 cup of grated parmesan cheese
1 cup of Bisquick

Combine the eggs, milk, and vegetable oil and beat well. Add the zucchini and mix in evenly by hand. Fold in the shredded mozzarella and parmesan cheese. Mix the Bisquick in by hand and pour into a floured pie pan. Bake at 350 degrees for 30 to 45 minutes until done. This is delicious hot or cold.

Carolina Country Hobo Bread

Ingredients:

1 1/2 cups of raisins
2 teaspoons of baking soda
1 cup of boiling water
1 cup of sugar
1/2 cup of chopped nuts
3 tablespoons of shortening
1 egg, beaten
2 cups of flour
1/8 teaspoon of salt

Pour the boiling water over the raisins and baking soda and let stand until cool. Combine the other ingredients with the raisin mixture and bake in a greased loaf pan at 350 degrees for 60 minutes or until done.

Applesauce Nut Bread

Ingredients:

1/2 cup of shortening
3/4 cup of sugar
2 eggs
1 teaspoon of Vanilla
1 cups of white flour
1 teaspoon of salt
1 teaspoon of baking powder
1 teaspoon of cinnamon
1/2 teaspoon of nutmeg
1 cup of applesauce
3/4 cup of chopped walnuts

Grease a loaf pan and preheat oven to 350. In a large mixing bowl cream the shortening and sugar. Next add the eggs and the vanilla and mix well. In another bowl sift together the baking powder, baking soda, flour, salt, cinnamon, and nutmeg. Add this to the egg mixture stir until blended well. Next stir in the walnuts and applesauce. Put the batter into the loaf pan and bake for 50-55 minutes.

Pumpkin Bread

Ingredients:

1-1/2 cups of flour
1/2 teaspoon of salt
1 cup of sugar
1 teaspoon of baking soda
1 cup of pumpkin puree
1/2 cup of vegetable oil
2 eggs, beaten
1/4 cup of water
1/4 teaspoon of nutmeg
1/4 teaspoon of cinnamon
1/4 teaspoon of allspice
1/2 cup of chopped nuts

Preheat oven to 350. In a bowl sift the flour, salt, sugar, and baking soda. In another bowl stir together the pumpkin, oil, eggs, water, and the spices and add to the flour mixture. Add the nuts. Pour the batter into a greased loaf pan and bake for 50-60 minutes. Cool on a wire rack.

Cranberry Nut Bread

Ingredients:

1 orange
Boiling water
1 tablespoon of butter
1 egg
1 cup of sugar
1 cup of cranberries, chopped
1/2 cup of chopped walnuts
2 cups of flour
1/2 teaspoon of salt
1-1/2 teaspoons of baking powder
1/2 teaspoon of baking soda

Butter a loaf pan and preheat oven to 325. Grate the orange rind and then squeeze out the juice into a measuring cup and add boiling water to make 3/4 of a cup. Add the orange rind to 2 tablespoons melted butter. In a mixing bowl beat the eggs and add slowly the sugar, beating well. Next add the rest of the ingredients including the orange rind and mix well. Pour the batter into the loaf pan and bake of 1 hour. Cool on rack.

Peanut Butter Bread

Ingredients:

2 cups of white flour
1/3 cup of sugar
2 teaspoon of baking powder
1/4 teaspoon of salt
3/4 cup of smooth peanut butter
1 cup of milk
1 egg, beaten

Grease a loaf pan and preheat oven to 350. In a large bowl mix together the flour, baking powder, sugar and salt. Next add to the dry ingredients the peanut butter, egg, and the milk and mix until well blended. Put the batter into the loaf pan and bake for 50-55 minutes. Cool on a wire rack.

Heavenly Angel Biscuits

Ingredients:

1 package of yeast
2 tablespoons of warm water
1 cup of shortening, melted
2 cups of buttermilk
1/4 cup of sugar
5 cups of flour, sifted
1 tablespoon of baking powder
1 teaspoon of baking soda
1 teaspoon of salt

Mix the yeast and the warm water together and let stand for two minutes. Mix together the melted shortening, the buttermilk, and sugar. Stir in the yeast mixture. Mix the flour, baking powder, baking soda, and the salt together and stir into the yeast mixture. Roll out on a floured surface and cut with a biscuit cutter. Let the biscuits set for a few minutes and then bake for 15 minutes at 450 degrees.

Cheese Biscuits

Ingredients:

1 2/3 cup of plain flour
1 1/2 teaspoons of baking powder
1/2 tsp of baking soda
1/2 teaspoon of salt
2 tablespoons of butter
2 tablespoons of shortening
1/3 cup of shredded cheddar cheese
1/3 cup of buttermilk
1 egg

Combine first 4 ingredients. Cut in the butter and shortening. Add cheddar cheese, buttermilk and egg. Mix well. Roll out and cut with biscuit cutter. Place on lightly greased pan. Bake at 450 until golden brown.

Blueberry Oatmeal Drop Biscuits

Ingredients:

1 cup of unbleached flour
1/2 cup of whole wheat flour
1/2 cup of rolled oats (not instant)
1/3 cup of oat bran
1 teaspoon of baking powder
1/2 teaspoon of baking soda
3/4 teaspoon of salt
1/2 teaspoon of ground cinnamon
1/4 cup of cold unsalted butter, cut in 1/4-inch pieces
1/4 cup of granulated or firmly packed light brown sugar
1 large egg
1/2 cup of milk
1/4 cup of plain yogurt
1 cup of fresh blueberries

Preheat the oven to 400F. Lightly oil a large baking sheet. In a large bowl, combine the flours, oats, oat bran, baking powder, baking soda, salt, and cinnamon. Add the butter and cut it in with a pastry blender until it is broken into very small pieces. Stir in the sugar.

In a small bowl, lightly beat the egg, milk, and yogurt together. Make a well in the center of the dry ingredients; pour in the liquid ingredients and stir lightly. When there are only a few traces of the dry ingredients visible, fold in the blueberries.

Using about 1/4 cup of the batter for each biscuit, drop evenly spaced mounds onto the prepared baking sheet. Bake for 20 minutes, turning the baking sheet midway through so they brown evenly. Serve warm. These biscuits look and taste like oversize blueberry oatmeal cookies.

Our Favorite Southern Biscuits

Ingredients:

2 cups of all-purpose flour
3 teaspoons of baking powder
1/2 teaspoon of salt
A pinch baking soda
1/3 cup of butter
1 cup of buttermilk
Extra flour for working the dough

Preheat oven to 500 degrees. Grease a 8" round layer cake pan.

Sift dry ingredients together (except for the extra flour). Put in mixing bowl. place shortening on top, it should be quite cool. Cut in with a pastry blender or two knives.

Pour in the cup of buttermilk and stir lightly with a fork. The batter must be very moist! If it is not then add up to another 1/4 cup of buttermilk. The combination of a very hot oven, a small baking pan and very wet batter creates much steam within the biscuit which makes them rise to great height and wonderful lightness.

Empty the wet batter into the shallow bowl over the cup and a half of flour. You will be preparing your biscuits right out of this bowl. Flour your hands real good and scoop out a very large heaping table-spoon of batter into your hands(you should end up with about 10 biscuits). Roll the piece of batter around in your hands just till it takes on a round shape. Keep your hands very floury so it (the batter) doesn't even get a chance to stick) Kind of shake off the excess flour and put the biscuit in the prepared pan. The biscuits should be nestled quite snugly together.

Put the pan on a rack that has been placed in the lower center of the oven. Close quickly and bake for about 12 minutes till they are high and golden brown.

Mayonnaise Biscuits

Ingredients:

2 cups of sifted self-rising flour
1 cup of milk
2 tablespoons of mayonnaise

Grease a 12 muffin pan. Mix ingredients well and spoon evenly into the muffin tins. Bake at 425 for 18 to 20 mins. until done.

Caramel Pecan Sticky Biscuits

Ingredients for the topping:

2/3 cup of brown sugar, firmly packed
1/4 cup of light corn syrup
1/4 cup of butter, melted
1/2 teaspoon of ground cinnamon
1 cup of pecan halves

Ingredients for the biscuits:

2 cups of all-purpose flour
1 cup of uncooked Quaker Oats (quick or old Fashioned)
1/4 cup of granulated sugar
1 tablespoon of baking powder
3/4 teaspoon of baking soda
1/2 teaspoon of salt
1/2 teaspoon of ground cinnamon
1/3 cup of butter
1 cup of buttermilk

Heat oven to 425 degrees F. For the topping, combine first four topping ingredients and mix well. Spread this mixture onto the bottom of a 9-inch square baking pan. Sprinkle with the pecan halves and set aside.

For the biscuits, combine the dry ingredients and mix in the buttermilk, just until moistened. Knead gently on a lightly floured surface 5 to 7 times the pat the dough into an 8-inch square and cut with a knife into sixteen 2-inch square biscuits. Place the biscuits on top of the topping in the pan. Bake for 25 to 28 minutes or until golden brown. Let the biscuits stand for 3 minutes and then invert onto large platter and serve warm.

Corn Pone

Ingredients:

1 1/2 cups of plain corn meal
1 1/3 cups of buttermilk
2 eggs
3 tablespoons of hot vegetable oil
1/2 teaspoons of baking soda

Pre-heat oven to 425 degrees while heating the well oiled skillet over medium heat. When the oven is ready, mix all ingredients; add buttermilk to make a rather thin, but not watery batter. Pour the batter into the skillet, place in the oven, and cook until golden brown, usually 25-30 minutes.

Custard Filled Corn Bread

Ingredients:

2 eggs
3 tablespoons of butter melted
3 tablespoons of sugar
1/2 teaspoon of salt
2 cups of milk
1-1/2 tablespoons of white vinegar
1 cup of all-purpose flour
3/4 cup of yellow cornmeal
1 teaspoon of baking powder
1/2 teaspoon of baking soda
1 cup of heavy cream

Butter a baking dish 8-inch square and preheat oven to 350. Place the dish in the oven to get hot. In a mixing bowl put the eggs and the butter and beat until well blended. Add to the eggs the sugar, salt, milk, and vinegar and mix well. In another bowl stir together the flour, cornmeal, baking powder and baking soda. Add these ingredients to the eggs. Mixing until smooth and no lumps appear. Pour the batter into the hot baking dish and pour the heavy cream in the center. Bake for 1 hour or until slightly brown. Serve warm.

Broccoli Cornbread

Ingredients:

1-10 ounce pkg. Broccoli (or 1 cup fresh cooked broccoli)
1 box of jiffy brand corn muffin mix
3 eggs
1 stick of margarine
1 medium onion (chopped)
1 cup of cottage cheese
1 teaspoon salt

Cook broccoli until tender and drain. Beat eggs, cottage cheese and salt together. Add corn muffin mix, margarine, onion and broccoli. Pour into a 9 inch square pan and bake at 400 degrees. For 25 minutes or until lightly browned.

Sweet Potato Cornbread

Ingredients:

2-3 medium sweet potatoes peeled and cut into chunks
3/4 cup of yellow cornmeal
3 tablespoon of flour
1 tablespoon of baking powder
3/4 teaspoon of salt
3/4 teaspoon of baking soda
1/4 teaspoon of ground allspice
A pinch of black pepper
1 lightly beaten egg
3/4 cup of buttermilk
3 tablespoons of unsalted butter

Boil or steam sweet potatoes until tender, about 15 or 20 minutes. Drain thoroughly; press through sieve into a medium bowl. Set aside to cool slightly. Heat oven to 375 degrees. Sift together the cornmeal, flour, baking powder, salt, baking soda and allspice into a small bowl. Stir in the pepper. Add egg and buttermilk to the sweet potato puree and mix until blended. Heat butter in a 9-inch square baking pan in the oven until sizzling but not brown, about 2 minutes. Pour excess butter into the sweet potato mixture, leaving a generous coating in the pan. Quickly add the dry ingredients to the sweet potato mixture and stir just until blended. Pour batter into the baking pan. Bake until lightly golden and the bread has shrunk from the sides of the pan, about 25-35 minutes. Serve hot.

Oatmeal Bread

Ingredients:

1 cup of instant oats
2 cups water
1 pkg. Dry yeast
1/4 cup of warm water
1/2 cup of molasses or instead use 1/3 cup honey
2 teaspoon of salt
1 tablespoon of butter or vegetable oil
5-1/2 cups of white flour, approximately

Bring the 2 cups of water to a boil and pour over the oats and let sit for 15 minutes. In another bowl stir the yeast into 1/4-cup warm water and let sit for 5 minutes until dissolved. Make sure the oats are still lukewarm and add the molasses or honey, salt, butter, and the yeast. Next start working in enough flour so the dough is easy to handle. On a lightly floured board put the dough and knead for a minute or two and let rest for 10 minutes. After the 10 minutes start kneading until the dough is smooth and elastic adding more flour as needed. Place the dough into a greased bowl and cover. Put the bowl in a warm spot and let the dough rise until double in bulk. After the dough has risen to twice it's size punch down and shape into 2 loaves and place in buttered loaf pans and let rise again until the are doubled in size. Then in a preheated oven of 375 bake the bread for 45 minutes. Remove from pans and let cool.

Molasses-Oatmeal Bread

Ingredients:

6 cups of flour, more or less
2 packages of active dry yeast
1 3/4 cups of water
1 cup of quick rolled oats
1/2 cup of light molasses
1/3 cup of shortening
1 tablespoon of salt
2 eggs
Additional quick oats
1 egg white, beaten
1 tablespoon of water

In a large mixer bowl, combine 2 cups of the flour and the yeast. In a sauce pan, heat the 1 3/4 cups water, the 1 cup rolled oats, light molasses, shortening, and salt just until warm (115 to 120F.) and shortening is almost melted; stir constantly. Add to flour mixture. Add the 2 eggs. Beat at low speed of electric mixer for 1/2 minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in a warm place until double (about 1 1/2 hours).

Punch down; turn out onto a lightly floured surface. Divide dough in half. Cover; let rest 10 minutes. Grease two loaf pans. If desired, coat each pan with about 3 tablespoons rolled oats.

Shape dough into loaves. Place loaves in pans. Cover; let rise until nearly double (45 to 60 minutes). If desired, brush loaves with a mixture of egg white and 1 tablespoon water; sprinkle tops lightly with additional rolled oats. Bake in a 375 F. oven for 40 to 45 minutes.

Serve with honey butter, cream cheese or preserves.

Apple Crunch Muffins

Ingredients:

1 1/2 cups of unbleached, sifted flour
1/2 cup of sugar
2 teaspoons of baking powder
1/2 teaspoon of salt
1 1/2 teaspoons of ground cinnamon
1/4 cup of vegetable shortening
1 large egg, slightly beaten
1/2 cup of milk
1 cup of tart apples, peeled, cored and grated

For the topping:

1/4 cup of brown sugar, packed
1/4 cup of chopped pecans
1/2 teaspoon of ground cinnamon
(Mix these ingredients together in a bowl set aside to sprinkle on top of the muffins)

Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl. Cut in shortening with pastry blender until fine crumbs form. Combine egg and milk. Add to dry ingredients all at once, stirring just enough to moisten. Stir in apples. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Sprinkle with nut crunch topping and bake for 25 minutes at 375 degrees F. or until golden brown.

Chocolate Syrup Cake

Ingredients:

1 cup of plain flour
1 1/4 teaspoon of baking powder
1 cup of margarine
4 eggs
1-16 oz. Can of chocolate syrup
1 teaspoon of vanilla

Mix all the ingredients in a big bowl. Mix well and pour into a long pan and bake for 30-35 minutes at 350 degrees.

Icing:

3 tablespoons of margarine
3 tablespoons of cocoa
1/2 teaspoon of vanilla
1/2 box of powdered sugar
1/2 cup of your favorite nuts chopped

Mix with just enough milk to make the icing spreadable

Easy Pineapple Upside Down Cake

Ingredients:

1 can (1-lb 16-oz) can of sliced pineapple (drain and reserve pineapple juice.)
1/2 cup of butter or margarine
1 cup of firmly packed brown sugar
1/2 cup of pecan halves
1/3 cup of coconut (optional)
1 pkg. of yellow cake mix
Maraschino Cherries (small jar)

In 350 oven, melt butter in 13 x 9 inch baking dish. Remove and sprinkle with brown sugar, nuts, coconut and cherries. Top with pineapples. Add enough water to pineapple juice to measure to specified on cake box. Prepare as package directs. Spread over fruit. Bake at 350 for 35-40 minutes. Cool 5 minutes. turn onto serving plate.

Apple Pecan Cake

Ingredients:

- 1 1/2 cups of vegetable oil
- 2 cups of sugar
- 3 cups of plain flour
- 1 teaspoon of baking soda
- 1 teaspoon of salt
- 2 teaspoons of vanilla
- 3 eggs
- 3 cups of tart apples, peeled and chopped
- 1 cup of chopped pecans

Mix the sugar, eggs, vanilla and oil. Sift the dry ingredients together and add to the sugar mixture, mix well. Last, fold in the apples and pecans. Bake in a greased and floured tube pan at 325 degrees for one hour. Turn out and allow to cool completely before icing.

Icing

- 1 stick of butter
- 1 cup of brown sugar
- 1 teaspoon of vanilla
- 1/4 cup of evaporated milk

Bring the sugar and butter to a boil. Add the vanilla and milk and return to a boil. Let it cool and then pour over the cake.

Betty's Carrot Cake Supreme

Ingredients:

2 cups of sugar
4 eggs
2 1/4 cups of plain flour
1 1/4 cups of cooking oil
2 tsp. of Soda
1 tsp. Vanilla
1 tsp. of Butter favoring
1 cup of coconut
2 tsp. of cinnamon
1 tsp. of Salt
1 small can of crushed pineapple (undrained)
3 cups of grated carrots
1/2 cup of chopped walnuts or pecans

Cream the sugar and oil. Beat in the eggs. Next add in the dry ingredients then fold in the pineapple, carrots, and walnuts. Pour into 3 – 8 or 9-inch pans. Bake the cakes at 350 degrees for 35-40 minutes.

Cake Icing:

1 8 oz. Package of cream cheese (room temperature)
1 stick of butter
1 box of confectioner's sugar
2 tsp. of Vanilla
1/2 cup of chopped walnuts or pecans

Blend all the ingredients together until creamy and spread on cooled cake.
Decorate as desired.

Pinto Bean Cake

Ingredients:

1 stick of margarine	1 cup of sugar
2 cups of mashed pinto beans	1 egg
1 cup of sifted self-rising flour	1 teaspoon of soda
1/2 teaspoon of salt	1 tablespoon of cinnamon
1 teaspoon of cloves	2 cups of diced apples
1 cup of raisins	1/2 cup of pecans

Glaze:

1 box of confectioner's sugar
1 teaspoon of vanilla
1 tablespoon of milk
1 tablespoon of the pinto bean juice

Grease and flour a tube pan. Cream the sugar and margarine together and add the rest of the cake ingredients and mix well. Pour into cake pan and bake for one hour at 325 degrees. After the cake is cool spread the glaze on top of it. For the glaze combine all the ingredients and beat until it is of spreading consistency.

War Time Cake

Ingredients:

1 cup of brown sugar, packed
1 cup of water
1 cup of raisins
2 tablespoons of butter or margarine
1 teaspoon of cinnamon
1/2 teaspoon of cloves
1-1/2 cups of flour
1/2 teaspoon of salt
1/2 teaspoon of baking powder
1/2 teaspoon of baking soda
1/2 cup of chopped walnuts

Grease and flour an 8x4 inch-baking pan and preheat oven to 350. In a saucepan bring to a boil the brown sugar, water, raisins, margarine, cinnamon, and cloves. Cook for 5 minutes and remove from heat and cool until it is warm to your finger. In a bowl sift together the flour, salt, baking powder and baking soda. Add the dry ingredients to the sugar mixture and beat until the flour is gone and the batter is smooth add the walnuts. Pour the cake batter into the baking pan and bake for 25-30 minutes or until a toothpick inserted in the middle comes out clean. Let cool in pan for 10 minutes then put the cake on a rack and finishing cooling.

Depression Cake

Ingredients:

1/2 cup lard or vegetable shortening
2 cups of sugar
1 cup of cold water
1/2 teaspoon of salt
1/4 teaspoon of ground cinnamon
1/4 teaspoon of nutmeg
1/4 teaspoon of ginger
1 tablespoon of baking soda
4 1/2 cups of plain flour

Mix all ingredients together and bake in a greased and floured loaf pan at 325 degrees for 1 hour and 15 mins.

Peach Yum Yum

Ingredients:

3 cups of graham cracker crumbs
2 envelopes of Dream Whip whipped topping
2 cans of peach pie filling
1 cup of cold milk
1 1/2 sticks of margarine or butter, melted
3/4 cup of sugar
1 – 8 oz. package of cream cheese

Mix the graham cracker crumbs and the butter together in a bowl. Mix the milk, sugar, cream cheese, and the Dream Whip with an electric mixer until thick. Put 1/2 cup of the graham cracker mixture in the bottom of the desired serving dish. Layer 1/2 of the Dream Whip mixture and then the peach pie filling. Then layer the remaining Dream Whip mixture on top of the pie filling and top with the remaining graham cracker mixture. Refrigerate until cold.

Coconut Spice Cake

Ingredients:

2 1/2 cups of all-purpose flour
1 1/2 teaspoons of baking powder
1 1/2 teaspoons of ground cinnamon
3/4 teaspoon of baking soda
1/4 teaspoon of ground cloves
1/4 teaspoon of nutmeg
1/4 teaspoon of allspice
1/8 teaspoon of ground ginger
1/2 cup of butter
1/2 cup of granulated sugar
1/2 cup of firmly packed brown sugar
1 teaspoon of vanilla
4 eggs
1 1/4 cups of light cream
1/4 cup of molasses
1 1/4 cup of shredded coconut
2/3 cup of orange marmalade
1 3oz. package of cream cheese
6 tablespoons of butter
2 cups of sifted powdered sugar
A few drops of orange extract

Grease and flour 3 round cake pans. Combine the first 8 ingredients and 1/2 teaspoon of salt in a bowl and mix well.

In another large bowl, beat 1/2 cup of butter for 30 seconds. Mix in the granulated and brown sugars and the vanilla. Add the eggs, beating for 1 minute after each egg is added.

In another bowl, combine the cream and molasses. Add the dry ingredients and the molasses mixture alternately to the egg mixture, beating well after each addition. Stir in the coconut and pour the batter into the greased and floured cake pans. Bake at 350 degrees for 20 minutes. Allow the cakes to cool for 10 minutes and remove them from the pans. Allow the cakes to cool completely and stack the layers spreading the orange marmalade between the layers.

For the frosting, beat together the cream cheese and the remaining butter. Next, mix in the powdered sugar and a few drops of the orange extract. After frosting the cake sprinkle with toasted coconut if desired and chill.

Apple Crisp

Ingredients:

Arrange 4 cups of sliced apples in a baking dish.

Pour 1/2 cup of water over apples.

Blend together

3/4 cup of flour

1 cup of white or brown sugar (brown sugar tastes better)

1 tsp. of Cinnamon

1/2 cup of margarine

Mix all the ingredients together and blend with a pastry cutter.

Place the mixture on top of the apples. Bake for 30 minutes 350 degrees.

Rhubarb Pie

Ingredients:

1 1/2 cups of sugar

3 tbsp. of Flour

1/2 tsp. of nutmeg

1 tbsp. of Butter

2 eggs well beaten

3 cups of rhubarb finely diced

1 piecrust

Mix all the ingredients together and put in the piecrust and bake for 45 minutes at 350 degrees.

Brown Paper Bag Apple Pie

Ingredients:

6 large apples, sliced

3 tbs. of Flour

1/2 cup of sugar

1/2 tsp. Of Cinnamon

1/2 tsp. of Lemon juice

1 ready-made piecrust

Topping:

1/2 cup of sugar

1/2 cup of flour

1/2 stick of margarine, melted

Stir together all of the pie ingredients and put into 9-inch deep pie shell. Stir together the ingredients for the topping and sprinkle over the top of the apples. Put into a brown paper bag and tie the end the bag. Bake for 1 hour at 350-375 degrees.

Blueberry Crumb Pie

Ingredients:

4 cups of blueberries
1/2 cup of granulated sugar
1 teaspoon of grated orange zest (optional)
2 tablespoons of quick-cooking tapioca
Topping
1/2 cup of granulated sugar
1/2 cup of all-purpose flour
1 teaspoon of ground cinnamon
1 tablespoon of confectioner's sugar
heavy cream
4 tablespoons (1/2 stick) of unsalted butter, chilled and sliced
1 unbaked single pie shell

Preheat oven to 450. In a large bowl mix the blueberries, tapioca, sugar, and orange zest and gently stir and let stand for 15 minutes. Topping: In a medium size bowl combine the sugar, flour and cinnamon. Cut in butter with a pastry blender until evenly crumbly. Turn the blueberry mixture into prepared pie shell. With your fingers, crumble the topping all over the filling. Bake for 10 minutes, then reduce the oven temperature to 350 and bake about 30 minutes longer. Until the crust and topping are golden brown. Place on a rack to cool. Before serving sift the confectioner's sugar over the top and serve with ice cream if desired.

Strawberry Rhubarb Pie

Ingredients:

3/4 pound of fresh rhubarb sliced in 3/4 inch pieces to make 2 cups
2 cups of fresh strawberries sliced
1 1/4 cups of sugar
1/4 cup of all-purpose flour
1 1/2 teaspoons of grated orange zest
1/2 teaspoon of nutmeg
1/4 teaspoon of ground cinnamon
1/4 teaspoon of salt
3 large eggs, slightly beaten
2 tablespoons of butter, cut into bits
Pastry for a double crust pie (Pillsbury ready crust)

In a large bowl, combine the strawberries, rhubarb, sugar, flour, orange zest, nutmeg, cinnamon and salt. Stir in the eggs to blend and fold in the butter. Turn the strawberry rhubarb filling into the prepared pie shell. Cut remaining pie shell into strips. Evenly place strips of pastry over filling and weave 5 more through them to make a lattice top. Working around the edge. Moisten the underside of the ends of the strips and press them to the overhanging pastry. Tightly roll up all around and decoratively crimp to seal. Bake at 425 for 10-15 minutes. Until lightly browned. Reduce temperature to 350 degrees and bake 30 to 40 minutes longer until golden brown. Cool on wire rack at least 1 hour.

Caramel Apple Pie

Ingredients:

6 cups of golden delicious apples, sliced
1 teaspoon of cinnamon
1/2 cup of sugar
3 tablespoons of flour
1 unbaked pie shell

Mix the sliced apples with the cinnamon, sugar, and flour and place into the pie shell.
Prepare topping below.

Topping

1 cup of brown sugar
1/2 cup of flour
1/2 cup of oat meal
1/2 cup of butter
1/2 cup of caramel topping
1 cup of pecan halves

Combine brown sugar, flour, oat meal, and cut in butter until crumbly. Spoon on top of the apples. Bake at 375 for 20 minutes. Reduce heat to 325 and bake an additional 25 minutes. Remove from oven and layer pecans on pie and spread the caramel topping on top of the pecans.

Peanut Butter Pie

Ingredients:

1/2 cup of softened butter or margarine
3/4 cup of sugar
2 heaping tablespoons of smooth peanut butter
1 teaspoon of vanilla
2 eggs
2 cups of whipped cream
1 cup of softened cream cheese
1 – 9" prepared pie shell

Whip the butter, cream cheese, and the sugar with a mixer until smooth. Add the peanut butter, vanilla, and the eggs and mix until creamy. Fold in 1/2 of the whipped cream and pour into the prepared pie shell. Top with the remaining whipped cream and chill until ready to serve.

Oatmeal Pie

Ingredients:

1 stick of butter
1 cup of brown sugar
1 cup of white granulated sugar
1 1/4 cups of Karo syrup
1 1/4 cups of oatmeal (Minute oats)
3 eggs
1 tsp. of vanilla
1 cup of pecans

Combine all the ingredients, mix together and pour into a ready-made piecrust. Bake for 35 minutes at 350 degrees. This recipe will make two pies.

Cheddar Pie

Ingredients:

1-1/2 cups of grated sharp cheddar cheese
1, 9-inch pie shell
2 cups of heavy cream
Tabasco sauce to taste
4 Eggs, beaten
Salt to taste

Preheat oven to 425. In a bowl add the eggs, cream salt, and Tabasco sauce and stir well. Sprinkle the cheese over the bottom of the pie crust. Pour the egg mixture over the cheese. Bake for 15 minutes then lower the oven to 300 and finish baking for 25-30 minutes. A knife inserted into the center comes out clean.

No-Bake Oatmeal Cookies

Ingredients:

2 cups of granulated sugar
3 Tbsp. of Cocoa
1/2 cup of milk
1 stick of margarine
1/2 cup of peanut butter
3 cups of uncooked quick cooking oatmeal
1 tsp. of Vanilla
Pinch of salt

Mix sugar, coca, milk, and the margarine in a saucepan and heat to a rolling boil. Cook for one minute. Take the pan off the heat. Add the remaining ingredients and stir thoroughly. Drop by teaspoonfuls onto wax paper to cool.

Old-Fashioned Sugar Cookies

Ingredients:

2 cups of all-purpose flour, sifted
1/2 teaspoon of baking soda
1/2 teaspoon of salt
1/2 cup of soft shortening
1 cup of sugar
1 egg yoke
1/2 cup of buttermilk
1/2 teaspoon of vanilla
1 egg white, beaten stiff

Sift together flour, salt, soda. Cream shortening, sugar, and egg yoke until fluffy. Mix in flour mixture alternately with buttermilk, then stir in vanilla. Fold in the egg whites just before baking. Drop by rounded tablespoons 3 inches apart onto a greased cookie sheet. Flatten to 1/2 inch thickness with a fork in a cross pattern and sprinkle with a pinch of sugar. Bake 20 mins. until golden brown. Makes 2 1/2 dozen cookies.

Soft Molasses Cookies

Ingredients:

2 1/4 cups of all-purpose flour, sifted
1 teaspoon of ground ginger
1 teaspoon of ground cinnamon
1/4 teaspoon of salt
2 teaspoon of baking soda
2 tablespoons of hot water
1/2 cup of soft shortening
1/2 cup of sugar
1/2 cup of molasses
1 egg
6 tablespoons of cold water
1/2 cup of seedless raisins or dates

Sift together flour, ginger, cinnamon, and salt. Dissolve soda in hot water. Mix shortening, sugar, molasses, and egg until creamy. Stir in flour mixture alternately with cold water, then add soda and all but a few of the raisins or dates. Drop by rounded tablespoons 2 inches apart onto a greased cookie sheet. Sprinkle with remaining fruit. Bake 12 minutes until done.

Oatmeal Jam Cookies

Ingredients:

1 1/2 cups of sifted plain flour
1 cup of firmly packed light brown sugar
1 1/2 cup of quick cooking oatmeal
1 teaspoon of baking powder
1/2 teaspoon of salt
3/4 cup of butter
1 cup of raspberry jam
1/2 cup of raisins

Mix the flour, brown sugar, and the oatmeal in a bowl and stir in the baking powder and the salt. Cut in the butter as you would do if making a pie crust. Press about 2/3 of the mixture lightly into the bottom of a greased 9" X 12" X 2" baking pan.

Mix the raspberry jam and the raisins together and spread over the layer of oatmeal. Sprinkle the remaining third of the oatmeal mixture over the jam and bake at 350 degrees for about 35 minutes. When cool, cut into squares.

Chocolate Coconut Macaroons

Ingredients:

2 ounces of unsweetened chocolate
1 1/3 cups of sweetened condensed milk
2 cups of shredded coconut
1/2 teaspoon of salt
1 teaspoon of vanilla

Melt the chocolate and add the sweetened condensed milk, the coconut, salt, and the vanilla. Drop onto a greased cookie sheet by teaspoon, 2 to 3 inches apart and bake at 350 degrees for 15 minutes.

Peanut Butter 'N' Chocolate Fudge

Ingredients:

3 cups of sugar
1 1/2 cups of milk
3 tbsp. of Hershey's cocoa
2 tbsp. of Butter
3 tbsp. of Peanut butter
1 tsp. of Vanilla

Combine sugar and cocoa in a large pan. Slowly add the milk and mix well. Bring to a rapid boil. Reduce heat stirring occasionally. Test by dropping a few drops in cold water. When candy forms a firm ball in the water remove from heat stirring constantly. Add butter, peanut butter and vanilla. Continue stirring until candy begins to harden. Pour the candy into a greased platter. Let cool and cut into squares.

Mashed Potato Candy

Ingredients:

2/3 cup of mashed potatoes

1/2 cup of peanut butter

1/8 teaspoon of salt

1 lb. of Confection sugar

Mash potatoes thoroughly and add all the other ingredients. Knead and press into a lightly buttered pan and let cool for one hour before cutting.

Potato Soup

Ingredients:

8 medium potatoes, peeled and chopped into small chunks
1 medium onion, chopped
2 carrots, chopped
3 stalks of celery, chopped
1 tsp. of salt
6 cups of water
4 chicken bouillon cubes
1/2 cup of butter or margarine
1 (13 oz.) can of evaporated milk
Black pepper to taste

Mix the potatoes, onion, carrots, celery, salt, and water in a large saucepan. Bring the mixture to a boil and add the bouillon cubes. Simmer until the vegetables are tender and add the margarine or butter and the evaporated milk.

Bring to a boil again. Season with the pepper to taste and pour into serving bowls. Makes about 8 servings.

Pumpkin Soup

Ingredients:

2 medium onions, chopped
2 tablespoons of butter
1 tablespoon of flour
4 cups of chicken broth
3 cups of pumpkin puree
Salt
Pepper
1/2 cup of cream, whipped
Nutmeg to taste

In a pan over low heat sauté the onions in the butter until the onions are soft. Add the flour slowly stirring for 2 to 3 minutes. Add the chicken broth stirring thoroughly, add the pumpkin puree and slowly cook for about 15 minutes. Salt and pepper to taste and pour into warm bowls. Top the soup with the whipped cream and sprinkle with nutmeg.

Traditional Eastern North Carolina Style Barbecue Sauce

Ingredients:

1 cup of white vinegar
1 cup of cider vinegar
1 tablespoon of sugar
1 tablespoon of crushed red pepper flakes
1 tablespoon of tabasco sauce
Salt, to taste
Freshly cracked black pepper, To taste

Mix all ingredients together and store in a covered container in the refrigerator.

Western North Carolina Style Barbecue Sauce For Smoked Pork

Ingredients:

1 cup of tomato sauce
1/4 cup ketchup
1/4 cup of white vinegar
1/4 cup of water
2 tablespoons of brown sugar
1 tablespoon of paprika
2 tablespoons of worcestershire sauce
1 teaspoon of dry mustard
1/2 teaspoon of salt
1/4 teaspoons of chili powder
1/8 tespoon of cayenne pepper

Simmer for 10 minutes and refrigerate overnight or for at least 12 hours before using.

Summer Chicken Salad

Ingredients:

6 cups of chopped cooked chicken breast
1 1/4 cups of sliced celery
1 (8-ounce) can of pineapple tidbits, drained
1-1/4 cups of reduced - fat mayoniose or salad dressing
3/4 teaspoons of curry powder
2 apples, thinly sliced
1/2 pound of green seedless grapes
1 cantaloupe, thinly sliced
1 pint of strawberries
Lettuce leaves
1/4 cup of chopped walnuts, toasted

Combine first 3 ingredients in a large bowl, set aside. Add to chicken mixture, tossing to coat. Cover and refrigerate 1 to 2 hours. Arrange apples and next 4 ingredients on a lettuce -lined platter. Top with chicken mixture. Sprinkle with walnuts.

Whole-Kernel Corn Salad

Ingredients:

3 cans whole-kernel corn, drained
1 onion, chopped
1 bell pepper, chopped
1 carrot, chopped
1/2 cup mayonnaise
1/2 cup sour cream
2 tbsp. Vinegar

Mix all the ingredients together and refrigerate.

Cranberry Salad

Ingredients:

1 large package of Cherry Jell-O
2 cups of boiling water
2 cups of sugar
4 cups of cranberries (1 bag) chopped in a blender
1 large orange with rind, sectioned and chopped in a blender
1 cup of celery, chopped
1 cup of crushed pineapple
1/2 cup of pecans

Mix the first 3 ingredients together until dissolved, pour into a mold or large bowl and refrigerate until thickened. Stir the remaining ingredients into the thickened Jell-O and chill. This will taste even better if prepared a day or two ahead.

Summer Fruit Salad

Ingredients:

1 large cantaloupe
1 large honeydew melon
1/2 watermelon
1 cup of canned pineapple chunks
1 cup of strawberries (cut in half)
1 cup of seedless grapes (cut in half)
3/4 cup of sugar
1/2 cup of water
1 tablespoon of grated lemon rind
1 tablespoon of grated orange rind
1/4 cup of lemon juice
3 tablespoons of lime juice

Cut melons into balls with melon cutter. combine all fruit in glass bowl. Mix remaining ingredients. Stir until sugar is dissolved. Boil 5 minutes. Cool, pour over fruit. Chill for 2 hours or overnight.

Hot Potato Salad

Ingredients:

6 potatoes peeled (and cubed)
1 small onion, chopped
Mayonnaise or salad dressing
1 tablespoon of Worcestershire sauce
6 slices of bacon
1 tablespoon of celery seed
1 3oz. jar of Spanish olives (sliced)
1/2 pound of mild cheese (cubed)
dash each of sugar, salt and pepper

Cook potatoes until done.. Cook onion and bacon together. Add to potatoes including drippings. Add enough mayonnaise to moisten. Add worcestershire sauce and celery seed. Add olives, cheese and sugar, salt and pepper. Place in baking dish and heat in 350 oven until cheese melts about 30 minutes. This freezes well or may be prepared a day ahead.

Strawberry Salad

Ingredients:

1 (10 oz.) package of frozen strawberries
1 (8 oz.) package of cream cheese
3/4 cup of sugar
1 large can of pineapple chunks, drained
2 bananas, sliced
1 cup of chopped pecans
1 large container of Cool Whip

Mix the cream cheese and sugar together until smooth. Add the strawberries, pineapple, and the pecans and mix well. Fold in the Cool Whip

Harvest Time Rice

Ingredients:

1 cup of thinly sliced carrots
1 tablespoon of vegetable oil
2 medium apples, cored and chopped
1 cup of sliced green onions
3 cups of cooked brown rice
1/2 cup of seedless raisins
1 tablespoon of sesame seeds, toasted
1/2 teaspoon of salt

Cook the carrots in oil in a large skillet over medium high heat until tender crisp. Add the apples and the green onions and cook an additional 5 minutes. Stir in the rice, raisins, sesame seeds, and salt. Cook, stirring frequently, until thoroughly heated.

Fruity Rice Pilaf

Ingredients:

1 cup of uncooked rice
2-1/2 cups of water
2 tablespoons of butter or margarine
1 medium tomato, chopped
1/3 cup of dried apples, minced
1/4 cup of dried apricots, minced
1/4 cup of green onions, sliced
3/4 teaspoon of seasoned salt
1/4 teaspoon of garlic powder
3 tablespoons of sliced almonds

On high heat bring the water to a boil and add the rice and butter and return to a boil. Reduce heat and simmer for 15 minutes. Add the rest of the ingredients except the almonds and cook 5 to 10 minutes more then stir in the almonds.

Sour Cream Baked Noodles

Ingredients:

1/4-pound wide noodles, cooked
1 cup of cottage cheese
1 cup of sour cream
1 egg, slightly beaten
1/2 teaspoon of salt
1/8 teaspoon of black pepper
1 tablespoon of butter melted

Preheat oven to 375. Butter a casserole dish. In a large bowl put the cooked noodles, cottage cheese, sour cream, egg, salt, pepper and the butter and toss well. Put the noodle mixture into the dish and bake for 50-60 minutes. The noodles will be bubbly.

Broccoli Cheese Casserole

Ingredients:

1/2 stick of margarine
1/2 cup of chopped onion
1 pkg. of chopped broccoli
1 small jar of cheese whiz
1 cup of cooked rice
1 can of cream of mushroom soup
Salt & pepper to taste
1 teaspoon of sugar

Mix all of the ingredients together, heat in a skillet or sauce pan and pour into a lightly greased 9x9" pan and bake at 350 degrees for 35-40 minutes.

Chicken Noodle Casserole

Ingredients:

1 medium chicken, stewed until tender
1 can of cream of mushroom soup
1 stick of margarine
1 small package egg noodles cooked
8 oz. of Sour cream
4 cups of corn bread crumbs

After the chicken has cooled remove the meat from the bones and cut, chop, or tear into small pieces. Mix the chicken, cooked egg noodles, mushroom soup, the sour cream, and one can of water together in a large mixing bowl. Put a layer of breadcrumbs on the bottom of a baking dish and then add the chicken mixture. Top with the remaining breadcrumbs. Melt the margarine and pour over the breadcrumbs. Bake for 20 minutes at 350 degrees.

Cornbread Casserole

Ingredients:

1 pkg. (8 ounces) of cornbread stuffing mix
2 cups of frozen mixed vegetables slightly thawed
1-1/2 cups of cubed cooked ham
3 eggs, lightly beaten
2 cups of milk
1/4 teaspoons salt
1/4 teaspoon of black pepper
1/2 cup of shredded cheddar cheese

In a microwavable baking dish (12x8x2-inch) mix together the stuffing, vegetables and ham. In a bowl mix together the eggs; milk, salt, and pepper pour this over the cornbread mixture and cover with plastic wrap. Put in the refrigerator and leave for at least 5 hours or overnight. Next remove the plastic wrap and cover with waxed paper and microwave for 6 minutes rotate 1/4 turn. Continue microwaving for another 7 to 9 minutes or until a knife inserted in middle comes out clean. Sprinkle with the cheese.

Layered Ham & Potato Casserole

Ingredients:

1 pound of sliced bacon, cut into 1/2 inch pieces
2 cups of chopped fully cooked ham
1 small onion, chopped
10 slices of white bread, cubed
1 cup of cubed cooked potatoes
3 cups (12 ounces) of shredded cheddar cheese
8 eggs
3 cups of milk
1 tablespoon of Worcestershire sauce
1 teaspoon of dry mustard
Pinch of salt and pepper

Fry the bacon until crisp and then add the ham and onion. Cook until onion is tender and then drain. In a greased 13x9x2 inch baking dish, layer half the bread crumbs, potatoes, and cheese. Top with all the bacon, ham, and onion mixture. Repeat the layers of bread, potatoes and cheese. In a bowl beat the eggs and add the milk, Worcestershire sauce, mustard, salt, and pepper. Pour over the mixture. Cover and chill overnight. Remove from the refrigerator 30 minutes before baking. Bake uncovered at 325 degrees for 65-70 minutes or until a knife comes out clean inserted in the center.

Pork Chop Casserole

Ingredients:

6 pork chops
2 onions sliced
6 potatoes sliced small
1 can of vegetable soup
1 can of golden mushroom soup
Salt and pepper to taste

Place pork chops in the bottom of a baking dish. Add the salt and pepper. Layer the potatoes and onions over the pork chops. Add both cans of soup. Cover the dish with foil and bake at 350 degrees for 1 hour.

Sour Cream 'N' Cheddar Potato Casserole

Ingredients:

6 medium potatoes
2 cups of shredded cheddar cheese
2 cups of sour cream
1/4 cup of butter
1/3 cup of chopped onions

Boil the potatoes until they are almost tender then grate them into a mixing bowl. Mix all the other ingredients together with the grated potatoes and place into a greased casserole dish. Bake for 25 minutes at 350 degrees.

Sweet Potato and Apple Casserole

Ingredients:

3 apples
6 sweet potatoes
2 tablespoons of butter, divided
1/2 cup of orange juice
1/4 cup of packed dark brown sugar
1/8 teaspoon of ground cinnamon
1/8 teaspoon of ground allspice
1/4 cup of rum

Preheat oven to 350. Boil the potatoes until they are tender, remove skins and cut into slices. Peel apples and remove the core and slice into rings. In a greased 9x6-baking dish alternate the potatoes and apples. Mix together the orange juice, sugar cinnamon allspice rum and 1 tablespoon melted butter and pour over the potatoes and apples. Bake for 30 minutes or until brown and liquid is absorbed.

Squash Casserole

Ingredients:

2 pounds of yellow squash
1 onion chopped
1 stick of margarine
1 can of mushroom soup
1 cup of sour cream
1 green pepper, chopped
1 carrot (grated)
1 package of pepperidge farm cornbread stuffing mix

Steam squash and onion, drain and mash. Add carrots, pepper, soup and sour cream. Mix stuffing with melted butter. Divide in half and add half to mixture and put other half on top. Bake at 350 for 35 minutes. If top becomes too brown, foil can be placed on top for remaining cooking time.

Tater Tot Casserole

Ingredients:

1-bag of tater tots
1 (8 oz.) Cheddar cheese
1 (8 oz.) Mozzarella cheese
2 cans cream of celery soup
Garlic powder
Onion chopped
2 lb. Ground chuck
Salt and pepper

Cook the ground chuck and drain off the grease. Add the onion. Add the garlic powder to taste. Put the ground chuck mixture into 9x13 pan. Spread soup over the meat (don't dilute the soup). Spread the tater tots on top of casserole. Sprinkle with cheese and bake for 30 to 35 minutes at 325 degrees. Cheese will be bubbly.

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Apple Bread Cake

Ingredients:

3 cups of apples, peeled and chopped
1/2 cup of water
1 cup of brown sugar, packed
2 cups sifted flour
1 teaspoon of baking powder
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon of cinnamon
1/2 teaspoon of allspice
1 cup of oatmeal
1/2 cup of seedless raisins
1/2 cup of chopped pecans
2 eggs, beaten
1/4 cup of melted shortening or oil

Combine the apples, water and 1/2 cup of the brown sugar. Cook for about 5 minutes or until the apples are almost tender and then cool. Combine the remaining dry ingredients and add the apple mixture, eggs, the remainder of the brown sugar, and the oil. Mix together until just moistened. Bake in a 10-inch tube pan for about 40 minutes at 350 degrees. Cool for about 10 minutes before removing from the pan. Serve the bread warm or cold. The bread may be lightly frosted with a mixture of 1 cup powdered sugar and 2 or 3 teaspoons of warm water.

"Chicken Lickin" Pork Chops

Ingredients:

6 to 8 lean pork chops about 1" thick
1/2 cup of flour
1 1/2 teaspoons of dry mustard
1/2 teaspoon of garlic powder
2 tablespoons of oil
1 can of Chicken And Rice soup

Dredge the pork chops in a mixture of the flour, salt, dry mustard, and the garlic powder then brown in the oil in a large skillet. Place the browned pork chops in a crock pot and add the can of soup. Cover and cook on low for 6 to 8

Vidalia Onion Casserole

Ingredients:

5 large Vidalia onions
1 stick of margarine
Ritz crackers or any buttery crackers
Parmesan cheese

Peel and slice the onions into thin rings then saute in the margarine until transparent. Layer 1/2 of the onions in a 1 1/2 quart casserole dish. Sprinkle with the Parmesan cheese and then with the crushed crackers. Repeat the layer of onions, cheese, and crackers. Bake uncovered for 30 minutes at 350 degrees until browned.

Poor Man's Stroganoff

Ingredients:

1 package of chicken tenders
1 small onion, chopped
1 can of cream of celery soup
1 16oz. container of sour cream
1 can of cream of mushroom soup
1 package of egg noodles
Salt and Pepper to taste

Brown the chicken tenders in a skillet and add the chopped onions. Cook for a few minutes until the onions start to become tender. Add 1/2 can of the cream of celery soup, the whole can of the cream of mushroom soup and the container of sour cream. Bring the mixture to a boil, then reduce the heat and simmer. While the chicken mixture is simmering, boil the egg noodles until tender then drain and add to the chicken mixture. Simmer a few more minutes or until well heated through. Makes about 6 six servings.

Vegetable Dirty Rice

Ingredients:

1 tablespoon of butter
1/2 cup of finely chopped onion
3 tablespoons of finely chopped green pepper
2 tablespoons of finely chopped celery
2 cloves of garlic, minced
1 cup uncooked rice
1 2/3 cups of broth (vegetable, chicken, or beef)
1 teaspoon of salt
1/2 teaspoon of black pepper
1/2 teaspoon of paprika
A dash of Tabasco sauce

Saute the onion, green pepper, and the celery in the butter until the onions are slightly transparent. Add the minced garlic and the uncooked rice and stir a few times. Remove from heat. Bring the broth to a boil in a medium saucepan and add the rice mixture, the salt, black pepper, paprika, and the Tabasco sauce. Reduce the heat, cover with a tight fitting lid and let cook until the rice has absorbed the broth. This will take about 40 minutes, more or less.

Sour Cream Corn Bread

Ingredients:

2 eggs
1 cup of sour cream
1/4 cup of vegetable oil
1 16oz. can of cream style corn
1 cup of corn meal
3 teaspoons of baking powder
1/2 teaspoon of salt

Mix the eggs, sour cream, oil, and the cream style corn in a medium bowl. Sift together the corn meal, baking powder, and the salt and add to the corn mixture. Mix well. Pour into a lightly greased 9" X 9" baking pan and bake for 45 to 55 minutes at 375 degrees.

Easy Fruit Cobbler

Ingredients:

1 stick of margarine or butter
1 cup of sugar
1 cup of self-rising flour
3/4 cup of milk
2 cans of fruit (any kind you like, fresh or canned)
1/2 cup of sugar

Melt the margarine or butter in a 2 quart casserole dish. Mix 1 cup of the sugar and 1 cup of the self-rising flour in a bowl and add the milk mixing slightly. Pour the batter into the casserole dish and then pour the fruit in the middle of the batter. Sprinkle the 1/2 cup of sugar on top of the batter and bake for 30 minutes at 350 degrees. This is delicious served warm with ice cream.

Potato And Pepper Steak

Ingredients:

4 medium potatoes, sliced 1/4" thick
1 lb. London broil, thinly sliced
1 tablespoon of garlic pepper
2 tablespoons of olive oil
1 green bell pepper, cut into thin strips

Microwave the potato slices for 6 to 10 minutes until tender. Toss the beef with the garlic pepper and heat the oil in a large skillet over high heat. Add the beef to the skillet and toss for 3 minutes or until cooked through and remove from the pan. Add the green bell pepper to the skillet and toss for 3 minutes then add the potatoes and saute for 5 more minutes. Return the beef to the skillet and toss until the beef is heated through. Season to taste with salt.

Sunday Brunch Loaves

Ingredients:

1-8oz. package of chopped dates
1 package of Pillsbury Plus Lemon Cake Mix
1 cup of sour cream
1/3 cup of margarine or butter, softened
1/4 cup of water
3 eggs
3 tablespoons of sugar
1/2 teaspoon of cinnamon
2 tablespoons of margarine or butter, melted

Preheat the oven to 350 degrees. Grease and flour two 8" X 4" or 9" X 5" loaf pans. finely chop the dates and set aside. In a large bowl, combine the cake mix, the sour cream, 1/3 cup of margarine or butter, the water, and the eggs. Mix at low speed until moistened then beat at high speed for 2 minutes. Stir in the dates. Pour the batter evenly into prepared pans and bake at 350 degrees for 40 to 50 minutes or until a toothpick inserted in the center comes out clean. Cool for 15 minutes in the pan and then remove to cool completely.

Combine the sugar and cinnamon. Brush the tops of the cakes with the melted butter or margarine and sprinkle with the sugar-cinnamon mixture.

Marinated Vegetables

Ingredients:

1 large can of peas
1 large can of lima beans
1 large can of whole kernel corn
1 medium green bell pepper, chopped
1 small onion, chopped
1 small jar of chopped pimento
3/4 cup of vinegar
1/2 cup of sugar
1/2 cup of vegetable oil
1/2 to 1 teaspoon dill weed
Salt and pepper to taste

Drain the canned vegetables and mix with the green bell pepper, the onion, and pimento. Mix the vinegar, sugar, oil, dill weed, salt, and pepper together and pour over the vegetables. Chill before serving.

Chocolate Nut Pie

Ingredients:

3 cups of sugar
7 teaspoons of cocoa
4 eggs, beaten
1 large can of carnation milk
1 stick of butter, softened
1 teaspoon of vanilla
2 cups of coconut
1 cup of chopped pecans
A dash of salt
3 (9") unbaked pie shells

Combine the sugar, cocoa, and the eggs and mix well. Add the milk and the softened butter. fold in the vanilla, coconut, pecans, and salt. Pour the mixture into the 3 unbaked pie shells and bake for 40 minutes at 350 degrees.

Deviled Chicken Breasts

Ingredients:

2 tablespoons of vegetable oil
2 tablespoons of water
1 tablespoon of cider vinegar
1 teaspoon of chili powder
1/2 teaspoon of dry mustard
1/2 teaspoon of salt
1/4 teaspoon of hot pepper sauce
1 teaspoon of Worcestershire sauce
4 boneless, skinless chicken breast halves

Mix the oil, water, vinegar, mustard, chili powder, hot pepper sauce, salt, and the Worcestershire sauce in a wide shallow bowl. Add the chicken breasts, turning until well coated. Preheat the broiler. Place the chicken breasts in a baking pan and place about 6 inches from heat. Broil for 10 minutes then turn and baste with the seasoned oil mixture. Continue to broil for an additional 10 to 15 minutes or until the chicken is done.

Zucchini Casserole

Ingredients:

4 cups of unpeeled, sliced zucchini
1 cup of mushrooms, sliced
2 cups of diced tomatoes
1 cup of green bell pepper strips
1 cup of sweet red pepper strips
3/4 teaspoon of basil
1/2 teaspoon of garlic powder
1/4 cup of sugar
1/4 lb. of Provolone cheese, cubed
1/4 lb. of Swiss cheese, cubed
1/4 cup of Parmesan cheese
salt and pepper to taste

Simmer the zucchini, mushrooms, tomatoes, and the green and red peppers in a large pot until tender. Drain off the excess liquid and add the basil, garlic, and the sugar, mixing well. Just before serving add the cubed Provolone, Swiss, and the Parmesan cheese. Let the cheese start to melt before serving.

Hoe Cakes

Ingredients:

1 cup of corn meal
1/2 cup of flour
1 heaping teaspoon of baking powder
1/4 teaspoon of baking soda
1 teaspoon of salt
1 tablespoon of sugar
1 1/2 cups of buttermilk
Shortening

Combine the corn meal, flour, baking powder, baking soda, salt, and sugar. Add the milk to the batter and mix well. Heat the shortening in a skillet until hot and pour enough of the batter into the skillet to make a small cake (about like a small pancake). Fry the cakes, turning until golden brown on both sides. Serve hot with butter.

Blueberry Lemon Bread

Ingredients:

1/4 cup plus 2 tablespoons of butter, softened
1 cup of sugar
2 eggs
1 1/2 cups of all-purpose flour
1 teaspoon of baking powder
A pinch of salt
1/2 cup of milk
2 teaspoons of lemon rind
1 cup of blueberries
2 teaspoons of all-purpose flour

Glaze:

1/3 cup of sugar
3 tablespoons of lemon juice

Cream the butter and 1 cup of sugar together. Add the eggs. Combine 1 1/2 cups of the flour, baking powder, and the salt together and add to butter and sugar mixture alternately with the milk. Stir in the lemon rind. Dredge the blueberries in flour and stir gently into the batter. Pour the batter into a greased loaf pan and bake at 350 degrees for 50 to 55 minutes.

While the bread is baking, combine 1/3 cups of sugar and the lemon juice in a small saucepan and heat until the sugar dissolves. After the bread has finished baking, puncture the top of the loaf with a fork and pour the sugar and lemon sauce over the top of the warm bread. Cool the bread in the pan for 30 minutes before serving.

Artichoke Dip

Ingredients:

2 can of artichoke hearts, chopped
1 1/2 cups of mayonnaise
1 1/2 cups of grated Parmesan cheese
1 clove of garlic, minced

Mix all of the ingredients together and place into a greased baking dish. Bake at 350 degrees until bubbly and browned on top. Serve with crackers.

Potato Vegetable Chowder

Ingredients:

5 to 6 medium sized potatoes, peeled and cubed
1/4 head of cabbage, chopped
2 carrots, peeled and grated
2 stalks of celery, chopped
1 small onion, chopped
1/2 cup of grated cheddar cheese
White pepper to taste
Black pepper to taste
Salt to taste
Tabasco sauce to taste
1/2 to 1 cup of skim milk

Place the cubed potatoes in a 2 quart saucepan, cover with water and bring to a boil. Add the cabbage, carrots, onion, and the celery. Cook until the potatoes are soft enough to mash. Add the salt, black and white pepper, and the tabasco sauce, stirring well. Add the cheese and enough milk to make soupy. Cook for another 5 to 7 minutes and serve.

Candied Sweet Potatoes

Ingredients:

1 - 29 ounce can of sweet potatoes
2 cups of chopped apples
1/4 cup of lemon juice
2 tablespoons of butter or margarine
2 tablespoons of brown sugar
1 teaspoon of vanilla
Marshmallows
Cinnamon to taste

Place the sweet potatoes in a 2 quart saucepan and bring to a boil for 10 minutes. Mash the sweet potatoes, adding the butter or margarine, cinnamon, brown sugar, and vanilla. Squeeze the lemon juice on the apples and fold into the sweet potatoes. Place the mashed sweet potatoes in a deep baking dish and bake at 300 degrees for 20 minutes. Cover the top of the sweet potatoes with the marshmallows and bake until the marshmallows are melted.

Cheese And Herb Chicken Breasts

Ingredients:

1 - 8 ounce package of cream cheese, softened
2 tablespoons of milk
2 green onions, minced
2 tablespoons of minced parsley
1/2 teaspoon of thyme
1/2 teaspoon of salt
1/4 teaspoon of pepper
1 small clove of garlic, crushed
6 to 8 skinless chicken breast halves
1/3 cup of dried bread crumbs
1 teaspoon of paprika
2 tablespoons of butter or margarine, melted

Mix the cream cheese, milk, onions, parsley, thyme, salt, pepper, and the garlic together. Slice a lengthwise pocket in each chicken breast and spread some of the cream cheese mixture in each pocket. Mix together the bread crumbs and the paprika. Coat the chicken breasts with the melted butter or margarine and then sprinkle the bread crumb mixture on the chicken. Place the chicken breasts in a 13" X 9" baking dish and bake at 350 degrees for 45 minutes to 1 hour.

Pumpkin Crisp

Ingredients:

1 - 16 ounce can of pumpkin
1 cup of sugar
3 eggs
1 cup of chopped pecans
1 can of evaporated milk
1/2 teaspoon of ground cinnamon
1 box of yellow cake mix
2 sticks of melted butter

Topping Ingredients:

4 ounces of cream cheese
1 1/2 cups of confectioners sugar
6 ounces of Cool Whip

Mix the pumpkin, evaporated milk, sugar, cinnamon, and the eggs together and pour into a 13" X 9" X 2" baking pan lined with waxed paper. Crumble the cake mix and then the pecans on top of the pumpkin mixture the drizzle with the melted butter. Bake at 350 degrees for 50 to 60 minutes. Turn upside down and remove the waxed paper. Cool and add the topping. For the topping, mix the cream cheese, confectioners sugar, and the Cool Whip together. Cover the pumpkin crisp with the topping when cooled.

Caramel Coconut Pie

Ingredients:

1-7 ounce package of flaked coconut
1/2 stick of butter
1 cup of pecans, chopped
1 cup of sweetened condensed milk
1-16 ounce container of whipped topping
1-8 ounce package of cream cheese, softened
1-12 ounce jar of caramel ice cream topping
2 deep dish pie shells, baked

Melt the butter and add the coconut and pecans. Brown lightly and set aside. While browning be sure to watch and stir constantly as this mixture will burn easily. Combine the cream cheese and the condensed milk with a mixer and fold in the whipped topping. Put 1/4 of the cream cheese/condensed milk mixture in each baked pie shell. Drizzle 1/4 of the jar of the caramel topping on each pie then sprinkle the coconut mixture on top. Repeat with the remaining ingredients, place the pies in the freezer and allow to freeze. Serve the pies straight from the freezer.

Almost Perfect Chocolate Chip Cookies

Ingredients:

2 1/4 to 3 cups of all-purpose flour
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon of vanilla
3/4 cup of sugar
3/4 cup of light brown sugar, packed
2 eggs, beaten
1 cup of butter
2 cups of real semi-sweet chocolate chips

Preheat the oven to 375 degrees. In a plastic bowl, add 2 cups of flour, salt, and the baking soda and mix well. In another bowl, soften the butter with a wooden spoon, add the brown sugar, the vanilla and mix well. Next add the sugar and stir until well blended then add the beaten eggs, again mixing well. Add the dry ingredients and mix well. Add the last 1/4 to 1 1/4 cups of flour slowly until the mixture barely sticks to your fingers. Add the chocolate chips and stir until well blended throughout. Place level tablespoons of dough rolled into a ball on a nonstick cookie sheet and bake for 9 to 11 minutes at 375 degrees or until golden brown on top.

Toffee Squares

Ingredients:

1 cup of butter
1 cup of firmly packed brown sugar
1 egg yolk
1 teaspoon of vanilla
2 cups of sifted flour
1/4 teaspoon of salt
1 1/3 cups of melted semi-sweet chocolate chips
1/2 cup of chopped pecans

Cream the butter and gradually add the sugar. Add the egg yolk and vanilla, and blend well. Add the flour and salt and blend to moisten the flour. Spread in a 9" X 13" greased baking pan and bake at 350 degrees for 20 minutes. Spread with the melted chocolate while hot and sprinkle with the chopped pecans. Cut into small squares to serve.

Real Homemade Chocolate Fudge

Ingredients:

3 cups of sugar
1/2 cup of cocoa
1 stick of real butter (not margarine)
1 cup of cream plus 1/2 cup of water
1/2 teaspoon of salt
1 table spoon of vanilla
1 cup of chopped black walnuts or nuts of your choice (optional)

Place a glass or steel mixing bowl in the freezer. Mix the butter, sugar, cocoa, cream, water, and the salt together in a sauce pan and bring to a boil. Boil the mixture until a small amount dropped into a glass of cold water forms a ball. Remove the fudge mixture from the heat and pour into the cold bowl. Add the vanilla and the nuts and beat until smooth. Pour into a glass baking dish or plate and allow to cool and harden.

Beef With Mushroom Sauce

Ingredients:

1/4 lb. of Butter
1 lb. of Mushrooms cleaned and halved
1 cup of chopped scallions
2 teaspoons of Minced garlic
2 tablespoons of Tomato paste
1/2 tsp. Thyme, crumbled
Bay leaves
1 1/2 cups of beef broth
1/4 cup of red wine
1 cup of tomato puree
Salt to taste
1/2 tsp. Pepper
1 1/2 to 2 lbs. Cooked beef, in bite size pieces

In a large pan melt the butter and add the mushrooms and cook until they are soft. Next add all the other ingredients except the beef and simmer over low heat for 1 hour. Stir in the beef and cook until the beef is hot all the way through.

Corn Crispers

Ingredients:

3/4 c. water
2 tbsp. Butter
1/2 c. yellow cornmeal
1/4-1/2 tsp. Salt

Butter a cookie sheet. In a pan bring combine the water and butter and bring to a boil. Quickly add the yellow cornmeal and salt. Using a teaspoon drop the cornmeal mixture onto the cookie sheet and bake in a preheated oven for 10 to 15 minutes at 425.

Lemon Vegetables

Ingredients:

6 slices of bacon cooked and crumbled reserve 1/4 cup drippings
1 pound of carrots, pared and sliced
1 medium cauliflower core removed
1 cup of finely chopped onion
1/2 cup of lemon juice
1/2 cup of water
4 teaspoon of Sugar
1 teaspoon of Salt
1 teaspoon of dried thyme

In a pan cook the onion in the bacon drippings. Add the lemon juice, water, sugar, salt and thyme and bring to a boil. In another pan cook the carrots and cauliflower in water until they are tender drain. Put the vegetables on a serving dish and pour the warm sauce over them and top with the bacon.

Coconut Coffeecake

Ingredients:

Topping:

2 tablespoons of Butter or margarine, melted
2/3 cups of faked coconut
1/3 cup of packed dark brown sugar
1/3 cup of chopped pecans
2 tablespoons of Evaporated milk, undiluted

Batter:

2 cups of all-purpose flour
1/2 cup of packed brown sugar
1/4 cup of granulated sugar
2 teaspoons of Baking powder
1/2 teaspoons of Salt
1/4 cup of butter
1 cup of evaporated milk, undiluted
1 egg
1 teaspoon of Vanilla extract

To make the topping pour butter into a greased 9-inch cake pan. In a bowl mix together the coconut, brown sugar, nuts, and the milk and sprinkle over the butter.

To make the batter mix together the flour, sugars, baking powder, and salt. Cut the butter in. In a small bowl beat together the milk, egg vanilla until it is blended. Pour the batter over the nut and coconut mixture and bake in a preheated oven at 350 for 30 to 35 minutes. Cake is done when a wooden toothpick inserted in the middle comes out clean. Invert in a plate.

Beer Steak

Ingredients:

1 lb. Round steak tenderized	2 cups of flour
1/2 teaspoon of Garlic salt	1/4 teaspoon of Pepper
1 can cream of chicken soup with mushrooms	1 can of beer
2 tablespoon of Worcestershire sauce	1/2 cup of catsup
1 medium onion chopped	2 garlic cloves chopped

Mix flour and garlic salt and pepper together and roll the steaks in it and brown in butter. Remove from pan and saute onion and the garlic adding 1/3-cup flour, beer and the soup, catsup, and Worcestershire sauce. Add the steaks and simmer 3 to 4 hours.

Note: This is one of the best dishes that my mother has ever cooked. It seems too simple but is nothing short of incredible.

Fried Cabbage

Ingredients

1 head of cabbage chopped or shredded	4 slices of bacon
1 medium onion, thinly sliced	1 teaspoon of salt
1/2 teaspoon of black pepper	1 teaspoon sugar

Fry bacon in a large frying pan until crisp and then crumble the bacon. If there is not enough drippings from the bacon you can add a little extra oil. Add cabbage, sugar, onion, salt, and pepper and saute until the cabbage tender & lightly browned.

Corn Fritters

Ingredients:

3 egg yolks, beaten	1 2/3 cups of whole kernel corn
1/2 teaspoon of salt	1/8 teaspoon of black pepper
1/4 cup of flour	3 egg whites, beaten stiff
3 tablespoons of vegetable oil	1 teaspoon of sugar

Beat egg yolks until light. Add corn, salt, flour, pepper, and sugar, mixing well. Then fold in beaten egg whites. Drop by spoonfuls into hot oil and fry until done.

Savory Stewed Potatoes

Ingredients:

6 medium potatoes, peeled
1 medium onion, chopped
1 medium green pepper, thinly sliced
1 1/2 to 2 tablespoons of all purpose flour
2 tablespoons of butter
1 beef bouillon cube
1 cup of boiling water
1/2 red pepper, thinly sliced
Dash black pepper
Chopped parsley

Saute the onion and green pepper in the butter until tender. Stir in the flour and the black pepper. Dissolve the bouillon cube in the boiling water and stir into mixture. Cut the potatoes in wedges and put in the bouillon mixture, bring to a boil; cover and simmer for 25 to 30 minutes. Sprinkle with parsley and red pepper.

Moist And Easy Pineapple Cake

Ingredients:

2 eggs
1 (20 ounce) can crushed pineapple, undrained
2 cups of flour
1 cup of sugar
1 cup firmly packed brown sugar
2 teaspoons of baking soda
1 cup of chopped pecans

Preheat oven to 350 degrees.

In large bowl, beat eggs until light and fluffy. Add the pineapple, flour, sugar, brown sugar and the baking soda. Mix by hand until well blended. Stir in pecans. Spread in an un-greased 9" X 13" X 2" baking dish. Bake for 40 to 50 minutes or until a toothpick inserted in the center comes out clean. Cut into squares and serve warm with a scoop of vanilla ice cream on top.

Best Ever Sunday Fried Chicken

Ingredients:

2 cups of all-purpose flour
1 1/2 teaspoons of salt
2 teaspoons of dried whole thyme
2 teaspoons of paprika
1 teaspoon of Morton's Nature's Seasoning
2 eggs, beaten
2/3 cup of milk
1/4 cup of lemon juice
5 lbs. Of chicken pieces
Vegetable oil

Combine the first 5 ingredients in a plastic bag, shake well to mix and set aside. Combine the eggs, milk, and the lemon juice, and stir well. Remove the skin from the chicken and place 2 or 3 pieces of the chicken in the bag at a time. Shake the bag until the chicken pieces are well coated and then dip them in the egg mixture. Return the chicken pieces to the bag and shake again. Repeat with the remaining chicken pieces. Pour the vegetable oil to a depth of about 3/4" in a large heavy skillet. Fry 4 or 5 pieces of the chicken at a time in the hot oil over medium heat for about 15 minutes or until golden brown, turning the chicken to brown both sides. Drain the fried chicken pieces on paper towels.

Broccoli And Pasta Soup

Ingredients

2 sticks of celery, diced
5 medium potatoes peeled and cut into small chunks
1 or 2 large onions, chopped
1 bunch of broccoli
Salt (to taste)
Black Pepper (to taste)
1 stick of butter or margarine
1 cup of milk
2 cups of uncooked pasta
1 cup of grated cheese (American or Cheddar)
3 to 4 tablespoons of cornstarch or flour

Place the potatoes, onions, and dice the celery in a large skillet and cover with water. Add the butter or margarine, salt, and the black pepper and cook on medium heat until tender. Cook the pasta in water until tender. Cook the broccoli separately until tender, drain, and cut into small pieces. Add the broccoli to the potato mixture.

Mix the cornstarch or flour in the milk and stir until smooth. Slowly pour the cornstarch mixture into the soup. Cook on low heat, stirring constantly until the soup begins to thicken. Add the cooked pasta to the soup and mix well. Sprinkle the grated cheese on top of each serving.

Potato Pancakes

Ingredients:

Peel 5 to 7 potatoes and grate into a large mixing bowl

Then add;

1 onion, diced

3 tablespoons of flour

2 eggs

Salt and Pepper (to taste)

2 tablespoons of milk

Mix all of the ingredients together until well blended. Form the potato mixture into small patties like thick pancakes and fry in hot oil until browned on both sides and the potatoes are tender.

Hush Puppies

Ingredients:

1/2 cup of flour

1 tablespoon of sugar

3/4 cup of milk

1 small onion, diced

2 teaspoons of baking powder

1 egg, beaten

1 1/2 cups of corn meal

Mix the dry ingredients together and add the diced onion, egg, and the milk. Stir the mixture lightly until mixed together and drop by teaspoonfuls into hot oil and cook until golden brown.

Butterscotch Delight

Ingredients:

Crust:

1 1/2" cups of self-rising flour
1 stick of butter or margarine
1/2 cup of chopped pecans

Melt the butter or margarine and mix in the flour and nuts. Press the mixture into a 9" x 13" pan and bake at 350 degrees until done.

Mix together:

1 package of cream cheese, softened
1 small Cool Whip
1 1/2" cup of powdered sugar

Pour into the crust.

Mix together:

3 cups of milk
2 small packages of instant butterscotch pudding/pie filling

Pour over the cream cheese mixture and top with Cool Whip.

Easter Bread

Ingredients:

1 cup of milk
1/2 cup of sweet butter
1 package of active dry yeast
1/2 cup of granulated sugar
1 teaspoon of salt
2 Eggs, beaten
5 tablespoons of orange juice, divided
1 tablespoon of grated orange rind
5 1/2 cups of sifted flour
Butter, melted
1/4 cup of slivered almonds
2 tablespoons of granulated sugar

In a small saucepan, combine the milk and butter over medium heat and scald. Stir until the butter melts, then pour into a mixing bowl. When lukewarm, sprinkle in the yeast, and gradually stir in the 1/2 cup sugar until it dissolves.

Next add the salt, eggs, 3 tablespoons of orange juice, and the orange rind, stirring continuously. Gradually add half the flour until the mixture begins to bubble. Continue adding flour gradually by hand; the dough will be sticky, but not stiff. Flour your fingers lightly and knead for 15 minutes. Place the dough in a large buttered bowl, brush the dough with melted butter, cover, and place in a warm area to rise until doubled in bulk (approximately 2 to 3 hours).

Punch the dough down and divide into 2 parts. Divide each half into 3 parts and roll each into a long rope about 10" x 2". Braid the three ropes together; pinch to seal the ends. Repeat with the other half of the dough to make a second loaf.

Place on a cookie sheet, cover, and let rise until doubled in bulk (approx. 1 1/2 hours). Meanwhile, prepare the glaze by mixing the remaining 2 tablespoons of orange juice, 2 tablespoons of granulated sugar, and the slivered almonds in a small bowl.

Bake at 375 degrees for about 20 minutes.

Remove from the oven and with a pastry brush glaze the tops and sides of loaves. Return to the oven and bake for another 15 to 20 minutes until the color is a rich and shiny chestnut.

Roast Turkey Breast with Maple-Glaze And Cornbread Stuffing

Ingredients:

1 - 6 to 6 1/2 lb. turkey breast
1 1/2 teaspoons of dried sage
1 1/2 teaspoons of dried thyme
Freshly ground black pepper
2 tablespoons of olive oil
1 1/4 cups of diced celery, with leaves
1 cup of chopped onion
1/2 cup of chopped fresh parsley
2 tablespoons of water, or as needed
2 medium Granny Smith apples, cored and diced (about 2 1/2 cups)
2-8oz. bags cornbread stuffing mix
1-14 1/2oz. can of chicken broth

Glaze:

1/3 cup of maple syrup
3 tablespoons of coarse-grained Dijon-style mustard

Remove skin and excess fat from turkey breast. Rinse the turkey and blot dry.

Mix in a cup the sage, thyme, and pepper. Rub 2 teaspoons of the spice mixture over turkey breast.

Preheat oven to 375 degrees F.

In large nonstick skillet heat the oil over medium heat. Add the celery, onion, parsley, and the remaining spice mixture. Cook, stirring frequently, until vegetables are slightly softened, about 3 to 4 minutes. If skillet gets dry, add a tablespoon or so of water. Stir in the apples and another tablespoon water. Cook, stirring, for 2 to 3 minutes more. Spoon into large bowl and add the stuffing mix. In measuring cup add enough water to broth to equal 2 1/4 cups and add to stuffing. Toss gently to mix. Spoon into roasting pan. If desired, place roasting rack in pan over stuffing. Place turkey breast on rack or directly on stuffing. Cover pan completely with aluminum foil.

Roast for 1 1/2 hours.

In medium bowl mix the maple syrup and mustard. Remove the turkey breast from the oven and take off the aluminum foil. Spoon about one-third of maple glaze over the turkey breast. Roast, uncovered, 30 to 40 minutes longer, basting two or three times with remaining glaze, or until instant-read meat thermometer inserted in thickest part of turkey breast registers 165 degrees.

Place the turkey breast on a serving platter and the stuffing into a covered serving dish. Let turkey stand for 20 minutes and carve into thin slices.

Cross Buns with Cream Cheese Frosting

Ingredients:

5 cups of all-purpose flour, divided
2 packages of active dry yeast
1/2 cup of sugar
1 teaspoon of salt
1 teaspoon of ground cinnamon
1/4 teaspoon of ground cloves
1/4 teaspoon ground nutmeg
1 1/4 cups of milk
1/2 cup of butter
2 Eggs, beaten
3/4 cup of currants or raisins
1/3 cup of candied orange peel (optional)
1 Egg yolk mixed with 2 tablespoons of water

Cream Cheese Frosting:

3 oz. of cream cheese, softened
1 cup of confectioner's sugar
1 teaspoon of milk

Combine 2 cups of flour, yeast, sugar, salt and spices in a large mixing bowl. In a separate bowl, heat milk and butter to very warm (120 to 130 degrees F.). Add to flour. Beat on medium speed of mixer for 1 minute. Add eggs. Beat another minute. Stir in currants, orange peel and enough remaining flour to make dough easy to handle.

Turn dough out onto lightly floured surface and knead until smooth and elastic, about 5 minutes, adding additional flour as needed.

Place in a buttered bowl, turning to butter top. Cover; let rise in warm place until doubled in bulk, about 1 hour. Punch down dough; turn onto lightly floured surface. Divide dough in half; divide each half into 9 pieces. Form each piece into a smooth round ball. Place balls of dough in two buttered 8-inch square baking pans. Cover; let rise in warm place until doubled in bulk, about 45 minutes to 1 hour. Brush lightly with egg yolk mixture. Bake rolls in preheated 375 degree oven, 20 to 25 minutes, or until golden brown. Remove from pans. Cool on wire rack.. Drizzle frosting across the top of each bun in the shape of a cross. Makes about 18 buns.

Cream Cheese Frosting:

Beat cream cheese and sugar in a bowl until smooth. Add up to 1 teaspoon of milk or just till the frosting is a good consistency for drizzling.

Rice And Broccoli Casserole

Ingredients:

2 cups of cooked rice
1/2 cup of butter or margarine
1/2 cup of chopped onion
1/2 cup of chopped celery
2-10oz. packages of frozen chopped broccoli, thawed, uncooked
1 can of cream of mushroom soup
1 can of water chestnuts, drained and chopped
1 cup of cubed Velveeta cheese

Melt butter in saucepan. Saute onion and celery in butter. Mix in a big bowl the cooked rice, onions, celery, broccoli, soup, water chestnuts and cheese. Mix all together and put in a 9x13" casserole dish. Cover with foil and bake for 25-30 minutes at 350 degrees.

Sour Cream Cucumbers

Ingredients:

1/2 teaspoon of salt
1 tablespoon of sugar
2 tablespoons of cider vinegar
1 cup of sour cream
2 tablespoons of chopped chives
2 tablespoons of chopped, fresh dill
1 teaspoon of celery seed
2 unpeeled cucumbers

Dissolve the salt and sugar in the vinegar; add the sour cream and stir until smooth. Add the chives, dill, and celery seeds. Slice the cucumbers paper thin, and combine with dressing. Chill 1 hour or more.

Fruit and Nut Easter Eggs

Ingredients:

2-1/4 cups of sugar

1 cup of light corn syrup

3/4 cup of hot water

1/2 lb. of marshmallow creme

1/2 cup of shortening, melted

1/4 cup confectioners sugar

2 cups of candied fruit (cherries and pineapple)

Nuts

Dipping chocolate

In a saucepan, cook the sugar, syrup, and water to 265 degrees. Add marshmallow creme and beat until almost firm. Add melted shortening, confectioners' sugar, candied fruit, and nuts. Mix well and shape eggs by hand and dip in the chocolate.

Easter Story Cookies - Author Unknown

Ingredients:

Bible

1 cup of pecan halves

1 teaspoon of vinegar

3 egg whites

pinch of salt

1 cup of granulated sugar

1 quart or 1 gallon size ziploc bag

wooden spoon

tape

Preheat oven to 300 degrees. Place pecans in ziploc bag and let kids beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers. Read: John 19:1-3. Then Pilate took Jesus and had him flogged. The soldiers twisted together a crown of thorns and put it on his head. They clothed him in a purple robe and went up to him again and again, saying, "Hail, king of the Jews!" And they struck him in the face.

Let each child smell the vinegar. Add teaspoon of vinegar into the mixing bowl. Explain that when Jesus was thirsty on the cross He was given vinegar to drink. Read John 19:28-30...Later, knowing that all was now completed, and so that the Scripture would be fulfilled, Jesus said, "I am thirsty." A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. "I am the good shepherd. The good shepherd lays down his life for the sheep."

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sins. Read Luke 23:27 A large number of people followed Him, including women who mourned and wailed for Him.

So far the ingredients are not very appetizing. Add 1 cup of sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8--Taste and see that the Lord is good; blessed is the man who takes refuge in Him and John 3:16--"For God so loved the world that He gave His only begotten son, that whoever believeth in Him shall not perish but have everlasting life."

Beat with a mixer on high speed for 12-15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18--"Come now, let us reason together," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool." And John 3:1-3 Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. He came to Jesus at night and said, "Rabbi, we know you are a teacher who has come from God, for no one could perform the miraculous signs you are doing if God were not with him." In reply Jesus declared, "I tell you the truth, no one can see the kingdom of God unless he is born again."

Fold in broken nuts.

Line cookie sheet with waxed paper. Drop mixture by spoonfuls onto waxed paper. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60 As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. Joseph took the body, wrapped it in clean linen cloth, and placed it in his own new tomb that he had cut out of rock. He rolled a big stone in front of the entrance to the tomb and went away.

Place the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66 "Take a guard," Pilate answered. "Go, make the tomb as secure as you know how." So they went and made the tomb secure by putting a seal on the stone and posting a guard.

GO TO BED. Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 "I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy." And John 16:22 "So with you Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."

On Easter morning, open the oven and remove the cookies. Take a bite. Notice that the cookies are hollow!

On the first Easter Jesus' followers were amazed to find the tomb open and empty.

Read Matthew 28:1-9 After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men. The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay. Then go quickly and tell His disciples: "He has risen from the dead and is going ahead of you into Galilee. There you will see Him. Now I have told you." So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell His disciples. Suddenly Jesus met them, "Greetings," He said. They came to Him, clasped his feet and worshipped Him.

Resurrection Rolls - Author Unknown

Ingredients:

1 can refrigerated crescent roll dough

8 large marshmallows

Melted butter

Cinnamon

Sugar

Give each child one triangle shaped section of crescent roll. This represents the tomb. Each child takes one marshmallow which represents the body of Christ. Dip the marshmallow in the butter and roll in cinnamon and sugar mixture. This represents the oils and spices the body was anointed with upon burial.

Lay the marshmallow on the dough and carefully wrap it around the marshmallow. Make sure all seams are pinched together well. (Otherwise the marshmallow will "ooze" out of the seams) Bake according to package directions and let cool.

Break open the tomb and the body of Christ is no longer there!!

Easy Fried Rainbow Trout

Ingredients:

2 pounds of rainbow trout fillets
1 teaspoon of salt
1/8 teaspoon of black pepper
1 egg
1 teaspoon of milk
1/2 cup of flour
1/2 cup of cornmeal
Cooking oil

Mix the flour and cornmeal in a large plate or shallow pan. Sprinkle the fillets or whole trout inside and out with salt and pepper. Beat egg and blend in the milk. Dip the fish in the egg and milk mixture and roll in flour and cornmeal mixture. Place fish in frying pan with 1/8 inch cooking oil. Cook on moderate heat until golden brown on both sides (approximately 10 minutes depending on thickness of fish).

Blackened Rainbow Trout

Ingredients:

4 Rainbow trout fillets
1/2 cup of unsalted butter
1 tablespoon of paprika
2 1/2 teaspoons of salt
1 teaspoon of cayenne pepper
3/4 teaspoon of white pepper
3/4 teaspoon of black pepper
1/2 teaspoon of thyme
1/2 teaspoon of oregano
1 teaspoon of onion powder
1 teaspoon of garlic powder

Preheat large, heavy skillet until very hot. Combine paprika, salt, onion powder, garlic powder, cayenne pepper, white pepper, black pepper, thyme, and oregano in a small bowl. Dip fillets in melted butter, then in seasoning mixture. Place in hot skillet and cook 2-3 minutes on each side until blackened.

Basic Hush Puppies

2 cups of self-rising cornmeal
1/2 cup of flour
1 egg
1 Tablespoon of lard (cooking oil can be substituted)
1 large onion, finely chopped
1 cup of milk

Mix ingredients. The consistency should be similar to peanut butter. Deep fry teaspoon-sized balls of the dough at moderate heat (300F) until golden brown.

Old-Fashioned Potato Salad

Ingredients:

9 cups of cubed unpeeled round red potato (about 3 lbs.)
1/2 cup of diced onion
1/2 cup of diced celery
1/4 cup of sweet or dill pickle relish
3 Hard-boiled eggs, sliced
1 clove garlic, minced
3/4 cup of sour cream
1/3 cup of mayonnaise
2 tablespoons of chopped fresh parsley
1 teaspoon of dry mustard
3/4 teaspoon of salt
1/4 teaspoon of black pepper

Place the potatoes in a large pot, cover with water, and bring to a boil. Cook for about 8 minutes or until tender and drain. put the cooked potatoes in a large bowl with the onion, celery, pickle relish, and the sliced eggs and mix gently. Combine sour cream, garlic, mayonnaise, parsley, dry mustard, salt, and black pepper in a small bowl and stir until mixed well. Pour the sour cream mixture over the potatoes and gently toss to coat. Cover and chill.

PIG PICKIN' CAKE

Ingredients:

1 box of yellow cake mix (if needed adjust the cake mix as directed for high altitudes)
1 11 oz. can of mandarin oranges with juice
1/2 cup of vegetable oil
4 eggs

Mix everything together except the oranges. Add oranges (including the juice) and mix until the oranges are broken into small pieces. Pour the batter into two greased and floured 9 inch round cake pans and bake at 350 degrees for 30 minutes.

Frosting:

1 3oz. package of instant vanilla pudding
1 8oz. carton Cool Whip or other whipped topping
1 16oz. can of crushed pineapple with juice
1 cup of chopped pecans

Mix all four ingredients together and spread on cake, putting a little extra between the layers. Keep refrigerated.

Pig-Picking Barbecue Pork

Note: This recipe calls for cooking the pork in the oven. It requires slow cooking at a low temperature of 325 degrees for quite a long time (3-5 hours). While this can easily be done using a gas grill, a charcoal grill would be more difficult. Anyway you choose to cook it, it's delicious!

Ingredients:

2 cups apple cider vinegar
1/4 cup firmly packed dark brown sugar
1 tablespoon red pepper flakes
1 1/2 teaspoons cayenne pepper
1 tablespoons salt, or to taste
1 teaspoon freshly ground pepper
for the sop:
2 cups apple cider vinegar
1/4 cup brown sugar
1 teaspoon red pepper flakes
1 teaspoon salt
1 boneless pork shoulder roast, about 4-5 pounds

Preheat oven to 325 degrees. Combine the first 2 cups vinegar, brown sugar, red pepper flakes, cayenne, salt and pepper in a stainless steel or glass bowl and set aside. In another bowl, make the sop by combining the second 2 cups vinegar, brown sugar, red pepper, and salt. Place the pork in a roasting pan. Pour the sop in the pan. Cook for 3-5 hours, uncovered, basting with the sop occasionally and until the temperature reaches 160 degrees in the center of the roast. Remove the roast from the oven and let cool about 30 minutes. When cool enough to handle, slice or shred the meat. Pour 1 cup of the reserved sauce over the meat to moisten it. Serve with additional sauce piled high into hamburger buns for a famous Southern BBQ sandwich.

Lemon Rosemary Grilled Chicken

Ingredients:

1 (3 1/2 lb.) chicken, cut up
3 large lemons
1/4 C. olive oil or vegetable oil
1/2 C. fresh rosemary or 3 T. dried rosemary
6 cloves garlic, minced or pressed
Rosemary sprigs
Lemon wedges
Salt and pepper

Remove and discard excess fat from chicken. Rinse chicken and pat dry. Cut lemons in half and ream juice to make 3/4 cup. Combine reamed lemon shells, lemon juice, oil, the 1/2 cup rosemary and garlic in a large heavy-duty plastic bag or non-reactive bowl. Add chicken and seal bag (or cover bowl). Rotate bag to distribute marinade and place in a shallow pan. Refrigerate for at least 4 hours or until the next day, turning chicken occasionally.

Remove chicken from bag, reserving marinade. Arrange chicken, bone side down in center of cooking grate. Place lid on grill. Cook, brushing occasionally with reserved marinade, until meat near bone is no longer pink (30 to 35 minutes for breasts, 35 to 45 minutes for thighs and drumsticks; cut to test). Transfer chicken to a platter or individual plates. Garnish with rosemary sprigs and lemon wedges. Season to taste with salt and pepper. Makes 4 servings.

Cole Slaw

Ingredients:

3 pounds cabbage
1 large red pepper
1 large green pepper
1/2 tablespoon celery seed
1 cups vinegar
3/4 cup sugar
Salt to taste

Heat sugar and vinegar until sugar dissolves. Let the mixture get cold, preferably by refrigeration. Grate cabbage, add celery seed, salt and peppers cut up fine. Mix and pour cold mixture over cabbage. Thoroughly mix all ingredients and put in a glass container and store in refrigerator to keep it cold. Let sit a minimum of 24 hours before serving.

Oven Barbecued Chicken

Ingredients:

3 chicken breasts, halved
1/4 cup of flour, seasoned with salt and black pepper
1/4 cup of vegetable oil
3 tablespoons of butter or margarine
1/2 cup of sliced onion
1/2 cup of sliced green pepper
1 cup of mushrooms
1/4 teaspoon of salt
1 cup of ketchup
2/3 cup of water
2 tablespoons of Worcestershire sauce
2 drops of hot sauce
1 tablespoon of brown sugar
1/2 teaspoon of paprika

Wash the chicken and dredge in the flour. Heat the vegetable oil in a skillet and brown the chicken breasts on both sides. Cook the onions, green pepper, and mushrooms in the butter until tender and stir in the remaining ingredients. Bring the mixture to a boil. Place the chicken into a 2-quart casserole dish and pour the ketchup mixture over the chicken. Cover the casserole dish and bake at 350 degrees for 45 minutes or until the chicken is tender.

Creamy Squash Casserole

Ingredients:

1 1/2 pounds of tender yellow squash, sliced
1 - 10 3/4 ounce can of cream of chicken soup, undiluted
1 - 8 ounce container of sour cream
1 - 4 ounce jar of sliced pimentos, drained
1 - 8 1/2 ounce can of sliced water chestnuts, drained
2 medium onions, finely chopped
1 stick of butter or margarine
1 - 8 ounce package of herbed stuffing mix

Cook the squash in salted water until tender, about 12 to 15 minutes and drain well. Add the first five ingredients to the squash. Melt 3/4 stick of the butter and add to the stuffing and mix well. Pack the stuffing mixture into a 2-quart baking dish reserving 1 cup of the stuffing mixture. Pour the squash mixture over the stuffing and sprinkle the top with the reserved cup of the stuffing. Dot the top of the casserole with a little butter and bake for 30 minutes at 350 degrees.

Marinated Broccoli

Ingredients:

2 pounds of fresh broccoli
1 1/2 cup of vegetable oil
1 cup of distilled vinegar
1 tablespoon of sugar
1 tablespoon of dill seed
1 teaspoon of garlic salt
1 teaspoon of black pepper
1/2 teaspoon of salt

Trim off the large leaves of broccoli and remove the tough ends of the lower stalks. Wash the broccoli thoroughly. Cut off the flowerets (reserve the stems for another use), and place in a large bowl. Combine the remaining ingredients in a jar, cover tightly and shake vigorously. Pour the marinade over the broccoli and toss gently to coat. Cover and chill for at least 8 hours.

Butterscotch Apple Snack Cake

Ingredients:

3/4 cup of vegetable oil
2 eggs
2 cups of sugar
2 1/2 cups of flour
1/2 teaspoon of baking powder
1 teaspoon of cinnamon
3 cups of chopped apples
6 ounces of butterscotch morsels
1 cup of chopped pecans

Combine the oil, eggs, and sugar in a bowl and beat until well mixed. Stir in the flour, baking powder and cinnamon. Stir in the chopped pecans, half of the butterscotch morsels, and the chipped apples. Spread the batter in a 9" X 13" pan and sprinkle the remaining butterscotch morsels on top. Bake at 350 degrees for one hour.

"Just A" (If they ask, just a what? Tell them it's just a "dessert"!)

Ingredients:

Start with a glass or aluminum 10" X 14" baking pan.

For the first layer:

1 cup of plain flour
1 stick of butter, at room temp.
1 tablespoon of sugar
1/2 cup of chopped pecans

Mix all of the above ingredients together like cookie dough and press into the bottom of the baking pan. Bake at 350 degrees for 15 minutes. Remove from the oven and allow to cool.

For the second layer:

1 - 8 ounce package of cream cheese
1 cup (or more) of whipped topping
1 cup of confectioner's sugar

Mix the second layer ingredients together and spread on the cooked cookie dough.

For the third layer:

Mix 2 small packages of instant chocolate pudding, (you can use any flavor that you like, sliced peaches are also very good) according to the directions on the packages and spread on top of the cream cheese layer.

For the fourth layer:

Spread a layer of whipped topping on top of the third layer and chill for at least a couple of hours.

Spicy Blackened Catfish

Ingredients:

2 teaspoons sweet paprika
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon dried thyme, crumbled
1/4 teaspoon cayenne, or to taste
1/2 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 catfish fillets (about 1 pound)
1 large garlic clove, sliced thin
1 tablespoon olive oil
1 tablespoon unsalted butter
lemon wedges as an accompaniment

In a small bowl combine the paprika, oregano, thyme, cayenne, sugar, salt, and black pepper. Pat the catfish dry, and sprinkle the spice mixture on both sides of the fillet, coating them well. In a large skillet saute the garlic in the oil over moderately high heat, stirring, until it is golden brown and discard the garlic. Add the butter, heat it until the foam subsides, and in the fat, saute the catfish for 4 minutes on each side, or until it is cooked through. Transfer the catfish fillets with a slotted spatula to 2 plates and serve them with the lemon wedges. Place an empty 10-inch cast-iron skillet over high heat until bottom has a definite white haze and begins to smoke slightly. Remove fish from refrigerator; dip 1 fillet in warm butter sauce, coating well. Place fish in hot skillet, taking care that spits and spatters do not burn you. Fish will sear and cook almost immediately. Turn fillet over; blacken other side. Repeat with remaining fillets.

Reserve remaining butter sauce. As fillets are cooked, place them on individual plates; keep warm. Discard accumulated butter sauce in skillet and charred bits between batches. When all fillets have been cooked, wipe skillet clean and place empty skillet back on heat. Add reserved butter sauce; carefully swirl skillet 5 or 6 times to blacken butter. Remove pan from heat; drizzle butter over each fillet. Garnish and serve hot.

Green Rice

Ingredients:

2 cups of cooked rice	2 tablespoons of chopped onions
1 teaspoon of salt	1-1/2 cups of milk
2 eggs (well beaten)	1/2 lb. grated colby cheese
1 cup of finely chopped parsley	1/4 teaspoon of black pepper
1/8 teaspoon of garlic salt	1/4 cup olive oil

Mix all of the ingredients together until well blended. Pour into greased 2 qt. casserole. Bake at 350 degrees for 1 hour.

Potato Casserole

Ingredients:

2 lb. frozen hash brown potatoes
2 tablespoons of onion, minced
1/2 cup of butter or margarine, melted
1 can cream of chicken soup
1 tsp. salt 1 pint low-fat sour cream
1/2 teaspoon of black pepper
2 cups of grated cheddar cheese

Mix all ingredients together in a large bowl and pour into a 13x9x2-inch baking dish. Bake at 350 degrees for 1 hour.

Roman Apple Cake

Ingredients:

1 cup of sugar
1/2 cup of shortening
1 1/2 cup of flour
1/2 cup of milk
1/4 teaspoon of salt
1 egg
1/2 teaspoon of baking powder
2 cups of finely chopped apples
1 tsp. baking soda

Sift dry ingredients together in a large bowl; add other ingredients and blend with mixer on medium speed. Pour into greased 8x8x2-inch baking dish and sprinkle with topping.

Topping

1/2 cup of brown sugar
2 teaspoons of ground cinnamon
2 tablespoons of soft butter
1/2 cup of chopped pecans or walnuts
2 teaspoons of flour

Blend topping ingredients together and sprinkle on top of batter. Bake at 375 degrees for 45 minutes. Serve with whipped cream.

Barbecued Beef Brisket

Ingredients:

1 cup of white wine
3 cups of apple cider
1/4 cup of honey
2 tablespoons of dijon mustard
1/4 cup of soy sauce
2 tablespoons of firmly packed brown sugar
1 tablespoon of minced garlic
1 tablespoon of minced fresh ginger root
1 tablespoon of whole coriander
2 sprigs of fresh thyme
1 - 2 1/2 lb. beef brisket

Combine the wine, cider, honey, mustard, soy sauce, brown sugar, garlic, ginger root, coriander and thyme in Dutch oven or heavy roasting pan. Add brisket, cover tightly and place in oven. Turn oven to 350F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon. Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

Barbecued Kabobs

Ingredients:

2 lb Boneless pork shoulder cut into 1" squares
3/4 cup of peanut oil
1/4 cup of apple cider vinegar
1 clove of garlic, peeled and split
1/2 teaspoon of salt
1 teaspoon of mixed italian herbs
3 medium green peppers, seeded and cut into 1" squares
1 - 16 ounce can of pineapple chunks

Place the pork cubes in a nonmetal bowl. Combine oil, vinegar, garlic, salt and herbs, blend well, and pour over pork cubes. Cover and refrigerate for 4 hours or more, overnight if desired. Drain and reserve. Alternately thread pork cubes, peppers (1" square), and pineapple chunks on metal skewers. Brush with marinade and place on barbecue grill as far as possible over glowing coals. Broil, brushing with marinade and turning often, for 30 to 40 minutes.

Spicy Chicken Barbecue

Ingredients:

2 tablespoons of cooking oil	1/4 cup of finely chopped onion
1 clove of garlic, minced	3/4 cup of ketchup
1/3 cup of vinegar	1 tablespoon of Worcestershire sauce
2 teaspoons of brown sugar	1 teaspoon of dry mustard
1/2 teaspoon of salt	1/4 teaspoon of black pepper
1/2 teaspoon of tabasco sauce	3 lb. chicken, quartered

Heat cooking oil in saucepan and cook onion and garlic until tender, but do not brown. Add ketchup, stir, and add remaining ingredients except the chicken and bring to a boil. Reduce heat, simmer, uncovered, for 10 minutes, stirring occasionally. Set sauce aside.

Season chicken pieces with additional salt, if desired. Place Chicken pieces bone side down over medium to hot coals. Grill for 25 minutes until bone side is well browned. Turn pieces over and grill 25 minutes more, until chicken is tender. Brush chicken frequently with sauce during last 10 minutes of grilling.

Barbequed Ribs

Ingredients:

2 tablespoons of salt	1/4 cup of sugar
2 tablespoons of ground cumin	2 tablespoons of fresh ground black pepper
2 tablespoons of chili powder	4 tablespoons of paprika
2 racks of 10 to 12 pork ribs	

Basting Sauce

1 3/4 cups of white vinegar	2 tablespoons of hot pepper sauce
2 tablespoons of sugar	1 tablespoon of salt
1 tablespoon of fresh ground black pepper	

Combine salt, sugar, cumin, pepper, chili powder and paprika to make barbeque rub. Rub ribs thoroughly with this mixture. Place ribs on baking sheets and cook in 180 degree oven for 3 hours. Do not turn as slow cooking infuses the spices.

Remove from oven. (The ribs may now be covered and refrigerated up to 2 days before grilling)

Use very low charcoal fire with rack set as high as possible. Grill ribs 5 minutes to 30 minutes per side, depending on heat and temperature of ribs. Ribs should have light outer crust and be heated throughout.

If you prefer juicy ribs, coat with basting sauce just before removing from grill. Otherwise serve dry with sauce on side. Remove ribs from grill, cut in between bones and serve.

Barbequed Chicken And Shrimp

Ingredients:

- 1 teaspoon of minced garlic
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of ground cumin
- 1/4 cup of melted butter
- 1/2 lb. of medium sized shrimp
- 1 lb of boneless chicken breasts

Peel shrimp and cut chicken into 1 inch cubes. Combine Garlic, Onion powder, Cumin and melted Butter. Marinate shrimp and chicken while preparing grill. String shrimp and chicken onto separate skewers. Cook about 5 inches above hot coals, allowing 5 minutes for shrimp and 10 minutes for chicken. Turn once or twice while cooking and baste often with remaining marinade.

The shrimp are done when they have turned from pink to white. Chicken is done when it is white throughout and if pierced with a toothpick, the escaping juices are clear. Please be careful and do not over cook either of these delicious bite-sized treats.

Country Potato Salad

Ingredients:

- 1 tablespoon of coarse salt
- 2 lbs. yellow finn potatoes or 2 lbs. of new potatoes
- 1/4 cup or extra-virgin olive oil
- 1 1/2 tablespoons of white wine vinegar
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1 cup of diced celery
- 1/2 cup of diced red onions
- 3/4 cup of diced dill pickles
- 1/4 cup of diced black olives
- 1 cup of mayonnaise
- 1/4 teaspoon of cayenne pepper
- 3 hard-cooked eggs cut into 1/2" cubes

Bring a large kettle of water to a boil over high heat. Add coarse salt and potatoes; cook until potatoes are nearly tender but still firm in center, about 15 minutes.

In large bowl, whisk olive oil, vinegar, salt and pepper. Drain potatoes, and when they are cool enough to handle, cut into 1-inch cubes. Place potatoes in bowl with vinaigrette, toss until coated with mixture and let cool.

When potatoes are cool, add celery, onions, pickles and olives; toss until thoroughly incorporated. In small bowl, mix mayonnaise with cayenne pepper; add to potato mixture. Toss until all vegetables are coated with mayonnaise. Add eggs to salad and toss gently. Chill 1 to 2 hours before serving.

Macaroni Salad

2 cups spiral macaroni
6 eggs, hard-cooked
1/2 cup Cheddar cheese, cubed
1 cup celery, chopped
1 cup mayonnaise
2 tablespoons green onion, chopped
1/2 teaspoon dry mustard
1/4 teaspoon salt
2 tablespoons slivered almonds, toasted

Cook macaroni; drain. Combine remaining ingredients and add the macaroni. Chill. Serve topped with almonds.

Chicken Salad

2 cups cooked chicken, diced
2 tablespoons green olives, chopped
3/4 cup celery, chopped
2 tablespoons ripe olives
2 tablespoons sweet pickle relish
2 eggs, hard-cooked
3/4 cup mayonnaise

Chop hard-cooked eggs, and mix with remaining ingredients. Keep chilled until ready to serve.

Serious Fudge Brownies

Ingredients:

8 oz unsweetened chocolate (8 squares)
1/2 lb. of butter
5 eggs
2 1/2 cups sugar
1 tablespoon of vanilla extract
1 1/2 cups flour
2 cups coarsely chopped walnuts

Grease a 13 X 9 inch pan and pre-heat oven to 375 deg. F. Melt the chocolate and the butter in the top of a double boiler over simmering water. Whisk until smooth. Set aside to cool while beating eggs. Beat the eggs, sugar and vanilla at high speed for a full 10 minutes. Blend in the chocolate-and-butter mixture at low speed. Add flour, beating just to blend. Stir in walnuts, if desired. Bake for 30 to 35 minutes. Do not over bake. The brownies are done when a toothpick inserted into the center comes out slightly dirty. Cool in pan, then cut into squares.

Lemon Dill Fish

Ingredients:

1/2 cup of salad dressing or mayonnaise
2 tablespoons of lemon juice
1/2 teaspoon of grated lemon peel
1 teaspoon of dill weed
1 lb. of fish fillets (flounder, catfish, or cod)

Combine the salad dressing/mayonnaise, lemon juice, lemon peel, and the dill weed. Stir until well blended. Place your choice of fish on a greased grill rack or the rack of a broiler pan. Brush the fish with half of the sauce and grill or broil for 5 to 8 minutes. Turn the fish and brush with the remaining sauce. Continue grilling or broiling for another 5 to 8 minutes or until the fish flakes easily with a fork.

Easy Oven-Fried Fish

Ingredients:

1 lb. of fish fillets
2 tablespoons of cornmeal
2 tablespoons of dry bread crumbs
1/4 teaspoon of salt
1/4 teaspoon of paprika
1/8 teaspoon of dried dill weed
A dash of black pepper
1/4 cup of milk
3 tablespoons of butter, melted

Move the oven rack to a position slightly above the middle of the oven. Heat the oven to 500 degrees F. Cut the fish fillets into 1 1/2 X 2 inch pieces. Mix the cornmeal, bread crumbs, salt, paprika, dill weed, and the pepper together. Dip the fish into the milk and then coat with the cornmeal mixture.

Place the fish in a generously greased rectangular baking pan and pour the melted butter over the fish. Bake uncovered until the fish flakes very easily with a fork, about 10 minutes.

Lemon Rice Pilaf

1 small onion, chopped (about 1/4 cup)
1 small clove of garlic, finely chopped
1/4 cup of butter
1 cup of uncooked regular rice
2 cups of water
2 teaspoons of dry instant chicken bouillon
2 teaspoons of finely shredded lemon peel
1/2 teaspoon of salt
1/4 teaspoon of dry mustard
1/8 teaspoon of red pepper sauce
2 medium stalks of celery, sliced
2 tablespoons of snipped parsley

Combine the onion, garlic, and the butter in a 3-quart saucepan and cook until the onion is tender. Stir in the remaining ingredients except the parsley. Heat to boiling, stirring once or twice. Reduce the heat and cover and simmer for 14 minutes without lifting the cover or stirring. Remove the pan from the heat and stir in the parsley lightly with a fork. Cover and let steam for 5 to 10 minutes.

Stuffed Zucchini

Ingredients:

3 medium zucchini
3 tablespoons of butter
1 cup of chopped fresh mushrooms
2 tablespoons of flour
1/4 teaspoon of dried oregano, crushed
1 cup of shredded Monterey Jack cheese
2 tablespoons of chopped pimento
1/4 cup of Parmesan cheese

Cook the whole zucchini in salted, boiling water for about 10 minutes or until tender and drain. Cut the zucchini in half lengthwise and scoop out the centers, leaving a 1/4" thick shell. Chop the scooped out portion of the zucchini and set aside.

Melt the butter in a large skillet and sauté the mushrooms for about 3 minutes or until tender. Stir in the flour and oregano and remove from heat. Stir in the Monterey Jack cheese, the pimento, and the chopped zucchini. Return the mixture to the heat and heat through.

Preheat the broiler. Fill the zucchini shells using approximately 1/4 cup of filling for each shell. Sprinkle the tops with the Parmesan cheese and broil several inches from the head for 3 to 5 minutes or until bubbly and hot.

Oven Roasted Vegetables

Ingredients:

2 large Spanish onions or 8 small whole onions
4 large carrots or 12 whole baby carrots
8 to 10 small red skin potatoes (not Russet or Idaho)
2 tablespoons of melted butter
2 tablespoons of olive oil
4 garlic cloves, minced
1 red bell pepper
1 green pepper
1 teaspoon of crushed dried rosemary
1 1/2 tablespoons of dried marjoram
Salt and ground black pepper

Preheat the oven to 370 degrees F. Mix the melted butter, olive oil, rosemary, and marjoram together and set aside. Peel all of the vegetables (peeling the potatoes is optional). If using large onions, cut each onion into eighths by slicing it lengthwise into quarters and then cut each quarter crosswise. If using large carrots, halve them lengthwise and then cut them into 1-inch sections. Quarter the potatoes. Cut the red and green peppers into large chunks. Arrange the vegetables in a large oiled baking dish and pour the butter and herb mixture over the vegetables. Toss the vegetables to coat with the butter/herb mixture. Cover the baking dish tightly with aluminum foil and bake for 35 minutes. Uncover the turn the vegetables. Add salt and pepper to taste. Return the dish to the oven and roast the vegetables at 425 degrees F. for approximately 30 minutes or until the carrots and potatoes are thoroughly cooked and the edges of all vegetables are browned.

Fruited Sour Cream Salad

Ingredients:

1 can of mandarin oranges
6 bananas (firm and not too ripe)
1 pint of sour cream
1 cup of brown sugar
1 teaspoon of ground cinnamon
1/2 teaspoon of nutmeg

Slice the bananas and add the drained mandarin oranges in a bowl. Mix the sour cream, brown sugar, cinnamon, and nutmeg together and pour over the bananas and oranges. Mix well and chill.

Lemonade Pie

Ingredients:

- 1 - 6 ounce can of frozen lemonade concentrate (pink or yellow)
- 1 - 8 ounce container of whipped topping
- 1 - 14 ounce can of condensed milk
- 1 graham cracker piecrust

Combine first 3 ingredients (being careful not to make it runny) and pour into graham cracker crust. Freeze for several hours before serving.

Orange And Lemon Grilled Salmon With Dill Butter

Ingredients:

Grated zest and juice of 1 orange
1 tablespoon of olive oil
Salt and freshly ground black pepper
1/4 cup of butter

Grated zest and juice of 1 lemon
1 teaspoon of whole grain mustard
4 salmon steaks
2 tablespoons freshly chopped dill

Blend together the orange and lemon zest and juice, olive oil, mustard and salt and black pepper to taste. Place the salmon steaks in a dish and pour the marinade over the steaks. Allow the steaks to marinate for 1-2 hours.

Meanwhile, blend together the butter, dill and salt and black pepper to taste and chill until firm. Grill the salmon on a preheated medium temperature grill for 15-20 minutes or until the fish flakes easily, turning and basting occasionally with the marinade. Serve immediately with the dill butter.

Grilled Citrus Chicken With Garlic Sauce

Ingredients:

1/4 cup of olive oil
2 tablespoons of lemon juice
2 teaspoons of minced garlic
1 teaspoon of black pepper

2 tablespoons of orange juice
1 tablespoon of minced fresh rosemary
2 teaspoons of salt
4 whole chicken breasts, skinned, boned and halved

In a shallow dish combine the olive oil, orange and lemon juice, rosemary, garlic, salt, and black pepper. Add chicken breasts, turning to coat well. Let the chicken marinate, covered, for at least 6 hours or overnight in the refrigerator, turning occasionally. Preheat a grill over high heat until hot. Drain the chicken breasts and thread each piece on a skewer. Grill the chicken until done and serve with the garlic sauce below.

Citrus Garlic Sauce

1 tablespoon minced garlic
1/4 cup chicken broth
2 tablespoons orange juice
1 teaspoon pepper

2 teaspoons olive oil
2 tablespoons lemon juice
1 teaspoon salt
2 tablespoons cold unsalted butter, cut into small pieces

In a saucepan sauté the garlic in the olive oil over moderately high heat until browned. Add the chicken broth, the lemon and orange juice, salt and pepper and cook until reduced by half, then swirl in the butter.

Grilled Herbed Corn on the Cob

Ingredients:

1/2 cup of butter or margarine - softened
1/2 teaspoon of salt
2 tablespoons of minced fresh parsley
1/4 teaspoon of cayenne pepper
1 teaspoon of thyme
8 sweet ears of corn

Mix all of the ingredients except the corn into the melted butter. Pull back the shucks from the corn, remove the silk and spread the butter mixture over the kernels. Replace the shucks and wrap the corn in aluminum foil. Grill for 30-40 minutes, turning every so often.

New Potatoes in Garlic Butter

Ingredients:

1/2 cup of butter, softened
2 cloves of garlic, minced
3 pounds of new potatoes
Salt and black pepper

Mix together the butter and garlic. Arrange half of the potatoes in single layer on square of double-thickness heavy-duty aluminum foil. Dot the potatoes evenly with half of the butter mixture and season with salt and black pepper. Seal the aluminum foil package securely. Repeat with the remaining potatoes. Roast directly on hot coals or on grill at High setting for 40-45 minutes or until tender, turning the packages occasionally.

Marinated Vegetable Salad

Ingredients:

2 cups of thinly sliced cucumbers or zucchini
2 cups of thinly sliced carrots
1 red onion, sliced and separated into rings
24 cherry tomatoes, halved
1/2 cup of sliced celery
Leaf lettuce

1 cup of wine vinegar
3/4 cup of sugar
1/4 cup of olive oil
1 teaspoon of celery seed
1 teaspoon of snipped basil
1/4 teaspoon of freshly ground black pepper
1/2 teaspoon of salt (optional)

For the salad, combine the cucumbers or zucchini, carrots, red onion, cherry tomatoes and celery in large bowl.

For the dressing, beat the vinegar, sugar and olive oil in medium bowl with a wire whisk until well blended. Then, mix in the celery seed, basil, pepper, and salt and pour over the vegetables. Stir gently, cover and refrigerate for several hours or overnight, stirring occasionally.

When ready to serve, drain the vegetables and reserve the marinade. Line a salad bowl with the leaf lettuce and spoon vegetables onto the lettuce.

Creamy Frozen Lime Pie

Ingredients:

1 - 8-inch prepared graham cracker crust
1 - 8 ounce package of cream cheese, softened
1 - 14 ounce can of sweetened condensed milk
1 cup of evaporated milk
1/2 cup of lime juice (about 3 medium limes)
1 teaspoon of grated lime peel
Lime slices

Beat the cream cheese in small bowl until smooth. Gradually add the sweetened condensed milk, the evaporated milk and beat until smooth. Add lime juice and lime peel. Beat on medium speed for 1 minute. Pour into the crust and freeze for at least 2 hours or until firm. Let stand at room temperature for 10 to 15 minutes before serving. Garnish with lime slices and serve immediately.

Grilled Peaches

Ingredients:

1/4 cup of canola oil

1/2 teaspoon of cinnamon

1 tablespoon of sugar

4 large halved peaches

Blend the oil, cinnamon and sugar together in a bowl and toss in the peaches to coat. Grill peaches fruit side down, over low heat, for about 4 minutes. Turn and brush the peaches with the spiced oil and grill for another 4 minutes. Top with ice cream.

Garlic Baked Chicken Breasts

Ingredients:

1/4 cup of butter or margarine, softened
1 tablespoon of snipped chives or parsley
1/8 teaspoon of garlic powder
6 small chicken breast halves
1 1/2 cups of crushed cornflakes
2 tablespoons snipped parsley
1/2 teaspoon of paprika
1/4 cup of buttermilk

Mix margarine, chives and garlic powder together and shape into a 2" X 3" rectangle. Cover and freeze until firm, about 30 minutes. Remove skin and bones from chicken breasts. Flatten each chicken breast to 1/4-inch thickness between waxed paper or plastic wrap. Cut margarine mixture crosswise into 6 pieces. Place 1 piece on center of each chicken breast. Fold long sides over margarine; fold ends up and secure with wooden pick. Mix cereal, parsley and paprika. Dip chicken into buttermilk; coat evenly with cereal mixture. Place chicken breasts, seam sides down, in greased square pan, 9 X 9 X 2 inches. Bake uncovered in 425-degree oven until the chicken is done, about 35 minutes.

Green Beans With Potatoes and Bacon

Ingredients:

4 cups of water
2 cups of fresh green beans, cut into 1" Pieces
4 small new potatoes, scrubbed and cut into 8 pieces
1 1/2 teaspoons of salt
5 slices of bacon cut into 1" Pieces
1/4 cup of chopped onion
1/4 teaspoon of black pepper

Place the water, beans, potatoes and 1 teaspoon of the salt in a medium saucepan and bring to a boil over medium-high heat. Reduce the heat to low, cover and simmer for 10 to 12 minutes or until the beans and potatoes are tender. Drain off the water, cover, and set aside.

In a 12-inch skillet over medium-high heat, fry the bacon and onion until the bacon is crisp and the onion is tender. Drain off all but 1 tablespoon of the bacon drippings. Add beans and potatoes and toss until well coated with bacon and onion. Sprinkle with remaining 1/2 teaspoon salt and pepper and serve.

Broccoli And Dill Potato Salad

Ingredients:

6 medium red potatoes
1/2 cup of mayonnaise
1/2 cup of white vinegar
1 tablespoon of coarse ground mustard
1 teaspoon of salt
Black Pepper to taste
1/4 cup of fresh dill
2 cups of steamed broccoli florets, cut into bite size pieces

Place potatoes in a heavy saucepan with enough water to cover them and boil for about 20 minutes or until tender but still firm. Drain. Put the mayonnaise in a large bowl. Mix in the vinegar, mustard, salt and black pepper, and then slice or chunk in the potatoes while they are still hot, stirring often while cooling. When the salad is cool, mix in the dill. Refrigerate until chilled and toss with the broccoli right before serving.

Layered Fruit Salad

Ingredients:

2 cups of fresh peach slices or 1-16oz can of sliced peaches, - drained
2 cups of fresh blueberries
2 cups of sliced, fresh strawberries
2 cups of fresh green grapes
2 tablespoons of Lemon juice
1 teaspoon of grated lemon rind
1 - 8 ounce package of Cream cheese, softened
1 cup of whipping cream
1/4 cup of powdered sugar
1/2 cup of chopped walnuts

In a large glass bowl layer the fruit in order of the ingredients. In a separate bowl mix the cream cheese, lemon juice and lemon rind. In another bowl whip the cream just until peaks form and add the powdered sugar and whip until stiff peaks are formed. Fold the cream cheese mixture and the whipped cream mixture together and spread over the fruit. Sprinkle with the chopped walnuts. You can serve immediately or store, covered, in the refrigerator.

Pineapple Angel Food Trifle

Ingredients:

1 can of pineapple tidbits
2 packages of instant vanilla pudding
3 cups of milk
8 ounces of sour cream
8 ounces of whipped topping
1 angel food cake, cubed

Drain pineapple tidbits, reserving 1-cup of the juice and set aside. Combine instant pudding mix, 1/2 cup of the reserved pineapple juice, and milk in a large mixing bowl. Beat at a low speed with an electric mixer for 2 minutes or until thickened. Fold in the sour cream and pineapple tidbits.

Place 1/3 of the angle food cake cubes in the bottom of a 16 cup glass bowl and drizzle with 2 to 3 tablespoons of the remaining reserved pineapple juice. Spoon 1/3 of the pudding mixture over the cake cubes. Repeat with another layer of cake cubes and pineapple juice until all of the cake is used ending with the pudding mixture. Cover and chill at least 3 hours. Garnish with pineapple slices just before serving if desired.

Barbequed Burgers

Ingredients:

1 pound of ground beef
1 egg, beaten
1/4 cup of quick cooking oats
1 tablespoon of dried onion flakes
1/2 teaspoon of seasoning salt
1 dash of ground black pepper
2 tablespoons of ketchup
1 teaspoon of dry onion soup mix

Preheat an outdoor grill for high heat, and lightly oil the grate. In a large bowl, mix the ground beef, egg, quick cooking oats, dried onion flakes, seasoning salt, pepper, ketchup, and dry onion soup mix. Form the mixture into about 4 burger patties and place the burger patties on the prepared grill, and cook about 5 minutes on each side, to an internal temperature of 160 degrees F (63 degrees C).

Bacon-Glazed Grilled Onions

Soak long wooden picks in water 30 minutes before threading with onion wedges.

Ingredients:

2 large sweet onions, cut in wedges
8 thick hickory-smoked bacon slices, cut in half
2 tablespoons light brown sugar
2 tablespoons balsamic vinegar
1 tablespoon molasses

Wrap the onion wedges with bacon and secure with the long wooden picks and place in a large shallow dish. Combine the sugar, vinegar, and molasses; drizzle over onion wedges. Cover and chill 1 hour. Remove the onion wedges from the marinade, reserving marinade. Grill on a covered grill, over medium-high heat (350 degrees to 400 degrees) for 20 minutes or until onion wedges are crisp-tender, turning and basting occasionally with reserved marinade.

Easy Chicken Wings

Ingredients:

3 pounds of chicken wings
1 cup of hot sauce
1/2 cup of butter
1/2 teaspoon of cayenne pepper
1/4 teaspoon of freshly ground black pepper

If your wings are whole, trim the tips of the wings; save for soup or discard. Separate the wings at the joint. Place wings on heated gas or charcoal grill and leave undisturbed for 7 minutes. While the wings are cooking, make the sauce: Melt the butter and add hot sauce, cayenne and black pepper. Turn wings and cook until done, which could be anywhere from 5 to 10 minutes more. The drum part will take slightly longer to cook. Cut into a drum to test for doneness. Place the cooked wings in a large pot with a secure lid. Pour sauce over the wings and cover. Shake wings with the sauce until thoroughly coated. Serve with celery sticks and bleu cheese dressing.

Scalloped Potatoes for the BBQ

Ingredients:

4 red potatoes
1 onion, chopped
4 cloves of garlic, chopped
1/4 cup of chopped fresh basil
1/4 cup of butter
salt and pepper to taste

Preheat the grill to medium heat. Slice the potatoes as thinly as possible and layer on aluminum foil with the onion, garlic, basil, butter or margarine and salt and pepper to taste. Wrap the foil around the vegetables to form a packet. Place the packet on heated grill and cook for 20 for 40 minutes, depending on the thickness of the potato slices. Turn packet halfway through cooking.

Oatmeal S'mores

Ingredients:

8 large oatmeal cookies
4 ounces milk chocolate
8 marshmallows

Lightly oil grill and preheat to high. Place 1 ounce of chocolate on the flat side of 4 of the oatmeal cookies. Skewer the marshmallows and roast them, turning constantly, until they are a golden brown all over. Slide a warm marshmallow onto the chocolate and top it with another cookie (flat side down). Repeat for all cookies. Let sit for a couple of minutes to melt chocolate, and serve.

Banana Split Ice Cream Pie

Ingredients:

1 (9 inch) prepared chocolate cookie crumb crust
2 bananas, sliced
1 quart strawberry ice cream, softened
1 (20 ounce) can crushed pineapple, drained
1 cup heavy whipping cream
1/4 cup chopped walnuts
1/4 cup maraschino cherries (optional)

Mix cookie crumbs with 1/4 cup melted butter or margarine. Press into a 9-inch pie plate. Arrange bananas over bottom of crust. Spread ice cream in an even layer over bananas. Top with drained pineapple. Whip the cream and spread over top. Sprinkle with nuts. Place pie in freezer for 4 hours or until firm. Garnish with cherries, if desired.

Chicken and Rice Casserole

6 strips uncooked bacon
1 can cream of chicken soup
1 cup rice
1 can of water
8 chicken pieces
oregano to taste
salt and pepper to taste

Line casserole dish (13x9) with bacon strips. Spread uncooked rice over bacon. Place chicken on top of rice. Mix soup and water together and pour over chicken. Season with salt, pepper and oregano. Cover with foil. Bake at 350 degrees for 60 minutes or until chicken is done (this will depend on the size of the pieces). Makes 4 servings.

Southern Style Black Eyed Peas & Rice

2 cup cooked black eyed peas
1 cup cooked long grain rice
1/4 cup butter or margarine
4 cup torn fresh spinach
4 slices bacon, cut into pieces
2 tbsp grated parmesan cheese
1/2 tsp salt
1/4 tsp hot pepper sauce
1 cup shredded cheddar cheese

Have cooked black eyed peas and rice ready. In saucepan, melt butter. Stir in spinach and bacon. Cook over medium heat, stirring occasionally, until spinach is tender (4 to 6 minutes). Stir in black eyed peas, rice and remaining ingredients except cheddar cheese. Continue cooking, stirring occasionally, until heated through (7 to 10 minutes). Just before serving, stir in cheddar cheese.

Garlic Scalloped Potatoes

Ingredients:

8 to 10 large new potatoes, sliced thin
24 to 32 oz heavy whipping cream
8 to 16 oz half-and-half
3 to 6 cloves minced garlic, according to taste
1 to 2 tsp salt
1 to 2 tsp pepper
melted butter

Preheat oven to 350 degrees.

Place sliced potatoes in large, heavy saucepan sprayed with non-stick cooking spray. Pour cream and half-and-half over potatoes, adding more if necessary (potatoes should be nearly covered). Add garlic and seasonings.

Over moderate heat, cook potatoes uncovered for 20 minutes or until mixture starts to thicken. Stir occasionally to prevent potatoes from sticking to bottom of pan.

Pour hot potatoes into large, generously buttered baking dish. Drizzle butter over the top (the more the better!). Bake for approximately 45 minutes or until potatoes are tender and lightly browned.

Let stand 10 minutes before serving.

Baked Acorn Squash

Serves 4

2 Acorn squash
2 Tablespoons Butter
2 Tablespoons Brown sugar
1 teaspoon Cinnamon
1/2 teaspoon Ginger

Pre-heat the oven to 350. Split the squash and remove any seeds. Place the squash in a deep casserole dish (cut side up). Trim the bottom to enable it to stand up. Put 1/2 Tablespoon of butter in each center. Sprinkle on the sugar, cinnamon, and ginger. Add about 1/2 inch of water to the casserole. Bake for one hour or until the squash is soft.

Cabbage and Apples

1/4 cup butter
1/3 cup lemon juice
1/4 cup firmly packed light brown sugar
1/4 cup water
1/2 t caraway seeds
1/2 t salt
4 cups shredded red cabbage
2 medium apples (cored and chopped)

In a large saucepan, melt butter; stir in lemon juice, brown sugar, water, caraway seeds and salt. Add cabbage and apples; bring to a boil. Reduce heat; cover and simmer for 25 to 30 minutes.

Makes 6 to 8 servings.

Southern SweetPotato Pudding

6 cups Grated SweetPotatoes (about 3 medium)
2 1/2 cups Milk
3 large Eggs, slightly beaten
1 cup Light Brown Sugar
2 tsp. Ground Cinnamon
2 tsp. Vanilla Extract
1/2 cup Lightly Toasted Chopped Almonds
1 tsp. Grated Orange Peel
2 Tbsp. Softened Butter or Margarine

1. In bowl, combine SweetPotatoes, milk, eggs, sugar, cinnamon and vanilla. Blend well. Stir in almonds and orange peel. Spoon into buttered 2-quart shallow baking dish. Dot with butter.

2. Bake at 300 degrees F for 1 1/2 hours or until pudding is set. Serve hot with country ham or roasted chicken.

Makes 12 servings

Recipe Courtesy of NC SweetPotato Commission
<http://www.ncsweetpotatoes.com>

Apple/Cranberry Cobbler

5 cups of apples, peeled & sliced
3/4 cup of flour
1 1/4 cups of sugar
2 tablespoons of sugar
1 cup of cranberries
1 teaspoon of baking powder
3 tablespoons of minute tapioca
1/8 teaspoon of salt
1/2 teaspoon of cinnamon
1/4 cup of butter or margarine
1 cup of water
3 tablespoons of milk
2 tablespoons of butter or margarine

Heat oven to 375

Mix apples, 1 1/4 C sugar, cranberries, tapioca, cinnamon and water in a large sauce pan. Let stand 5 mnts. Stirring constantly cook over medium heat until mixture comes to a full boil. Pour into 2 qt baking dish, dot with the 2 tablespoons of butter.

Mix flour, 2 tablespoons of sugar, baking powder and salt in a large bowl. Cut in 1/4 cup of butter until mixture resembles coarse crumbs. Stir in milk until soft dough forms. Drop dough by tablespoonfuls on to HOT mixture. Bake 30 minutes or until topping is golden brown. Serve warm with whipped cream or ice cream.

Brunswick Stew

Ingredients:

1 - 4 to 5 pound pork roast, cooked and meat shredded
One small chicken, roasted and meat shredded.
2 large onions, chopped
2 cans each of cream style corn, lima beans,
stewed tomatoes, and green peas
1 cup of tomato ketchup
1 large bottle of hickory flavored barbecue sauce
1/4 cup of Worcestershire sauce
2 teaspoons of Liquid Smoke
2 cups of water (more may be added if needed)
The juice of one lemon
1 teaspoon of salt
1 teaspoon of black pepper

Mix all of the ingredients together and simmer over low heat, stirring often to prevent sticking. This stew is best cooked a day or two in advance of serving to allow the flavors to blend.

Traditional Shepherd's Pie

Ingredients:

1/4 cup of butter
2 onions, sliced
4 cups of diced, cooked leftover lamb or beef
1/4 cup of flour
2 cups of beef broth
2 cups each of diced tomatoes, sliced cooked carrots, cooked peas
1/2 teaspoon each of dried crumbled thyme and rosemary
4 cups of well seasoned mashed potatoes
2 eggs, well beaten

In large saucepan, heat butter, sauté onions 5 minutes; add lamb or beef. Sprinkle with flour. Blend in beef broth, eggs, and tomatoes. Stir over medium heat until bubbly and thick. Simmer 5 minutes. Mix in carrots, peas, & herbs. Season to taste with salt & pepper. Transfer to casserole dish. Spread mashed potatoes evenly over stew. Bake in preheated moderate oven at 375F for 35-40 minutes or until top is brown.

Microwave Bacon Topped Cheese Soup

Ingredients:

6 slices of bacon, chopped
1/2 cup of finely chopped celery
1/2 cup of finely chopped carrot
1/2 cup of finely chopped onion
1/2 cup of finely chopped green pepper
1/3 cup of all-purpose flour
1/2 teaspoon of salt
1/4 teaspoon of black pepper
2 cup of Half-and-half
1 cup of milk
1 - 14 ounce can of clear chicken broth
2 cups of shredded cheddar cheese

Place bacon in a 3 qt. casserole; cover and microwave at HIGH 6 to 9 minutes or until done. Remove bacon with a slotted spoon, reserving drippings in casserole; set bacon aside.

Add vegetables to drippings; microwave at HIGH 6 to 8 minutes or until tender. Blend in flour, salt, and pepper; stir well. Gradually stir in half-and-half, milk, and chicken broth. Cover and microwave at HIGH 7 to 11 minutes or until thickened and bubbly, stirring at 2 minute intervals. Add cheese, stirring until melted. Cover and microwave at MEDIUM 2 minutes. Top each serving with bacon.

Spiced Pumpkin Muffins

Ingredients:

2 cups of all purpose flour	3/4 cup of firmly packed brown sugar
2 teaspoons of baking powder	1/4 teaspoon of baking soda
1/2 teaspoon of salt	1 teaspoon of ground cinnamon
1/4 teaspoon of ground ginger	1/8 teaspoon of ground cloves
A dash of ground nutmeg	1 cup of canned pumpkin
1/3 cup of unsalted butter, melted and cooled	2 large eggs at room temp
1/4 cup of milk at room temp	2 teaspoons of vanilla extract

Preheat oven to 400. Lightly butter (or PAM or use those paper liners!!) muffin tins. STIR together the flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, cloves, and nutmeg in a large bowl. In another bowl, stir together the pumpkin, butter, eggs, milk, and vanilla until blended. Make a well in the center of the dry ingredients. ADD the liquid ingredients and stir just to combine. SPOON mixture into prepared muffin cups (2/3 full). BAKE for 15 to 20 minutes, or until a toothpick inserted into the center of the muffins comes out clean. Remove and let cool.

Cranberry Pumpkin Bread

Ingredients:

1 cup of pumpkin	1 cup of sugar
1/2 cup of milk	2 eggs
1/4 cup of butter, melted	2 cups of all-purpose flour
2 teaspoons of baking powder	1 teaspoon of ground cinnamon
1/2 teaspoon of baking soda	1/2 teaspoon of ground nutmeg
1/2 teaspoon of ground ginger	1 cup of chopped walnuts
1 cup of fresh or frozen cranberries	

In a mixing bowl, beat pumpkin, sugar, milk, eggs and butter. Combine dry ingredients; stir into pumpkin mixture. Fold in walnuts and cranberries. Pour into a greased loaf pan. Bake at 350 degrees for 70 minutes. Cool in pan for 10 minutes; remove to wire rack to cool.

Maple Pumpkin Cheesecake

Ingredients:

Crust:

1 1/4 cups of graham cracker crumbs
1/4 cup of sugar
1/4 cup of margarine or butter, melted

Filling:

3- 8 ounce packages of cream cheese	1- 14 ounce can of sweetened condensed milk
2 cups of canned pumpkin, not pumpkin pie mix	3 eggs
1/4 cup of maple syrup plus extra if you wish	1 1/2 teaspoon of ground cinnamon
1 teaspoon of nutmeg	Whipped topping
1/2 cup of chopped pecans	

Directions:

Preheat oven to 350 degrees.

Crust:

Combine the graham cracker crumbs, sugar and margarine and press firmly on bottom of 9-inch spring form pan or a 13 X 9-inch baking pan.

Filling:

In large bowl, beat cream cheese until soft. Gradually beat in condensed milk. Add pumpkin, eggs, maple syrup, and spices. Mix well. Pour into pan. Bake about 1 hour and 15 minutes or edge springs back when touched; the middle will still be slightly soft. Cool. Chill 2-4 hours.

Serve each piece with by sprinkling with pecans, top with whipped cream and drizzle with extra maple syrup.

Pinto Bean Casserole

Ingredients:

1 lb. ground beef
1 1/2 cans of pinto beans
1 box of cornbread mix
2 tablespoons of ketchup
2 tablespoons of BBQ sauce
2 tablespoons of sugar
2 tablespoons of worchestershire sauce
Salt and black pepper to taste

Brown and drain off the excess grease from the ground beef. Place the meat back into the skillet and mix with the pinto beans, ketchup, BBQ sauce, sugar, worchestershire sauce, the salt and black pepper. Stir together until heated through. Place the mixture into a 9" x 12" casserole dish. Mix the cornbread in a separate bowl according to the package directions and pour the batter on top of the meat mixture. Bake according to the cornbread directions.

Spicy Saucy Pork Chops

Ingredients:

2 pounds center cut pork chops
1 pint apple cider vinegar
1/4 cup ketchup
1/4 cup light brown sugar
1 tablespoon garlic salt
1 tablespoon crush red pepper
pinch of ground clove

Put in ingredients except chops in a stainless steel sauce pan. Bring to boil. Turn heat back to low and simmer for 10 minutes. Cook chops charcoal fire for 10 minutes on a side, basting while cooking. For oven-baked chops, place in shallow pan with sauce and cook at 400 degrees for 30 minutes, turning after 15 minutes. Serves 6-8 people.

Zucchini Casserole

Ingredients:

4 cups of unpeeled, sliced zucchini
1 cup of mushrooms, sliced
2 cups of diced tomatoes
1 cup of green bell pepper strips
1 cup of sweet red pepper strips
3/4 teaspoon of basil
1/2 teaspoon of garlic powder
1/4 cup of sugar
1/4 lb. of Provolone cheese, cubed
1/4 lb. of Swiss cheese, cubed
1/4 cup of Parmesan cheese
salt and pepper to taste

Simmer the zucchini, mushrooms, tomatoes, and the green and red peppers in a large pot until tender. Drain off the excess liquid and add the basil, garlic, and the sugar, mixing well. Just before serving add the cubed Provolone, Swiss, and the Parmesan cheese. Let the cheese start to melt before serving.

Cranberry Apple Pie

Ingredients:

1 cup sugar
2 tablespoons instant tapioca
1 teaspoon cinnamon
5 cups peeled, cored sliced apples
1/2 cup fresh cranberries
1/2 cup raisins
1/2 cup pecan pieces
3 tablespoons butter
1 egg, beaten with 2 tablespoons water
2 (prepared) pie crusts

Mix sugar, tapioca and cinnamon. Toss the apples, raisins, cranberries and pecans in the sugar mixture. Line pie plate with first pie crust. Mound filling into shell and dot with butter before putting top crust. Place crust over filling. Brush top crust with beaten egg mixture and sprinkle with sugar. Bake in a preheated 375 degree oven for 1 hour. Cover edges of pie with foil after browning starts in order not to over brown. Yield: 1 (9 inch) pie.

Roast Turkey Breast with Warm SweetPotato Pineapple Relish

A boneless breast roasts in only 40 minutes, and carving it is a cinch. Retire your canned cranberry sauce for this ginger-infused, sweet and chunky one.

2 boneless Turkey Breasts with Skin (1 1/2 lbs.each)
Salt and Fresh Ground Pepper to Taste
1/2 cup Pineapple Juice reserved from relish
1/2 cup Chicken Broth

Relish

1 (20-oz.) Can Pineapple Chunks
2 Tbsp. Butter
2 cups SweetPotatoes, peeled and cut into 3/4" chunks
2 tsp. Grated Fresh Ginger
1/2 cup Packed Golden Brown Sugar
1/2 cup Granulated Sugar
1/2 tsp. Salt or to Taste
1 (12 oz.) Bags fresh or frozen cranberries (not necessary to thaw)

Preheat oven to 400 degrees F. Grease or coat a 9"x13" baking dish with nonstick spray. Rinse breasts and pat dry. Sprinkle both sides with salt and pepper. Place skin side up in baking dish. Pour pineapple juice and broth around breasts. Bake 40 to 45 minutes until thermometer reaches 160 degrees F. Remove from oven; let stand 10 minutes. (The meat will go on cooking and the temperature will rise to 170 degrees or 175 degrees F. If the turkey has a popper in it, it should pop up while the turkey rests.)

Meanwhile, make relish: Drain pineapple, reserving juice. In a large skillet, melt butter over high heat. Add SweetPotatoes and sauté, stirring, until barely tender, 3 to 4 minutes. Stir in 1/2 cup reserved pineapple juice, ginger, sugars and salt. Stir in cranberries. Cook, stirring, until berries begin to pop, about 3 minutes. Stir in pineapple chunks. Remove from heat and let stand 5 minutes.

Remove turkey from pan and slice thinly. Serve with relish. Makes 6 to 8 servings.

Note: Relish can be easily doubled or tripled.

Recipe And Information Courtesy
of the NC SweetPotato Commission
www.ncsweetpotatoes.com

Green Beans With Wild Mushrooms

Mixing wild mushrooms with green beans is a great way to make the most of a pricey but delectable ingredient. Prepare this dish up to one day ahead with shiitake, cremini or oyster mushrooms, or a combination of all three.

1 1/2 pounds green beans
2 tablespoons butter
1/2 pound fresh wild mushrooms (such as shiitake, cremini, oyster or a combination)
Salt
Ground black pepper

Trim stem ends from beans. Bring a large saucepan of lightly salted water to a boil. Add beans and cook, uncovered, 5 to 7 minutes, or until tender-crisp. Drain and rinse under cold water to stop cooking. Trim and clean mushrooms. In a 12-inch skillet over medium-high heat, melt butter and cook mushrooms, stirring frequently, until mushrooms give up their liquid and then reabsorb it, about 10 minutes. (Can be made up to 1 day ahead to this point if covered and refrigerated and mushrooms and beans are stored in separate dishes.) Just before serving, in a 12-inch skillet over medium-high heat, heat mushrooms and beans just until hot. Season with salt and pepper to taste. Makes 8 servings.

Almost Perfect Chocolate Chip Cookies

Ingredients:

2 1/4 to 3 cups of all-purpose flour
1 teaspoon of baking soda
1 teaspoon of salt
1 teaspoon of vanilla
3/4 cup of sugar
3/4 cup of light brown sugar, packed
2 eggs, beaten
1 cup of butter
2 cups of real semi-sweet chocolate chips

Preheat the oven to 375 degrees. In a plastic bowl, add 2 cups of flour, salt, and the baking soda and mix well. In another bowl, soften the butter with a wooden spoon, add the brown sugar, the vanilla and mix well. Next add the sugar and stir until well blended then add the beaten eggs, again mixing well. Add the dry ingredients and mix well. Add the last 1/4 to 1 1/4 cups of flour slowly until the mixture barely sticks to your fingers. Add the chocolate chips and stir until well blended throughout. Place level tablespoons of dough rolled into a ball on a nonstick cookie sheet and bake for 9 to 11 minutes at 375 degrees or until golden brown on top.

Toffee Squares

Ingredients:

1 cup of butter
1 cup of firmly packed brown sugar
1 egg yolk
1 teaspoon of vanilla
2 cups of sifted flour
1/4 teaspoon of salt
1 1/3 cups of melted semi-sweet chocolate chips
1/2 cup of chopped pecans

Cream the butter and gradually add the sugar. Add the egg yolk and vanilla, and blend well. Add the flour and salt and blend to moisten the flour. Spread in a 9" X 13" greased baking pan and bake at 350 degrees for 20 minutes. Spread with the melted chocolate while hot and sprinkle with the chopped pecans. Cut into small squares to serve.

Festive coconut Cookies

Ingredients:

1/2 cup butter or margarine
1/2 cup sugar
1 egg separated
1 teaspoon vanilla
3/4 cup all-purpose flour
3/4 teaspoon salt
3/4 teaspoon baking powder
2/3 cup coconut
Mint and cherry or strawberry jam or jelly

Preheat oven to 375 degrees. Cream butter with sugar, egg yolk and vanilla in large bowl at medium speed with electric mixer. Combine flour with salt and baking powder. Add to creamed mixture. Blend well. Form into balls about 1-inch in diameter. Beat egg white until slightly frothy. Dip dough ball in egg white, and roll in coconut. Place on greased baking sheets. Make a small hole in each center of each cookie using thumb. Place ½ teaspoon cherry or strawberry Jam in half of cookies and mint jelly in remaining cookies. Bake at 375 for 8-9 minutes or until coconut begins to brown. Cool on baking sheets about 2 minutes. Remove to wire racks. Makes about 2 dozen.

Date Pinwheels

Ingredients:

2-1/2 cups chopped dates
1 cup sugar
1 cup water
1 cup chopped nuts
1 cup butter or margarine
2 cups brown sugar
3 eggs well beaten
4 cups plain flour
1/2 teaspoon salt
1/2 teaspoon soda

Boil first 3 ingredients on low heat until thick about 15 minutes. Add nuts set aside. Cream butter and sugar. Add eggs, flour, salt, and soda mix until like biscuit dough chill thoroughly. Divide into two parts roll out, spread filling and roll up jelly roll style. Chill over night slice and bake at 350 degrees for 10-15 minutes.

One Bowl Brownies

Ingredients:

4 squares unsweetened chocolate
1-1/2 sticks margarine
2 cups sugar
3 eggs
1 teaspoon vanilla
1 cup plain flour
1 cup chopped nuts
1/2 teaspoon salt
1/2 teaspoon baking powder

Microwave chocolate and margarine in large bowl until melted. Stir until completely melted. Stir sugar into melted chocolate until well blended. Stir in eggs and vanilla. Blend in flour, salt and baking powder. Stir in nuts. Spread in greased 9x13 inch pan. Bake at 350 degrees for 35-40 minutes or until wooden pick inserted in center comes out clean. Do not over bake. Cool until ready to serve.

Old Fashioned Peppermint Candy

Ingredients:

2 cups sugar
1/2 cup light corn syrup
1/2 cup water
1/4 tsp cream of tartar
3/4 tsp peppermint oil
3/4 tsp to 1 tsp red food coloring

Blend together sugar, corn syrup, water and cream of tartar. Stir to dissolve the sugar. Without stirring, cook until the hard ball stage (265 degrees) on candy thermometer). Remove from heat and add peppermint oil; blend well. Divide into two portions. Add red food coloring to one one half of candy. Pour candy onto two greased plates. Let cool. When cool enough to handle, pull each apart separately. Form into ropes and twist the white and red candy together. Cut into desired length and shape into canes.

Chocolate Mint Christmas Cookies

Ingredients:

1/2 cup Butter, unsalted	1 cup Sugar, granulated
1 lg. Egg, beaten	1/2 tsp Vanilla extract
1/2 tsp Mint extract	1/2 tsp Mint extract
1/2 cup Flour, unbleached	1/4 tsp Salt
1/2 tsp Baking powder, -double-acting	2 oz Chocolate, unsweetened
Non-paralleils, -multi-colored	2 tsp Water

Beat butter until soft; gradually add sugar and blend until creamy. Mix in beaten egg and extracts. **DON'T USE A FOOD PROCESSOR!!!**

Stir salt and baking powder into flour; stir into butter/sugar mixture. Melt chocolate in water over a double-boiler; add to dough. Form into a long roll approximately 2 - 3 inches wide. Wrap dough with plastic wrap and chill overnight.

Slice dough 1/4 inch thick and place on greased cookie sheet. Sprinkle with non-paralleils and press in slightly with back of spoon. Bake in 400 degree oven for 8 - 10 minutes. Cool cookies on rack.

Caramel Candy Pie

Single pie crust of your Choice

FILLING:

1 Envelope unflavored gelatin	1/4 cup Cold water
1 cup Milk	14 oz Package caramels
1 1/2 cups Whipped cream	

TOPPING:

2 tbs Sugar	1/4 cup Slivered almonds
-------------	--------------------------

Preheat oven to 450F.

Make pie crust of your choice for a unfilled one crust pie using a 9-inch pie pan. Bake at 450F for 9-11 minutes or until light golden brown. Cool completely. In a small bowl, soften gelatin in water; set aside. In a medium heavy saucepan, combine milk and caramels, cook over low heat until caramels are melted and mixture is smooth, stirring frequently.

Add softened gelatin; stir until gelatin is dissolved. Refrigerate about 1 hour our until mixture is slightly thickened but not set; stirring occasionally. Fold caramel mixture into whipped cream. Pour into cooled baked crust; spread evenly. Refrigerate 2 hours or until firm.

In a small skillet, combine sugar and almonds; cook over low heat until sugar is melted and almonds are golden brown, stirring constantly. Immediately spread on foil or greased cookie sheet. Cool; break apart. Just before serving, garnish pie with caramelized almonds.

Chocolate Butterscotch Christmas Fudge

Ingredients:

1 cup Sugar
15 oz Sweetened condensed milk
1/2 cup Water
6 oz chocolate chips
6 oz Butterscotch chips
1/4 cup Butter or regular margarine
1 tsp Vanilla
1 cup Chopped walnuts

Combine sugar, milk, water, chocolate and butterscotch chips in 3 quart heavy saucepan. Cook over medium heat, stirring constantly, to soft ball stage (234F). Remove from heat. Combine butter and vanilla in mixing bowl. Pour hot mixture into bowl. Beat with electric mixer at high speed until mixture starts to thicken. Stir in walnuts. Spread into greased 9 inch square baking pan. Cool and cut into 1 1/2 inch squares.

Christmas Fruitcake Cookies

Ingredients:

1/2 cup vegetable oil
1/2 cup brown sugar
1 ea egg
1/4 cup milk
1 1/4 cup whole wheat flour
1/2 tsp baking powder
1 tsp ground cinnamon
1/4 tsp ground cloves
1/4 tsp allspice
1/2 cup chopped walnuts
1/2 cup chopped raisins
1/2 cup snipped dried apricots
1/2 cup chopped dates

Cream together oil and sugar. Add egg. Then blend in remaining ingredients. Drop by spoonfuls onto lightly oiled baking sheet. Bake in preheated 350 degree oven about 10 minutes. Cool on wire rack and store in tightly closed container.

Wassail

Ingredients:

1 Tbs whole cloves
1 cinnamon stick
Quart apple juice
46 oz pineapple juice
1 cup filtered water
12 oz can frozen orange juice, thawed & undiluted
2/3 cup packed brown sugar
1/2 cup sugar

Tie cloves and cinnamon in cheese cloth bag. Place bag and the remaining ingredients in large pot. Stir well while bringing to a boil. Simmer uncovered 15 minutes. Then remove spice bag. Yield 1 1/2 Gallons

Mom's Gingerbread

Ingredients:

1/2 cup of shortening
1/2 cup of firmly packed brown sugar
1 eggs
1/4 cup of molasses
1 1/4 cups of self-rising flour
1 teaspoon of baking soda
1/4 teaspoon of ground cloves
1 1/4 teaspoon of ground ginger
1 teaspoon of ground cinnamon
1/4 teaspoon of salt
1/4 teaspoon of baking powder
1/2 cup of hot water

Preheat the oven to 350 degrees. In a large mixing bowl combine the shortening, brown sugar, eggs and the molasses and blend well. Sift together all of the dry ingredients. Gradually add the dry ingredients to the first mixture and blend in the hot water. Pour into a greased and floured 9" X 9" X 2" pan and bake for 25 to 30 minutes.

Pumpkin Pie Cake

This is one recipe that is to die for. Serves well with ice cream or whip cream.

Ingredients:

- 1 (15 ounce) can of pumpkin
- 1 (12 ounce) can of evaporated milk
- 1 cup sugar
- 3 eggs
- 1 teaspoon of ground cinnamon
- 2 teaspoons of pumpkin spice
- 1 teaspoon of salt
- 1 (18.5 ounce) package of yellow cake mix
- 3/4 cup of butter, melted
- 1 cup of chopped walnuts

Preheat oven to 350 degrees F. and lightly grease a 9x13 inch baking pan. In a medium bowl, mix the pumpkin, evaporated milk, sugar, eggs, cinnamon, pumpkin spice and salt. Pour the mixture into the baking dish. Sprinkle cake mix over the pumpkin mixture. Drizzle with butter. Top with the chopped walnuts. Bake in the preheated oven 50 to 60 minutes. Cool before serving.

Pumpkin Gingersnap Pie

- 1 1/2 cups of Cold half and half cream
- 3 1/2 ounces of Cool Whip whipped topping
- 1 cup of Pecans
- 1 cup of Gingersnaps
- 1/2 can of canned pumpkin
- 1 1/2 tablespoons of Pumpkin pie spice
- 1 Prepared graham cracker crumb pie crust

Beat half and half cream and pie filling in a large mixing bowl with a wire whisk for 1 minute. Let stand 5 minutes. Fold in topping and remaining ingredients; spoon into crust. Freeze until firm. Let stand at room temperature for 10 minutes before serving to soften. Store leftovers in freezer.

Double Layer Pumpkin Pie

Ingredients:

4 oz. cream cheese, softened
1 tablespoon milk
1 tablespoon sugar
1 8 oz. tub whipped topping, thawed
1 prepared graham cracker crumb crust (6 oz.)
1 cup cold milk
1 16 oz. can pumpkin
2 pkg. (4 serving size) Vanilla Flavored Instant Pudding/Pie Filling
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves

Mix cream cheese, 1 tablespoon milk and sugar in large bowl with wire whisk until smooth. Gently stir in 1 1/2 cups of the whipped topping. Spread onto bottom of crust.

Pour 1 cup milk into large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. (Mixture will be thick). Spread over cream cheese layer.

Refrigerate 4 hours or until set. Garnish with remaining whipped topping. Store leftover pie in refrigerator.

Cranberry Glaze For Turkey

Ingredients:

1 cup of whole or jellied cranberry sauce
2 teaspoons of grated orange rind
2 tablespoons of brown sugar
1/2 teaspoon of ginger
2 tablespoons of Worcestershire sauce
1/4 cup of water

Blend all ingredients in small pan. Bring to a boil, stirring constantly. Spoon over roasted or baked poultry during last 20-30 minutes of cooking.

Frosted Cranberry Salad

Ingredients:

- 1 (13 1/2 oz.) can of crushed pineapple
- 2 (3 oz.) pkgs. of lemon flavored gelatin
- 1 (7 oz.) bottle of ginger ale
- 1 lb. can (2 cups) of jellied cranberry sauce
- 1 (2 oz.) pkg. whipped topping mix
- 1 (8 oz.) pkg. softened cream cheese
- 1/2 c. chopped pecans

Drain pineapple, reserving syrup; add water to make 1 cup; heat to boil. Dissolve gelatin in hot liquid; cool. Gently stir in ginger ale. Chill until partially set. Blend pineapple and cranberry sauce; fold in gelatin. Turn into 9 x 9 x 2 inch dish and chill until firm. Prepare topping according to package. Blend in cheese; spread over gelatin. Toast nuts in 1 tablespoon butter at 350 degrees for 10 minutes. Sprinkle atop and chill.

The Carolina Country Cooking *Subscriber's Cookbook*

First of all, we would like to thank each one of you for submitting your favorite recipes for this cookbook, I am sure that will be enjoyed by all.

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Each recipe contained in this cookbook was submitted by subscribers to our free newsletter. Wherever possible, we have included the person's name who submitted the recipe and also the original author. Many of the recipes were submitted without information about origin or author, these are simply included as "origin unknown" .

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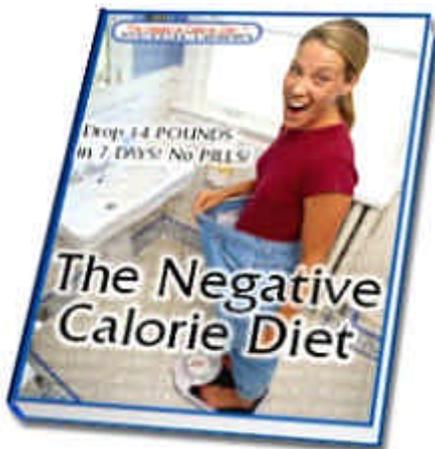
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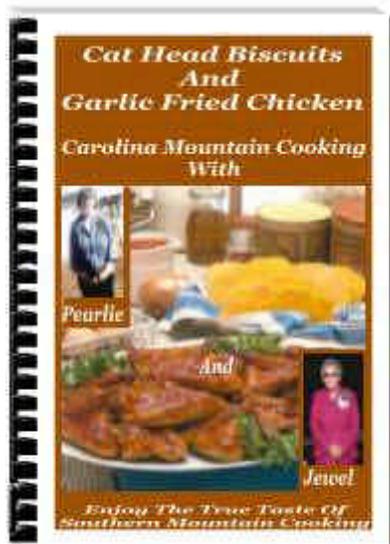
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Country Style Steak Cooked In The Crockpot

4 to 6 cube steaks

Flour

1 Tablespoon cooking oil

1 Envelope dried onion soup mix

1 Envelope brown gravy mix

Water

1. Dust steaks with flour.
2. Heat oil in a large skillet over medium-low heat. Brown steaks on both sides. Drain excess fat.
3. Place steaks in slow cooker. Add soup and gravy mixes and enough water to cover meat.
4. Cover and cook on low 6 to 8 hours.

Submitted by Margie Kirkman

Warm Chicken Caesar Wrap

8 Tyson fresh boneless, skinless chicken breast tenders

1 cup water

1 cup uncooked instant rice

3/4 cup fat-free caesar salad dressing

8 (10-inch) flour tortillas, warmed

2 cups shredded lettuce

2 tomatoes, chopped

1/2 cup seasoned croutons (optional)

1 cup shredded cheese

Spray a large skillet with nonstick cooking spray. Add chicken; Cook over medium-high heat 7 to 12 minutes or until light brown and internal juices of chicken run clear. Add water. Bring to a boil; Add rice. Cover, remove from heat; Let stand 5 minutes or until liquid is absorbed. Stir in salad dressing. Fill each tortilla with lettuce, chicken, rice, shredded cheese, tomatoes and croutons. Fold in sides of tortilla and then roll up. Chill: Refrigerate leftovers immediately. Servings:4

Submitted by Felicia Padgett

Baked Trout with Fresh Garden Herbs

2 dressed trout (1 3/4 pounds)
salt and pepper to taste
3 Tbsp. chopped fresh parsley
2 Tbsp. minced green onions
2 tsp. minced fresh sage
2 tsp. chopped fresh chives
1 tsp. minced fresh rosemary
1 tsp. minced fresh thyme
1 clove garlic, minced
1/4 cup unsalted butter
lemon wedges

Sprinkle trout with salt and pepper to taste. Combine parsley and next 6 ingredients in a small bowl; Stir well. Stuff half of herb mixture in each fish cavity. Place fish in buttered 13x9x2 baking dish, dot fish with butter. Bake at 350°F. for 20 to 25 minutes or until fish flakes easily. Garnish with lemon wedges. 2 servings

Submitted by Felicia Padgett

Red Wine Roast (a favorite with my dinner guests)

1 beef roast
1 cup Red Wine Vinegar
1 can creamy mushroom soup
1 pkg. Lipton Onion soup mix (dry)
1/2 cup water (optional for more "gravy")

Place roast in a cooking bag (remember to put a small amount of flour in bag and cut a tiny air hole in bag). Combine other ingredients and add to bag. Make sure they completely cover the roast. Place in oven on about 375 degrees and cook until roast is tender.

Origin Unknown

Drunk Chicken

Preheat oven to 350 degrees

Serves 6-8 (depending on how many chicken breasts you use! Use less if you want!)

6-8 Chicken Breasts, boneless & skinless
1 can Fat Free Cream of Mushroom Soup
1 Can Fat Free Cream of Chicken Soup
1 Canister Chicken Stove Top Stuffing (the Cornbread Stuffing is yummy too)

Blush Wine (I use the cheapest one, comes in a cardboard milk container!)

Mix together Cream of Mushroom & Chicken Soup & spread ONE HALF of the soup mixture in the bottom of a 9x13 baking dish. Place chicken breasts on top of soup mixture. Cover chicken breasts with remaining half of soup mixture.

Cover chicken & soup with stuffing mix, (I pour about an inch worth over chicken, you can pour as much or as little as you want! Just make sure you can't see any soup mixture.) Saturate stuffing mix with wine. (Make sure the stuffing mix is well saturated or it will burn!)

Bake for 45 min. to 1 hour, until chicken is done. Check to make sure your stuffing isn't burning. If it is browning quick, cover loosely with foil.

Origin Unknown

Round Steak Bake

1 lb. ground round
8 oz. pkg. Noodles
3 oz. cream cheese Sm. sour cream
2 (8 oz.) tomato sauce
2 sm. Onions
2 tbsp. Butter
2 tbsp. Sugar
6 green onions
1/2 c. cheddar cheese

Brown onions in butter, add ground round and brown. Add tomato sauce and sugar. Cook noodles. Mix sour cream and cream cheese with green onions. Put 1 layer noodles, cream mix, sauce. Repeat. Sprinkle cheese on top. Bake at 350 degrees for 20 minutes or until cheese melts.

Submitted by Dianne Burnette

Crockpot Meatloaf with Sour Cream Mushroom Sauce

8 oz Container onion sour cream Dip
2 1/4 c Soft bread crumbs
1/2 c Finely chopped celery
1/4 c Chopped onion
2 tb Chopped pimento
1 t Dried dillweed
3/4 ts Salt Dash of pepper
1 lb Ground beef
1 lb Ground pork
Sour cream mushroom sauce*
2 Beaten eggs

In large bowl combine the eggs, 1/2 c of the onion sour cream dip, the bread crumbs, celery, onion, pimento, dillweed, salt and pepper ; mix well. Blend in the ground beef and pork. In crockpot crisscross two 15" x 2" strips of foil. (Use heavy duty or double thickness of regular), across the bottom and up the sides. Place the meat mixture atop the foil strips, pressing lightly to form a round loaf, that doesn't touch the sides of the pot. Cover; cook on low heat 8-9 hours. Lift out the meatloaf, using the " foil " handles; drain off excess fat. Serve with Sour Cream Mushroom Sauce.

Sour Cream Mushroom Sauce:

In saucepan combine remaining 1/2 C of onion sour cream dip and one 10-3/4 oz can of condensed cream of mushroom soup. Heat through, stir occasionally.

Submitted by Dianne Burnette

Baked Cube Steak and Gravy

1 1/2 to 2 lb. cube steak
1 pkg. gravy mix (brown or mushroom)
1 1/4 c. water
1 (4 oz.) can mushrooms, drained
1 medium onion, chopped fine
1 Tbsp. Worcestershire sauce
1 Tbsp. soy sauce
1 Tbsp. steak sauce (A1)

Combine the gravy mix, water, Worcestershire, soy and steak sauces. Add the mushrooms and onions. Place the cube steak in this mixture in a covered 2-quart baking dish. Bake at 350 degrees for 2 hours. The combination of Worcestershire, soy and steak sauces helps to tenderize the steak and adds extra flavor to the gravy.

Submitted by Lois In Ohio

Salisbury Steak And Gravy

Ingredients

2 (10.5 ounce) cans condensed French onion soup
1 1/2 pounds ground beef
1/2 cup dry bread crumbs
1 egg
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoon all-purpose flour
1/2 cup ketchup
1/2 cup water
2 tablespoon Worcestershire sauce
1 teaspoon mustard powder

1. In a large bowl, mix together 1/3 cup condensed French onion soup with ground beef, bread crumbs, egg, salt and black pepper. Shape into 6 oval patties.
2. In a large skillet over medium-high heat, brown both sides of patties. Pour off excess fat.
3. In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover, and cook for 20 minutes, stirring occasionally.

This makes a ton of really good gravy, so I make lots of mashed potatoes to pour the gravy on. Major comfort food!

Submitted by Dianne Burnette

Chicken Jo

This comes from Florida and Dick's cousin Jo. It's been a popular Knight recipe for the past 30 years. I served it once to Mrs. Dewees who was known for her finicky appetite. She went back for thirds. Poor old thing, I bet she was uncomfortable for the next week.

Preheat oven to 400 degrees. Flour, salt, and pepper 1 chicken, cut up, or 4-6 split breasts. Place bony-side up in casserole dish. Bake 35-40 minutes. Reduce heat to 325 degrees.

Mix together: 2 cans mushrooms, drained, 2 cans cream of mushroom soup, and 1/4 cup milk

Pour soup mixture over chicken. Sprinkle with parsley (and a little paprika). Bake 15-20 minutes more. Serve over rice.

From: Ann Knight, Kingsport, TN

Chicken Curry

Another Knight recipe. The original came from Dick's Aunt Adah's husband, Henry Toombs. I've simplified it.

Stew 1 chicken. Cool and debone.

Saute:

4 onions, chopped
6 ribs celery, sliced
Chicken pieces

Sprinkle on top:

4 tablespoon flour
2-4 tablespoon curry powder

Add, as desired:

1/2 cup raisins
Cayenne, to taste
Plum or currant jelly
1-2 dried red peppers
1 1/2-2 tablespoons fresh ginger, minced

Add 2 cups chicken broth. Simmer 45 minutes.

About 5 minutes before serving, add 1/4 cup lemon juice. Serve over rice.

At the table, pass any of the following to spoon on top of curry. I use as many as I have on hand.

Shredded coconut	Sliced apples
Canned onion rings	Halved grapes
Hard-boiled egg*	Sliced mango
Pineapple chunks	Diced banana
Chopped pecans	Salted peanuts
Major Grey's chutney	Chinese pickled ginger

*Do not use with silver spoon!

Variation: Substitute 2 pounds cleaned shrimp for chicken. Use 1 can chicken broth and 1 broth can of milk for liquid. Add 1 can coconut milk.

From: Ann Knight, Kingsport, TN

Garlic Shrimp

Dick's favorite. This is the one I make most often

To prepare:

Peel and rinse 1-2 lbs. Medium shrimp.

In large frying pan, heat 2 T. olive oil
and 1/2 stick butter.

Add;

shrimp.

2-3 cloves garlic, minced

a little dried parsley

sprinkle or two or paprika.

Cook just until shrimp turn pink--@ 12-15 minutes. DO NOT OVERCOOK. Remove shrimp from pan and keep warm.

Add another 1/2 stick of butter or 2 T. olive oil and 2 cloves garlic, minced to frying pan. Sauté breadcrumbs made from 2-3 slices bread until well toasted. Serve over shrimp.

From: Ann Knight, Kingsport, TN

John's Favorite Shrimp

From Dick's mother--simplified by me. John asks for it when he gets home.

To prepare, mix together in large bowl:

1 lb. peeled shrimp, rinsed and patted dry

1 pkg. frozen peas

1 can cream of celery soup

1/2 small carton sour cream

1 T. lemon juice

1/2 c. (or small can) chopped black olives

2 T. slivered almonds

Pour into Pammed baking dish. Top with breadcrumbs. Dot with butter. Bake @ 350 for 40-45 minutes.

From: Ann Knight, Kingsport, TN

Quick Hamburger Pie

1 lb. ground beef
1/2 c. chopped onion,
1 lb. canned or frozen green beans
1 can tomato soup
salt and pepper

Brown meat and onion and season to taste. Drain off fat. Mix meat, beans and soup in 1 1/2 qt. casserole. sprinkle top with cheese if desired. Bake at 350 for 25 minutes.

This casserole is quick, tasty, nourishing and easy on the budget. Very good with hot biscuits and a tossed salad. I will sometimes vary the vegetable to corn, carrots or mixed vegetables just for variety.

Tuna Potato Pie

1 can tuna
1 can cream of vegetable soup
1/2 c. milk
1/2 pkg. instant mashed potatoes

Combine tuna, soup and milk. Pour into 9" pie plate. Prepare potatoes as directed on package. Drop by large spoonfuls onto tuna mixture. Bake at 450 until potatoes are lightly browned, about 15 minutes. Easy and tasty meal. Great with a salad.

Submitted by Joan Smith

Maple-Glazed Ham

Ingredients:

1 (8-ounce) slice lean cooked ham (about 1/4 inch thick).
1/8 teaspoon ground black pepper.
Cooking Spray.
2 tablespoons maple syrup.
1 teaspoon Dijon mustard.
2 teaspoons cider vinegar.

Cut ham slice into 3 pieces; sprinkle with pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add ham to pan, and cook 3 minutes ON EACH SIDE. Transfer ham to a serving platter, and keep warm. Combine maple syrup, mustard, and vinegar in pan. Cook over medium heat, stirring constantly, 1 minute or until mixture is smooth and bubbly. Spoon glaze over ham.

Submitted by Denny

My name is Joyce Inman. This is a family favorite, a birthday dinner request. If you are watching your fat intake like us, this is only an occasional treat. I've tried skipping the frying in oil part, but the result was mushy tortillas. (Not advisable)

Fabulous Enchiladas

1 lb ground beef
1 can cream of mushroom soup
1 can enchilada sauce
1/2 can water
1 small can chopped green chilies
1 dozen corn tortillas
1 1/2 lb shredded cheddar

Brown beef; drain. Add soup, enchilada sauce, water and chilies; simmer over low heat while preparing tortillas. Heat some oil in a skillet. Heat tortillas one at a time for a few seconds until limp. If oil is hot, put tortilla in, flip it over, and take it out. Drain on paper towels. Place 1 cup sauce in 9x13 pan sprayed with cooking spray. Place about 1/4 cup cheese on each tortilla, roll up, arrange on sauce in pan. Top with remaining sauce, making sure to cover all of tortillas. (Any tortilla left exposed will get hard in oven) Sprinkle top with cheese. Bake at 350 for 15-20 mins or until hot and bubbly and cheese is melted. Serves 4-6

My family doesn't like the chilies or mushroom chunks, so I blend the soup, sauce, water and chilies until fairly smooth then proceed as directed.

Meatloaf

2 Pound ground beef
1/2 Cup ketchup
1/2 teaspoon garlic salt
1/2 teaspoon onion salt
1 Cup or more Italian bread crumbs
1/2 Cup Pepsi

Mix altogether and shape into loaf. Bake at 350 degrees for 1 hour. This is so moist and so good. I just came up with this recipe one day.

Origin Unknown

Southern Pork Chops

4 pork rib chops
1 clove garlic, cut in half
1 Tbs. paprika
1 tsp. seasoned salt
1 tsp. sage, crumbled
1/2 tsp. cayenne pepper
1/2 tsp. pepper

Prepare grill or broiler. Rub both sides of pork chops with garlic. Combine next 5 ingredients in a bowl. Press seasoning mixture into pork chops with hands to adhere. Grill pork chops 7-8 minutes per side or until cooked throughout.

Origin Unknown

Sven's Mexican Spaghetti

1 lb. ground beef
1 can (15 oz.) tomato sauce
1 package (1.25 oz.) taco seasoning mix
1 medium onion, chopped
1/2 medium green pepper, chopped
2 tomato sauce cans water
Cheddar cheese, shredded
spaghetti
Jalapeño pepper, chopped fine (optional)

Cook ground beef and onion in large sauce pan until beef is brown; drain excess fat. Add tomato sauce, water, jalapeño pepper (if desired), and taco seasoning mix. Bring to a boil; simmer on low for 5-7 minutes.

Add spaghetti depending on thickness desired (start with 6-8 oz.). Bring to a boil; turn heat to low until spaghetti is done (15-20 minutes), stirring frequently to prevent sticking.

Let stand for 10-15 minutes and place individual servings on plate and top with shredded cheddar to taste. Serves 4-6.

Submitted by Sven Swanson, Sr.

This recipe was developed by my husband. It has become a family favorite.

Thank you,

Jean Capozzi

Dom's Italian Sausage

Serves 4-6

1 lb. Italian Sausage Links (sweet or hot)
6 med. onions, sliced
1 lg. red pepper, sliced
5-6 plum tomatoes, lg. chunks
salt & pepper to taste
1 tsp. oregano
1 Tbsp. parsley
1 Tbsp. Olive oil

Brown Italian Sausage Links in non-stick pan till browned on all sides. Remove from pan and slice into 1/4" slices. Deglaze and clean pan.

Add olive oil and red pepper to pan and cook until pepper starts to soften. Add sausage slices and onions and cook til onions are soft. Add tomatoes and spices and cook til tomatoes are soft but not mushy!

Serve with Garlic Potatoes. Recipe follows:

Garlic Potatoes

5 med. Potatoes, peeled and cut into lg. chunks
2 med onions, cut into lg. chunks
2 Tbsp. olive oil
1 Tbsp. garlic powder (to taste)
Salt & pepper
Paprika
1 Tbsp. parsley

Preheat oven to 350* Spray cookie sheet with oil spray

Toss all ingredients together. Bake 40 min. Turn and bake another 40 min. (Baking times are approximate). Test for doneness by piercing with fork. If done, but not brown enough for your taste, turn broiler on for a few minutes, turn and brown other side.

Chicken Stir-Fry

2 tablespoons cornstarch
1 can (14 ounces) Swanson chicken broth, divided
1 tablespoon soy sauce
1 pound boneless, skinless chicken breasts, cut into 1 inch strips
1/4 teaspoon ground ginger
1/8 teaspoon garlic powder OR 1 garlic glove, minced
5 cups cut-up vegetables such as sweet red peppers, snow peas, green onions, celery and carrots
4 cups hot cooked rice, cooked without salt

Mix cornstarch, 1 cup broth and soy sauce. In a nonstick skillet, stir-fry chicken until no longer pink. Combine remaining broth, ginger, garlic and vegetables in skillet. Cover and cook over low heat for 5 minutes or until vegetables are crisp-tender. Add cornstarch mixture. Cook and stir until mixture boils and thickens. Return chicken to skillet and heat through. Serve over rice. Serves 4. - Origin Unknown

Little Red Chicken

2 1/2 pound fryer -- or only breasts
1/2 cup green peppers -- chopped
1/2 cup onion -- chopped
1 cup tomato sauce
2 tablespoons brown sugar
1 teaspoon salt
1/4 cup vinegar
1 tablespoon Worcestershire sauce
1 can mushrooms -- bits and pieces

Place chicken in open baking dish. Combine other ingredients. Mix well and pour over chicken. Bake uncovered at 350 degrees for 1 hour and 45 minutes or until done. - Origin Unknown

Barbecued Beef Brisket

1	beef brisket -- (4-5 lb.)	1/2	teaspoon celery salt
1/4	teaspoon garlic powder	1/8	teaspoon onion powder
2	teaspoon liquid smoke	1/3	cup Worcestershire sauce
3/4	cup barbecue sauce		

Sprinkle beef with celery salt, garlic powder, and onion powder. Place in a shallow dish. Pour liquid smoke and Worcestershire sauce over meat. Cover with aluminum foil, and refrigerate overnight, turning once. Cover and bake at 300 degrees for 4 hours or until tender. (Time varies depending on oven and meat.) Pour off liquid, reserving 1/2 cup. Combine barbecue sauce and 1/2 cup liquid, stirring well. Pour sauce over beef. Bake uncovered, an additional 30 minutes. To serve, slice across grain into thin slices. - Origin Unknown

Lasagna

1 onion	1 pound ground beef
butter	2 cans tomato paste -- (6 ounces each)
1/2 tablespoon garlic salt	2 tablespoon parsley
2 1/2 cup water	1 1/2 tablespoon salt
1/2 tablespoon pepper	1/8 cup sugar -- (1/8 to 1/4)
1/2 tablespoon oregano	1 dash Italian seasonings
8 ounces lasagna noodles	1 container ricotta cheese
2 eggs	Mozzarella cheese
Parmesan cheese	

Brown onion and meat in butter. Add tomato paste, seasonings and water. Simmer 25 minutes to 1 hr. Meanwhile cook noodles. Mix ricotta cheese with eggs, salt and pepper and dash of parsley. When sauce is done layer in following order: sauce, noodles, ricotta mixture, layer of Mozzarella and Parmesan. Repeat. Keep enough sauce for top. Cover with foil and bake at 350 degrees for 1/2 hour. Let it set 5-10 minutes after taking it from oven. - Origin Unknown

Chicken Pot-au-Feu

Serves 4 Low Fat

Olive-oil cooking spray
2 potatoes, cut into 1-inch strips
Salt and black pepper
4 (4-ounce) skinless, boneless chicken breast halves
1 small onion, halved lengthwise and cut into 1/2-inch-thick slices
12 baby carrots
1 cup sliced mushrooms
1 t minced garlic
1 t seasoning salt
1/2 cup dry white wine
2 cups reduced-sodium, fat-free chicken broth
2 cups chopped Swiss chard

Preheat oven to 425 Spray potatoes with cooking spray; season with salt and pepper. Transfer potatoes to a baking sheet and roast 12 minutes, until soft to the touch. Meanwhile, salt and pepper both sides of chicken. Spray a large nonstick skillet with cooking spray and set over high heat. Add chicken to hot pan and sear 1 minute per side, until golden brown. Add onion, carrots, mushrooms, garlic and seasoning salt cook 1 minute to sear vegetables. Add wine and simmer 1 minute, until liquid reduces to 1/4 cup. Add broth and simmer 5 minutes. Add Swiss chard to one side of pan and simmer 1 minute, until chicken is cooked through and greens are wilted. To serve, place chard in the bottom of 4 shallow bowls. Slice chicken crosswise into 5 pieces each and arrange atop chard. Arrange potatoes and remaining vegetables around chicken and ladle remaining broth over the top. - Origin Unknown

Whistle Stop Chicken and Dumplings Stew

- 1 cooked chicken (the BBQ kind you get at the grocery store)
- 1 Litre of chicken broth in Tetra Pack (you can usually find these easily now)
- 1 Large Onion Chopped up
- 3 Big Stalks Celery Chopped up
- 1 1/2 to 2 Cups baby carrots (the already peeled kind in the bag)
- 1 Cup frozen Peas
- 1 Bay leaf
- 1 Can Cream of (whatever you have) Soup (low fat is good to use too)
- 1 Cup Milk (I don't recommend skim for this but you can get away with 2%)

Dumplings:

- 2 Cups Bisquick
- 2/3 Milk
- Pepper or Paprika to taste

Cut up onion and fry in a little oil with Bay Leaf, add cut up celery and baby carrots and peas. I generally just start with the onion, then start cutting the celery then add it, then just keep working. Sauté while ripping apart chicken into bits. Add chicken bits to veggies. Add Chicken broth and bring to boil, then add can of soup, and milk. Bring up to a simmer. Remove bay leaf before dropping in the dumplings.

Make dumplings...just add pepper to the bisquick then milk, stir and then drop into simmering stew. Cook ten minutes uncovered, then ten minutes covered.

Dinner...in 30-40 minutes!

Leslie

Grilled Basil Chicken

- | | |
|-------------------------------|-------------------------|
| 3 tablespoons lemon juice | 2 teaspoons dried basil |
| 1 clove garlic -- minced | 1/4 cup olive oil |
| 8 chicken thighs without skin | |

Combine first 3 ingredients in container of an electric blender; process 30 seconds. With motor running, gradually add oil in a slow, steady stream. Reserve 1/4 cup basil mixture.

Brush chicken with remaining basil mixture; cover and refrigerate 30 minutes. Cook chicken covered with grill lid over medium coals 30 minutes or until done, basting twice with reserved basil mixture. Yield: 4 servings.

Submitted by Frances

Sausage Stuffed Peppers

1 box chicken stuffing (regular size, not the large), made to box directions
1 tube of breakfast pork sausage, browned and drained
1 can whole kernel corn, drained
4 extra large green bell peppers, seeded, halved, drained
Grated cheddar cheese

Make stuffing. Brown and drain sausage. Drain corn. Combine these three ingredients.

Parboil green pepper halves until they are tender but still crisp enough to hold shape. Stuff them with the meat mixture. Place them in a large baking pan and add about 2 T. of water to the pan. Bake 20 minutes in a preheated 350 degree oven. Remove, sprinkle them with the cheddar cheese, and return to the oven for 15 minutes, or until cheese melts. These reheat in a casserole or in a microwave.

From: Jan

Chicken with Browned Garlic Sauce

1/4 cup (60 ml) extra-virgin olive oil
15 cloves garlic, peeled and thinly sliced
1 tsp (5 ml) hot red chili flakes
1 15-ounce (425 g) can tomatoes, drained
Salt and freshly ground pepper to taste
1 to 1 1/2 lbs (450 - 675 g) skinless boneless chicken thighs
1/4 cup (60 ml) chopped fresh parsley

Heat the oil in a large skillet over moderate heat and cook the sliced garlic and chili flakes, stirring frequently, until the garlic is dark brown, about 10 minutes. Be careful not to cook the garlic until it begins to turn black. Add the tomatoes, salt, and pepper and simmer uncovered until the sauce is fairly thick, about 10 minutes. Add the chicken thighs and cook covered, stirring occasionally, until the chicken is cooked, about 15 minutes. Garnish with the parsley and serve immediately. Serves 4 to 6.

MARIE

King Ranch Casserole

1 whole chicken	1 medium Onion chopped
3/4 cup Chopped celery	1 teaspoon Salt
1 can Cream of chicken soup	1 can Cream of mushroom soup
12 Tortillas cut in pieces	1 Chopped green pepper
1 can Ro-tel tomatoes	1 cup Sharp cheddar cheese

Boil chicken, onion, celery & salt until chicken is tender. Remove chicken from broth and cool, remove bones, chop chicken. Boil broth down to 1-1/2 cup & add soups & mix. Preheat oven to 350 degrees. Arrange tortillas in pieces in bottom of buttered 8 x 12 inch casserole with tortillas pieces. Cover tortilla pieces with chicken chunks. Sprinkle with green peppers. Cover with Ro-tel tomatoes. Pour soup mixture over all of it. Cover with foil & bake 35 to 40 min. Remove from oven and remove foil. Sprinkle with cheese, return to oven, cook til cheese is bubbly Serve hot.

CINDY

Savory Chicken and Rice

4 skinless boneless chicken breast halves (about 1 pound)
1 1/2 cups sliced mushrooms (4 ounces)
1 cup baby-cut carrots
1 1/2 cups water
1 (4.1-ounce) package long grain and wild rice mix with chicken and herbs

Remove fat from chicken. Cut chicken into 1-inch pieces. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook chicken in skillet about 5 minutes, stirring occasionally, until no longer pink in center. Stir in remaining ingredients. Heat to boiling; reduce heat to low. Cover and simmer 15 minutes, stirring occasionally. Uncover and simmer about 3 minutes longer, stirring occasionally, until carrots are tender and liquid is absorbed.

Origin Unknown

Chicken With Red Devil Rub And Diablo Sauce

Submitted by DJJRS

2 chickens, each cut into 10 pieces
1/4 cup honey
2 t. Worcestershire sauce
4 t paprika
2 t. each: curry powder, chili powder, salt, black pepper
1 t. red pepper

Diablo Sauce:

1 jar (7 oz) roasted red peppers, drained
1/4 cup olive oil
2 TBLSPNS. balsamic vinegar
1 t salt
1/2 t. hot pepper sauce

Place chicken on baking sheet. Stir together honey and Worcestershire sauce in a bowl, brush all over the chicken. In another bowl mix together paprika, curry powder, chili powder, salt, black pepper and red pepper. Sprinkle spice mixture over all sides of the chicken. Cover the chicken tightly with plastic wrap, refrigerate 2 hrs. Heat oven to 450 degrees. Arrange chicken in 2 large roasting pans. Roast 35 min. until well browned. Prepare the sauce: Combine roasted red peppers, olive oil, vinegar, salt and hot pepper sauce in blender. Puree. Arrange chicken on serving platter. Pour sauce into bowl and serve on the side. Makes 12 servings.

- Origin Unknown

Crab Stuffed Chicken Breasts

6 Chicken breasts	1/2 c Onion, chopped
1/2 c Celery, chopped	3 tablespoons of Butter
3 tablespoons of White wine, dry	7 1/2 oz Crabmeat, flaked
1/2 c Herb stuffing mix	2 tablespoons of All-purpose flour
1/2 t Paprika	1 pk Hollandaise sauce mix
3/4 c Milk	2 tablespoons of White wine, dry
1/2 c Swiss cheese, shredded	1 pinch Salt
1 pinch Pepper	

Skin & bone chicken breasts; pound to flatten. Sprinkle with a little salt and pepper. Cook onion and celery in 3 tablespoons of butter until tender. Remove from heat; add 3 tablespoons of wine, the crab and stuffing mix, and toss. Divide mixture among breasts. Roll up and secure. Combine flour, paprika. Coat chicken. Place in 11" X 7" X 2" baking dish, drizzle with 2 tablespoons of melted butter. Bake uncovered in 375 degree oven for 1 hour. Transfer to platter. Blend hollandaise sauce mix, milk. Cook, stirring, until thick. Add remaining wine and cheese. Stir until cheese melts. Serve over chicken. - Susan

Hungarian Beef Goulash with Potato Dumplings

BEEF GOULASH

1 Clove garlic; minced
1/2 ts Salt
4 oz Butter
1 1/2 lb Onions; chopped
1 1/2 tb Hungarian paprika
1 1/2 lb Lean beef; cut into 2 inch pieces
1 c Water; as needed
Salt to taste

DUMPLINGS

2 lb Potatoes; grated
3 tb Flour
1 ts Cornstarch
1 pn Nutmeg
1 pn Salt
2 Egg yolks; lightly beaten
Flour to coat dumplings
2 c Stale bread crumbs
1/4 c Butter

FOR THE GOULASH:

In a small bowl, mash the garlic and salt into a puree. Melt the butter in a large skillet over medium-high heat. Saute the onions to a golden brown. Add garlic/salt mixture and paprika and mix well. Add the meat. Reduce heat to medium, cover and cook for 1 1/2 hours, stirring frequently to prevent meat from sticking. Once or twice, add water in 1/2 cup quantities as needed to keep goulash moist. Season to taste.

FOR THE POTATO DUMPLINGS:

In a 4 qt saucepan, bring 3 qt water and 1 teaspoon salt to a slow boil, Meanwhile, in a large bowl, mix the grated potatoes, flour, cornstarch, nutmeg and salt. Add the egg yolks and mix thoroughly. Place about a quarter of a cup of flour in a dish. Form dumplings the size of a golf ball and roll in the flour to coat. Drop the dumplings into slow-boiling water, cook uncovered for 10 minutes. Remove the dumplings with a slotted spoon and drain. Meanwhile, melt the butter in a medium skillet, add bread crumbs and stir while heating until browned. roll the drained dumplings in bread crumbs. Serve alongside goulash.

NOTE: If first dumpling falls apart in the boiling water, add flour to the dumpling mixture until dumplings hold together in the water.

This recipe from The Atcheson, Topeka, & Santa Fe Railway System.

FROM: DINING BY RAIL by James D. Porterfield. Pub by St. Martin's Press of New York - 1993. ISBN 0-312-08768-3

Beef Stroganoff

2 lb Steak, sliced into thin strips about 3" long
1/4 c dehydrated onion
1/2 t Chili powder
1/2 t Cumin
1/2 t Garlic powder
Salt to taste
1 dash Black pepper
16 oz Sour cream
2 T Corn starch

Season meat with garlic powder, black pepper, and salt. Brown meat in saucepan in amounts small enough that the meat will brown well. After all meat is browned put it all back in the pan and add 1 cup water. Lower heat to simmer. Add onion, chili powder, and cumin to simmering mixture. Simmer for about 1 hour adding small amounts of water to keep meat half immersed in liquid.

Mix cornstarch with a small amount of cold water and stir into meat mixture. Just before serving, blend in sour cream. Serve over egg noodles or rice. - Origin Unknown

All-American Burgers

1 ea Clove garlic, minced	2 tb Catsup
2 tb Finely chopped onion	1 tb Steak sauce
1 tb Cooking oil	1 tb Worcestershire sauce
1 ts Sugar	1 ts Vinegar
1 x Dashes hot pepper sauce	1 lb Lean ground beef
1/4 ts Salt	1/4 ts Pepper
4 ea Hamburger buns, sliced, toasted	Lettuce leaves (opt)
American cheese slices (opt)	Pickle slices (opt)
Red onion slices (opt)	

For sauce, in a saucepan, combine garlic, catsup, steak sauce, sugar, vinegar, cooking oil, Worcestershire sauce, and hot pepper sauce; bring to boiling. Reduce heat and simmer, uncovered, for 5 minutes.

Meanwhile, in a bowl, combine beef, salt, and pepper; mix well. Form meat mixture into four 3/4" thick patties. Grill on an uncovered grill directly over MEDIUM coals for 15 to 18 minutes or till well-done, turning once and brushing often with sauce. Serve patties in buns with lettuce, cheese, tomato, pickle, and onion, if desired. - Origin Unknown

Peking Pork Tenderloin

1/4 cup soy sauce
2 cloves garlic -- sliced
2 inches ginger root, sliced
4 1/2 pounds pork tenderloins -- (3 tenderloins)
3/4 cup honey
3/4 cup sesame seeds

Combine first 3 ingredients in a large shallow dish or a large heavy-duty, zip-top plastic bag; add tenderloins. Cover or seal; refrigerate 1 hour, turning occasionally. Remove from marinade, discarding marinade; pat dry. Coat tenderloins with honey; roll in sesame seeds.

Place on a lightly greased rack in a broiler pan. Bake at 375 degrees F. for 25 to 30 minutes or until a meat thermometer registers 160 degrees F. Let stand 5 minutes before slicing. Yield: 12 servings.

By: Fayleen Hodges

Honey Lime Pork Chops

Ingredients

1/2 cup GREY POUPON Honey Mustard
2 Tbsp. lime juice
2 cloves garlic, chopped
1 Tbsp. soy sauce
1 tsp. grated lime peel
4 center-cut pork chops (about 1 lb.)

BLEND mustard, lime juice, garlic, soy sauce and lime peel. Reserve 1/2 cup sauce mixture.

GRILL or broil pork chops until cooked through, brushing with remaining sauce. Serve with reserved 1/2 cup sauce mixture. Serves: 4

By: Blondie

Baby Back Ribs

1-tablespoon ground cumin
1-tablespoon chili powder
1-tablespoon paprika
Salt and pepper to taste
3 pounds pork baby back ribs
1-cup barbecue sauce

Preheat gas grill for high heat. In a small jar, combine cumin, chili powder, paprika, and salt and pepper. Place lid on jar, and mix well. Trim off the membrane sheath from the back of each rack. Run a small sharp knife between the membrane and each rib, and snip or "shimmy" off the membrane as much as possible. Sprinkle or "throw" as much of the rub onto both sides of the ribs as desired. Do not rub the spices in, because the ribs will turn too dark and be too spicy. Unused portion of spice mix can be stored for future use. Place tin foil on lower rack to capture drippings and prevent flare-ups. Brush grate with oil, and lay ribs on top rack of grill. Reduce heat to low, shut grill, and leave undisturbed for 1 hour. Do not lift lid at all. Brush ribs with barbecue sauce, and grill an additional 5 minutes. Serve ribs as whole rack, or cut between each rib bone and pile the individual ribs on a platter.

Origin Unknown

Golden Potato Casserole

6 medium potatoes
2 cups shredded cheese
1/4 cup butter or margarine
2 cups sour cream at room temperature
1/3 cup chopped green onions with some green (1 small bunch)
1/4 tsp. white pepper

Peel potatoes and cube and boil until tender. Drain and mash to remove all lumps. Melt cheese and butter in microwave. Add sour cream, onions, salt and pepper. Mix well. Add potatoes. Turn into a buttered 2 qt casserole and dot with 1 tbsp. butter. Bake uncovered at 350 degrees until heated, about 25 mins. White pepper is a must!!

Submitted by Mary in Tennessee

Pineapple Casserole

1 large can pineapple tidbits, drained
1 cup sugar
2 Tbsp. cornstarch
2 eggs beaten
1/2 to 1 cup cheddar cheese, grated
cinnamon
butter

Grease a 9" baking dish. Mix cornstarch and sugar. Add eggs, pineapple and cheese. Pour into baking dish. Sprinkle top with cinnamon. Dot with butter. Bake at 350 degrees for 40 mins. Good with ham. Note: Do not double this recipe as it seems to not thicken properly. Make two separate casseroles in necessary.

Submitted by Mary in Tennessee

Southern Style Green Bean And Potato Casserole – (For The Crock Pot)

Submitted by Dianne Burnette

5 red potatoes; sliced
4-5 cups fresh green beans
6 slices bacon; cooked, crumbled
2 Tbsp. onion flakes
10.5 can of cream of celery soup

Spray pot with non-stick cooking spray to prevent sticking. Combine all ingredients in crockpot. Cover and cook on LOW 7-9 hours. - Origin Unknown

Tamale Casserole

Submitted by Dianne Burnette

Crust

1 1/4 c yellow Corn Meal
1/2 tsp salt
1 1/2 C (12-fluid oz can) Evaporated Milk
1 C water

Filling

1 lb. ground beef
1 clove garlic finely chopped (I used 4 ~ go figure)
1 C chopped onion (I just chopped til I was "satisfied")
1/4 C chopped green bell pepper (I used red)
1 C (8 3/4 oz can) cream style corn
(I just used frozen corn, thawed)
1/2 C (2 1/4 oz can) sliced ripe olives
(again, I just sliced til I was "happy")
1 C (8 oz can) tomato sauce
1 T chili powder
1 tsp salt (I used garlic salt)
1/4 tsp ground black pepper (I used cracked)
1/3 C shredded cheddar cheese
(I used combo of cheddar n pepper jack)
I also added a smidge of cayenne pepper

For The Crust:

Combine cornmeal, salt evaporated milk n water in small saucepan; cook over med. heat, stirring frequently (I would suggest a bit more than frequently specially towards the end) for 5~7 min's or until thick. Remove 1/2 C; cover with plastic wrap n set aside. Spread remaining cornmeal mixture on bottom n sides of greased 8X8 bake pan (cool 2~3 min's if necessary).

Bake in preheated 425° oven for 10 min's. Remove from oven.

For Filling:

Brown beef, garlic, onion n bell pepper in lrg skillet; drain ~ I added cracked black pepper too. Add corn olives, tomato sauce, chili powder, (cayenne), salt n pepper; mix well. Spoon into cornmeal crust. Drop teaspoons of remaining cornmeal mixture on top of meat; sprinkle with cheese. Return to oven and bake for 15~min's.

Ham-Noodle Casserole

1 can (10 3/4 ounces) condensed cheddar cheese soup, undiluted
1/2 cup milk
1/2 cup sour cream
1/2 cup sliced celery
1 can (2 1/2 ounces) sliced mushrooms, drained
2 cups diced ham
3 ounces uncooked medium sized noodles, cooked and drained
3/4 cup crushed rich round crackers
1 tablespoon butter or margarine, melted

Preheat oven to 375 degrees F. Combine soup, milk and sour cream in large bowl. Add celery and mushrooms. Stir in ham and noodles. Pour mixture into medium casserole. Combine cracker crumbs and butter in small bowl; sprinkle over ham mixture. Bake, uncovered, 30 minutes or until hot and bubbly. Makes 6 servings.

From Lois in Ohio

Beef And Cabbage Casserole

1 lb. ground beef
1 medium onion, chopped
6 c. coarsely chopped cabbage
1 can tomato soup
Salt & pepper to taste.

Saute onion and beef together until hot but not browned . Season. Place 3 cups cabbage in casserole and cover with meat. Top with remaining cabbage and pour soup over the top. Cover and bake at 350 for 1 hour. Serves 6.

Easy and quick to assemble. Very tasty meal. - Origin Unknown

Hash Brown Potato Casserole

2 pounds hash brown potatoes -- thawed
1 3/4 cups cream of chicken soup
2 cups sour cream
2 cups or 10 oz. cheddar cheese -- shredded
2 cups corn flakes -- crushed
1/4 cup butter -- melted

Mix all ingredients except corn flakes. Spread mixture in a greased shallow casserole pan. Sprinkle corn flakes on top. Drizzle butter over casserole. Bake for 1 1/2 hours @ 350°F.

Origin Unknown

Scalloped Corn Casserole

1 tablespoon of butter
2 tablespoons of flour
1 cup milk
2 eggs
2 cups canned corn
1 1/4 teaspoon of Cajun seasoning
1 teaspoon of sugar
1/2 cup diced ham
1/2 cup diced cheese

Melt butter, add flour, mix well, add milk, then add eggs. Bring to a boil stirring constantly. Cook for 2 minutes. Add corn, ham, cheese, etc. Bake at 350 degrees F. for 35 to 45 minutes or until knife inserted in center comes out clean. - Origin Unknown

Zucchini Casserole

1 cup sliced carrots
5 cups thinly-sliced zucchini (unpeeled)
1 (6 ounce) package chicken-flavored stuffing mix
1 can cream of mushroom soup
1 cup sour cream
1/2 cup butter or margarine
1/4 cup chopped onion

Preheat oven to 350 degrees. Place carrots in large pan and boil for 5 minutes. Add zucchini, cover and boil 5 minutes longer. In medium bowl, melt butter in microwave. Add contents of seasoning packet and stuffing crumbs and stir until moistened. Spoon 2/3 stuffing mixture in bottom of a 9x9, 10x10 or 9x12 pan. Drain cooked vegetables. Mix with soup, sour cream and onions. Pour over stuffing mix. Sprinkle with reserved stuffing crumbs. Bake for 40 minutes. Serves at least 4

From Lois in Ohio

Source: <http://www.funroads.com/ea/cooking.jhtml>

Shrimp and Wild Rice Casserole

1 6-ounce box of Uncle Ben's long grain and wild rice with seasonings, cooked according to directions

1 1/2 pounds raw shrimp, cleaned but not cooked
1 10-3/4 can cream of mushroom soup, undiluted
1 1/2 cups sharp cheddar cheese, grated
1 tablespoon Worcestershire sauce
few drops of Tabasco
salt and pepper to taste

Combine all ingredients. Place in a greased, glass casserole. Bake at 350 degrees for 30 minutes.

Submitted by Nyala

Sweet Potato Casserole

Filling:

3 cups canned sweet potatoes -- drained and mashed
1 cup sugar
1/2 cup butter -- melted
2 eggs -- well-beaten
1 teaspoon vanilla
1/3 cup milk

Topping:

1/2 cup brown sugar -- firmly packed
1/4 cup sugar
2 1/2 tablespoons butter -- melted
1/2 cup pecans -- chopped

Filling: Combine ingredients and mix well. Spoon into a prepared quart casserole dish. Cover with topping. Bake at 350 degrees for 30 minutes.

Topping: Combine all ingredients, mixing well. Sprinkle on top of potato mixture before baking. Can double topping if you want to cover completely. Bake until top sets.

Submitted by Nyala

Chicken-Macaroni Casserole

From: Sue Ellen

1/2 cup chopped onion
3 tablespoons butter or margarine -- melted
2 (10 3/4 oz) cans cream of chicken soup -- undiluted
2 cups shredded Cheddar cheese -- divided
1 cup milk
3 1/2 cups chopped cooked chicken breast
2 1/2 cups cooked macaroni
1/4 cup round buttery cracker crumbs

Sauté onion in butter in a large skillet until tender. Add soup and 1 1/2 cups cheese; gradually stir in milk. Cook over medium heat until cheese melts. Stir in chicken and macaroni.

Pour mixture into a greased 2 1/2 quart casserole; sprinkle with cracker crumbs. Bake at 350 degrees F. for 30 minutes or until thoroughly heated. Top with remaining cheese, and bake an additional 5 minutes. Yield: 8 servings.

Crockpot Western Omelet Casserole

Ingredients:

32 ounces Hash Browns, frozen
1 pound Ham, extra lean -- cooked & cubed
1 medium Onion -- diced
1 medium Green Bell Pepper -- diced
1 1/2 cups Monterey Jack cheese -- shredded
12 Eggs
1 cup Milk, skim
1 teaspoon Salt
1 teaspoon Black Pepper -- or to taste

Place a layer of frozen potatoes on the bottom of the crock pot, followed by a layer of ham then onions, green pepper and cheese. Repeat the layering process two or three more times, ending with a layer of cheese. Beat the eggs, milk and salt & pepper together. Pour over the mixture inside the crockpot, cover and turn on low. Cook for 10-12 hours, overnight, and enjoy for breakfast or brunch the next day. Serves 12

Origin Unknown

Sunday Supper Soup

Meatballs:

1/2 lb. ground beef
1 egg slightly beaten
3 tablespoons water
1/2 cup dried bread crumbs
1/4 teaspoon Salt
1 teaspoon Parsely
2 teaspoon Butter

Mix ingredients together, roll into balls and brown in butter.

Soup:

2 cups water
1 can beef broth (10-oz can)
1 can chopped tomatoes(large can)
1 envelope onion soup mix
1 cup sliced carrots
1/4 cup chopped celery and tops
1/4 cup chopped parsley.

Bring to a boil for 20 minutes, add meatballs and cool for 20 minutes more, or until carrots are cooked. this soup is very flavorful and tastes as good as it smells.

Chicken And Dumpling Soup

2 cans cream of chicken soup
3 and 1/3 c. milk (divided)
1 and 2/3 c. Bisquick

Mix soup and 2 and 2/3 c. milk in 3 quart saucepan. Bring to a boil over med. heat. Mix Bisquick and remaining milk. Drop by tablespoons into the boiling soup. Simmer uncovered 10 min. and cover and cook over low another 10 min. Serves 3 or 4.

From Lois in Ohio

Bean Soup

2 cups dry lima beans
water
2 slices OSCAR MAYER Lower Sodium Bacon
1 pkg. (10 oz.) frozen whole kernel corn
1/4 lb. (4 oz.) LOUIS RICH Turkey Smoked Sausage , thinly sliced
1 onion , chopped
1-1/2 Tbsp. flour
pepper

Place beans in large heavy saucepan. Add enough water to cover. Bring to boil. Cook on medium-low heat 2-1/2 hours or until beans are tender. Cook bacon in large skillet on medium heat just until crispy, turning frequently. Drain on paper towels, reserving drippings in skillet; crumble bacon. Add bacon, corn, sausage, and onion to beans in saucepan. Reduce heat to low; simmer 1 hour. Stir flour into reserved bacon drippings in skillet. Cook on medium-low heat until bubbly, stirring frequently. Gradually stir in 1-1/2 cups water until well blended. Cook on medium heat until mixture boils and thickens, stirring constantly. Add to soup; simmer 30 minutes. Season to taste with pepper.

Submitted by Denny

Cream Of Clam Soup

Ingredients:

Butter
Bottled Clam Juice
Canned Clams
Heavy Cream " or" Half And Half
Milk
Salt & Pepper
Paprika

Combine 1 Tbs. butter, 1 cup bottled clam juice, 1 cup canned clams with their liquid, 1 cup heavy cream "OR" half-and-half, 2 cups milk in saucepan and bring ALMOST to a boil over MODERATE HEAT. Season with salt and pepper to your taste and serve garnished with a sprinkle of paprika. Serves 4-6.

Submitted by Denny

Crock Pot Clam Chowder

Ingredients:

4 (6 1/2 oz.) cans clams
1/2 lb. salt pork OR bacon, diced
1 lg. onion chopped
6-8 lg. potatoes pared & cubed
3 cups water
3 1/2 tsp. salt
1/4 tsp. pepper
4 cups half-and-half cream OR milk
3-4 tbsp. cornstarch.

Preparation:

Cut clams into bite sized pieces if necessary. In skillet, sauté salt pork OR bacon and onion until golden brown and drain. Put into crock pot with clams. Add ALL remaining ingredients EXCEPT MILK. Cover & Cook on HIGH 3 to 4 hours or until potatoes are tender. During the LAST HOUR OF cooking, combine 1 cup of milk with the cornstarch. Add that and the remaining milk and stir well; heat through. Serve in large bowls with crusty French bread.

Submitted by Denny

Bean, Sausage, And Onion Soup

Ingredients:

4-5 Large potatoes.
4 Cans Large Seaside Butter Beans.
2 lb. sausage (COOK'S CHOICE OF KIND).

Preparation:

Wash 4-5 Large potatoes. Peel and cube potatoes - TEMPORARILY SET ASIDE. Open 4 Cans of Large Seaside Butter Beans. Put Butter Beans ON TOP of potatoes WITH THE JUICE IN THE CANS. Add a little water to cover beans and potatoes if necessary. Bring to a "rolling boil" on medium heat - this takes maybe 25-30 minutes with LID ON. Reduce heat to a "normal boil". Add 2 lb sausage and 1 cup of onions THAT HAVE ALREADY BEEN SAUTEED OR BROWNEED. Bring to another "rolling boil" and reduce heat to a "normal boil" for another 15-20 minutes. Let sit for atleast another 10 minutes before serving.

Notes: I "par-boil" the sausage for 30 minutes and then cut sausage into bite-size pieces.

Submitted by Denny

Stuffed Pepper Soup

2 lbs. ground beef	1 (28 oz.) can diced tomatoes, undrained
1 (28 oz.) can tomato sauce	2 c. cooked white rice
2 c. chopped green peppers	2 beef bouillon cubes
1/4 c. packed brown sugar	2 tsp. salt
1 tsp. pepper	

In a large saucepan, brown meat; drain. Add remaining ingredients; bring to boil. Reduce heat; cover and simmer for 30 - 40 minutes or until peppers are tender. Serves 10. - Origin Unknown

Kielbassa Bean Soup

2 c. water
1 med. potato, peeled and diced
2 carrots, peeled and sliced
1 med. onion, chopped
1/2 c. celery, chopped
8 oz. kielbasa, thinly sliced

1 (11-1/2 oz.) can of bean with bacon soup, undiluted In a large saucepan, bring water and vegetables to a boil. Simmer 10 minutes or until vegetables are tender. Add kielbasa and soup. Heat through. Serves 6. (This is better the next day.) - Origin Unknown

Roasted Garlic Soup

4 Tbs (60 ml) extra-virgin olive oil
8 - 12 cloves garlic, peeled
1 Tbs (15 ml) paprika
1 tsp (5 ml) ground cumin
4 - 6 thick slices French or Italian bread
4 - 6 cups (1 - 1.5 L) chicken, beef, or vegetable stock
Salt and freshly ground pepper to taste
Chopped fresh parsley for garnish

Heat the oil in a wide, deep saucepan over moderate heat. Sauté the garlic until golden brown, stirring occasionally. Stir in the paprika and cumin and cook for 1 minute. Remove the garlic cloves and set aside. Add the bread to the oil and brown on both sides. Remove the bread and set aside. Add the stock and bring to a simmer. Chop the garlic and add to the stock. Adjust the seasoning with salt and pepper. Place a piece of bread in each of 4 to 6 serving bowls and ladle the soup over it. Garnish with chopped parsley and serve immediately. Serves 4 to 6.

Submitted by Ruth

Posole Blanco

(Mexican Pork and Hominy Soup)

Makes 12 servings

2 lb. boneless lean pork
12 chicken thighs
1 medium onion
2 shredded carrots
2 ribs celery, diced
4 cloves garlic, peeled and left whole
4 tsp. salt
24 peppercorns
4 29-ounce cans golden or white hominy
4 tsp. leaf oregano
8 cups water

Garnishes for adding at table by each guest to "customize" his/her bowl of soup:

Salsa (red or green or both)
onion, finely chopped
julienned Jicama
3/4 head lettuce, shredded
2-3 avocados, diced
6 large limes, quartered
thin sliced jalapeno
lots of chopped cilantro

To make soup (day before the party): Cut pork into 1-inch cubes and place in a large sauce pan with water, onion, carrot, celery, garlic, salt and peppercorns. Bring to a boil, immediately reduce heat and simmer 15 minutes. While pork is simmering, remove meat from chicken thigh bones and cut into 1-inch cubes. After pork has cooked 15 minutes, add chicken (bones too) and simmer an additional 45 minutes. Remove from heat and remove meats from broth with a slotted spoon (discard bones). Remove and discard onion. Mash garlic cloves into the broth, and return meats to broth. May be refrigerated at this point to solidify fat for removal. To complete soup: Skim off fat (if not done day before party), bring broth/meats to a simmer. Drain and rinse hominy and add to the soup. Cover pot, bring contents back to a simmer and simmer 30 minutes. Taste posole and add more salt if needed. Serve in large soup bowls. Invite guests to add garnishes to their soup as desired. A squeeze of lime is traditional.

Have good quality tortilla chips on hand to go with the soup.

Origin Unknown

Wisconsin Cheese Soup

1 cup sliced carrots
2 cups chopped broccoli
1 cup water
1 teaspoon chicken bouillon granules
1/4 cup chopped onion
1/4 cup butter
1/4 cup all-purpose flour
1/4 teaspoon ground black pepper
2 cups milk
2 cups shredded sharp Cheddar cheese

In a small saucepan over medium-high heat, combine carrots, broccoli, water, and bouillon. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes. Remove from heat, and set aside. In a large saucepan, cook onion in butter over medium heat until onion is translucent. Stir in flour and pepper; cook 1 minute. Stir in milk. Bring to a boil, then stir in cheese until melted. Stir in reserved vegetables and cooking liquid. Heat through, and serve with fresh crusty bread.

Origin Unknown

Harvest Time Pumpkin Soup

Yield: 4 servings

1 sm Pie pumpkin; cleaned out - chopped
2 Potatoes;
Salt & pepper
2 Carrots;
4 tb Cream;
1 Onion; finely chopped
2 tb Butter;
2 cl Garlic; crushed
2 tb Soy sauce;(optional)
Olive oil;
Sour cream;
Fresh parsley; basil; thyme;
Chives; chopped

Cut pumpkin, potatoes and carrots into pieces and steam until tender. Remove peel from pumpkin. Save steaming water. Saute onion and garlic in a little olive oil until transparent. Puree onion, garlic and vegetables in a food processor, adding reserved water. Return the puree to a saucepan and add spices, salt and pepper, cream, butter and soy sauce. If soup is too thick, thin with a little water, milk or chicken stock. Heat but do not boil. Garnish with a dollop of sour cream and chives

Origin Unknown

Cherokee Pepper Pot Soup

1 lb Venison or beef short ribs Or shanks
2 qt Water
2 lg Onions, quartered
2 Ripe tomatoes, seeded and diced
1 lg Sweet bell pepper, seeded and diced
1 c Fresh or frozen okra
1/2 c Diced potatoes
1/2 c Sliced carrots
1/2 c Fresh or frozen corn kernels
1/4 c Chopped celery
Salt and ground pepper to taste

Put meat, water, and onions in a heavy soup kettle. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 3 hours. Remove meat, let cool, and discard bones, returning meat to pot. Stir in remaining vegetables and simmer, partially covered for 1 1/2 hours. Season with salt and pepper. Serves 4 to 6.

Origin Unknown

Amish Cole Slaw

1 large head of cabbage
1 cup sugar
2 medium onions

Grate or shred cabbage, chop onion and mix with sugar. Green pepper, celery and carrots chopped can be added for color.

Dressing:

1 cup vinegar
1/2 cup salad oil
1/4 cup water
1 tsp. dry mustard
1 tsp. celery seeds
1 tbsp. sugar
1-1/2 tsp. salt

Mix ingredients and boil for 3 mins. Cool and add to cabbage mixture. Let stand overnight in refrigerator.

Origin Unknown

Fried Cabbage

3 Slices bacon, chopped
1/2 medium onion, chopped
1/2 medium cabbage, chopped
1 oz. pimiento, sliced or chopped
pinch of salt
pinch of pepper
2 T. sugar (optional)
3-4 T. water

Fry the bacon with the onion in a large skillet. Add the cabbage and remaining ingredients. Cook, covered. About 18 to 20 minutes, or until the cabbage is tender.

Submitted by Ron Garner

Corn Pudding

2 17oz. cans cream corn
1 12oz. can corn kernels
5 eggs
1/2 C. sugar
4 T. cornstarch
1 1/2 t. seasoned salt
1/2 t. dry mustard
1 t. diced onion
1/2 C. milk
1/c C. melted butter

Mix all ingredients until smooth and put in a 2-quart casserole dish. Bake at 400 degrees for 1 hour, stirring mixture every 15 minutes.

Origin Unknown

Elvis Style Fried Pickles

8 dill pickles sliced
1/2 cup flour
1/4 cup beer
1 1/4 tablespoons paprika
1 1/4 tablespoons cayenne
1 1/2 tablespoons black pepper
1/2 teaspoon salt
2 teaspoons garlic salt
3 dashes Tabasco sauce

Combine flour, beer, paprika, cayenne pepper, black pepper, salt, garlic salt and Tabasco. Dip the pickle slices into the batter and quickly fry in grease until the pickles float to top, about 4 minutes.

From Lois in Ohio

New Years Hoppin' John

1 pound dried black-eyed peas
2 ham hocks, smoked
2 medium onions
3 cloves garlic, large
2 bay leaves
1 cup converted long-grain white rice
1 (10oz) can diced tomatoes with chiles, juices reserved
1 large red bell pepper, finely diced
3 ribs celery, diced
1 jalapeno or serrano pepper, minced
2 teaspoons Creole seasoning
3/4 teaspoon dried thyme leaves
3/4 teaspoon ground cumin
3/4 teaspoon salt
3 scallions, sliced
hot red pepper sauce

In a large pot, combine the black-eyed peas, ham hocks, and 6 cups water. Cut 1 onion in half and add it to the pot along with the garlic and bay leaves. Bring to a boil, reduce the heat to medium-low, and simmer gently until the beans are tender but not mushy, 2 to 2 1/2 hours. Remove the hocks, cut off the meat in large shreds, and set the meat aside. Drain the peas and set aside. Remove and discard the bay leaves, onion and garlic. Add 2 1/2 cups of water to the pot and bring to a boil. Add the rice, cover, and simmer until the rice is almost tender, 12 minutes. Mince the remaining onion. Add to the rice along with the peas, tomatoes, and their juices, bell pepper, celery, jalapeno pepper, Creole seasoning, thyme, cumin, and salt. Cook until the rice is tender, 5 to 7 minutes. Stir in the sliced scallions and meat from the ham hocks. Pass the hot sauce.

From Lois in Ohio

Roasted Chestnuts

This method results in the traditional dry roasted taste and fragrance you can't get any other way. If you make them while eating dinner, they will be ready after the meal.

1. Preheat the oven to 425 degrees F.
2. Wipe the chestnuts with a damp cloth to remove any dust. With a sharp knife, cut an X into one side of each chestnut-- if you don't cut them they will explode and make a mess. Arrange chestnuts on a baking sheet in a single layer with the cut sides up.
3. Roast in oven for 15 to 25 minutes, or until chestnuts are tender. Allow to cool enough to handle before peeling off the outer and inner husk.

from Lois in Ohio

Boston Baked Beans

1 tsp. oil
1 medium onion , chopped
2 cans (16 oz. each) baked beans
1/2 cup brewed MAXWELL HOUSE Coffee
1/4 cup honey
1/2 tsp. dry mustard
1/4 tsp. ground pepper
*Or use 1/4 cup GENERAL FOODS International Coffees, any flavor, and reduce honey to 2 tablespoons.

Heat oil in large skillet on medium heat. Add onion; cook and stir until tender. Mix onions with remaining ingredients in 1-1/2-quart casserole dish or bean pot. Bake at 350°F for 45 to 60 minutes until liquid is almost completely absorbed and top is crisp.

Submitted by Denny

Homestyle Baked Beans

1 lb. dry lima beans
1 tsp. baking soda
1 tsp. salt

Sauce:

2 c. brown sugar, packed
1/2 lb. bacon, cooked and diced
1 med. onion, diced fine or grated
1 tsp. dry mustard
1 large can tomato juice
2 T. molasses

Cook lima beans for 5 minutes in water with baking soda and salt. Let soak until almost soft. Drain. Mix sauce ingredients. Mix with beans. Bake in slow oven at 325 degrees at least 6 hours.

Origin Unknown

Coleslaw

1/3 cup sugar
1/2 teaspoon salt
1/2 cup mayonnaise
1/8 teaspoon pepper
1/4 cup milk
1/4 cup buttermilk
1 1/2 tablespoons white vinegar
2 1/2 tablespoons lemon juice

1 medium head of cabbage -- chopped fine
1 medium carrot -- chopped fine

Mix together the first 8 ingredients. Add to chopped cabbage and carrots. Refrigerate and chill for 2 hours.

Origin Unknown

Dutch Oven Potatoes

submitted by Lana

6-8 Medium Potatoes, peels & sliced thin
1/2 lb. Bacon, cut into 1" slices
1/2 lg. onion, chopped
1 cup Sour Cream
1 Can Cream of Chicken soup
2 Cups Cheddar or Monterey Jack Cheese, shredded
Savory, seasoned salt, pepper, rosemary, thyme to taste

In 10" or 12" Dutch oven, cook bacon and onions until onions are transparent. Add potatoes. Toss until coated in bacon grease and sprinkle with herbs and spices. Cover and cook at 350 until potatoes are tender, stirring once or twice. About 1 hour.) When potatoes are done, add the sour cream, soup and cheese and stir until potatoes are coated. Cover until cheese is melted. Excellent for picnics and barbecues. Serves 6-10 people.

Marinated Vegetable Medley

3 medium zucchini, cut into 1/2-inch slices (5 cups)
2 medium carrots, cut into 1/4-inch slices (1 cup)
1/2 cup thinly sliced onion, separated into rings
1/2 cup coarsely chopped red pepper
1/2-cup water
1/4-cup spicy vegetable juice
2 tablespoons white wine vinegar
2 tablespoons fresh lemon juice
1 tablespoon snipped fresh parsley
1 clove garlic, minced
1-teaspoon sugar
1/4-teaspoon celery seed
1/4-teaspoon salt

Combine zucchini, carrots, onion, pepper and water in 3-quart saucepan. Cover. Cook over high heat for 5 to 7 minutes, or until vegetables are tender-crisp, stirring occasionally. Drain. Set aside. Combine remaining ingredients in 1-cup measure. In large mixing bowl or salad bowl, combine vegetable mixture and juice mixture. Toss to coat. Cover with plastic wrap. Chill at least 4 hours, stirring occasionally. Serve with slotted spoon. Yield: 12 Servings (approx. 1/2 cup ea)

Origin Unknown

Green Tomato Parmigiana

1/2 cup plus 1 Tablespoon vegetable Oil
1/4 cup chopped onion
1 clove garlic minced
3 (8oz) cans tomato sauce
1 Tablespoon chopped parsley
1/4 teaspoon black pepper
1 egg
1/4 cup milk
6 medium sized green tomatoes (she said she only used about 4)
1/2 cup all purpose flour
1/2 lb. mozzarella cheese, shredded (she used lots more)
1/2 cup grate parmesan cheese (and lots more of this too)

Heat 1/4 cup vegetable oil in med. saucepan. Add copped, onion and garlic sauté, stirring until tender about 5 min. Stir in tomato sauce, parsley and pepper. Heat to boiling, reduce heat and simmer for 30 minutes, uncovered. In pie pan, beat egg wit milk and 1 tablespoon oil. Slice tomatoes 1/2 in thick. Coat tomato slices in flour then dip into egg mixture. Heat remaining oil in skillet. fry tomatoes until golden brown on both sides. In 8 x 12 inch baking pan arrange in alternate layers the tomato sauce, tomatoes, mozzarella cheese and Parmesan cheese. Sprinkle top with parmesan. Bake in preheated 350 degree oven for 30 to 35 minutes or until bubbly. Makes 6 portions. - Origin Unknown

Vegetable and Rice Medley *

You like low fat? You can use vegetable broth in place of the chicken broth in this recipe.

Bunch of broccoli
1 Carrot
3 or so scallions, to make about 1/2 cup when chopped
Button mushrooms, to make about 1/2 cup when chopped
1 Clove of garlic
2 Tbsp parsley to taste
3/4 Cup of brown rice
2 Cups chicken broth

*Chop:

broccoli, keeping stem separate from broccoli flowers (peeled or scraped)
carrot
scallions
mushrooms
garlic (I run this through a garlic press)

Heat in big saucepan about 1/4 of an inch of water on high heat.

*Add:

scallions
garlic
broccoli stems (NOT flowers)
carrot

Cover and let steam for about 5 minutes.

Add to saucepan:

Mushrooms
Brown rice
1 1/2 cups broth
Chopped parsley

Stir once, keep covered on high heat until it comes to a very big boil. Stir again, then cover and turn down heat to very low. Cook on very low (don't remove cover--I use glass cover to saucepan so I can see in there) until the water has been mostly absorbed, about 35 minutes. At this point, the rice should have about 5 minutes to go (taste it to see). Add the rest of the broth and stir. Put in the broccoli flower on the top so that they get steamed for about 5 minutes or less. I like a little crunch to them. Enjoy and...

From: Keri Aldridge

Stuffed Zucchini

Carrie Adams

4 Med. Zucchini
2 TBLSPNS Butter Or Margarine
1/4 cup Grated Parmesian Cheese
1/4 t Salt
3 Green Onions, Sliced
1 Slice Bread, Cubed
1 Med Tomato, Chopped
Dash Pepper

Cut zucchini lengthwise in halves. Scoop out pulp, leaving 1/4-inch wall; chop pulp and reserve. Place zucchini shells cut sides down in dish. Cover loosely and microwave on high (100%) until crisp tender, about 5 to 6 minutes. Cover and microwave reserved pulp, the onions and margarine in a 1 1/2-qt casserole or bowl on high (100%) until tender, 6 to 7 minutes. Stir in bread cubes, cheese, tomato, salt and pepper. Turn zucchini shell cut sides up; spoon mixture into shells. Cover loosely and microwave on high (100%) until hot, 2 to 3 minutes.

Curried Navy Beans

2 medium russet potatoes -- peeled and cubed
3/4 teaspoon crushed red pepper
2 (16 oz) cans navy beans -- rinsed, drained, divided
2 cups chicken broth
2 teaspoons minced fresh ginger
1/2 teaspoon turmeric
1 large onion -- chopped
2 teaspoons olive oil
1 tablespoon curry powder
3/4 teaspoon salt
3/4 teaspoon black pepper
1 large tomato -- chopped
1/4 cup chopped cilantro

Cook potato and red pepper in boiling water to cover 15 minutes or until tender. Drain and set aside. Process 1 cup beans, broth, ginger, and turmeric in a food processor or blender until smooth. Sauté onion in hot oil in a Dutch oven over medium-high heat 5 minutes or until tender. Add curry powder, cook 1 minute. Stir in potato, pureed bean mixture, remaining beans, salt, and black pepper. Reduce heat to low; simmer, stirring occasionally, 5 minutes or until thickened. Sprinkle with cilantro and tomato. Yield: 8 servings.

Mary Lee of Buffalo NY

Strawberry Salad

2 large boxes strawberry jello (keep frozen)
2 c. boiling water
2 - 10 oz. boxes frozen strawberries
1 (8 oz.) cream cheese
2 c. Cool Whip
1 c. sugar

Mix 1 box strawberry jello with 1 cup boiling water, stir well, pour in a 13 x 9" glass pan. REFRIGERATE AND LET SET UNTIL FIRM. Then mix the pkg. of cream cheese (softened) and 1 c. sugar, mix well. Fold in 2 c. Cool Whip. Spread over jello layer. Mix second box of jello and 1 cup boiling water, mix well, add 2 - 10 oz. boxes frozen strawberries. Stir until dissolved. Set in refrigerator 10 minutes. Pour over cream cheese layer and refrigerate.

This is a salad that I use quite frequently. It's really delicious!

Submitted by Nancy Foust

Danny's Broccoli Salad

1 bunch fresh broccoli
1 large sweet onion
1/2 c. grated cheddar cheese
1 lb. bacon

Clean broccoli and chop into bite-size pieces. Chop onion. Combine broccoli, onion and cheese in large bowl. Fry bacon until crisp. Drain on paper towel. Crumble and mix with broccoli, onion and cheese. Add dressing and serve.

Dressing::
1/2 c. Miracle Whip
1/4 c. sugar
1 T. vinegar

Mix together. Stir into vegetables. Refrigerate. Make it ahead, and the vegetables will absorb the flavor of the dressing.

Submitted by Nancy Foust

Hot Bacon Dressing

1 egg - beaten
1/4 cup sugar
1/4 tsp. cornstarch
1/2 tsp. mustard
1/4 cup vinegar
1/4 cup water
1/4 lb. bacon - fried, drained, and broken in bits

Preparation - In saucepan combine all ingredients except bacon. Cook over medium heat until dressing thickens slightly. Remove from heat & stir in bacon bits. Mom always used this dressing on endive topped with hard-boiled egg slices. Use this dressing on dandelion salad too.

Lois from Ohio

Italian Pasta Salad

Serving Size : 8

3 cups macaroni -- cooked, drained, rinsed & cooled
1/3 cup parmesan cheese
1/2 cup pitted ripe olive -- slices
3 cups broccoli florets
3/4 cup red bell pepper -- sliced
1/2 cup red onion -- slices
8 ounces fat-free Italian dressing

Mix first 6 ingredients together in large bowl. Pour on the dressing and mix. Refrigerate for several hours.

Origin Unknown

Macaroni Salad

Serving Size : 6

2 cups macaroni -- uncooked
1 cup mayonnaise
1/2 cup celery -- chopped
1/3 cup carrot -- chopped
1/4 cup onion -- chopped
2 tablespoons pickle relish
3/4 teaspoon dry mustard
1/4 teaspoon salt
1/8 teaspoon pepper
1 boiled egg -- sliced
paprika

Cook macaroni in water until tender. Drain and rinse. Let cool. Mix together mayonnaise, relish, mustard, salt, & pepper. Add celery, carrots & onions to macaroni and stir in dressing. Place in bowl and sprinkle with paprika and top with sliced egg. Refrigerate.

Origin Unknown

Potato Salad

Serving Size : 6

1 cup fat free mayonnaise
1 teaspoon mustard
1/2 teaspoon celery seed
1/2 cup celery -- chopped
1/2 cup onion -- chopped
1/2 cup sweet pickle relish
1/2 tablespoon sugar
1/2 teaspoon salt
1/8 teaspoon papper
4 cups cubed potatoes -- cooked, drained, rinsed & cooled
2 boiled eggs (optional) -- sliced
paprika

Prepare potatoes. Mix together mayonnaise, mustard, celery seed, salt & pepper. Add to remaining ingredients. Top with sliced eggs. Sprinkle with paprika. Refrigerate

Submitted by Dorothy Bayes

Salad Dressing

1/2 cup vinegar
3/4 cup oil
1 cup sugar
1 teaspoon dry mustard
1 teaspoon celery seed
1 teaspoon dry onion
dash salt and pepper

Heat first 3 ingredients to melt sugar. Add the next 3 ingredients. Mix in blender to thicken. Add onion. Store in refrigerator.

Submitted by Dorothy Bayes

Carnival Potato Salad

3 cups cooked potatoes, warm, cubed
1/4 cup chopped pimiento
1/4 cup sour pickle, chopped
1 small onion, chopped
1/4 cup mayonnaise
1/2 teaspoon salt
1/2 teaspoon paprika

Combine potatoes, pimiento, pickle, and onion. Toss with mayonnaise, salt, and paprika. Chill. Serves 4.

Origin Unknown

Hawaiian Pineapple Pie

This makes 2 pies

6 eggs
2 cups crushed Pineapple
2 cups coconut
2 cups sugar
2 cups white syrup
1 cup butter, melted
4 Tablespoons flour

Combine all ingredients together and beat at low speed. Pour into 2 9 inch pie shells, (unbaked) and spoon butter over pie before baking, bake at 300 degrees for about 30 minutes.

Submitted by Donna Spells

Pineapple Bars

4 c. flour
3 tsp. baking powder
dash of salt

Sift together and add 1 c. shortening. Work like pie dough. Rub in 1 c. sugar and add 3 well-beaten eggs. Add vanilla and enough milk to moisten dough. Roll dough about 1/4" thick. Put a layer of dough on greased cookie sheet. Fill with pineapple filling and cover with another layer of dough. Bake in a 350 degree oven for 35 - 40 minutes. When done, cool and sprinkle with powdered sugar.

Filling:

1 large can crushed pineapple
1 c. sugar
3 or 4 T. cornstarch
Cook until thickened. Cool before putting on cookie dough layer.

Submitted by Nancy Foust

Amish Pumpkin Whoopie Pies

2 c. brown sugar

1 c. veg. oil

1-1/2 c. pumpkin

2 eggs

3 c. flour

1 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

1 tsp. vanilla

1-1/2 tsp. cinnamon

1/2 tsp. ginger

1/2 tsp. cloves

Cream sugar and oil. Add pumpkin and eggs. Add flour, salt, baking powder, baking soda, vanilla and spices. Mix well. Drop by heaping teaspoonfuls onto greased cookie sheet. Bake @ 350 degrees for 10 - 12 minutes. Makes 3 dozen pies.

Filling:

2 egg whites, beaten

4 T. milk

2 tsp. vanilla

4 c. powdered sugar

1-1/2 c. shortening

Mix together egg whites, milk, vanilla and 2 c. powdered sugar. Beat in shortening and remaining 2 c. powdered sugar. Spread dab of filling on flat side of cooled cookie. Top with another cookie to make pie.

Submitted by Nancy Foust

Orange Dreamsicle Cake

Part 1

1 Box Duncan Hines Orange Supreme Cake Mix

1 Box 3 oz. Jello (orange)

Mix and sift together

Part 2

1/3 Cup cooking oil or soft margarine

2 Eggs

1-1/2 Cups Water (or orange juice) I use orange juice

Put part 2 on top of part 1

Mix well with mixer.

Use 3 floured and greased cake pans.

Bake at 350 for 20 to 30 minutes or until it comes loose from sides. Cool layers.

Icing:

1 8 oz. Sour cream

1/4 to 1/2 Cup orange juice (I only use 1/4 cup)

1 Cup Sugar

1 8oz Cool whip

1 9oz frozen coconut

Mix all well with mixer

(Store cake in refrigerator after icing)

Submitted by Margie Kirkman

Strawberry Cake

1 box strawberry cake mix (I use Duncan Hines)

4 eggs

1 small box strawberry jello

3/4 cup oil

3/4 cup hot water

Mix everything together and pour in a 9 x 13 pan. Bake at 350 degrees. Blend in a blender 1- 10 oz. package of frozen sweetened strawberries and 1/2 cup sugar. When cake has cooled, poke holes in it with a straw and spoon strawberries over the cake until it has taken it all up.

(My son-in-law loves this cake topped with cool whip)

Submitted by Darlene Kromer

Toasted Almond Cheesecake Pie

Ingredients:

1 Ready Crust Shortbread pie crust (6 oz)
1-1/4 cups cold milk
1/4 tsp almond extract
2 pkg. (4 serving size) cheesecake flavor instant pudding & pie filling
1 tub (8 oz) frozen non-dairy whipped topping, thawed, divided
1/2 cup sliced almonds, toasted*, divided

Beat milk, almond extract, pudding mixes and 1/2 of the whipped topping in medium bowl with wire whisk 1 minute (mixture will be thick). Sprinkle 1/4 cup of the almonds onto bottom of crust. Spread pudding mixture over almonds in crust. Spread remaining whipped topping over pudding in crust. Garnish with remaining almonds.

Enjoy immediately or refrigerate until ready to serve.

* Spread out almonds evenly on a baking sheet. Place into a 375 degree oven for 3 to 5 minutes or until almonds are well toasted. Caution: I did these in a toaster oven for 5 minutes and burned them completely.

Origin Unknown

Strawberry Pie

Makes 2 pies

2 graham cracker crusts
1 block of cream cheese
1 container strawberry cream cheese
1 cup sugar
1 teaspoon vanilla
1 container cool whip
1 package strawberries-cut in chunks

Mix everything together but the strawberries. Fold them in with a spoon and pour into pie shells. Refrigerate for several hours.

(I usually put extra strawberries cut in half on top for garnish.)
Hope you enjoy !!!

Submitted by Darlene Kromer

Owen Brennan's Bread Pudding

1 C. sugar
1 qt. Milk
4 eggs
1 t. vanilla
2 t. lemon zest (fresh is best)
2 t. cinnamon
1 pinch nutmeg (personally I use a large pinch)
10 oz. stale French bread, cut into 1 inch cubes

In a 2-quart saucepan dissolve the sugar in the milk over medium heat. After the sugar has dissolved, remove from heat and allow mixture to come to room temperature.

In a large mixing bowl, whip the eggs thoroughly. Add the milk and sugar mixture to the eggs. Add the remaining ingredients (**except the bread**) to the mixture and blend well. Add the bread to the mixture and allow it to absorb most of the liquid. Pour the bread mixture into a 12x8x2 inch buttered baking dish. Bake in a preheated 325 degree oven for 40 minutes or until firm. Allow the bread pudding to cool for 15 minutes after it is done. Serve with Myers Rum sauce (recipe follows) and whipped cream. Serves 8 to 10.

Myers Rum Sauce**

1/2 lb butter (*not margarine*)
1 lb. Sugar
3 oz Myers Rum
5 tempered eggs***

Melt butter in a 2 quart saucepan over medium heat. Add sugar stirring, constantly until sugar melts into the butter. **Add rum carefully, it might ignite.** Slowly add tempered eggs, stirring constantly. Cook for an additional 30 minutes and then remove from heat. Strain through a sieve.

**Myers Rum is a very dark Jamaican Rum. It has a full-bodied flavor and smell. Use the original dark. It is readily available in most super markets and liquor stores. If it should happen you can't find it look for an English Rum such as Prussers.

*** To temper eggs: Place eggs, in their shells, in hot tap water (approximately 120 degrees) for 2 minutes. Remove the eggs from water and crack them in a separate mixing bowl. Whisk the eggs.

Origin Unknown

Cheesecake Cups

6 vanilla wafers
1-8 ounce package cream cheese softened
1/4 cup sugar
1 teaspoon vanilla extract
1 large egg

Optional: 6 ripe strawberries

Preheat oven to 325°F. Line 6 muffin pan cups with fluted ALUMINUM foil cupcake liners. Place one vanilla wafer in each cup. In a small bowl, using an electric mixer, beat cream cheese, sugar and vanilla until smooth and fluffy. Beat in egg until well mixed. Divide the cream cheese mixture equally among the lined cups. Bake until they are just set, about 25 minutes. Refrigerate at least 15 minutes or until ready to serve.

If you want slice the strawberries in thin cuts from the bottom to just barely the stem. Fan out and place on top.

Submitted by Dianne Burnette

Buttermilk Pie

1 1/2 cups sugar
1 cup buttermilk
1/2 cup Bisquick baking mix
1/3 cup butter, melted
1 1/2 teaspoon vanilla
3 eggs, beaten

Preheat oven to 350°F. Grease 9-inch pie plate and set aside. Beat all ingredients until smooth, 30 seconds in blender or on high for one minute with electric mixer. Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes. Serve with fresh fruit if desired.

Submitted by Lois in Ohio

Chocolate Gravy

3/4 cup sugar
1/3 cup flour
2 T cocoa
2 cups milk
1 t vanilla

Mix together sugar, flour and cocoa. I use a whisk to mix thoroughly. Add milk and mix well again. I still use whisk, but need a spoon to get into the edges of saucepan. Cook over moderate heat stirring constantly until mixture boils and thickens. Remove from heat add vanilla

Serve with butter and hot biscuits. I like to let the butter form little pools....ummmm good!

Submitted by Lois in Ohio

Frost On The Punkin Cake

Recipe By: Fanica Kibner

2 cups Granulated Sugar	1 cup Oil
1 teaspoon Vanilla Extract	4 large Eggs
2 cups All-Purpose Flour	2 teaspoons Baking Soda
1 teaspoon Baking Powder	2 teaspoons Ground Cinnamon
1/2 teaspoon Salt	1 (16oz.) can Pumpkin

Beat together sugar, oil, vanilla, and eggs. Combine flour, baking soda, baking powder, cinnamon, and salt. Add to oil mixture. Stir in Pumpkin. Pour into 2 greased and floured 9 inch cake pans. Bake at 350F for 40 minutes. Cool on racks.

Cream Cheese Frosting

1 (8oz) package cream cheese, softened
1 (1 lb) package powdered sugar
1 stick unsalted butter, softened
2 teaspoons vanilla extract

Mix until smooth. Frost cake. Sprinkle walnuts on top.

Note- Bake 9 X 13 in pan for 50 minutes.

Busy Day Drop Cookies

Thoroughly cream : 1/2 C. shortening and 1 C. brown sugar
Sift together: 1 3/4 C. sifted flour, 1/2 tsp. baking powder, 1/2 tsp. soda, and 1/2 tsp. salt. Stir these dry ingredients into creamed mixture alternately with 1/4 C. sour milk to which has been add 1 beaten egg and 1 tsp. vanilla. Blend in raisins or 3/4 C. chopped nuts. Drop by teaspoon about 3" apart on greased baking sheet. Bake in preheated oven 350 deg. for about 12 minutes. Makes 3 1/2 dozen.

I am a 70 year old grandmother and this recipe was handed down form my Mother. It is my family's favorite.

Submitted by Irene Odonnell

Chocolate MINUTE® Tapioca Pudding

Ingredients:

3 squares BAKER'S Semi-Sweet Baking Chocolate
1/3 cup sugar
3 Tbsp. MINUTE Tapioca
3 cups milk
1 egg , well beaten
1 tsp. vanilla

Place chocolate, sugar, tapioca, milk and egg in medium saucepan. Let stand 5 minutes.

Cook on medium heat until mixture comes to full boil, stirring constantly. (Pudding thickens as it cools.) Remove from heat. Stir in vanilla. Cool 20 minutes; stir. Stir before serving. Serve warm or chilled.

Submitted by Denny

Best Banana Pudding Ever

12 large egg yolks (reserve egg whites)	8 cups whole milk
1 cup flour, sifted	3 cups sugar
1 teaspoon salt	1 tablespoon vanilla flavoring
1 tablespoon banana extract	1/2 cup spiced rum (optional)
1/2 cup banana liqueur (optional)	1/2 stick butter, cubed
2-3 boxes vanilla wafers	8-10 bananas
12 large egg whites	2 teaspoons cream of tartar
1 teaspoon vanilla flavoring	sugar (to taste)
1 pint heavy whipping cream	sugar (to taste)
1/2 teaspoon vanilla flavoring	1/2 teaspoon banana extract
1/4 cup spiced rum (optional)	

Lightly beat egg yolks with the vanilla flavoring. Set aside. Combine flour, sugar, and salt and add to yolk mixture. Blend well. Heat milk on medium, stirring occasionally, but do not boil. When the milk starts to get foamy, add about a coffee cup full to the yolk mixture to temper (and thin it out). While constantly stirring (preferably with a whisk), slowly add the yolk mixture to the hot milk. Continue cooking on medium heat and stir often to prevent sticking and clumping. When the pudding starts to thicken, add the banana extract, rum, and banana liqueur. Remove the pot from the heat if you're using gas to prevent flame-ups. Stir constantly while the mixture thickens once again, anywhere between 2 and 5 minutes. This time will also burn off the alcohol. Remove from heat and stir in butter until melted. Cool pudding completely to retain crunchier vanilla wafers or assemble warm if you like softer pudding.

In a large oven-proof (not metal) dish (I use a 14-inch round 5-inch deep pottery bowl or 9x12x2 rectangular pottery lasagna dish.) Layer vanilla wafers, bananas, and pudding. Try to fill in all holes with the wafers, especially on the bottom layer. The top layer should be the pudding mixture. This recipe makes about 4-5 layers depending on the serving dish. You may even have some pudding left over. When the pudding is assembled, make the meringue and whipped cream.

For the meringue, start beating the egg whites. When they're foamy but not too stiff, add the cream of tartar, vanilla and sugar and continue beating until stiff peaks form. Spread the meringue over the pudding and put under the broiler until lightly browned. Serve with whipped cream.

For whipped cream, beat the cold heavy cream in a cold metal bowl until stiff. Add the sugar, vanilla, banana extract, and rum. Minus the banana extract, this whipped cream is wonderful on other desserts as well.

Submitted by Katherine Duke

Rolled Lemon Cookies

1 oz. (3 level T.) baking ammonia
1 pint milk
2-1/2 c. Crisco
3 c. granulated sugar
2 oz. lemon oil or 4 (1 dram bottles)
2 egg whites beaten until stiff
Approximately 9 c. sifted flour

Dissolve ammonia in milk. Cream Crisco with sugar; add lemon oil, and egg whites, then fold in sugar mixture. Add flour enough to stiffen batter. Roll 1/4" thick. Prick cookies with fork before baking. Bake on ungreased cookie sheet for 15 minutes in 350 degree oven.

Submitted by Nancy Foust

Raisin Filled Cookies

1 c. shortening	2 c. sugar
2 eggs	2 tsp. vanilla
1 c. milk	4 tsp. cream of tartar
2 tsp. baking soda	7 c. flour

Cream sugar, shortening, eggs and vanilla. Add milk, cream of tartar and baking soda. Gradually add flour.

Filling:

1 -1# box raisins
1 c. sugar
1 c. water
2 - 3 T. cornstarch

Combine, cook until fairly thick and then cool. Roll cookie out thin and put 1 heaping tablespoon on each cookie; put another cookie on top and pinch sides together. Bake at 400 degrees for 8 - 10 minutes.

Submitted by Nancy Foust

Quick Rice Pudding

1 c. Minute Rice
1 c. water
3 T. raisins
1/4 tsp. salt
1 box (3-3/4 oz.) instant vanilla pudding
1/4 tsp. nutmeg

Bring rice, water, raisins and salt to a boil. Cover and let stand until cool. Prepare pudding, adding nutmeg. Fold in rice mixture. Chill. Serves 6.

Submitted by Nancy Foust

Easy Cinnamon Rolls

1 - 1# loaf frozen bread dough, thawed
3 T. butter, melted
1/2 c. sugar
2 tsp. cinnamon
1/2 c. raisins

Glaze:

1/2 c. confectioners' sugar
2 T. vanilla

On a lightly floured surface, roll the dough into a 14 x 10" rectangle. Brush with butter. Combine the sugar and cinnamon, sprinkle evenly over butter. Sprinkle with raisins. Starting from a long side, roll dough up tightly. Seal seams. Slice into 12 rolls, put into a greased 13 x 9" pan, letting them touch; place in a 350 degree oven for 25 - 30 minutes. Cool for 10 minutes. Combine the glaze ingredients; brush over rolls. Yield: 1 dozen.

Submitted by Nancy Foust

Cracker Barrel Coca Cola Cake II

Ingredients:

1 Stick of Butter	1 C. Coca Cola
3/4 C. Miniature Marshmallows	1 Square of Semi Sweet Baking Chocolate
1/2 C. Shortening	1/2 C. Vegetable Oil
3/4 C. Cocoa	2 Eggs
1/2 tsp. Salt	2 tsp. Vanilla
3/4 C. Buttermilk	2 C. Sugar
2 1/3 C. Flour	1 tsp. Baking Soda
1 1/2 tsp. Baking Powder	

Preparation:

Place in a sauce pan butter, coke, semi sweet baking square and bring to a boil remove from heat and add marshmallows and stir until all is blended and the marshmallows are disappear. Set aside to cool enough to tepid or room temperature.

In mixing bowl blend the shortening, oil, vanilla and sugar until fluffy. Add eggs and buttermilk and beat until smooth. Mix flour with baking soda, cocoa, baking powder and salt, add half of flour mixture to shortening, egg mixture, and beat. Scrape bowl time to time to clean the sides off so ingredients are blended in batter. Add cooled coca cola mixture and beat.

Add remainder of flour and beat until completely smooth about 3 - 4 minutes. Batter will be thick.

Place batter into a 13" x 9" x " 2 oiled and floured baking pan. Set pan on top shelf in a preheated 350 degrees oven for 35 - 40 minutes. Check for completed baking time with a toothpick. If the toothpick comes out clean by sticking in the middle of the cake its time to come out of the oven and cool.

Frosting:

1 Stick of Butter
1/2 C. Cocoa
1/4 C. Coca Cola (plus 2-3 Tbsp. if needed)
3 C Powder Sugar
1 tsp. Vanilla
1/4 C Hershey's Chocolate Syrup

Cream butter, add cocoa, vanilla, Hershey's Syrup, and coca cola, beat until smooth. Add powder sugar a little at a time and beat constantly. Scrape the sides of bowl time to time to get all ingredients into the frosting. If the frosting seams a little dry add a little more coca cola and beat well.

Frost warm cake. Serve with natural vanilla bean ice cream and enjoy.

Origin Unknown

Summer Berries & Cream Dessert.

1 Prepared angel food cake torn into 1-inch cubes (Homemade or store bought)
2 8oz. cream cheese
1 8 oz. Cool Whip
2/3 cup sugar
2 cups of sliced fresh strawberries or 2 cups whole raspberries or blueberries
1 packet of strawberry glaze or blueberry glaze

Put the cubed angel food cake at the bottom of a glass bowl. Combine cream cheese, cool whip and sugar and mix all 3 ingredients well. Put the cream mixture on top of the angel food cake. Prepare the glaze and mix the berries with the glaze coating them very well. Put the glaze/berries mixture on top of the cream mixture. Refrigerate for at least one hour.

Submitted by Nicole.

Peanut Butter Balls

1/2 cup margarine or butter
1 1/2 cups Peanut Butter
1 box powdered sugar
1 teaspoon vanilla

Beat mixture together with mixer and roll into balls-freeze for 10 minutes.

That's all I do; but you can do whatever you like:

(Dip in mixture of 1-6oz pkg of semi-chocolate chips and 1/2 cake of paraffin which you melt in double boiler.

To dip them put a toothpick in and dip and then place on wax paper.
When you have them all dipped go back with a spoon and fill in the hole.

I shave the paraffin it melts faster that way.)
You could roll them in corn flake crumbs or powdered sugar.
Use your own imagination or leave them like I do.

Makes: 60

By: Charlene Frost

Lunsford's Chocolate Sheet Cake

This is a family favorite submitted for the Fall season, perhaps a nice football season treat. You use a jelly roll pan, but you do not have to roll this cake. Many thanks to Barbara Hill of Fairfax, Virginia for this fun Autumn cake. She had the recipe handed down from her Aunt Woots!

Ingredients

For the Cake

2 cups sugar
2 cups flour
4 Tablespoons rich cocoa powder
1 cup boiling water (see directions below)
1 cup (two sticks) butter or margarine
1/2 cup buttermilk
2 eggs
1 teaspoon baking soda
1 teaspoon vanilla

For the Icing

1/2 cup (one stick) butter or margarine
1 teaspoon vanilla
1 box confectioner's sugar
4 tablespoons cocoa
6 Tablespoons milk
1 cup nuts, chopped

Directions

For the Cake

Preheat oven to 375 f. Prepare a jellyroll pan or shallow sheet cake pan by greasing and dusting with flour, shaking out excess. In a rather large mixing bowl, stir together the 2 cups sugar, 2 cups flour, and 4 Tablespoons rich cocoa powder. In a sauce pan, bring to a boil the 1 cup water and the 1 cup (two sticks) butter or margarine. Carefully pour this boiling mixture into above dry mix and stir well until blended. Cool just a bit so as not to "cook" the eggs in the next step. Add buttermilk, eggs, baking soda, and vanilla. Mix well. Pour into prepared pan, smoothing to make the batter even. Bake at 375 degrees for 15-20 minutes.

For the Icing

Melt 1/2 cup (one stick) butter or margarine in saucepan; stir in vanilla. In another bowl, mix 1 box confectioner's sugar, cocoa, milk, and the chopped nuts. Pour in the melted butter mix and stir. Spread on top of cake as soon as it comes out of the oven. (This gives the cake a rich, glazed look when it cools.) It is soooo good!!

Source : Chocoholic Recipe Book

Divine Triple Chocolate Pie

1 c Unbleached Flour; Sifted	1/4 ts Salt
1/3 c Vegetable Shortening	1/2 oz Semi-Sweet Chocolate; Grated
2 tb Cold Water	1/4 c Sugar
1 x Unflavored Gelatin; 1 Env.	1/4 ts Salt
1 c Milk	3 ea Eggs; Lg, Separated
3 oz Baking Chocolate; Cut Up	1/2 ts Vanilla
1/4 ts Cream Of Tartar	1/4 c Sugar
1 c Heavy Cream; Whipped	

Garnish:

Sweetened Whipped Cream	1/2 oz Semi-Sweet Chocolate
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Sift the salt and flour into a bowl and cut in the shortening, using a pastry blender, until coarse crumbs form. Add the chocolate and water, tossing with a fork, until the dough forms. Press the dough firmly into a ball and then roll out on a lightly floured surface into a 13-inch circle. Loosely fit the dough into a 9-inch pie plate and trim the edge so that there it reaches 1 inch beyond the rim of the pie plate. Fold the extra under the edge of the crust to form a ridge. Flute the edge and prick the entire surface of the pie shell with a fork. Bake at 400 degrees F for 12 minutes or until a golden brown. Cool on a rack. Stir the 1/4 cup of sugar, the gelatin and salt together in a 2-quart saucepan. Stir in the milk and slightly beaten egg yolks. Add 3 (1 oz) squares of unsweetened chocolate and cook over low heat, stirring constantly, until the chocolate melts and the gelatin dissolves. Remove from the heat and stir in the vanilla. Chill in the refrigerator, stirring occasionally, until the mixture is the consistency of unbeaten egg whites. Remove the chocolate mixture from the refrigerator and set aside immediately beat the egg whites and cream of tartar, in another bowl, until foamy, using an electric mixer set on high speed. Gradually add the 1/4 cup of sugar, 1 Tbls at a time, beating well after each addition. Continue beating until stiff, glossy peaks form when the beaters are slowly lifted. When the chocolate mixture mounds slightly when dropped from a spoon, beat until smooth, using an electric mixer at medium speed. Fold the egg white mixture into the chocolate mixture; then fold in the whipped cream. Chill in the refrigerator until the mixture mounds well when spooned. Turn into the chocolate pie shell. Chill in the refrigerator for 2 hours or until set.

To serve, decorate the pie with puffs of sweetened whipped cream. Grate and sprinkle the chocolate over the whipped cream.

Origin Unknown

Easy Frost Pumpkin Pie

1/4 c Margarine
1 1/2 c Crushed gingersnap cookies
1 can Pumpkin (16 oz.)
2 cups Vanilla ice cream softened
1 c Powdered sugar
1 1/2 ts Pumpkin pie spice
1/8 ts Salt
2 c Frozen whipped topping, Thawed

Melt margarine in small sauce pan. Remove from heat; stir in crushed cookies. Press mixture evenly in bottom and up sides of a 9 inch pie pan; refrigerate.

In a large bowl combine the pumpkin, ice cream, sugar, pumpkin pie spice, and salt.; blend until smooth. Fold whipped topping into pumpkin mixture. Pour into pie crust lined pan. Freeze for several hours or until firm. (For longer storage, cover tightly with foil)

Before serving let stand at room temperature at least 15 minutes. Garnish as desired.

Origin Unknown

Absolutely Delicious Cheesecake

1 c Sugar
1 tb Vanilla
8 oz Cream cheese
1 c Sour cream
8 oz Cool Whip
2 Graham Pie Crusts
2 cn Cherry pie filling

Mix sugar, vanilla and cream cheese together. Stir in sour cream, then mix it slowly in blender. Add the Cool Whip. Spread the cheese mixture evenly in graham pie crusts, then spread pie filling on top. Chill approximately 2 hours before serving.

Origin Unknown

Microwave Hershey Bar Pie

1/2 c butter or margarine
1 c granulated sugar
1 egg
1 ts vanilla
1 1/4 c un-sifted all-purpose flour
1/2 c Hershey's Cocoa
3/4 ts baking soda
1/4 ts salt

Filling:

1/2 lb Hershey's Milk Chocolate Bar
1/3 c milk
1 1/2 c miniature marshmallows
1 c heavy cream

Cream butter or margarine and sugar in large bowl until light and fluffy. Add egg and vanilla; beat well. In a separate bowl combine flour, cocoa, baking soda, and salt; add to creamed mixture. Shape into two 1 1/2-inch thick rolls. Wrap in waxed paper and plastic wrap; chill several hours or overnight. Cut 1 roll into 1/8-inch slices; arrange with edges barely touching on bottom and up sides of a greased 9-inch glass pie plate. Microwave on medium (1/2 power) for 5-6 minutes (turning pie plate 1/4 turn every 2 minutes of cooking time).

For Filling:

Break chocolate bar into pieces; place in a glass bowl. Add milk and miniature marshmallows. Microwave on high (full power) until chocolate and marshmallows are melted and mixture is thick and smooth, about 3-4 minutes; cool.

Whip cream until stiff; fold into chocolate mixture. Spoon into crust. Cover and chill.

Note: Leftover dough from above crust may be frozen or sliced for cookies. Slice roll 1/4-inch thick. Place 10 cookies on waxed paper in circular formation. Microwave on medium (1/2 power) until just set, 4-5 minutes (turning pie plate 1/4 turn every 2 minutes). Cookies will continue to cook after removal from microwave. Cool.

Origin Unknown

Impossible Brownie Pie (Bisquick)

4 Eggs
1/4 c Margarine or butter; melted
4 oz Chocolate; cooking - melted and cooled
1/2 c Brown sugar; packed
1/2 c Bisquick or baking mix
1/2 c Sugar; granulated
3/4 c Nuts; chopped

Preheat oven to 350F. Grease 9 x 1 1/4" pie plate. Beat eggs, margarine and chocolate till smooth, 10 seconds in blender on high or 30 seconds with hand beater. Add brown sugar, Bisquick and granulated sugar. Beat till smooth, 1 minute in blender on high (stopping occasionally to scrape down sides) or 2 minutes with hand beater. Pour into plate; sprinkle with nuts. Bake till knife inserted in center comes out clean; about 35 minutes. Cool.

Origin Unknown

Grand Prize Winning Maple Walnut Mousse Pie

3 Eggs, separated
1/8 ts Salt
3/4 c Maple syrup
2 c Cool whip, divided
1 c Walnut meats, chopped, divided
2 tb Semi-sweet chocolate, shaved
1 Chocolate crumb pie shell

Beat egg yolks until lemon colored. Add salt and maple syrup. Cook in top of double boiler until yolk mixture thickens. Cool. Beat egg whites until stiff. Combine maple mixture, egg whites, and 2/3 of the Cool Whip, using a folding motion. Fold in 3/4 cup of the nut meats. Scrape into baked pie shell. Cover with remaining whipped topping. Sprinkle with remaining nut meats and chocolate shavings. Freeze for a minimum of four hours.

Origin Unknown

No-Crust Sweet Potato Pie

4 Sweet potatoes, medium sized, peeled, cooked and mashed
1 c Sugar
1/2 c All-purpose flour
1/2 c Butter or margarine; softened
1 Egg
3/4 tsp almond extract
Whipped cream

Combine the sweet potatoes, sugar, flour, butter, egg and almond extract in a large mixing bowl; beat at medium speed of electric mixer until well blended. Spoon mixture into a 9-inch pie plate. Bake at 450 degrees F. for 25 minutes or until lightly browned. Serve warm or cool with a dollop of whipped cream. Makes one 9-inch pie. - Origin Unknown

Southern Peanut Butter Pie

1 cup light or dark corn syrup
1 cup sugar
3 eggs, slightly beaten
1/2 teaspoon vanilla
1/3 cup chunk style peanut butter
1 unbaked 9 inch pastry shell
1 cup whipping cream

Combine first five ingredients, mixing until thoroughly blended. Pour into prepared pastry shell. Bake in hot oven 400° for 15 minutes. Reduce heat to moderate 350° and bake 30 to 35 minutes longer. Filling should appear slightly less set to center. Chill. Top with whipped cream.

(Mrs. Tom Sexton, Cedar Rapids)

Berries in a Cloud

By Marsha

Serves: 8

2 cups thawed COOL WHIP Whipped Topping
1 cup blueberries
1 cup raspberries
1 cup sliced strawberries

SPOON 1/4 cup whipped topping evenly into each of 8 dessert dishes. Using back of spoon, spread whipped topping into bottom and up side of each dish.

SPOON berries into center of whipped topping just before serving. - Origin Unknown

Pear Tart

1 9-inch pie crust
1 and 1/2 cups milk
2 tsp peeled and grated ginger root
3 egg yolks
2/3 cup sugar
2/3 cup flour
1 tsp vanilla
1/4 cup butter
2 (15-oz) cans pear halves, drained
1 (8-oz) jar apricot preserves

Place milk and ginger in saucepan and heat over low heat until hot. Combine egg yolks and sugar in a bowl and beat. Slowly add flour to egg mixture and mix well. Add egg mixture to the milk and ginger in the saucepan and cook over low heat until mixture starts to thicken. Add vanilla and butter and remove from heat.

Place mixture in the refrigerator until cooled. Meanwhile, bake pie shell at 425F degrees for about 10 minutes until golden brown and allow to cool.

Place cooled cream mixture in pie shell. Slice pear halves into sections and arrange on top of cream. Heat apricot preserves and brush over pears. Slice and serve.

Origin Unknown

Cherry Cobbler

1 16 oz can light cherry pie filling
1 package cake mix for 1 layer cake or sweet muffin mix
1 egg
3 tablespoons evaporated milk
1/2 teaspoon cinnamon
1/2 cup chopped nuts -- optional

Put pie filling in lightly buttered 3 1/2-quart crock pot and cook on high for 30 minutes. Mix together the remaining ingredients and spoon onto the hot pie filling. Cover and cook for 2 to 3 hours on low. You may also use a lightly greased soufflé dish in a larger crock pot. 6 servings.

Origin Unknown

Tiramisu

2 8-ounce cartons fat-free sour cream
2 8-ounce packages reduced-fat cream cheese (Neufchatel), softened
2/3 cup sugar
1/4 cup fat-free milk
1/2 teaspoon vanilla
1/2 cup strong coffee
2 tablespoons coffee liqueur
2 3-ounce packages ladyfingers, split
2 tablespoons sifted unsweetened cocoa powder

In a large mixing bowl, combine sour cream, cream cheese, sugar, milk, and vanilla. Beat with an electric mixer on high speed until smooth. Combine coffee and coffee liqueur.

Layer one package of the ladyfingers, cut side up, in a 2-quart rectangular baking dish. Brush with half of the coffee mixture. Spread with half of the cream cheese mixture. Repeat with remaining ladyfingers, coffee mixture, and cheese mixture.

Sprinkle with sifted cocoa powder. Cover and refrigerate for 4 to 24 hours. If desired, sprinkle serving plates with additional unsweetened cocoa powder. Cut dessert into squares to serve. Serves 15.

Courtesy of Sally J.

Grilled Apples

2 - 3 Granny Smith or other tart baking apples, cored and sliced
1/2 cup dried cranberries
1/4 cup maple syrup
3 Tbs brown sugar
1/2 tsp ground cinnamon
3 Tbs butter

Combine the sliced apples, cranberries, maple syrup, sugar, and cinnamon in a mixing bowl and toss to combine. Place the mixture on a large piece of aluminum foil, or on 4 to 6 smaller pieces of aluminum foil, dot with the butter, and fold the foil into a packet or packets. Grill over medium hot coals for 10 to 15 minutes. Serve in the packets or remove the contents to a serving bowl. Serves 4 to 6.

Origin Unknown

Dessert "Pizza"

Recipe By :Trudi

2 - 20oz Packages sugar cookie dough
2 – 8oz Packages cream cheese, softened
2/3 Cup sugar
2 Lg Cans Crushed Pineapple, Well Drained
2 Lg Cans Mandarin Oranges, Well Drained
6-8 Kiwi Fruit, Peeled, Sliced
1-2 Pints Strawberries, Sliced
2-3 Bananas, Sliced (not Too Thin), Sprinkled
With Fruit Fresh -- to prevent browning
Fruit Fresh

Preheat oven to 350°. Spray large cookie sheet with Pam. (I invert cookie sheet-put on bottom of sheet- because mine has 1" sides and they get in the way) Pat out cookie dough right on baking sheet (remember to spray with Pam first). Bake 10-15 minutes, or until golden brown. Remove from oven and cool. After 5 -10 minutes, gently loosen cookie from cookie sheet (make sure not to "tear" cookie dough, if too soft, wait a few minutes and try again) with serrated bread knife (leave on cookie sheet). VERY IMPORTANT OR COOKIE WILL STICK TO COOKIE SHEET. DON'T FORGET! Whip cream cheese and sugar together and spread on COOLED cookie crust. Arrange fruit on top in order listed. Keep refrigerated until use.

NOTES : Excellent!! If you make it too far ahead of time the cookie crust will get soft, though it is great with a crunchy or soft crust!

Don't put the banana slices on until you are ready to serve or if that's impossible because of your schedule, make it one of the last things you do before you get yourself ready to party! Either way, sprinkle with Fruit Fresh to keep the bananas from turning brown. It really works and DOES NOT change the taste in any way. I sprinkle it on after I put a row or two of them on the pizza, don't wait until you have covered the pizza or they may start to brown. (Lemon juice makes the bananas too soggy)

Be sure that the Mandarin oranges and the crushed pineapple are drained "dry" (can press in colander to remove excess juice and then pat dry with paper towels to make sure).

Instead of making 1 "pizza", you can slice the cookie dough like you would if you were making cookies. Bake according to the directions on the package. That way you have tiny Dessert "Pizzas"; one or two for each guest, or for your lunches.

It's hard to gauge the amount of fresh fruit because it depends on how much you like to use. I would prefer to have extra than come up short. You can also add any fresh fruit you like (like blueberries, but cantaloupes, melons and watermelon are really too "wet") I find that this fruit combination is really the best.

Scottish Scones

By Cindy Layer

1 1/2 Cups Flour
1 Tablespoon Baking Powder
1/2 Teaspoon Salt
1/4 Cup Sugar
1/3 Cup Shortening
3/4 Cups Oats (Quick Or Old-Fashioned), Uncooked
1/4 Cup Raisins
2/3 Cup Milk

Pre-heat the oven to 425. Sift together the flour, baking powder, salt, and sugar. Cut in the shortening until the mixture has a mealy appearance. Mix in the oats and raisins. Slowly mix in the milk. Turn the dough out onto a floured board. Knead briefly (1 minute). Roll out to an eight-inch circle that is 1/4-inch thick. Cut into 8 wedges. Bake on an ungreased cookie sheet for 12-15 minutes (or until golden brown). Serve warm with butter and honey. Makes 8

Cinnamon Roll Apple Cobbler

By Fran Walker

Serving Size: 10

8 cups apples, peeled -- sliced
12 ounce jar caramel ice cream topping
1 tablespoon flour
1/2 cup pecans -- very finely chopped
1/2 cup brown sugar
1 tube refrigerated cinnamon rolls (8 or 10 count)
6 tablespoons margarine -- melted
vegetable cooking spray

Preheat oven to 375 degrees.

Place apple slices in a large bowl. Combine caramel topping and flour and pour over the apple slices. Toss with a fork to mix. Place the apples into a 12x8-inch baking dish that has been sprayed with vegetable cooking spray. Bake for 25-30 minutes or until the apples are just tender. Combine the pecans and brown sugar in a small bowl. Separate the cinnamon rolls and cut into 4 quarters. Dip each piece of the roll into the melted margarine and then roll in the sugar nut mixture. Arrange the pieces of roll over the top of the apples and bake until the rolls are golden brown and the apples are done, approximately 8 to 10 minutes.

Lazy Dazy Cake

2 eggs
1 tsp vanilla
1 cup sugar
1 cup flour
1 tsp baking powder
1/2 tsp salt
1/2 cup milk
1 Tblsp butter

Topping:

12 Tblsp brown sugar
6 Tblsp melted butter
4 Tblsp cream
1 cup flaked coconut
1 cup chopped pecans or walnuts

Preheat oven to 350*. Heat 1/2 cup milk and 1 Tblsp. butter in Microwave oven until butter is melted. Add the vanilla to the milk mixture. Beat eggs until mixed, add the sugar, flour, baking powder, salt and milk mixture. and beat until smooth. Pour into PAM sprayed 9 x 13 inch pan and bake 25 minutes or until a knife inserted in middle comes out clean.

Melt butter in a small saucepan. Stir in brown sugar, cream, chopped nuts and coconut. Bring to boil; boil for 1 minute, stirring constantly. Spread on top of baked cake, put under broiler until light golden brown.

By Carol in NM

Coconut Pineapple Cake

One box of yellow or pineapple cake mix
1 small container of sour cream
1 large can crushed pineapple tidbits
1 large bag of shredded coconut
2 containers of cool whip
Powdered sugar to taste

Drain juice from pineapple and add to cake mix along with the water. Mix and bake cake according to package directions. Cool layers or half cool before slicing in half crosswise. You can use a long knife, or do as I do I use thread, it makes it come out more even. Mix one container of Cool Whip, pineapple, half of sour cream, powdered sugar and about 1/4 bag of coconut. Put between layers of cake. Mix the other container of Cool whip, with the rest of the sour cream coconut and powdered sugar. Frost the outside of cake. Take the rest of the coconut and put on the frosting. This is optional. Refrigerate. It tastes better if allowed to be refrigerated overnight -
Origin Unknown

Jim's Pineapple Cheese Pie

1 9 inch pie crust
1 8 oz container whipped topping
1 12 oz container cream cheese

1 20 oz can crushed pineapple
1 6 oz box pineapple gelatin

Directions:

1. Drain juice from pineapple. set aside. dissolve the gelatin in the pineapple juice, and microwave for 1 minute.
 2. Mix whipped topping and cream cheese until smooth, mix pineapple into cream cheese mixture, stir in gelatin, and mix thoroughly. pour into pie crust, and refrigerate for 4 to 5 hours.
-

Delicious Fruit

2 small boxes instant vanilla pudding
1 can mandarin oranges -- drained, save juice
1 can pineapple chunks -- drained, save juice
1 can sliced peaches -- drained, save juice
3 bananas -- sliced
1 small jar maraschino cherries -- drained
3 cups fruit juice and water

Save juice from fruit and add enough water for 3 cups. Mix pudding with juice. Beat until smooth. Add fruit.

Serving Ideas : This fruit is delicious alone or served over angel food cake. Marshmallows, nuts or other fruit can be used.

Submitted by Dorothy Bayes

Apple Crisp

4 cups apples -- sliced
1 teaspoon salt

1 teaspoon cinnamon
1/4 cup water

Topping
3/4 cup flour
1/3 cup oleo

1 cup sugar

Butter a 10x6x2" baking dish. Place apples in dish. Sprinkle with cinnamon, salt and water. Rub together flour, sugar and oleo. Sprinkle over apples. Bake at 350° for 40 minutes.

Submitted by Dorothy Bayes

Apple Dumplings

Serving Size : 8

3 cups flour	2 heaping teaspoons shortening
3 teaspoons baking powder	1 teaspoon salt
milk	

Syrup	
2 cups sugar	1/2 cup oleo
2 cups water	1 teaspoon cinnamon

Cut shortening in flour with pastry blender. Add salt and baking powder. Add enough milk to make a soft dough. Divide dough in half. Roll each half to a 12" square. Cut in 4 pieces. On each piece place sliced apples, a tsp. sugar, dot of butter and a sprinkle of cinnamon. Fold up the four corners and seal. Lay upside down in a greased 9x13" baking pan. Do remaining half of dough the same way.

Cook together sugar, oleo, water and cinnamon. Pour over dumplings. Bake at 350° until browned on top, basting often while baking.

Serving Ideas : Serve with milk over the dumpling.

NOTES : These can be frozen for future use.

Submitted by Dorothy Bayes

Coffee Cake

1 cup sugar	1/2 cup shortening
2 eggs	1 cup sour cream
2 cups flour	1 teaspoon vanilla
1 teaspoon baking powder	1 teaspoon soda

Topping:
1/3 cup brown sugar
1/4 cup white sugar
1 teaspoon cinnamon

Cream sugar and shortening. Add eggs. Beat in remaining ingredients. Spread 1/2 of batter in a greased 9x13" pan. Mix together topping ingredients of cinnamon, brown & white sugar. Sprinkle with half of topping, cover with rest of batter and sprinkle with remainder of topping. Bake at 350° for 30-35 minutes.

Submitted by Dorothy Bayes

Chocolate Roll-Up

5 eggs, separated	1/2 teaspoon cream of tartar
1 teaspoon vanilla	1 cup sugar -- divided in half
1/4 cup flour	3 tablespoons cocoa
1/2 teaspoon salt	powdered sugar

Great egg whites, vanilla and cream of tartar until stiff. Gradually beat in 1/2 cup sugar. Set aside. Beat egg yolks until thick, fold into yolks the other 1/2 cup sugar, flour, cocoa and salt. Fold yolks mixture into whites. Line greased jelly roll pan with greased foil or brown paper. Bake at 325° for 25 minutes. Turn out on powdered sugar towel. Remove paper and trim off crisp edges. Roll up and cool.. Unroll and spread with icing. Roll up, sprinkle with powdered sugar and refrigerate.

Icing:

2 egg whites	1 cup crisco
3 teaspoons vanilla	1 1/2 tablespoons flour
1 # powdered sugar	

Beat together thoroughly with mixer.

Yield: "1 roll"

Submitted by Dorothy Bayes

Jelly Roll

1 cup sugar
1/2 cup warm water
1 1/2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
powdered sugar

Beat egg whites until stiff. Fold in sugar and beaten yolks. Add water and vanilla. Mix in flour. Line bottom of greased jellyroll pan with greased brown paper or with aluminum foil. Pour batter into pan. Had 20 to 25 minutes at 350°. Loosen edges and turn upside down on a powdered sugar towel. Remove paper and trim off stiff edges. Roll up in towel & cool. Unroll and spread with jelly. Roll up.

Yield: "1 roll"

Submitted by Dorothy Bayes

Shortcake

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons sugar
3 tablespoons oleo
1 egg -- beaten
1/2 teaspoon vanilla

Sift flour with baking powder, salt and sugar. Mix in oleo using a fork or pastry blender. Add egg and vanilla to milk. Add to dry ingredients to make a soft dough. Divide dough in half. Roll out half of the dough in a circle and place in greased pie pan, spread with oleo. Roll out other half and place on top. Bake at 425° for 30 minutes or until browned. Place sliced strawberries between and on top. Serve with whipped topping.

Submitted by Dorothy Bayes

Banana Split Pie

1 cup milk
1 small box instant vanilla pudding and pie filling
3 cups whipped topping
2 bananas -- sliced
8 ounces crushed pineapple, drained
1/3 cup maraschino cherries, drained
chocolate syrup
nuts (optional) -- chopped
1 baked pie shell

Beat milk and pudding for 1 minute. Fold in 2 cups whipped topping, then fold in bananas. Pour in crust. Top with pineapple and cherries. Cover with 1 cup whipped topping and drizzle with chocolate syrup. Sprinkle with nuts. Chill for 4 to 5 hours before serving.

Yield: "1 pie"

Submitted by Dorothy Bayes

Coconut Cream Meringue Pie

1 pie shell -- baked
2/3 cup sugar
1/4 cup cornstarch
1/4 teaspoon salt
2 cups milk
3 egg yolks, lightly beaten -- save whites for meringue
1 cup flaked coconut
2 tablespoons margarine
1/2 teaspoon vanilla

In a saucepan, combine the sugar, cornstarch and salt. gradually stir in milk until smooth. Bring to a boil, cook and stir for 2 minutes or until thickened. Gradually stir 1 cup of hot filling into egg yolks, return all to the pan, stirring constantly. Bring to a gentle boil, cook and stir for 2 minutes. Remove from the heat; stir in coconut, margarine and vanilla until margarine is melted.

Top warm filling with meringue and brown.

Yield: "1 pie"

Submitted by Dorothy Bayes

Poosum Pie

1 PIE SHELL -- baked
1/2 cup powdered sugar
4 ounces cream cheese -- softened
1 box instant vanilla pudding and pie filling
1 box instant chocolate pudding and pie filling
2 1/2 cups milk -- divided in half
whipped topping
pecan halves

Cream together powdered sugar and cream cheese. Set aside. Mix vanilla and chocolate pudding mixes separately with milk. Spread cream cheese mixture on bottom of cooled pie shell. Spread the pudding one layer at time. Top with whipped topping. Arrange pecan halves on the topping. Refrigerate until ready to serve.

Yield: "1 pie"

Submitted by Dorothy Bayes

Crunchy Caramel Apple Pie

1 PIE SHELL -- baked
6 cups apples -- thinly sliced
3 tablespoons flour
1 teaspoon cinnamon
1/2 cup brown sugar
1/8 teaspoon salt

Topping

1 cup packed brown sugar
1/2 cup flour
1/2 cup margarine
1/2 cup quick cooking oats
1/2 cup nuts
1/4 cup caramel topping

In bowl, mix brown sugar flour, cinnamon and salt. Add apples and gently toss till coated. Pour in pie shell.

TOPPING: Stir together sugar, flour and oats. Cut in margarine until it resembles coarse crumbs. Sprinkle over apples. Cover edge of pie with foil. Bake at 375 degrees for 25 minutes. Remove foil and bake 25 to 30 minutes more. When done sprinkle with nuts and drizzle with caramel topping.

Yield: "1 pie"

Serving Ideas : Serve with ice cream.

Submitted by Dorothy Bayes

Dutch Apple Pie

1 can apple pie filling
1 egg yolk
1/4 cup brown sugar*
1/2 teaspoon cinnamon *
1/4 teaspoon nutmeg *

Topping

1/4 cup white sugar
1/4 cup brown sugar
3/4 cup flour
5 tablespoons margarine
1 PIE SHELL

Brush bottom and sides of pie shell evenly with beaten egg yolk. Bake at 375° until light brown, about 5 minutes. Cool to room temperature. Spoon pie filling into the crust.

Topping:

Combine flour, sugars, and margarine until crumbly. Sprinkle topping evenly over filling and bake 375° about 50 minutes. Cool

* Optional: Blend into pie filling before spooning into crust.

Yield: "1 pie"

Submitted by Dorothy Bayes

Streusel-Topped Peach Pie

4 cups sliced peaches -- well drained
1/2 cup powdered sugar
1/2 cup flour
1/2 teaspoon cinnamon

Topping:

3/4 cup flour
1/2 cup brown sugar -- packed
1/2 teaspoon cinnamon
1/3 cup margarine
1 PIE SHELL -- unbaked

Prepare a 9" pie shell. In large bowl combine all filling ingredients; mix well. Spoon into crust.

Topping:

Combine all ingredients; mix with fork or pastry blender until crumbly. Sprinkle over filling. Bake at 375 degrees for 40-45 minutes or until topping is golden brown.

Yield: "1 pie"

Submitted by Dorothy Bayes

Stir-in-the-Pan Cake

1/4 cup Crisco oil
1 box Swiss chocolate cake mix
2 eggs
1 1/4 cups water
1 (6-ounce) package chocolate instant pudding
1 (6-ounce) package chocolate chips
1/2 cup chopped pecans

Preheat oven to 350°. Pour oil into 9x13-inch pan. Tilt pan until bottom is covered with oil. Pour cake mix, eggs, water, and pudding into pan. Stir with fork or spoon until blended. Scrape sides and spread batter evenly in pan. Sprinkle on chocolate chips and nuts. Bake at 350° for 35-45 minutes, until toothpick inserted in center comes out clean. Cut and serve directly from pan. Serves 16-20.

Origin Unknown

Oatmeal Pies

1 cup margarine
3 cups brown sugar
4 eggs
1 1/2 teaspoons vanilla
1 teaspoon salt
1 teaspoon baking soda
3 cups flour
3 cups quick-cooking oats

Icing:

3 egg whites -- beaten slightly
4 tablespoons milk
4 cups powdered sugar
1 1/2 cup shortening (Crisco)
5 tablespoons flour
2 teaspoons vanilla

Cream margarine and sugar. Add eggs and vanilla. Sift flour and soda add to mixture. Add salt and oatmeal. Roll into balls and flatten on sheet. Bake at 350° for approx. 18 min. Cool on rack.

Mix icing ingredients together and put between 2 cookies.

NOTE: These Oatmeal Pies are like "Little Debbie's".

Submitted by Dorothy Bayes

Mayonnaise Cake

2 cups flour
1-cup sugar
2 1/2 teaspoons baking soda
4 Tablespoons cocoa powder
1 cup Miracle Whip (guess any mayo would work, but DO NOT use low-fat/fat-free)
1 cup boiling water
1-teaspoon vanilla
Pinch of salt.

Sift together the flour, sugar, baking soda & cocoa. Make a well in the center, and then add the mayo, water, vanilla & salt. Stir all together very quickly. Place in greased baking pan. Put in 350-degree oven until done. Test center with a clean broom straw (or toothpick).

Enjoy. Anita.... Coleman, TX

Knock Your Socks off Turtle Cheesecake

Crust:

1 1/2 cups of all purpose flour
2 tbsp. brown sugar
3/4 real butter (room temperature at least)
3/4 cup chopped pecans

To make crust: mix stir all ingredients together, blending them very well. Press them into the bottom of a baking pan evenly (springform pan works the best). It should be baked at 350 degrees for 15 minutes. Let it rest for about 20 minutes.

Caramel Layer:

3 tbsp light cream
32 caramels
1 1/2 chopped pecans, slightly toasted

To make caramel layer: heat caramels and cream in a sauce pan over medium heat until smooth. Pour this liquid layer over the cooled crust, sprinkle the top with the pecans.

Cream Cheese Layer:

3 – 8 ounce packages of Philadelphia Cream Cheese softened
1 cup of Brown Sugar
2 tbsp of flour
3 large eggs
3 cups of creamed cottage cheese
3 tsp. of vanilla

To make cream cheese layer: Cream together cream cheese and brown sugar. Beat flour in and eggs one at a time. You can then add the cottage cheese and vanilla. Beat until low until it all combines quite well. Pour over the last layer you laid in the pan. Bake it all in the oven for about 1 hour at 350 degrees. Remove from heat and let it sit for about an hour. Cool the cake completely before removing from the pan.

Topping:

1 1/2 cups of whipping cream
11 squares of chocolate, roughly chopped
1 cup of toasted pecans

To make topping for Turtle Cheesecake: heat cream in sauce pan over medium heat until simmering. Add chocolate and stir until combines. Turn heat off and let it cool slightly. When it is lukewarm pour over cheesecake. Sprinkle pecans on top of the cake.

Origin Unknown

Chocolate Chip Rum Cake

1 Yellow cake mix.....MUST be Duncan Hines
1 small box instant chocolate pudding
4 eggs
1 Cup oil
1 Cup sour cream
1 tsp. vanilla
4 Tablespoons rum
1 Cup REAL chocolate chips.

Mix all ingredients together....except for the chocolate chips. Fold those in last. Pour into a bundt pan and bake 350 degrees for 50 minutes.

This is depending on your oven...you have to watch it so it doesn't burn on top and not be done in the middle.

I sometimes bake a little cooler oven for a little longer.....it has to be totally done in center or it will 'sag'. Dump out onto a plate...and...dust with powdered sugar..or..I use a glaze and drizzle over it.

Glaze:

2 Tablespoons cocoa
1 Tablespoon + 1 tsp. water,
1 Tablespoon oil or butter
1 Tablespoon white Karo syrup

Stir over low heat and add 1 Cup powdered sugar and stir over the heat till it is all smooth....drizzle over the cake

Submitted by Ruth

Pecan Crunch Pie

5 egg whites -- beaten until stiff
1 cup sugar
20 Ritz crackers -- crushed
1 cup pecans
1 teaspoon vanilla
Cool Whip

Gradually add sugar to stiff egg whites. Continue to beat until all sugar is dissolved. Fold in crushed crackers and chopped pecans. Add vanilla. Stir. Bake in 9 inch pie pan sprayed with Pam at 350 degrees for 25-30 minute or until done. When pie is completely cooled, top with Cool Whip. Keep refrigerated. - Origin Unknown

Slow Cooker Hot Fudge Sundae Cake

1 c all-purpose flour
1/2 c granulated sugar
2 T baking cocoa
2 t baking powder
1/2 t salt
1/2 c milk
2 T vegetable oil
1 t vanilla
1/2 c chopped nuts
3/4 c packed brown sugar
1/4 c baking cocoa
1 1/2 c hot water

1...Spray inside of 2 to 3 1/2 quart slow cooker with cooking spray.

2...Mix flour, granulated sugar, 2 T cocoa, the baking powder and salt in medium bowl.

3...Stir in milk, oil and vanilla until smooth.

4...Stir in nuts. Spread batter evenly in slow cooker. Mix brown sugar and 1/4 cup cocoa in small bowl. Stir in hot water until smooth.

5...Pour evenly over batter in slow cooker.

6...Cover and cook on high heat setting 2 hours to 2 hours 30 minutes or until toothpick inserted in center comes out clean.

7...Turn off slow cooker. Let cake stand uncovered 30 to 40 minutes to cool slightly before serving.

8...Spoon warm cake into dessert dishes.

9...Spoon sauce over top. Makes 6 servings.

A rich hot fudge sauce forms while the cake bakes.

Submitted by Ruth

Lemon Chiffon Cake

1 1/2 cups cake flour	2 1/2 teaspoons baking powder
pinch salt	1 1/4 cup splendra
1/4 cup canola oil	2 large egg yolks
6 Tablespoons buttermilk	1/4 cup lemon juice
finely grated rind of one lemon	1 teaspoon vanilla
6 large egg yolks, at room temp.	2 tablespoons sugar
1/2 tsp. cream of tartar	

1. Heat oven to 325 o. Sift together flour, baking powder and salt into a medium bowl. Stir in splendra and set aside.
2. In a large bowl combine oil, egg yolks, buttermilk, lemon juice, lemon rind and vanilla. Beat with a mixer until smooth. Incorporate flour mix on low speed. Beat on medium 30 seconds or until smooth.
3. In a separate bowl, with clean beaters beat egg whites and cream of tartar until foamy . Gradually add sugar (2 Tbsps) beat until stiff but not dry.
4. gently stir in 1/4 of the whites to loosen batter , gently fold in the remainder of whites. spoon batter into ungreased 10 tube pan, spreading evenly.
5. Bake for 30 minutes or until cake springs back when gently touched. Cool upside down by plac- ing pan on a bottle or funnel for 45 minutes.

Submitted by Ruth

Mississippi Spice Muffins

1 cup soft butter	2 cups sugar
2 eggs	2 cups applesauce
3 tsp. cinnamon	2 tsp. ground allspice
1 tsp. ground cloves	2 tsp. baking soda
1 tsp. salt	4 cups flour
1 cup chopped nuts (optional)	powdered sugar

Heat oven to 350 degrees. Cream butter and sugar together. Add eggs, one at a time, beating in between. Mix in applesauce and spices. Sift together salt, soda, and flour, add to applesauce mixture. Beat well. Stir in nuts, if using them. Bake in lightly greased muffin pans for 20 to 25 min- utes, or until done. Sprinkle with powdered sugar. Makes 24 muffins

Submitted by Kathleen

White Chocolate Cheesecake

I obtained this recipe from a Jell-O ad from a People magazine. It is a very easy, but tastes decadent. I have tried using a hand mixer to mix this recipe, but a hand whisk works the best.

Ingredients:

1 package (8 oz) Cream Cheese, softened
2 packages (4 oz each) white chocolate flavor Jell-O instant Pudding and Pie Filling (I have looked for this flavor in the "store" brands, but right now Jell-O is the only one to make it)

2 cups cold milk, divided
1 tub (8 oz) cool whip whipped topping, thawed
1 prepared graham cracker crumb crust (6 oz)

Beat cream cheese and 1/2 cup of the milk in a large bowl with a wire whisk until smooth. Add remaining 1 1/2 cup of milk and the pudding mixes. Beat with the wire whisk for one minute. Stir in whipped topping until smooth and well blended. Spoon into crust. Refrigerate 4 hours or until set. Garnish with white chocolate curls. Store leftover pie in the refrigerator.

Makes 8 servings.

Note: I buy the extra serving size pie crust made by Keebler for this recipe. The standard size crust seems too small. It fits better in the bigger crust.

Origin Unknown

Nyala's Trifle

1 Sara Lee's pound cake -- thawed and sliced
2 large instant vanilla pudding mix
9 bananas
2 packages frozen strawberries -- (12 oz.) thawed
3 medium containers Cool Whip -- or 1 1/2 large
1 package slivered almonds -- toasted

Prepare pudding as directed on box. Divide ingredients in three equal parts, except almonds. Layer cake, pudding, bananas, strawberries and Cool Whip in large trifle or glass bowl. Top with almonds. Cover and keep refrigerated. This is my family's favorite dessert. It is so quick and easy to make!

Submitted by Nyala

Devil Delicious Devil's Food Cake

Hi all, Stephanie from NYC, this is a wonderful cake for company, enjoy.

2 cups sugar
1 cup butter or regular margarine, softened
1 tsp vanilla
3/4 tsp almond extract
2 eggs
2 1/2 cups sifted cake flour
1 cup Dutch cocoa ***
2 tsp baking soda
1/2 tsp salt
2 1/4 cups buttermilk
Cocoa Crème Frosting (recipe follows)
sliced almonds for garnish

*** you can use regular cocoa but the cocoa flavor will be less pronounced.

Heat oven to 350. Grease and flour 3 round 9 X 1 1/2 inch cake pans. Beat sugar, butter, vanilla, and almond extract in a large bowl on medium speed until light and fluffy. Beat in the eggs, one at a time. Stir together cocoa, cake flour, baking soda, and salt in a small bowl. Fold into sugar mixture, alternately with the buttermilk on medium speed. Beat one minute longer. Divide evenly between the three pans.

Bake for 30 to 35 minutes or until wooden toothpick inserted near the center of each cake pan comes out clean. Cool 10 minutes on wire racks. Remove from pans and cool completely on the wire racks.

Fill and frost the cake with the Cocoa Crème Frosting. Garnish the cake top with the slivered almonds

Cocoa Crème Frosting:

1/3 to 1/2 Dutch cocoa ***
4 1/2 to 5 cups sifted powdered sugar ****
1 cup butter or margarine, softened
4 to 6 tbsp whole milk
1 1/2 tsp vanilla
3/4 tsp almond extract

Beat all the ingredients on medium speed until light and fluffy.

*** You can use regular cocoa but the flavor will not be as pronounced. Use the lesser amount if you prefer a milder cocoa taste.

**** Start with 4 1/2 cups. If more is need to make a spreading consistency, then you may add more powdered sugar.

Chocolate Brownie Trifle

2 brownie mixes -- prepared as directed
2 containers Cool Whip -- (16 oz each)
2 boxes chocolate mousse mix -- prepared as directed
6 bars chocolate toffee bars such as Skor or Heath bars -- (6 to 8)
1 large chocolate bar -- for chocolate shavings

Freeze the chocolate toffee bars and chocolate bar. Bake two packages of brownie mixes according to package directions. Let cool. While brownies are baking, mix two packages of the mousse mix according to package directions. Let chill in refrigerator. After brownies have cooled, crush the brownies until they are crumbly. Put a layer of brownies in the trifle or glass bowl. Next, put a layer of chocolate mousse on top, being sure to spread it evenly over the brownies. Spread the whipped topping on top of the mousse. Take the toffee bars out of the freezer and crush them. Sprinkle the crushed chocolate toffee bars on top of the whipped topping. Continue layering in this way until you finish with a layer of whipped topping. Take the chocolate bar from the freezer and use a vegetable peeler to peel some chocolate curls from the chocolate bar. Sprinkle the chocolate curls on top of the whipped topping. If you have any toffee pieces left you can sprinkle those on top too. Keep refrigerated.

Origin Unknown

Vanilla Wafer Cake

1/2 cup milk
6 eggs
2 cups sugar
2 sticks margarine
1 box Vanilla Wafers -- (12 ounce) finely crushed
2 cups coconut
1 cup pecans -- chopped

Beat eggs, adding one at a time. Add sugar, margarine, milk, and wafers. Mix well. Add coconut and pecans. Bake at 325 degrees for at least 1 hour (or until it tests done) in a prepared bundt pan.

Origin Unknown

German's Sweet Chocolate Cake

1 package German's sweet chocolate -- (4-ounce)
1/2 cup boiling water
1 cup butter
2 cups sugar
4 eggs -- separated
1 teaspoon vanilla extract
1/2 teaspoon salt
1 teaspoon baking soda
2 1/2 cups cake flour -- or 2 1/4 cups all-purpose flour *see note
1 cup buttermilk

Coconut-Pecan Frosting:

1 cup evaporated milk
1 cup sugar
3 egg yolks
1/4 pound margarine -- (1 stick) not diet
1 teaspoon vanilla extract
1 1/2 cups flaked coconut
1 cup pecans -- chopped

Preheat oven to 350 degrees. Grease and flour 3 (9-inch) layer pans. Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add egg yolks, 1 at a time; beat after adding each one. Add chocolate and vanilla; mix well. Sift salt, soda and flour together. In clean bowl with clean beaters, beat egg whites to stiff peaks. Add flour mixture alternately with buttermilk to chocolate mixture, beating well. Beat until smooth. Fold in egg whites. Pour into prepared pans. Bake 30 to 40 minutes, until cake springs back when lightly touched and begins to pull away from sides of pans. Cool slightly; remove layers from pans and let cool on racks. Fill and frost top and sides of layers with Coconut-Pecan Frosting.

Note: Substitute 7/8 cup all-purpose flour for each 1 cup cake flour; 7/8 cup is 1 cup minus 2 tablespoons.

Coconut-Pecan Frosting:

Combine milk, sugar, egg yolks and margarine in a saucepan. Add vanilla. Cook over low heat, stirring constantly until thickened, about 12 minutes. Stir in coconut and pecans. Beat until thick enough to spread

Origin Unknown

Five Layer Delight

First Layer:

1 cup flour
1 stick oleo -- melted
1/2 cup nuts -- chopped

Second Layer:

1 package cream cheese -- (8 oz.)
1 cup powdered sugar
2 cup cool whip

Third Layer:

1 pkg. chocolate pudding -- (3 oz.) prepared

Fourth Layer:

1 pkg. vanilla pudding -- (3 oz.) prepared

Fifth Layer:

1 small container cool whip nuts -- chopped

First Layer: Mix well and put into a 13x9x2 inch pan. Bake at 350 degrees for about 15 minutes. Cool completely.

Second Layer: Beat cream cheese and sugar. Fold in cool whip. Pour over crust. Let set in refrigerator until set.

Third Layer: Prepare pudding according to package directions. Pour over second layer and let set.

Fourth Layer: Prepare pudding according to package directions. Pour over third layer and let set.

Fifth Layer: Cover with cool whip and top with nuts. Keep refrigerated. Cut in squares to serve.

Origin Unknown

Baked Banana Bliss

4 Tablespoons butter
6 firm bananas
4 Ounces cream cheese, softened
4 Tablespoons sugar
1 Teaspoon cinnamon
1 Cup heavy cream
Whipped cream for garnish (optional)

Melt butter. Slice bananas lengthwise. Sauté quickly over high heat. Place 1/2 of bananas in buttered 8 x 8-inch dish. Beat cream cheese with sugar and cinnamon. Spread 1/2 of mixture over banana. Top with remaining bananas and spread with remaining cheese mix. Pour cream over top; bake in 375 degrees oven for 20 minutes. Serve cool garnished with whipped cream or warm over vanilla ice cream.

Yield: 9 Servings

Submitted by Mary-Lou Smith

Maple Pecan Logs

This recipe is so good. It is fairly simple

1 package 16 ounces confectioners sugar, sifted
1 jar marshmallow crème
2 teaspoons maple flavoring
1 1/2 teaspoon vanilla extract
1 package 14 ounces caramels
3 tablespoons water
2 cups finely chopped toasted pecans

Combine in a large bowl confectioners sugar, marshmallow crème, maple flavoring and vanilla. Knead mixture on a flat surface until all the sugar is incorporated. Divide mixture into fourths and shape into a 5 inch log. Put them on a baking sheet and chill. In the meantime, unwrap the caramels and melt them in a double boiler over simmering water, stir until smooth. Remove from heat and dip each log in caramel mixture, then roll in pecans.

Chill for another hour or until firm. Wrap each log in plastic wrap. Store in an airtight container in a cool place. Makes 4 pecan logs. These are good little tuck in gifts.

Submitted by nancysitham69

Pecan Diamonds

Crust:

4 C all-purpose flour
1 C powdered sugar
2 C unsalted butter, cubed and softened (4 sticks)
1/4 C cold water

Filling:

2 1/4 C light corn syrup, divided
1 C granulated sugar
1 C light brown sugar, packed
6 large eggs
1 Tbsp. vanilla extract
1/4 C unsalted butter, melted
3 C pecan halves

Heat oven to 400 degrees. Lightly grease bottom of a 12-by-18-by-1 inch jelly roll pan with a rim. For the crust: In a large mixing bowl, stir together the flour and powdered sugar. Toss cubed butter into flour mixture. Using fingers, rub in butter until combined and a coarse texture appears. Pour cold water over mixture and gently press together. Dough will be crumbly; do not over-mix or knead.

Distribute dough crumbs evenly onto sheet pan. Flour fingertips and gently press dough into bottom and up the sides of the pan. Gently press down on dough with palms of hands to ensure even thickness. Bake for 20-25 minutes, until pale golden in color. Should air pockets appear during baking, prick with a toothpick or fork. Prepare the filling while the crust bakes. For the filling: In a large mixing bowl, whisk together 2 cups light corn syrup, granulated sugar, brown sugar, eggs and vanilla extract. Slowly pour melted butter into the mixture and continue whisking until smooth. Stir in the pecan halves.

Slowly pour filling over hot, pre-baked crust, evenly distributing nuts. Be sure oven racks are level and carefully place sheet pan back in oven; you don't want any sticky mixture to spill onto the oven floor. Lower temperature to 375 degrees and bake 30-35 minutes, until deep golden brown.

Cool 2 minutes on rack. In a small glass bowl, microwave remaining 1/4 cup corn syrup for 20 seconds, until warm. Gently brush corn syrup over pecan filling. While still warm, run a knife around the crust edges to loosen. Cool 6 hours or overnight before cutting.

With a sharp knife, cut the long side of the pan into 6 sections. Then cut into 3 equal sections lengthwise. Cut each of those pieces on the diagonal to create triangle shapes.

A serving of 2 pieces creates a diamond shape. Serves 36.

Submitted by Sandy

White Chocolate Banana pie

Gail Parker

1 (9 inch) pie crust, baked
6 egg yolks, beaten
5 tablespoons white sugar
1/4 cup sifted cornstarch
2 cups milk
1 vanilla bean, halved
2 tablespoons butter, diced
3 ounces white chocolate, melted
8 ripe bananas
1 lemon, juiced
1 pint whipping cream
12 ounces white chocolate
2 teaspoons unsweetened cocoa powder, for garnish

To Make White Chocolate Pastry Cream:

In a medium bowl, whisk together egg yolks and sugar until pale yellow. Whisk in cornstarch. In a medium saucepan, heat milk and vanilla bean to just below the boiling point. Slowly whisk a small amount of hot milk into egg yolk mixture, then stir egg yolk mixture back into pan. Bring to a boil over low heat, stirring constantly. Stir in butter, then strain mixture through a sieve. Place plastic wrap over the surface of mixture to keep a skin from forming. Allow to cool slightly, then stir in melted white chocolate. Chill pastry cream. Slice bananas and toss with the lemon juice to keep from discoloring. Set aside. In a large bowl, whip chilled whipping cream until stiff peaks form. Fold into pastry cream, then fold in bananas. Fill pie shell with banana cream filling. Top generously with white chocolate curls, then dust with cocoa. Serve soon after assembling so crust doesn't get soggy.

To make white chocolate curls, carefully draw a vegetable peeler across the broad, flat surface of a room-temperature (about 80 degrees) chunk of white chocolate to make large, thin curls. Refrigerate until ready to use



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Carolina Country Cooking

Homemade Fudge

Welcome To The Carolina Country Cooking "Homemade Fudge" eCookbook

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Chocolate Coffee Fudge

Ingredients:

Butter or Margarine
3 cups of sugar
1 cup of milk
1/2 cup of cream
1 tablespoons of light corn syrup
3 tablespoons of instant coffee
3 tablespoons of butter or margarine
1 teaspoon of vanilla
1 – 6oz. package of semi-sweet chocolate chips
1 cup of chopped pecans

Butter the bottom and sides of large saucepan. In the saucepan, combine the sugar, milk, cream, corn syrup, and coffee. Cook, stirring constantly, over medium heat until the mixture boils and the sugar dissolves. Cook until small amount forms a soft ball when dropped into cool water.

Add the butter or margarine and let cool until barely warm. Stir until the mixture thickens. Add the vanilla, chocolate and the pecans. Spread in shallow, buttered, 12" X 12" pan. Allow the fudge to cool completely and cut into squares.

Rocky Road Fudge

Ingredients:

2 cups of semisweet chocolate chips
1 – 14oz. can of sweetened condensed milk
2 tablespoons of butter or margarine
3 cups of salted dry roasted peanuts
1 - 10-1/2oz. package of miniature marshmallows

In a saucepan, combine the chocolate chips, milk and the butter. Cook stirring constantly, over medium heat until the chocolate chips are melted and the mixture is smooth. Remove from heat and stir in the peanuts and the marshmallows. Spread into a greased 13" X 9" X 2" baking pan. Refrigerate until firm and cut into squares.

Butterscotch Fudge

Ingredients:

- 1 cup of chopped walnuts
- 7 ounces of marshmallow creme
- 1 1/2 cups of sugar
- 2/3 cup of evaporated milk
- 1/4 cup of butter
- 1/4 teaspoon of salt
- 16 ounces of butterscotch flavored chips
- 1 teaspoon of orange extract
- 1 teaspoon of grated orange peel

Spread 1/2 of the chopped walnuts evenly on the bottom of wax paper lined 13" X 9" pan. In a heavy saucepan, combine the marshmallow creme, sugar, evaporated milk, butter, and the salt. Bring the mixture to a full rolling boil over moderate heat, stirring constantly. Boil the mixture, stirring constantly, for 5 minutes and remove from the heat. Add the butterscotch chips to the cooked mixture and stir until the chips are melted. Stir in the orange extract and grated orange peel. Pour into the prepared pan and sprinkle with remaining chopped walnuts. Chill until firm.

Pecan Fudge

Ingredients:

2 cups of toasted pecan pieces
3 cups of granulated sugar
1 1/2 sticks of butter
5 1/3 ounces of evaporated milk
12 ounces of semi-sweet chocolate chips
1 - 7 ounce jar of marshmallow creme
1 teaspoon of vanilla

Combine the sugar, butter, and milk and melt in a heavy saucepan. Bring the mixture to a rolling boil, stirring constantly. Cook over medium heat until mixture forms a soft ball when a small amount is dropped into a glass of cool water. Remove from heat and stir in the chocolate chips, marshmallow creme and vanilla. Blend well. Pour The fudge into a buttered 13" X 9" pan. Press the pecans into the fudge. Cool completely and cut into squares.

Microwave Pecan Fudge

Ingredients:

- 1 1/2 sticks of butter or margarine
- 3 cups of sugar
- 2/3 cup of evaporated milk
- 1 – 12oz. package of semi-sweet chocolate chips
- 1 – 7oz. jar of marshmallow creme
- 1 cup of chopped pecans
- 1 teaspoon of vanilla

Lightly grease a 13" X 9" pan. Microwave the butter or margarine in a 4-quart microwave safe bowl on HIGH for one minute or until the butter is melted. Add the sugar and milk and mix well. Microwave the mixture on HIGH for 5 minutes or until mixture starts to boil, stirring after 3 minutes. Remove from the microwave and mix well scraping the bowl. Microwave on HIGH for 5 1/2 minutes, stirring after 3 minutes. Gradually stir in the chocolate chips until melted. Add the remaining ingredients and mix well. Pour into prepared pan and cool at room temperature.

Maple Fudge

Ingredients:

2-1/2 cups of maple sugar

1 cup of milk

1/2 cup of boiling water

1 cup chopped pecans

Break the maple sugar into small pieces and heat it in a saucepan with the water. When it is dissolved, add the milk. Bring the mixture to a boil and continue cooking until the mixture form a soft ball when a small amount is dropped into a glass of cool water. Remove from the heat and cool. When it is lukewarm, beat until it creams and add the chopped pecans. Spread it in a buttered pan and allow to cool completely.

Peanut Fudge

Ingredients:

1 1/2 cups of sugar
1/4 cup of milk
1/2 cup of roasted peanuts, chopped
2 tablespoons of butter
1 teaspoon of vanilla extract

Mix the sugar, milk, and butter together in a sauce pan. Bring the mixture to a boil and boil, stirring constantly until it reaches 234 degrees F. or when a small amount dropped into a glass of cool water form a soft ball. Remove from the heat and let the mixture cool off, and add the vanilla extract beating until the mixture is creamy. Spread the mixture into a buttered pan and sprinkle with the chopped peanuts. When the fudge has cooled completely, and cut in squares.

Brown Sugar Fudge

Ingredients:

1 cup of light brown sugar firmly packed
1 1/2 cup of granulated sugar
1/3 cup light cream or half-and-half
1/3 cup of milk
2 tablespoons of butter
1/2 cup of chopped pecans or walnuts
1 teaspoon of vanilla extract

Combine the brown and granulated sugars, milk, and the cream in a 2-quart saucepan and cook over medium heat until the sugar is dissolved. Bring the mixture to a rolling boil stirring constantly until candy thermometer reaches 236°F or until a small amount dropped into a glass of cool water forms a soft ball (or for about 8 minutes). Remove from heat and add the butter stirring until melted. Let the mixture set unstirred until the temperature is 110°F or just until cool enough that it won't burn you if touched. Add the vanilla and stir vigorously for 5 to 10 minutes until mixture cools enough to lose its glossy texture. Fold in the nuts and spread into a buttered pan and allow to cool.

Honey And Butter Fudge

Ingredients:

1 cup of sugar
1 cup of brown sugar, firmly packed
1/4 cup of butter
2 tablespoons of honey
1/2 cup of evaporated milk
1/2 teaspoon of vanilla extract

Mix the sugar, brown sugar, butter, honey, and the evaporated milk in a saucepan. Heat on medium heat, stirring constantly until mixture boils. Continue stirring and boil for about 7 min., or until a small amount dropped into a glass of cool water forms a soft ball. Place the saucepan in a dish of cold water to cool slightly. Add the vanilla extract and beat until creamy. Spread into a 7" X 7" pan. Allow the fudge to cool overnight and cut into pieces.

Caramel Fudge

Ingredients:

2 cups of sugar
2 teaspoons of light corn syrup
2/3 cup of evaporated milk
10 ounces of caramel sauce
1/4 teaspoon of maple flavor
1 teaspoon of vanilla extract
1/2 cup of chopped nuts

Line 9" X 9" pan with aluminum foil and butter sides. Combine the sugar, milk, corn syrup and caramel sauce in a medium saucepan and heat stirring constantly, on medium heat until boiling. Continue to boil the mixture until it reaches 235°F using a candy thermometer. Remove from heat. Stir in the vanilla extract, maple flavoring, and the chopped nuts. Spread the fudge into the aluminum foil lined pan and allow to cool completely.



Welcome To Carolina Country Cooking

Welcome to the November, 2002 issue.
Thanksgiving is almost here and in this issue we've got a
cornucopia of delicious Thanksgiving recipes for you.

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Thanksgiving – The Harvest Feast

By Mary Emma Allen

Thanksgiving has played an important role as a traditional harvest feast in the lives of Americans since the days of the Pilgrims. At this time of year, when the crops were gathered for winter, they gave thanks and acknowledged the many rewards of their labors.

Harvest feasts are not new in the history of man; they've been held for centuries in various parts of the world. Early in October, the ancient Romans dedicated an annual harvest festival, or Cerelia, to Ceres, their goddess of grains and harvests.

Plymouth Thanksgiving Best Known

Although some historians think that other colonists held feasts of thanksgiving before the Pilgrims, most credit those Massachusetts settlers with starting this celebration. More is known about the feast at Plymouth Plantation. So the accepted version of the Thanksgiving story is that these stalwart settlers began the tradition in the autumn of 1621.

To this harvest feast, the Pilgrims also gave religious meaning by holding services and offering prayers of gratitude for their new homes, their religious freedom, the friendly natives, and their crops. Though meager, this harvest would furnish them with food for the approaching cold winter months.

Thanksgiving Becomes a Tradition

This custom of an annual Thanksgiving feast was repeated year after year and became a tradition throughout various colonies. As crops became more diversified, Thanksgiving menus were more elaborate. Turkey remained the traditional meat, but vegetables now included onions, turnips, white and sweet potatoes. Desserts encompassed a range of pies from mince (first made with dried cherries) to pumpkins, squash and apple to puddings of cranberry and/or corn meal and dried plums.

Becomes An Official Holiday

With the encouragement of Sarah Josepha Hale, President Abraham Lincoln declared Thanksgiving a national holiday. In 1941, an Act of Congress established the fourth Thursday of November as an official holiday of Thanksgiving.

(c) 2001 Mary Emma Allen

(Mary Emma Allen has been writing cooking columns for 30 years and has compiled a family cookbook. She's currently compiling a cookbook/story book, "Tales From a Country Kitchen." Visit her web site for more cooking articles: <http://homepage.fcgnetworks.net/jetent/mea>; e-mail: me.allen@juno.com)

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Courtesy of Getty and APA Content

Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

(ARA) - If you're cooking for a large crowd this holiday season -- friends or relatives or a combination of both -- there's no need to panic. Entertaining a group of 15 or more guests can be relaxing, enjoyable, and yes, fun. With careful menu planning, advance preparation, and easy-to-make and easy-to-maintain dishes, anybody can enjoy themselves in a crowd.

Here's what the chef instructors of The Art Institutes say about stress-free entertaining for a crowd:

Start with smart shopping by stocking up on pantry items a week in advance and for perishables one or two days in advance. That way when you forget something, you have time to run back to the store.

Select menu items that can be made a day or two in advance so you are not exhausted and can enjoy the party. Select foods that can be served cold or at room temperature and that can be served family style on large platters for quick serving.

Try to incorporate healthy foods into your menu by thinking of ways to add fruits and vegetables to your menu; they are inexpensive, filling and healthy.

Don't be afraid to add color because the more colorful the food, the higher the nutrients.

Buffets mean folks eat more, so if you want to serve this way, remember your guests will have a tendency to eat one-third more food because it all looks so good. Think about lower calorie options for those that are concerned about their waistlines.

Stay with the types of dishes you're comfortable preparing. Go for familiar food with a twist and easy but beautiful presentations.

Set the table the night before if you're planning seating arrangements. That helps to reduce confusion among your guests as well as yourself. Arrange seasonal accessories the night before so you'll have plenty of time to enjoy your guests.

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Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

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Here are menu suggestions for holiday entertaining from the professionals at The Art Institutes. The following recipes are courtesy of Chef Stephanie Green of The Art Institute of Phoenix.

Sweet Tropics Fruit Salad

Serves 6 to 8 (recipe can be doubled)

- 1 large stalk of celery, cut into 1/2 -inch cubes
- 3 golden kiwi fruits, peeled and cut into 1/2 -inch cubes
- 1 cup jicama peeled and cut into 1/2 -inch cubes
- 1/4 cup finely minced red onion
- 1 medium mango (ripe but still firm), peeled and cut into 1/2 -inch cubes
- 1 jalapeno pepper, seeded and finely minced
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra -virgin olive oil
- 4 tablespoons finely chopped fresh mint leaves

Directions: Peel and chop ingredients as directed. Combine ingredients in a large bowl and stir to coat. Add salt to taste.

Roasted Red Pepper Crostini

Makes 24 servings

- 1 French baguette
- 1 tablespoon olive oil
- 30 Kalamata olives, pitted
- 2 red bell peppers, roasted and seeded
- 1/3 cup tomatoes, seeded
- 3 cloves garlic
- 2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- dash of sugar

Cut baguette into 24 slices and brush with olive oil. Bake in 450 -degree oven for five to six minutes or until lightly browned. Remove from oven and set aside. Roast peppers in the oven under the broiler, rotating to blacken each side. Peppers will take about 15 minutes to roast. When peppers are charred, place in a bowl, tightly covered with plastic wrap. Let cool. Discard charred skin and remove stem and seeds. In a food processor, combine olives, peppers, tomatoes, garlic, olive oil, salt, pepper and sugar. Pulse briefly two or three times; you want the mixture to be chunky. Spread mixture onto baguette slices. Garnish with shredded Parmesan cheese and fresh chopped parsley.

You can make this recipe a day in advance and assemble the day of the party.

The following recipes are courtesy of Chef Joe LaVilla of The Art Institute of Phoenix.

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Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

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Caramelized Onion and Prosciutto Pizza

Chef's note: this recipe uses a simple pie crust flavored with herbs, and can be made as a large pizza or as individual tarts. Serves 16

2-1/4 cups all purpose flour
1/2 teaspoon salt
2 sticks unsalted butter, diced and chilled
1/2 teaspoon dried thyme
1/4 teaspoon ground black pepper
5-6 tablespoons ice water
2 yellow onions, cut into 1/4 -inch dice
2 tablespoons vegetable oil
1/2 teaspoon salt
4 ounces softened cream cheese
1/4 pound thinly sliced prosciutto, cut into julienne strips

Combine the flour and salt in a large mixing bowl. Add the diced butter and cut into the flour until the texture resembles coarse sand. Mix in the herbs. Add the water, one tablespoon at a time, until the mixture forms a dough. Form into a ball and chill for 30 minutes. Remove the dough from the refrigerator, and cut in half. Roll each half out into a sheet about 1/4 -inch thick. Cut into an 8 -inch circle, or into individual 3 -inch circles. Pierce circles with a fork and bake on a flat cookie sheet at 350 degrees for about 15 to 20 minutes, or until golden brown. Allow to cool.

In a large sauté pan, combine the oil and onions. Place the pan over medium -low heat and begin to cook the onions. Cook for 10 minutes, stirring occasionally until the onions begin to collapse. Add the salt and continue cooking the onions another 20 minutes. Stir more frequently as the onions cook longer. The onions should be golden to deep brown and very soft.

Assembly: Take one 8 -inch circle of crust and spread with half the cream cheese. Top with half the onions and with half the prosciutto. Slice into wedges and serve.

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Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

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Roasted Beet Salad

Serves 16

6 whole beets, approximately 4 inches in diameter
2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup lemon juice
1/4 teaspoon dried thyme, or 1 teaspoon fresh thyme chopped
1 scallion, minced
1 small garlic clove, minced
1/2 teaspoon Dijon mustard
1/2 teaspoon sugar (optional)
3/4 cup olive oil
8 ounces goat cheese, crumbled
1/2 cup pecan halves, toasted
12 ounces mixed greens, or hand torn romaine

Preheat oven to 400 degrees. Wash the beets, cut off any greens without cutting into the bulb of the beet. Do not cut off the root end. Rub the beets in olive oil, then season with salt and pepper. Wrap in aluminum foil individually and roast for 45 minutes or until soft and yielding to light pressure. Remove from oven and allow to cool to room temperature. Remove the foil, and peel the skin off the beets. Cut into eighths and set aside.

In a small bowl, combine the lemon juice, thyme, scallion, garlic, mustard and sugar. While whisking constantly, slowly add the olive oil to the mixture. Season to taste.

In a large salad bowl, combine the salad greens, goat cheese and pecans. Add the beet pieces. Dress with the lemon dressing and serve.

Potato Parsnip Gratin

Serves 16

3-1/2 pounds red potatoes, sliced thin
1 pound parsnips, peeled and sliced thin
1 quart half-and-half
salt
pepper
butter
6 ounces shredded cheddar cheese

Preheat oven to 350. Combine the potatoes, parsnips, half-and-half, salt, and pepper in a deep sauté pan. Simmer over low heat for about 10 minutes. Butter a 13" x 9" pan. Layer half the potato mixture in the pan, cover with half the cheese. Repeat for remaining potatoes and cheese. Pour the cream over the potatoes. Bake for 45 minutes. Allow to rest 10 minutes before cutting.

Recipe courtesy of Chef Benita Wong of The Art Institute of Washington.

[Continued](#)

Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

Continued

Red-cooked Turkey

1 turkey breast, about 3 1/2 to 4 pounds (4 pounds of turkey turns into 8 to 10, 4- to 5-ounce portion servings)

Marinade:

2 green onions, cut in half with white part split and slightly smashed

2 slices ginger root

2 whole cloves

2 whole star anise

1-1/2 tablespoons sugar

1 stick cinnamon

1 cup soy sauce

1-1/2 cups water

1-1/2 tablespoons rice wine or sherry

1. In a pot large enough to hold the turkey breast, first combine all the marinade ingredients. Add the turkey breast and marinate for several hours under refrigeration, turning occasionally so that the meat is evenly marinated. (If there is not enough marinade, double or triple the ingredients so that the breast is about half covered with the liquid.)

2. Remove the turkey breast and set aside. Bring the marinade to a boil, lower to a simmer for about five minutes. Place the turkey breast into the simmering liquid. When the liquid returns to a simmer, cover and turn the heat down to low so that the liquid is just bubbling slightly. Turn the breast occasionally for even cooking.

3. After 15 minutes, turn the heat off and let the turkey continue cooking in the hot liquid.

4. After 30 minutes, turn the heat on and allow the cooking liquid to return to a simmer. Turn the heat off again and let the turkey sit covered in the hot liquid.

5. After another 30 minutes, use an instant-read thermometer to take the internal temperature of the turkey at the thickest part of the breast (upper part of the breast between the first wing bone socket and the breast bone). It should read 165 degrees. (If the reading is below 165 degrees, then bring the liquid back up to a simmer and allow the turkey to continue cooking until it reaches the correct temperature.)

6. Take the turkey breast out of the liquid and cool for at least 30 minutes before slicing. Brush the slices with dark sesame oil for additional flavor.

7. If a pan-gravy is needed, take some of the cooked marinade and add an equal amount of chicken stock or water. Adjust seasoning to taste. Thicken with cornstarch.

This recipe is courtesy of Chef David Goldberg of The Art Institute of New York City.

[Continued](#)

Feeding a Crowd for the Holidays

Enjoy stress-free holiday entertaining no matter how big the party

Continued

Pumpkin Soufflé

Chef's note: The only tricky part to soufflés is that they must be served immediately from the oven, or they will fall. – Serves 10 to 12

Soufflé Base

3 cups milk 6 ounces sugar
2 teaspoons vanilla extract

3/4 cup milk 7 egg yolks
2 ounces sugar 3 ounces flour

6 ounces pumpkin puree 2 teaspoons cinnamon
1/2 teaspoon clove 1/2 teaspoon ginger
1/2 teaspoon allspice 1/2 teaspoon nutmeg
10 ounces egg whites 2 ounces sugar

1. Bring the first 3 ingredients to a simmer.
2. Combine the next 4 items together and temper them into simmering mixture.
3. While stirring, allow to boil for about 1 minute to cook out the flour flavor.
4. Remove from heat and stir in the pumpkin and spices.
5. Cover and refrigerate until ready to use. The base can be made up to 3 days in advance of using.
6. Hold the egg whites and sugar separately till ready to bake.
7. When ready to bake, butter soufflé dishes thoroughly and coat with sugar.
8. Pre-heat oven to 400 degrees.
9. Whip egg whites to soft peak, add sugar and continue whipping to firm, moist peaks.
10. Fold egg whites into soufflé base and pour into prepared dishes.
11. Bake till set, about 15 minutes, and serve immediately.

Courtesy of ARA Content

EDITOR'S NOTE: The Art Institutes system of 24 educational institutions is located nationwide, providing an important source of design, media arts, fashion and culinary professionals. The Art Institutes system of schools has provided career-oriented education programs for 40 years, and its education institutions have more than 135,000 alumni. For more information visit The Art Institutes website at www.artinstitutes.edu/nz.

Thanksgiving Recipes

Courtesy Of:

<http://www.fitnessandfreebies.com>

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Classic recipes for Thanksgiving! All these recipes are traditionally made for the Thanksgiving holiday. Some are handed down from decades past, while others are geared more toward ease of preparation and ease up on time consumption as well.

Quick Tip: To save time cooking on Thanksgiving day, menu items such as stuffing cannot be fully prepared in advance, however, you can cut, dice and measure all ingredients to toss together before the dishes go into the oven.

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Classic Roast Turkey

A delicious classic anytime!

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

1 whole turkey
Butter or margarine, melted

Select a turkey that is plump and meaty with smooth, moist skin. The skin should be creamy colored. The cut ends of the bones should be pink to red in color.

If the turkey is frozen, thaw it either slowly in the refrigerator or in cold water or quickly in the microwave, following the manufacturer's directions. A turkey weighing 8 to 12 pounds will thaw in about 2 days in the refrigerator. A turkey weighing 20 to 24 pounds will thaw in about 5 days in the refrigerator. You can safely thaw a whole turkey in cold water. Leave the turkey in its original wrap, free from tears or holes. Place in cold water, allowing 30 minutes per pound for thawing, and change the water often.

Remove the package of giblets (gizzard, heart and neck), if present, from the neck cavity of the turkey, and discard. Rinse the cavity, or inside of the turkey, with cool water; pat dry with paper towels. Rub the cavity of turkey lightly with salt if you like, but do not salt the cavity if you will be stuffing the turkey.

Stuff the turkey just before roasting --not ahead of time. Fill the wishbone area (the neck) with stuffing first. Fasten the neck skin to the back of the turkey with a skewer. Fold the wings across the back so the tips are touching. Fill the body cavity lightly with stuffing; do not pack the stuffing because it will expand during roasting. Tuck the drumsticks under the band of skin at the tail, or tie or skewer the drumsticks to the tail.

Place the turkey, breast side up, on a rack in a shallow roasting pan. Brush with melted butter or margarine. It is not necessary to add water or to cover the turkey. Place a meat thermometer in the thickest part of thigh muscle, so thermometer does not touch bone. Follow Timetable for approximate roasting time. Place a tent of aluminum foil loosely over the turkey when it begins to turn golden. When two-thirds done, cut the band or remove the skewer holding the drumsticks; this will allow the interior part of the thighs to cook through.

Roast until the thermometer reads 180°F (for a whole turkey) and the juice is no longer pink when you cut into the center of the thigh. The drumstick should move easily when lifted or twisted. When the turkey is done, remove it from the oven. Let it stand for 15 minutes for easiest carving. Keep turkey covered with aluminum foil so it will stay warm.

[Continued](#)

Full-Flavored Roast Turkey

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Start by soaking the turkey in brine. Use one to two gallons of water – enough to cover the turkey. The ratio of salt and sugar for the brine is 1 -cup salt, (some prefer kosher), and 2/3 cup sugar per gallon of water. Increase accordingly. It is all right if a little bit of the turkey is not submerged. Place the turkey, breast down, in the water and let part of the back sit above the water. Sugar is optional, by the way, but does help the bird brown beautifully.

1-1/2 cup kosher salt

1 cup sugar (optional)

One turkey (about 11 pounds), thawed if frozen, giblet bag, neck and tail cut off and reserved for gravy (recipe follows), excess fat around each cavity removed and discarded

Two medium onions, coarsely chopped

One carrot, coarsely chopped

One celery stalk, coarsely chopped

3 tablespoons melted butter

Mix salt, optional sugar and 1 -1/2 to 2 gallons of cold water in a clean bucket or pot large enough to hold the turkey. Add turkey; refrigerate 12 to 15 hours. Remove turkey from brine, rinse thoroughly under cool running water and pat dry.

Adjust oven rack to lowest position and preheat oven to 400-degrees. Place half of the chopped onion, carrot and celery in the turkey cavity. Tie the legs together and secure the wings. Scatter remaining onion, carrot and celery in a large roasting pan. Pour one cup of water over the vegetables. Set *V-rack in pan. Brush back and sides with melted butter. Roast for 45 minutes.

Remove pan from oven. Close oven door. Baste the back of the turkey with drippings from the caramelized roasted vegetables, adding a little water to the pan if drippings need loosening. With a wad of paper towels in each hand, turn the turkey on its side so one leg and wing are up. Brush exposed area of turkey with loosened pan drippings. Add ½ cup water to the pan. Return to oven and roast for 20 minutes.

Remove turkey from oven; close oven door. Use the wads of paper towels to turn the turkey so the other leg/wing faces up. Baste exposed areas with drippings. Add more water to the pan, if necessary, to keep vegetables from burning. Roast 20 minutes more.

For the third time, remove turkey from oven; close door. Turn turkey breast side up and baste with drippings; roast 35 to 55 minutes longer, until a meat thermometer inserted in the breast registers 160 -165-degrees and the leg/thigh registers about 170 -degrees.

Keep checking the pan, making sure the vegetables maintain a rich caramel color; add water if they start to burn.

Transfer turkey to a platter and let rest, uncovered, thirty minutes before carving. Meanwhile, pour excess fat from pan; discard fat and reserve drippings for gravy.

*The solution to keeping the turkey moist is in the rotating while it is roasting. This technique, used in the above recipe, requires a heavy-duty V -rack, which is available in kitchenware stores for about \$12.00. Also note, this technique works only for turkeys 14 -pounds or less.

[Continued](#)

Rich, Simple Turkey Gravy or Sauce

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Do not add salt when making the broth. The pan drippings from the brined turkey will provide enough salt for the gravy. For a richer broth, add a cup -up chicken thigh or two along with the giblets. For thickened "au jus" style consistency, use the cornstarch. For thicker, traditional gravy, use the flour. If you prefer not to use wine, simply add water in its place.

2 tablespoons olive oil

Giblets (liver discarded) neck and tail from one turkey, cut into 1 -inch pieces

One medium onion, coarsely chopped

Reserved turkey roasting pan with drippings

One cup of a dry, white -wine OR a dry vermouth OR water

3 tablespoons cornstarch or 6 tablespoons flour

Heat the oil in a Dutch oven over medium -high heat. Add giblets if using, neck tail, and onion; sauté until giblets lose their raw color and onion softens, about five minutes. Reduce heat to low, cover and cook until turkey parts release their liquid, about 20 minutes. Add one -quart water, bring to a boil, cover and simmer, partly covered, to make a flavorful broth. Strain, then return broth to pan. You should have about three cups. If you wish, you can refrigerate gravy over night. Skim the fat from broth.

Set reserved turkey roasting pan with its drippings over two burners on medium -high heat. Add the wine, vermouth, **or** water); cook, loosening pan drippings with a wooden spoon, until mixture boils. Strain drippings into the broth in the Dutch oven, pressing on vegetables to release their flavor. Bring broth mixture to simmer; mix cornstarch or flour with ½ -cup water and stir into simmering broth. Continue to simmer until lightly thickened. Serve with turkey. Recipe makes about four cups.

*An 11 to 14 pound turkey should serve 10 to 12 people, with some leftovers.

[Continued](#)

Maple Ginger Roasted Turkey

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

One fresh turkey (about 18 pounds), with giblets and neck
One orange, halved
Paprika to taste
Salt and pepper, to taste
Cornbread Chorizo Stuffing (see recipe)
6 tablespoons soft butter
3 cups of chicken broth
Maple Ginger Glaze (see recipe)

For the Gravy:

4 tablespoons butter
4 tablespoons flour
1 teaspoon dried thyme
1 tablespoon chopped parsley

Simmer the turkey giblets and neck in water until tender, about one hour. Mince the giblets. Remove the meat from the neck. Combine both and reserve for the gravy. Preheat oven to 325 -degrees.

Rinse the turkey and pat dry. Squeeze the orange inside the body cavity. Sprinkle with paprika, salt and pepper. Stuff the cavity loosely with Cornbread Chorizo Stuffing and tie the legs together. Rub the turkey with butter; sprinkle with paprika, salt and pepper all over.

Place the turkey, breast -side up, on a rack in a roasting pan. Add 2 -cups of the broth and cover turkey with foil. Roast for 1 -1/2 hours. Remove foil and roast turkey for 2 -1/2 to 3 hours longer, basting every 30 minutes. Raise the oven temperature to 350 -degrees; cook for an additional 45 minutes to 1 -hour. Brush the Maple Ginger Glaze on the turkey; cook about 30 minutes longer. A thermometer inserted into the thickest part of the thigh should read 180-degrees in the thickest part of the breast, 160 -degrees in the deepest part of the stuffing, 165-degrees. Juices should run clear when the thigh is pricked with a knife.

Remove turkey to a platter; let rest 20 minutes, covered loosely with foil, before carving. Remove the stuffing and cover with foil to keep warm.

Prepare the gravy: Heat the pan juices in the roasting pan, scraping up all of the brown bits on the bottom. Pour the juices through a gravy separator to remove the fat. Pour the de -fatted juices into a measuring cup, along with any remaining glaze. Stir well; reserve.

Melt the butter in a saucepan over medium heat. Whisk in the flour and continue whisking for two to three minutes or until it browns slightly. Whisking constantly, slowly pour in 2 -cups of the reserved pan juices and continue whisking until smooth. Bring the gravy to a boil, reduce heat to medium -low and add the thyme, salt, pepper, parsley and reserved giblet mixture. Simmer for ten minutes, stirring until thickened. For thinner gravy, add the remaining cup of chicken broth.

[Maple Ginger Roasted Turkey Continued On Next Page](#)

Maple Ginger Roasted Turkey

Continued

Cornbread Chorizo Stuffing

Two loaves cornbread, home made or store -bought

4 tablespoons olive oil

1 tablespoon dried thyme

Salt and freshly ground black pepper, to taste

1-1/2 pounds chorizo or andouille sausages, halved lengthwise and cut into ½ -inch pieces

2 tablespoons unsalted butter

3 cups chopped red or yellow onions

Six ribs of celery, chopped

1 cup dried apricots, halved

1 cup dried cherries

1 cup coarsely chopped pecan halves

½ cup de -fatted chicken broth

Preheat oven to 350-degrees. Cut the cornbread into 1 -inch cubes. You should have about 12 cups. Place the cubes in a large bowl and toss with 2 -tablespoons olive oil and the thyme. Season with salt and pepper. Spread the cubes in one layer on two baking sheets; bake for 15 to 20 minutes or until lightly toasted, shaking the pans occasionally. Cool and return to the bowl. Meanwhile, cook the chorizo in two batches in a non-stick skillet over medium -high heat until brown. Using a slotted spoon, remove the chorizo and add to the bowl of cornbread, discarding any fat. Place remaining olive oil and butter in a heavy saucepan. Wilt the onions and celery over medium -low heat for 15 to 20 minutes, stirring occasionally. Then stir in the apricots and cherries; cook for five to ten minutes longer. Carefully fold into the cornbread along with the pecans, using a rubber spatula. Slowly drizzle in the broth until the stuffing is moist to your liking. Season with salt and pepper. Cool to room temperature before stuffing the turkey. Note: Cook the stuffing in the turkey cavity and neck. Any extra can be cooked in a loosely covered, oven -safe dish at 350 -degrees for 20 to 25 minutes. Recipe makes 16 cups of stuffing; enough for a 20 to 24 pound turkey.

Maple Ginger Glaze

*This glaze adds a rich shine to the turkey and enhances the flavor of the gravy. You may prepare the glaze up to two days ahead.

2 tablespoons minced onion

1 tablespoon finely minced peeled fresh ginger

½ teaspoon finely minced garlic

2 tablespoons olive oil

½ cup fresh orange juice

¼ cup molasses

2 tablespoons ketchup

1 tablespoon each pure maple syrup, honey and grated orange zest

Salt and freshly ground black pepper, to taste

In a small, heavy saucepan, wilt the onion, ginger and garlic in olive oil over low heat for about five to seven minutes, stirring once or twice. Add the remaining ingredients. Bring to a boil and cook for three to five minutes, stirring. Reduce heat to medium and simmer for ten minutes to thicken sauce, stirring occasionally. Strain and finely mince the onion, ginger and garlic; return to the sauce. Remove from heat and cool to room temperature. Refrigerate, covered, until needed.

[Continued](#)

Herbed Turkey Breast

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

If your family is small, or there are just two of you, consider a turkey breast instead of a whole bird for your Thanksgiving dinner. This Herbed Turkey Breast gets its flavor from an uncomplicated mixture of butter, lemon, soy sauce and herbs. The basting sauce helps keep the meat moist.

1/2 cup butter or margarine
1/4 cup lemon juice
2 tablespoons finely chopped green onions
1 tablespoon rubbed sage
1 teaspoon dried thyme
1 teaspoon dried marjoram
1/4 teaspoon pepper
One bone-in whole turkey breast (5 1/2 to 6 pounds)

Preheat oven to 325-degrees.

In a small saucepan, combine butter, lemon juice, soy sauce, green onions, sage, thyme, marjoram and pepper. Bring to a boil. Remove from heat. Place turkey breast in shallow roasting pan; baste with butter mixture. Bake, uncovered, in preheated oven 1 1/2 to 2 hours, basting every 30 minutes, until meat thermometer reads 170-degrees. Let rest ten minutes before carving.

Note: to shred Brussels sprouts, put through food processor using coarse shredding disc or slicing disk; or use a sharp knife.

Recipe makes ten to twelve servings.

[Continued](#)

Honey-Glazed Turkey Breast with Roasted Pineapple

An exciting blend of seasonings and fresh pineapple turns ordinary roast turkey into an extraordinary meal

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

1 bone-in whole turkey breast (4 1/2 to 5 pounds)
1 pineapple (3 pounds)
1/2-cup dry, white wine or apple juice
2 tablespoons honey
2 tablespoons soy sauce
1-teaspoon finely chopped ginger root or 1/2 teaspoon ground ginger
1 large cloves garlic, finely chopped
2 teaspoons cornstarch
2 tablespoons cold water

Heat oven to 325°F. Place turkey breast, skin side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Roast uncovered 1 hour. e-

Cut rind from pineapple. Cut pineapple lengthwise in half; cut out core. Cut each half crosswise into eight slices. Mix the wine, honey, soy sauce, ginger root and garlic. Arrange pineapple on rack around turkey. Brush turkey and pineapple with wine mixture. Roast uncovered about 1 hour longer, brushing turkey and pineapple frequently with wine mixture, until thermometer reads 170°F and juice is no longer pink when you cut the center of the turkey. Remove turkey and pineapple from pan; keep warm. Discard any remaining wine mixture. x-

Pour pan drippings into measuring cup; skim off any excess fat. Add enough water to drippings to measure 1 cup. Heat drippings to boiling in 1 -quart saucepan. Mix cornstarch and cold water; stir into drippings. Boil and stir 1 minute. Serve with turkey.

[Continued](#)

Turkey Tenderloins with Caramelized Onions

Fresh thyme and sweet onions add lots of flavor to a very simple sauté.

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

1 teaspoon vegetable oil
2 turkey breast tenderloins (1 1/2 pounds)
3/4 teaspoon salt
1/4 teaspoon pepper
1/3 cup dry, white wine or chicken broth
2 tablespoons butter or margarine
4 large onions, thinly sliced (4 cups)
1 tablespoon packed brown sugar
1/2 teaspoon chopped fresh thyme leaves or 1/4 teaspoon dried thyme leaves
1/4 teaspoon pepper

Heat oil in 12-inch skillet over medium-high heat. Sprinkle both sides of turkey with salt and 1/4 teaspoon pepper. Cook turkey in oil about 5 minutes, turning once, until brown on both sides.

Pour the wine into skillet; reduce heat. Cover and simmer 30 to 40 minutes or until juice of turkey is no longer pink, when you cut the center of thickest pieces cut. Remove turkey from skillet; keep warm.

Melt butter in skillet over medium-high heat. Cook onions in butter 5 minutes, stirring frequently; reduce heat to medium. Stir in brown sugar, thyme and 1/4 teaspoon pepper. Cook 15 to 20 minutes, stirring occasionally, until onions are golden brown.

Slice turkey. Serve turkey with onions.

Time Saver Tip:

Skip the wine and use 1 pound turkey breast slices instead of the tenderloins. Cook as directed in step 1 - except increase cooking time to 10 to 12 minutes, turning once, until turkey is no longer pink in center. Omit step two.

[Continued](#)

Turkey Cutlets with Cider Sauce

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

3 tablespoons instant flour (such as Wondra)
½ teaspoon five-spice powder
½ teaspoon salt
½ teaspoon pepper
Pinch of cayenne pepper
One pound of turkey cutlets
3 teaspoons olive oil (divided)
One large minced shallot
1-cup apple cider or apple juice
2 tablespoons Dijon-style mustard

In a shallow pan, combine flour, five-spice powder, salt, black pepper and cayenne pepper. Coat turkey with flour mixture.

In a large non-stick skillet, heat 1-teaspoon oil over medium-high heat. Add half the turkey and cook one to two minutes per side or until golden outside and no longer pink inside. Transfer to plate; cover with foil to keep warm. Cook remaining turkey in another 1-teaspoon oil; add to first batch. Reduce heat to medium; add remaining oil to skillet. Add shallot and cook one to two minutes or until softened, stirring constantly. Add cider or juice and mustard. Bring to a boil, scraping up browned bits. Cook four minutes or until liquid is reduced by half. Stir in accumulated juices from turkey. Arrange turkey on plates, spoon sauce over and serve immediately. Recipe makes four servings.

[Continued](#)

Cranberry Sauce

This recipe is so easy and delicious that you will never need to open another can of cranberry sauce again!

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

1 pound fresh or frozen cranberries (4 cups)
2 cups water
2 cups sugar

Rinse cranberries with cool water, and remove any stems or blemished berries. Heat the water and sugar to boiling in 3-quart saucepan over medium heat, stirring occasionally. Continue boiling 5 minutes longer, stirring occasionally. Stir in cranberries. Heat to boiling over medium heat, stirring occasionally. Continue boiling about five minutes longer, stirring occasionally, until cranberries begin to pop. Pour sauce into bowl or container. Refrigerate about 3 hours or until chilled.

Success Hint

Be sure to cook the cranberries until they "pop" in order to release the natural pectin, which thickens the sauce.

Green Bean Casserole

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

One can of (10 -3/4 ounces) cream of mushroom soup or 98% fat -free cream of mushroom soup
½ cup milk
1 teaspoon soy sauce
Dash pepper
4 cups cooked cut green beans
1-1/3 cup French fried onions

Mix the soup, the milk, the soy, the pepper, the beans and 2/3-cup onions in a 1 -1/2-quart casserole. Bake at 350-degrees for 25 minutes or until hot. Stir. Sprinkle the casserole with remaining onions and bake another five minutes.

[Continued](#)

Shredded Brussels Sprouts Sautéed in Cream

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

6 tablespoons (3/4 stick) non -salted butter
3 teaspoons finely minced garlic
Three cartons (10 ounces each) fresh Brussels sprouts, very coarsely shredded (see note)
1 teaspoon salt or to taste
¼ teaspoon ground nutmeg
White pepper
½ cup whipping cream

In a large skillet, melt butter over medium heat. Add garlic and sauté 30 seconds. Add shredded Brussels sprouts and salt and toss well. Cook, stirring frequently, until sprouts are wilted, about three to five minutes. Season with nutmeg and pepper. Add cream and toss well to coat; cook two minutes. Recipe makes about eight servings.

New Potatoes

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Boiled new potatoes make a great side dish and taste great with just a little salt, pepper and parsley.

New potatoes
Salt
Pepper
Chopped fresh parsley

Heat 1-inch water to boiling in saucepan. Add potatoes. Boil until tender; drain. Sprinkle with salt, pepper and parsley.

[Continued](#)

Bourbon Apricot Yams

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

*When shopping for yams or sweet potatoes, select potatoes that are all about the same size so they will cook at an even rate and can be arranged in a decorative manner.

*To simmer yams or sweet potatoes, place them in a large kettle and cover them with water. Cover with lid and bring to a gentle boil for 30 to 45 minutes. When you can insert the tip of a sharp knife easily into the potatoes, they are cooked.

Three pounds yams or sweet potatoes, cooked and peeled
1 cup packed dark brown sugar
2 tablespoons cornstarch
Dash of salt
1/8 teaspoon ground cinnamon
One can of (6 ounces) apricot nectar (or 3/4 cup)
1/2 cup orange juice
2 tablespoons bourbon
1 tablespoon butter or margarine
1/3 cup chopped pecans (optional)

Slice yams crosswise into 1/2-inch thick slices. Arrange in greased 13-by-9-inch or 10-inch round shallow baking dish. Preheat oven to 350-degrees. In a two or 3-quart saucepan, combine brown sugar, cornstarch, salt and cinnamon. Stir in apricot nectar, orange juice and bourbon. Over medium-high heat, bring to a boil, stirring constantly. Cook and stir two minutes. Remove from heat and stir in butter. Spoon glaze over yams and sprinkle with pecans if desired. Bake in preheated oven 20 to 25 minutes or until potatoes are heated through and sauce is bubbly. Recipe makes six to eight servings.

Roasted Vegetable Medley

You do not have to be a vegetarian to enjoy this herbed vegetable combo!

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

1/4 cup butter or margarine
1 tablespoon chopped fresh sage leaves or 1 teaspoon dried sage leaves
1 garlic clove, finely chopped
1/2 pound Brussels sprouts cut in half
1/2 pound parsnips, peeled and cut into 2-inch pieces
1/4 pound baby-cut carrots
One small butternut squash, peeled, seeded and cut into 1-inch pieces

Heat oven to 375°F. Melt butter in 1-quart saucepan over medium heat; stir in sage and garlic. Place remaining ingredients in ungreased rectangular pan, 13x9x2 inches. Pour butter mixture over vegetables; stir to coat. Cover and bake 25 to 30 minutes, stirring occasionally, until vegetables are crisp-tender.

Special Touch

For a party presentation, arrange vegetables in the shape of a 6-pointed star, and fill the space between points with fresh herbs, slightly steamed fresh spinach or cooked green peas.

[Continued](#)

Pecan Stuffed Squash

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

One can of (14.5 ounces) Roasted Chicken Broth, divided
Two small acorn squashes, halved and seeded
1/3 cup butter or margarine
Two cups dry, seasoned stuffing mix
½ cup chopped pecans
1/3 cup seedless raisins

Reserve 2/3-cup broth; pour remaining broth into 2 -quart oblong baking dish. Place squash cut -side down in broth. Bake in 400 -degree oven, 25 to 30 minutes. In medium -sized saucepan, heat (medium -high) reserved broth and butter until butter melts. Stir in stuffing mix, pecans and raisins. Turn squash cut -side up and spoon stuffing into squash cavities. Bake 20 minutes or until squash is cooked, basting with broth after ten minutes.

Pear Apple Sauce

This homemade sauce complements the savory tastes of the turkey and stuffing.

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Six pears, slightly under -ripe
Four apples, a combination of Granny Smith, McIntosh and Golden Delicious
2 to 3 tablespoons fresh lemon juice
1 cup apple juice
½ cup sugar
1 teaspoon finely grated lemon zest

Core, peel and cut the pears and apples into large chunks. In a large, heavy pot, toss with lemon juice to prevent discoloration. Combine the pears and apples with the remaining ingredients and bring to a boil. Reduce the heat and simmer, partially covered, for 15 minutes or until the fruit is tender but not mushy. Uncover the pot, stir and cook five minutes more. Adjust the flavors and remove from heat, stirring carefully so as not to break up the fruit too much. Cool to room temperature. Refrigerate, covered, for up to four days. Recipe makes eight cups.

[Continued](#)

Three-can Silky Pumpkin Pie

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

*This recipe calls for a pre-baked pie shell but if you prefer your own, by all means, use it!

One can of (15 ounces) 100% pumpkin
1/2 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon cinnamon
1/4 teaspoon allspice
Two large eggs, plus two egg yolks
1 cup canned, evaporated milk
One can of (14 ounces) sweetened condensed milk
9-inch pie shell, baked

Adjust oven rack to lower-middle position and heat oven to 300-degrees. In a saucepan, heat pumpkin, salt and spices to blend flavors, about five minutes. Add milks; cook until heated through. Purée eggs and yolks in a blender. With the blender running, add pumpkin filling – a spoonful at a time at first, then more quickly as the eggs heat up. Blend to form a silky texture. Pour warm filling into pre-baked pie shell. Bake until a thin-bladed knife inserted near the center of the pie comes out clean, about 45 minutes. Remove from oven and let cool in a wire rack.

Libby's Home Made Pumpkin Pie

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

3/4 cup sugar
1/2 teaspoon salt
1-3/4 teaspoon pumpkin pie spice
Two large eggs
One can of (15 ounces) 100% pure pumpkin
One can of (12 fluid ounces) Evaporated milk
One unbaked (9-inch) deep-dish pie shell

Mix sugar, salt and pumpkin pie spice in a small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell. Bake in preheated 425-degree oven for 15 minutes. Reduce temperature to 350-degrees; bake 40 minutes or until knife inserted near center comes out clean. Cool on wire rack for two hours. Serve immediately or refrigerate. Recipe makes eight servings.

*Source: Nestle

[Continued](#)

Pumpkin Pie

A traditional favorite made fuss-free with an easy pat-in-the-pan crust!

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Pat-in-the-Pan Pastry (below)

2 eggs

1/2 cup sugar

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon ground ginger

1/8 teaspoon ground cloves

1 can (15 ounces) pumpkin (not pumpkin pie mix)

One can of (12 ounces) evaporated milk

Sweetened Whipped Cream (below)

Heat oven to 425°F. Make Pat-in-the-Pan Pastry. Beat eggs slightly in large bowl with wire whisk or hand beater. Beat in sugar, cinnamon, salt, ginger, cloves, pumpkin and milk. To prevent spilling, place pastry-lined pie plate on oven rack before adding filling. Carefully pour pumpkin filling into pie plate. Bake 15 minutes. Reduce oven temperature to 350°F. Bake about 45 minutes longer or until knife inserted in center comes out clean. Place pie on wire cooling rack. If you did not serve the pie after four hours, cover and refrigerate it. Serve pie with Sweetened Whipped Cream. Store pie covered in refrigerator up to 3 days.

Pat-in-the-Pan Pastry

1 1/3 cups Gold Medal® all-purpose flour

1/3 cup vegetable oil

1/2 teaspoon salt

2 tablespoons cold water

Mix the flour, oil and salt in medium bowl with fork until all flour is moist. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all water is absorbed. Shape pastry into a ball. Press in bottom and up side of pie plate, 9x1 1/4 inches.

Sweetened Whipped Cream

3/4 cup whipping (heavy) cream

2 tablespoons granulated sugar

Beat ingredients in chilled medium bowl with electric mixer on high speed until stiff peak forms.

[Continued](#)

Do you have Leftovers?

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Turkey Noodle Soup Express

Source: Swanson

3-1/2 cup chicken broth
Generous dash pepper
One medium carrot, sliced
One stalk of celery, sliced
½ cup uncooked medium egg noodles
1 cup cubed cooked turkey

Mix broth, pepper, carrot and celery in saucepan. Heat to a boil.
Stir in noodles and turkey. Cook over medium heat ten minutes or until noodles are done. Recipe serves four.

These wonderful recipes and tips brought to you by:

<http://www.fitnessandfreebies.com>

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[Continued](#)

Wouldn't It Be Great To Know That There Was One Less Hungry Child In The World This Thanksgiving?

You Can Help Feed Hungry Children Throughout The United States And In 94 Countries Around The World

All of us here at Carolina Country Cooking have been truly blessed. Not once have we or our children had to go to bed hungry or worry about where the next meal is coming from. But sadly, this is not true for a great many people and especially children both here in the USA and in many countries around the world.

We have been working with the Feed The Children organization and are honored to have been approved as a "Special Project" to help raise money for children and families in need.

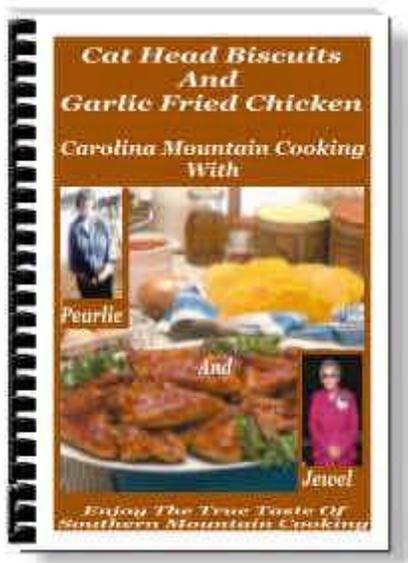
For more than 22 years, Feed The Children has played a critical role in the lives of children across the USA and around the world. They have changed the lives of millions of children by supplying food, clothing and other basic necessities of life.

Yet, unlike many food relief organizations, Feed The Children has never charged any shelter, food pantry, feeding center, church or other distribution partner for the food and supplies they've helped to distribute.

Not one, single desperate mom or worried grandmother seeking food for the hungry children in their care has ever been asked to pay a penny for what they've received.

We here at Carolina Country Cooking feel truly honored for Feed The Children allowing us to use "Cat Head Biscuits And Garlic Fried Chicken" as a way to help.

Enjoy Wonderful "Down Home" Country Recipes And Help Feed A Hungry Child



\$3.00 Of The Purchase Price Of Every Copy Of "Cat Head Biscuits And Garlic Fried Chicken" Sold, Both The Electronic And The Printed Version, Will Be Donated To The Feed The Children Organization.

Not Only Will You Get Delicious Country Recipes But You Will Also Be Helping Children Get The Food And Supplies That They So Desperately Need.

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Set the Perfect Holiday Table

We all want our holiday parties to be perfect. Table décor and room arrangement are just as important as good food to the success of a gathering.

(ARA) - We all want our holiday parties to be perfect. We plan a wonderful menu and cook and clean for days in advance. But many people spend all their time and energy on the food, and neglect the other important aspects of a party. Table décor and room arrangement are just as important as good food to the success of a gathering.

Unfortunately, most hosts don't think about these things until the last minute, and often just throw something together. Here are some ideas for creating a functional and attractive environment for your party, with some help from the experts at FoodTV.com.

The best way to avoid stress is to put together a plan in advance. Think about where your guests will sit. Don't try to cram too many people around a small dining room table. If necessary, add another table and cover them both with one long cloth. The point of a party is to provide a fun opportunity to socialize and that won't happen if guests are squeezed uncomfortably together. If your chairs won't fit, try using a bench on one side of your table.

Another way to make more space is to place all the food on a buffet table. Set up one room as the buffet area, and once guests have been seated, move a few dishes to the table so people don't have to get up for seconds. You can also set up a separate dessert table in advance, so you don't have to worry about it after dinner.

Setting a festive holiday table begins with the right china. Holiday Ribbons by Waterford is a fine bone china with an elegant red ribbon and mistletoe design that will complement any decorating scheme. Add some edibles as table arrangements such as apples, cinnamon sticks, pears, gourds and even dried corn nuts. Another idea is to fill interesting jars or containers with flowers, cranberries or dried fruit. Throw in some candles arranged among little heaps of apples and nuts.

Keep centerpieces and decorations low so they don't interfere with conversation or with the food. Boughs of fresh pine or cedar are an easy and fragrant decoration that won't get in the way. To complete the holiday look use fabric remnants to make holiday table runners or simply wrap your table in holiday paper. Gold or silver paper makes a dramatic statement and will set off decorative china well.

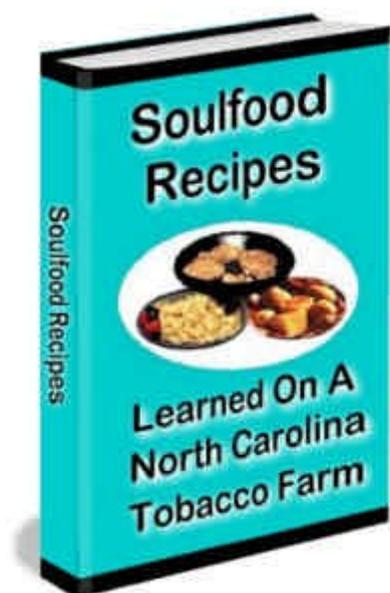
Finally, make sure you have all the serving pieces and utensils you need and that they are washed and ready to go. A variety of accessories vital for entertaining are available in Waterford's Holiday Ribbons design such as a large turkey platter, an elegant cake plate and server, a chip and dip tray and even a decorative trivet.

So when you start thinking about your next party, don't just focus on the menu. Think about your decorations and arrange your rooms in advance, and you'll be able to enjoy your gathering as much as your guests.

Waterford Holiday Ribbons is available at most major department stores. For more information about Waterford fine china call (800) 955-1550 or go to www.waterford.com.

Courtesy of ARA Content

Make This Thanksgiving Dinner Truly Memorable With Delicious Home Cooking



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Pumpkin Recipes

Courtesy Of:

<http://www.fitnessandfreebies.com>

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The Pleasure of Pumpkin

A close second to the sensory seduction of cinnamon was probably not what you would expect pumpkin pie! Pumpkin pie has a rich, spicy aroma, and evokes for anyone who inhales it, the velvety smooth texture of the slice that is soon to be eaten. No need to stop at pumpkin pie, though; there's a whole bevy of luscious pumpkin desserts to choose from!

Common questions regarding pumpkin:

Can I eat pumpkin raw?

Canned, pure pumpkin is thoroughly cooked during the canning process so it is perfectly safe and acceptable to enjoy straight from the can.

Once opened can I freeze pumpkin?

How do I store it once opened?

Once opened, how long does the pumpkin last?

Pumpkin may be stored in a sealed plastic container for one week in the refrigerator and up to three months in the freezer. When freezing, allow for head space at the top of the container as the pumpkin may expand when frozen. Pumpkin may have a separated appearance when thawed due to air bubbles. This will not affect the pumpkin quality or performance.

Can I use past sell by date?

For optimum quality, freshness and best performance, it is not recommended using product after the "best before" pumpkin product.

Is 100% pure pumpkin the same as solid pack pumpkin?

Yes, no changes were made to the actual pumpkin product.

[Continued](#)

Pumpkin Mashed Potatoes

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

Six petite pumpkins, each about three to four inches in diameter

Four russet or Yukon gold potatoes

1 cup milk

2 tablespoons butter

Pinch of salt

Pinch of pepper

Pinch of ground nutmeg

Ground ginger to taste

Parmesan cheese and parsley to garnish

Directions:

Preheat oven to 325-degrees. Cut top off each pumpkin and roast, flesh side down, in preheated oven 15 to 25 minutes, until tender but not mushy. Separate and remove flesh and seeds from pumpkins. Add pumpkin flesh to cooked potatoes. Slowly add milk with butter to the potato and pumpkin mixture and mix gently together with food processor on slow speed. Alternatively, you can use a hand mixer. Season to taste with salt, pepper, nutmeg and ginger. Using star tip on decorating bag, pipe mashed potatoes into pumpkins. Sprinkle Parmesan over each pumpkin and broil until golden brown. Garnish with parsley. Recipe makes six servings.

[Continued](#)

Pumpkin and Orange Breakfast Cake with a Fresh Orange Syrup

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

1 cup unsalted butter, room temperature
1-1/2 cup granulated sugar (divided)
2 tablespoons finely grated orange zest
Three large eggs, two of them separated, all at room temperature
1 cup pumpkin puree, home made or pure canned solid pack pumpkin
1-1/2 cup flour
1/2 cup cake flour (not self rising)
2 teaspoons baking powder
1/4 teaspoon salt
Juice of one large orange

Directions:

Preheat oven to 350-degrees. Butter a 9 -inch fluted tube pan, set aside. Cream together the butter, 1 -cup of sugar and orange zest until light and fluffy. Add the whole egg and two egg yolks, one at a time, beating well and scraping down sides of bowl between each addition. Beat in pumpkin.

Sift together the flours, baking powder and salt. Add to pumpkin batter in three or four stages, blending gently but thoroughly after each addition. Stir in final addition of dry ingredients by hand if you have been using a mixer, so as not to over work the batter.

In a clean, small bowl, whip egg whites until they hold soft peaks. Fold into batter, then scrape batter into prepared pan and smooth the surface. Bake in center of preheated oven, 50 to 60 minutes, or until top of cake is springy when lightly touched. Also check to see if the sides begin to pull away from sides of pan and a wooden skewer inserted into center of cake comes out clean. Cool in pan ten minutes, then invert onto a wire rack and cool completely. This cake keeps well for several days. Wrap it well and refrigerate or you can freeze it up to two months.

For the syrup, combine orange juice, remaining 1/2 cup sugar in a small saucepan over low heat, and stir until sugar dissolves. Increase heat, bringing syrup to a boil. Boil without stirring two minutes, then use immediately or allow to cool and refrigerate for up to three days (reheat gently).

To serve, put one slice of cake on each plate. Spoon a few tablespoons of warm syrup over each piece, and accompany with a scoop of thick vanilla yogurt, fat-free or light whipped cream or fat-free ice cream for dessert.

[Continued](#)

Sour Cream Pumpkin Pie

This dessert gets its tang from sour cream in the filling, while a candied ginger garnish gives it a glistening sophistication. In addition, you can use leftover dough scrapes to make decorative cutouts to add to the cooled baked pie at the last moment.

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

Pie crust for one -crust pie

One container (8 ounces) sour cream
Two large eggs
½ cup granulated sugar
1/3 cup packed light brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground ginger
¼ teaspoon ground cloves
¼ teaspoon ground nutmeg
¼ teaspoon salt
One can of (16 ounces) solid -pack pumpkin (not pie filling)
½ cup whipping cream
Finely slivered candied ginger
Sweetened whipped cream

Directions:

Make pie crust for one crust pie.

On lightly floured surface, roll out dough to 13 -inch round. Fit it into 9 -inch pie plate and trim edges, leaving ¾-inch overhang. Fold excess dough under itself and flute edge to form high, decorative rim. Refrigerate dough 30 minutes .

Position an oven rack in lower third of oven and preheat oven to 375 -degrees.

Line pie shell with foil and fill with dried beans or rice. Bake in preheated oven 15 minutes. Remove foil and beans and bake for eight to ten minutes longer, until pastry is golden brown. Transfer pan to wire rack to cool completely. Increase oven temperature to 400 -degrees.

In a small bowl, stir sour cream briefly to loosen it. In large bowl, beat eggs until blended. With wooden spoon, stir in sugars, cinnamon, ginger, cloves, nutmeg and salt until combined. Stir in pumpkin, sour cream and cream just until blended. Pour filling into pie shell .

Bake in preheated oven 45 to 50 minutes, until filling is slightly puffed around edges and knife inserted into center comes out clean. If pastry starts to brown too much, cover edges with strips of foil. Transfer pan to wire rack to cool completely at least two hours. Serve at room temperature or refrigerate and serve chilled.

To serve, arrange small mound of candied ginger in center of pie. Cut pie into wedges and serve with sweetened whipped cream. Recipe makes eight servings.

[Continued](#)

Pumpkin Walnut Cake

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

One can of (15 ounces) pumpkin
One can of (12 ounces) evaporated milk
Three eggs
1 cup sugar
4 teaspoons pumpkin pie spice
One package yellow cake mix
¾ cup butter or margarine, melted
1-1/2 cup chopped walnuts

Directions:

Combine pumpkin, milk, eggs, sugar and spice together. Transfer to a 13 -by-9-by-2-inch baking pan. Sprinkle with dry cake mix and butter. Top with walnuts. Bake at 350 -degrees for 30 minutes, or until toothpick inserted into center comes out clean. Serve with ice cream or whipped topping.

Lite 'n Easy No Crust Pumpkin Pie

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

2 tablespoons of water
Two envelopes (7 grams each) non -flavored gelatin
¼ cup evaporated low fat milk, divided, divided
One can of (15 -ounce) 100% pure pumpkin
½ cup packed dark -brown sugar or low calorie sweetener equivalent
2 teaspoons pumpkin pie spice
1 teaspoon vanilla extract

Directions:

Coat 9-inch deep-dish pie plate with nonstick cooking spray.

Place water in medium bowl; sprinkle gelatin over water. Let stand for five to ten minutes or until softened. Bring 1-cup evaporated milk just to a boil in small saucepan. Slowly stir hot evaporated milk into gelatin. Stir in remaining evaporated milk, pumpkin, sugar, pumpkin pie spice and vanilla extract. Pour mixture into prepared pie plate. Refrigerate for two hours or until set.

[Continued](#)

Sensational Double-Layer Pumpkin Pie

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

4 ounces cream cheese , room temperature
1 tablespoon plus 1 -cup cold milk or half -and-half cream (divided)
1 tablespoon sugar
1-1/2 cup frozen whippe d topping, thawed
One prepared graham cracker pie crust (9 ounces)
Two packages (4-serving size each) vanilla -flavored instant p udding and pie filling
One can of (16 ounces) pumpkin
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
Whipped cream and nuts for garnish (optional)

Directions:

In large bowl, mix together cream cheese, 1 -tablespoon milk an d sugar with wire whisk until mixture is smooth. Gently stir in whipped topping. Spread mixture over bottom of crust. Set asi de.

Pour remaining 1 -cup milk into a bowl. Add pudding mix. Beat with wire whisk until well blended, one to two minutes. Mix ture will be thick.

Add pumpkin and spices and beat with wire whisk until well blended, one to two minutes. Mixture will be thick.

Add pumpkin and spices and beat with wire whisk, mixing well. Spread over cream cheese layer. Refrigerate at least th ree hours.

Garnish with whipped cream or additional whipped topping and nuts, if desired.

Recipe makes eight servings.

[Continued](#)

Pumpkin Torte

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

24 whole graham crackers, finely crushed
1/2 cup butter
2 cups sugar (divided)
One package (8 ounces) cream cheese, room temperature
Two eggs
One can of (15 ounces) pumpkin
Three egg yolks
1/2 cup milk
1/2 teaspoon salt
1 tablespoon ground cinnamon
One envelope non-flavored gelatin
1/4 cup cold water
Pasteurized egg whites to equal three egg whites

To make crust:

Mix crushed crackers, butter and 1/2 cup sugar and press evenly onto bottom and up sides of 13 -by-9-inch baking pan.

Preheat oven to 350-degrees.

To make cream cheese layer:

Combine cream cheese, the two eggs and 3/4 -cup of remaining sugar; mix well and pour over graham cracker crust. Bake in preheated oven 20 minutes.

To make pumpkin layer:

Combine pumpkin, egg yolks, 1/2 cup of remaining sugar; the milk, salt and cinnamon in medium saucepan. Cook over medium heat, stirring frequently, until thickened.

Dissolve gelatin in water, then stir into pumpkin mixture and let cool completely.

In bowl, beat pasteurized egg whites, adding remaining 1/4 -cup sugar gradually. Beat until stiff, then fold into cooled pumpkin mixture. Pour over cream cheese layer and refrigerate.

Recipe makes 15 to 18 servings.

[Continued](#)

Gingersnap Pumpkin Pie

A spicy version of the all time favorite pumpkin pie.

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

1 3/4 cups gingersnap cookie crumbs
2 1/2 tablespoons butter, melted
2 tablespoons white sugar
1 1/2 cups canned pumpkin
3/4 cup packed brown sugar
1 tablespoon corn starch
1 teaspoon ground cinnamon
1/4 teaspoon ground nutm eg
1/4 teaspoon salt
1 teaspoon vanilla extract
2 eggs
1 (12 fluid ounce) can evaporated milk

Directions:

Preheat oven to 325-degrees (165 degrees C).

Combine cookie crumbs, granulated sugar, and melted butter in a 9 -inch pie pan. Press into sides. Bake for 5 minutes. Cool completely.

Combine pumpkin, brown sugar, cornstarch, cinnamon, nutmeg, salt, vanilla, eggs, a nd milk. Blend with wire whisk until combined.

Pour into crust. Bake at 325 -degrees (165 degrees C) for one hour. Let cool. Re frigerate to chill. Recipe makes one 9-inch pie.

Nutrition information per serving:

Calories 308
Protein 6g
Total Fat 12g
Sodium 362mg
Cholesterol 75mg
Carbohydrates 47g
Fiber 2g

[Continued](#)

Pumpkin Cake

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients:

1 cup vegetable oil

Three eggs

One (15 ounce) can of pumpkin puree

1 teaspoon vanilla extract

2-1/2 cups white sugar

2-1/2 cups all-purpose flour

1 teaspoon baking soda

1 teaspoon ground nutmeg

1 teaspoon ground allspice

1 teaspoon ground cinnamon

1 teaspoon ground cloves

1/4 teaspoon salt

1/2 cup chopped walnuts

Directions:

Preheat oven to 350-degrees (175 degrees C). Grease one 10-inch bundt or tube pan.

Cream oil, beaten eggs and pumpkin and vanilla together. Sift the flour, sugar, baking soda, ground nutmeg, ground allspice, and ground cinnamon, ground cloves and salt together. Add the flour mixture to the pumpkin mixture and mix until just combined. If desired, stir in some chopped nuts. Pour batter into the prepared pan.

Bake at 350-degrees (175 degrees C) for one hour or until a toothpick inserted in the middle comes out clean.

Let cake cool in pan for five minutes then turn out onto a plate and sprinkle with confectioners' sugar.

Recipe makes ten servings.

Nutrition information per serving:

Calories 484

Protein 5g

Total Fat 23g

Sodium 263mg

Cholesterol 53mg

Carbohydrates 66g

Fiber 2g

[Continued](#)

Pumpkin Roll with Toffee Cream Filling and Caramel Sauce

This decadent and beautiful dessert is great to present at the end of a grand dinner. It's perfect for the holidays and not as difficult as it looks!

Recipe Courtesy Of:

<http://www.fitnessandfreebies.com>

Ingredients

3/4 cup cake flour 1 1/2 teaspoons ground cinnamon
1-1/4 teaspoons ground ginger 3/4 teaspoon ground allspice
Six egg yolks Six egg whites
1/3 cup white sugar 1/3 cup packed light brown sugar
2/3 cup solid pack pumpkin puree 1/8 teaspoon salt
1/4 cup confectioners' sugar for dusting 2 tablespoons dark rum
1 teaspoon non-flavored gelatin 1 cup heavy whipping cream
3 tablespoons confectioners' sugar 10 tablespoons crushed toffee candy
One (16 ounce) jar caramel ice cream sauce, warmed 1/2 cup crushed toffee candy

Directions

Preheat oven to 375-degrees (190 degrees C). Spray a 15x10 inch-baking sheet with vegetable oil spray. Sift flour, cinnamon, ginger and allspice into small bowl. Set aside.

In a large bowl, beat egg yolks, 1/3 cup white sugar and 1/3 cup brown sugar until very thick, about three minutes with an electric mixer. On low speed, beat in pumpkin, then flour mixture. Using clean, dry beaters, in a large bowl, beat egg whites and salt until stiff but not dry. Fold egg whites into batter in three additions.

Spread into prepared pan. Bake at 375-degrees (190 degrees C) for 15 minutes, or until a toothpick inserted into cake comes out clean.

Place smooth (not terry cloth) kitchen towel on work surface; dust generously with powdered sugar. Cut around pan edges to loosen cake. Turn cake out onto kitchen towel. Fold towel over 1 long side of cake. Starting at 1 long side, roll cake up in towel. Arrange cake seam side down and cool completely, about 1 hour.

To make the filling: Pour 2-tablespoons rum into small heavy saucepan and sprinkle gelatin over. Let stand until gelatin softens, about 10 minutes. Stir over low heat just until gelatin dissolves, then remove from heat. In a large bowl, beat chilled whipping cream and 3-tablespoons powdered sugar until stiff peaks form. Beat in gelatin mixture. Fold in 6-tablespoons English toffee pieces.

Unroll cake, sprinkle with 4 tablespoons English toffee pieces. Spread filling over. Starting at one long side and using kitchen towel as aid roll up cake to enclose filling. Place cake seam side down on platter. (Can be prepared one day ahead.) Cover with foil and refrigerate.

Trim ends of cake on slight diagonal. Dust cake with powdered sugar. Spoon some of the warm caramel sauce over top of cake. Sprinkle with 1/2-cup toffee. To serve, cut cake crosswise into 1-inch thick slices. Serve with remaining sauce. Recipe makes 12 servings.

Nutrition per serving:

Calories 431, Protein 6g
Total Fat 18g, Sodium 333mg
Cholesterol 153mg, Carbohydrates 63g
Fiber 1g

[Continued](#)

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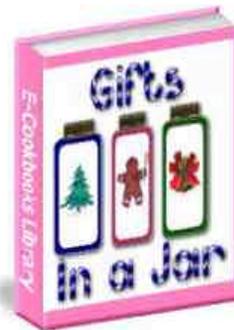
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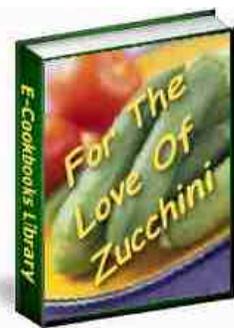
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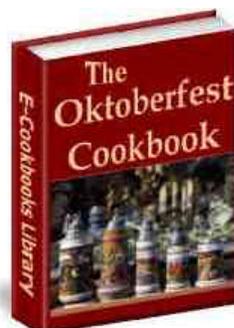
"Gifts In A Jar"

Great things come in edible packages in this easy guide to making, wrapping, and presenting beautiful gifts of food for virtually any occasion. Make special, personal gifts that taste and look terrific!



"For The Love Of Zucchini"

Gardeners, especially beginners, frequently end up with bumper crops of zucchini. These vines are easy to grow, look beautiful as they blossom, and they produce bushels of squash. Here are over 200 recipes for those who can't just give away all those summer vegetables!



"The Oktoberfest Cookbook"

This German cookbook is specially designed for use by Americans: measures, ingredients, temperatures, cuts of meat, etc. However, all of the recipes are very authentic and wonderfully traditional.

Recipes From Our Readers Kitchens



Do you have a favorite recipe that you would like to share with our other readers?

Just email them to me: joeharris@carolina-country-cooking.com

Christmas will be here soon and we would love to include some of your favorite Christmas recipes in the December Issue!

White Chocolate Butter Cream Frosting

1 4 ounce white chocolate bar broken in to pieces
1/2 cup whipping cream divided
1 cup butter softened
6 cups sifted powdered sugar
2 teaspoons vanilla

Microwave chocolate and 1/4 cup whipping cream in a 1 quart micro wave safe bowl at medium power 1 minute and 10 seconds; whisk until chocolate melts and mixture is smooth. Beat butter and 1 cup powdered sugar at low speed with a mixer until blended. Add remaining powdered sugar alternately with remaining 1/4 cup whipping cream beating at low speed until blended after each addition. Add white chocolate mixture and vanilla. Beat at medium speed until of spreading consistency.

Makes about 4 1/2 cups.

Submitted By Ruthie

Corn Meal Cookies

3/4 cup Oleo 1 cup sugar
1 egg 1-1/2 cups flour
1/2 cup corn meal 1 teaspoon baking powder
1/4 teaspoon vanilla 1/2 cup raisins
1/2 cup pecans chopped

Cream Oleo and sugar in large bowl. Add egg and beat well. Stir in the remainder of ingredients to sugar and Oleo. Mix well. Drop from a teaspoonful on a greased cookie sheet. Bake 15 minutes until lightly brown. Slightly cool on cookie sheet before removing them. Yields 3 dozen. Serves 12.

Submitted By Carroll

Cherry Cake

1-1/2 cups milk
4 eggs
1/2 cup all -purpose flour
1/4 cup sugar
2 teaspoons vanilla extract
2 to 3 cups fresh black sweet cherries, pitted; or drained, canned, pitted Bing cherries; or frozen sweet cherries, thawed and drained confectioners' (powdered) sugar

Preheat the oven to 350 degrees. To make the batter in a blender, combine the milk, eggs, flour, sugar and vanilla in the blender jar, and whirl them at high speed for a few seconds. Turn the machine off and scrape down the sides of the jar with a rubber spatula, then blend again for about 40 seconds. To make the batter by hand, stir the flour and eggs together in a large mixing bowl, and slowly stir in the milk, sugar, and vanilla extract. Beat with a whisk or a rotary or electric beater until the flour lumps disappear and the batter is smooth.

Pat the cherries completely dry with paper towels, then spread them evenly in a shallow, buttered baking dish or pan that holds 5 to 6 cups and is about 2" deep. Pour in the batter. Bake on the middle shelf of the oven for 1-1/2 hours, or until the top is golden brown and firm to the touch. Dust lightly with confectioners' sugar, and serve while it is still warm.

Submitted By Carroll



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Happy Holidays

From Carolina Country Cooking

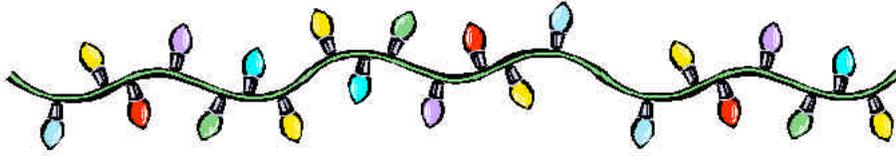


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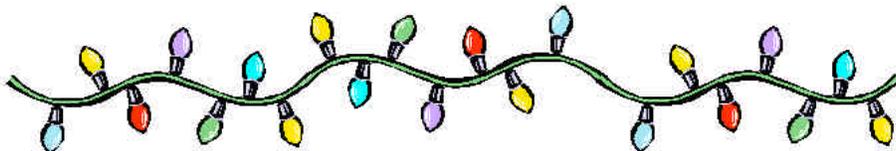
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Holiday cheese Ball



- 2-8oz. Packages of cream cheese
- 1 8-1/2oz. Can of crushed pineapple, drained
- 2 cups of chopped pecans or walnuts or both
- 1/4 cup green pepper, chopped
- 1/4 cup of chopped celery
- 2 teaspoons chopped onion
- 1 teaspoon of seasoned salt

Soften cream cheese and add all the other ingredients, saving 1 cup of the nuts. Mix well and form into a ball and roll in the reserved nuts. Chill well and serve with assorted crackers.

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Cocktail Meatballs



1 lb. Of ground beef
1/2 cup of dry bread crumbs
1/3 cup of minced onion
1/4 cup of milk
1 egg
1 tablespoon of snipped parsley
1 teaspoon of salt
1/8 teaspoon of black pepper
1/2 teaspoon of Worcestershire sauce
1/4 cup of shortening
1-12oz bottle of chili sauce
1-10oz jar of grape jelly

Mix the ground beef, bread crumbs, onion, milk, egg, and the next 4 ingredients together and gently shape into 1" diameter balls.

Melt the shortening in a large skillet and brown the meatballs. Remove the meatballs from the skillet and pour off the fat. Heat the chili sauce and jelly in the skillet, stirring constantly, until the jelly is melted. Return the meatballs to the sauce mixture and stir until thoroughly coated. Simmer, uncovered for 20 to 30 minutes. Makes approximately 60 appetizers.

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Sausage & Cheddar Mini Quiches



1/2 cup of butter, softened
3 ounces Of cream cheese, softened
1 cup of all -purpose flour
1 cup of shredded cheddar cheese
1/2 pound of sausage
1 tablespoon of chives, chopped
2 eggs
1 cup of half -and half
1/4 teaspoon of salt
A dash of cayenne pepper

Mix the butter and the cream cheese in a medium bowl until creamy and blend in the flour. Refrigerate the butter, cream cheese, flour mixture for 1 hour and then roll into 1 1/2" to 2" balls. Press the balls into muffin cups and preheat the oven to 375 degrees. Crumble the sausage into a small skillet and cook over medium heat, stirring occasionally until browned and drain off the excess fat. Sprinkle the sausage evenly into the pastry shells in the muffin cups and then top with the cheddar cheese and chives. Whisk the eggs, half -and-half, salt, and the cayenne pepper together until well blended and pour the mixture over the sausage in the pastry shells. Bake for 20 to 30 minutes or until set. Serve hot and be sure to refrigerate any leftovers.

Note:

These are great for breakfast.

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Warm Herb Cheese Spread



3-8 ounce packages of cream cheese, softened
1/4 cup of milk
1/4 cup of lemon juice
1/2 teaspoon of dried basil
1/2 teaspoon of dried marjoram
1/2 teaspoon of dried oregano
1/2 teaspoon of dried thyme
1/4 teaspoon of garlic powder

Preheat the oven to 350 degrees. Place the cream cheese into a large bowl and beat just until smooth. Gradually mix in the milk, lemon juice, the garlic powder, and the dried herbs. Spoon into a 9-inch quiche dish or pie plate, cover and bake for 15 minutes or until hot. Serve warm with assorted crackers, breadsticks, or fresh vegetables. Refrigerate any leftovers.

Note:

For extra flavor 1 1/2 cups of chopped cooked shrimp can be added along with the dried herbs.

To prepare this spread in the microwave simply mix the ingredients as listed above and spoon into a 9-inch glass pie plate and cook on 50% power for 5 to 6 minutes or until hot. Stir before serving.

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Pineapple-Pecan Cheese Spread



- 2-8 ounce cans of crushed pineapple
- 1-8 ounce package of cream cheese, softened
- 4 cups of shredded sharp cheddar cheese
- 1/2 cup of mayonnaise
- 1 tablespoon of soy sauce
- 1 cup of chopped pecans
- 1/2 cup of finely chopped green bell pepper
- 1/4 cup of minced green onions or chives

Drain the two cans of pineapple. In a large bowl, beat the cream cheese until smooth and blend in the cheddar cheese, mayonnaise, and the soy sauce and mix until smooth. Stir in the pineapple, pecans, green pepper, and onions or chives. Refrigerate covered until chilled through. Serve as a stuffing for celery stalks or with assorted breads or crackers.

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Sparkling Cran-Grape Punch



2 quarts of cranberry -grape juice, chilled
1-6oz can of frozen pink lemonade concentrate, thawed
1-32oz bottle of sparkling water, chilled

Mix the juice and lemonade concentrate in a punch bowl. Stir in the sparkling water just before serving.

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Apple-Cinnamon Party Tea



- 16 cinnamon-apple tea bags
- 1 gallon of water
- 10 envelopes of apple cider mix
- 64 oz of apple juice
- 1 to 1 1/2 cups of sugar

Bring the water to a boil in a large saucepan. Add the tea bags; cover and brew for 5 minutes. Remove the tea bags and add the apple cider mix, apple juice, and the sugar. Sweeten to taste.

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Hot Holiday Punch



- 3 cups of unsweetened apple juice or apple cider
- 2 cups of orange juice
- 1 cup of honey or maple syrup
- 1/4 cup of lemon juice
- 6 whole cloves
- 2 cinnamon sticks
- 2 whole allspice
- 1 1/2 teaspoons of ground ginger

Mix the apple juice, orange juice, lemon juice, and honey or maple syrup in a 2 quart sauce pan. Cover and bring to a boil. Reduce heat and simmer, covered, for 5 minutes stirring occasionally. Combine the spices in a 10 -inch square cheesecloth bag. Add the spice bag to the liquid and simmer for 5 minutes. Pour the warm punch into cups and garnish with orange slices and or cinnamon sticks.

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Wassail



- 2 quarts of apple juice or cider
- 1 pint of cranberry juice
- 3/4 cup of sugar
- 1 teaspoon of aromatic bitters
- 2 sticks of cinnamon
- 1 teaspoon of whole allspice
- 1 small orange, studded with whole cloves

Put all of the ingredients into a crock pot. Cover and cook on high for about 1 hour then reduce the temperature to low and cook for an additional 4 to 8 hours. Best when served warm.

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Homemade Cappuccino Mix



- 1 cup of powdered non -dairy creamer
- 1 cup of cocoa
- 2/3 cup of instant coffee
- 1/2 cup of sugar
- 1/2 teaspoon of cinnamon
- 1/2 teaspoon of nutmeg

Mix all of the ingredients together and store in an airtight container. When ready to serve, mix a heaping table spoon in a cup and add boiling water.

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Pumpkin Bread



3 1/2 cups of plain flour
1 1/2 teaspoon of salt
2 teaspoons of baking soda
1/2 teaspoon of baking powder
1 teaspoon of ground c innamon
1 teaspoon of nutmeg or 1/2 teaspoon of cloves
3 cups of sugar
1 cup of vegetable oil
2/3 cup of water
1 cup of pumpkin
1 cup of pecans or walnuts
3 eggs

Combine the vegetable oil and sugar and mix well then beat in the eggs, pumpkin, and the water. Mix the dry ingredients together and add to the liquid mixture. Bake for 1 hour at 350 degrees. This recipe makes approximatly two loaves.

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Orange Yeast Rolls



1 package of dry yeast
1/4 cup of warm water
1/4 cup plus 2 tablespoons of melted butter
1/2 cup of sour cream
1/4 cup of sugar
2 eggs
1 teaspoon of salt
3 1/4 cups of all -purpose flour
3/4 cup of sugar
3 tablespoons of grated orange peel
2 tablespoons of melted butter

Dissolve the yeast in the 1/4 cup of warm water in a large bowl. Add 1/4 cup plus 2 tablespoons of the melted butter, sour cream, 1/4 cup of sugar, eggs, and the salt and mix well. Slowly stir in enough flour to make a soft dough and mix well. Turn the dough into a greased bowl, cover and let rise in a warm place for 1 1/2 to 2 hours until the dough has doubled in size.

Combine the 3/4 cup of sugar and the orange peel in a small bowl and set aside. Punch the dough down and turn out on a floured surface and knead for 7 minutes. Divide the dough in half and roll each half into a 12 inch circle. Brush each circle of dough with 1 tablespoon of melted butter and sprinkle with the sugar and orange peel. Cut each circle into 12 wedges and roll up starting at the wide end. Place each roll on a greased baking sheet with the point side down. Cover and let rise for 45 minutes or until doubled. Bake for 25 minutes at 350 degrees. While the rolls are warm spoon on the glaze shown below.
Makes about 24 rolls

Glaze For Orange Yeast Rolls

3/4 cup of sugar
1/2 cup of sour cream
1/4 cup of butter
2 tablespoons of orange juice

Mix all of the ingredients together in a small saucepan. Cook over low heat, stirring frequently until thoroughly heated (do not boil). Spoon on warm Orange Yeast Rolls.



Crumpets



1 cup of flour
1 package of yeast
1 tablespoon of butter
1/4 teaspoon of salt
1 egg
2/3 cup of milk
1/4 cup of butter

Heat the milk, 1 tablespoon of the butter, and the salt until warm. Combine 1/2 cup of the flour and the yeast together. Stir into the milk mixture. Add the egg and beat with an electric mixer on low speed for 1 minute. Stir in the remaining flour and beat until smooth. Cover and let rise for about 1 hour.

Melt 2 tablespoons of butter on a griddle or in a large frying pan on medium heat. Lightly brush Crumpet rings (or tuna fish cans with the top and bottom removed) with butter. Place the rings on the griddle or in the frying pan and pour 2 tablespoons of batter into each ring. Cook for 4 minutes, remove the ring, flip the Crumpet and cook for 4 to 5 minutes on the other side.

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English Muffin Loaves



2 packages of dry yeast
6 cups of unsifted flour
1 tablespoon of sugar
2 teaspoons of salt
2 cups of milk
1/4 teaspoon of baking soda
1/2 cup of water
Corn meal

Mix the 3 cups of flour, yeast, sugar, salt, and the baking soda in a large bowl. Heat the milk and water to 120 degrees. Add the milk and water to the flour mixture and beat well. Stir in the rest of the flour to make a stiff batter. Spoon batter into 2 loaf pans that have been greased and sprinkled with the corn meal. Sprinkle the tops of the loaves with the corn meal, cover and let rise in a warm place for 45 minutes. Bake for 25 minutes at 400 degrees. Remove from pans immediately and cool.

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Chew Bread



- 1 stick of butter or margarine, softened
- 1 box of light brown sugar
- 3 eggs
- 2 cups of self -rising flour, sifted
- 1 teaspoon vanilla
- 6 ounces of chocolate chips
- 1 cup of chopped pecans

Cream the margarine or butter and sugar together. Add the eggs and beat well. Next add the flour a little at a time and the vanilla. Beat well and stir in the chocolate chips and pecans. Pour the batter into a well greased 9" X 13" pan and bake for 40 to 50 minutes at 300 degrees.

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Peppered Beef Roast



- 1-3 1/2 to 5-pound beef tip roast
- 2 teaspoons of black pepper
- 2 teaspoons of dry mustard
- 1/2 teaspoon of ground allspice
- 1/2 teaspoon of ground red pepper
- 1 large clove of garlic, minced
- 1 teaspoon of vegetable oil

Preheat the oven to 325 degrees. Combine the black pepper, mustard, allspice, red pepper, and the garlic and stir in the vegetable oil to form a paste. Spread the mixture evenly on the surface of the roast and place the roast fat side up on the rack in an open roasting pan. Insert a meat thermometer so that it is centered in the thickest part of the roast. Cook the roast uncovered and without adding water to the desired doneness, allowing 30 to 35 minutes per pound. Once the roast reaches the desired doneness (when the thermometer reaches 155 degrees, the roast will be done "medium") remove from the oven and allow to sit for 15 to 20 minutes before carving.

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Cranberry Glazed Pork Loin With Stuffing



- 1 1/4 cups of chopped fresh or partially thawed frozen cranberries
- 2 teaspoons of sugar
- 1/2 cup of butter
- 1 cup of chopped onion
- 1-8 ounce package of herb -seasoned stuffing mix
- 1 cup of chicken broth
- 1/2 cup of peeled and diced orange
- 1 egg, beaten
- 1/2 teaspoon of grated orange peel
- 1-2 1/2 to 3-pound boneless center cut pork loin
- 1/4 cup of currant jelly
- 1 tablespoon of cranberry juice

Toss the cranberries with the sugar in a small bowl and set aside. Melt the butter in a saucepan over medium heat and add the chopped onion. Cook and stir until the onion is tender and remove from heat. Mix in the stuffing mix, chicken broth, diced orange, egg, and the orange peel. Add the cranberry -sugar mixture and toss lightly.

Preheat the oven to 325 degrees. Butterfly the pork loin by cutting lengthwise almost to but not through the bottom and open the pork loin like a book. Cover the pork loin with plastic wrap and pound with the flat side of a meat mallet. Remove the plastic wrap and spread the pork loin with the stuffing mix. Fold the sides of the pork loin back together like the covers of a book and tie with cotton string at 2 inch intervals. Place the leftover stuffing mix in a covered casserole dish and bake with the pork loin during the last 45 minutes of cooking time. Place the pork loin on the rack in a foil-lined roasting pan and insert a meat thermometer in the center of the stuffing. Bake the pork loin for about 30 minutes per pound until the temperature reaches 155 degrees.

Combine the jelly and the cranberry juice and brush half of the mixture over the pork loin after the first 45 minutes in the oven. Roast for 30 minutes more and brush with the remaining jelly mixture. Let stand for 10 to 15 minutes before carving.

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Roasted Turkey With Cranberry Stuffing



- 1 cup of chopped celery
- 1 cup of chopped onion
- 1/2 cup of butter or margarine
- 1-16 ounce can of whole -berry cranberry sauce
- 2 tablespoons of chicken -flavor bouillon or 6 bouillon cubes
- 12 cups of dry bread cubes (about 16 slices of bread)
- 1 cup of chopped pecans
- 2 teaspoons of poultry seasoning
- 1 teaspoon of rubbed sage
- 3 cups of hot water
- 1-12 to 14-pound turkey, thawed if frozen
- Vegetable oil

Cook the celery and onion in the butter or margarine in a large skillet until tender then add the cranberry sauce and bouillon and cook stirring until the bouillon is dissolved. In a large bowl, combine the bread cubes, pecans, sage, and the poultry seasoning, and the water. Add the cranberry mixture and mix well.

Preheat the oven to 325 degrees. Remove the neck and giblets from the turkey cavities. Rinse the turkey and drain well. Stuff the neck and body cavities lightly with the stuffing mixture. Place any extra stuffing in a greased baking dish, cover and refrigerate. Turn the turkey wings back to hold the neck skin in place. Place the turkey, breast side up, on a flat rack in an open pan. Insert a meat thermometer into the thickest part of the thigh next to the body but not touching bone. Brush the skin with the vegetable oil and place the turkey in the oven and cook for about 4 hours. Bake the extra stuffing along with the turkey for the last 40 minutes of cooking time or until hot. When the skin is golden brown, cover loosely with foil to prevent overbrowning. Check for doneness. The thigh temperature should be between 180 and 185 degrees. Let the turkey stand for 15 to 20 minutes before carving.

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Crusty Chicken Crescents



- 1 large chicken
- 1-6 ounce package of cream cheese
- 1 teaspoon of sage
- 1 stick of butter or margarine
- 1 bag of Pepperidge Farm stuffing mix
- 2 cans of crescent rolls
- Salt and pepper

Place 1/4 stick of the butter or margarine, the sage, salt and pepper in a pot with enough water to cover the chicken and boil until the chicken is tender. Remove the chicken from heat and allow to cool. Remove the chicken from the bones and cut into fine pieces. Mix the chicken pieces into the softened cream cheese. Place 1 tablespoon of the chicken mixture onto each crescent roll and wrap the roll completely around the chicken mixture. Dip the rolls into the melted margarine or butter and then roll in the finely crushed stuffing mix. Bake the rolls on a cookie sheet at 350 degrees until golden brown.

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Apricot Pecan Glazed Ham



- 1-3 to 4-pound boneless fully cooked smoked ham
- 1/2 cup plus 1 teaspoon of water
- 1 teaspoon of dry mustard
- 1/2 cup of apricot preserves
- 1/4 cup of chopped pecans
- 1/4 teaspoon of ground cloves

Place the smoked ham straight from the refrigerator on a rack in a shallow roasting pan. Add 1/2 cup of water and insert a meat thermometer into the thickest part of the ham. Cover the pan tightly with aluminum foil, leaving the thermometer dial exposed. Place the ham in a 325 degree oven and bake until the thermometer registers 135 degrees (about 20 to 23 minutes per pound).

While the ham is baking, mix the dry mustard into 1 teaspoon of water and combine with the apricot preserves, pecans and the ground cloves. During the last 15 to 20 minutes of baking time, remove the aluminum foil and spread the glaze mixture over the ham. When finished roasting, allow the ham to stand covered for 10 minutes before carving.

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Lemon Poppy Seed Cake



2 3/4 cups of flour
2 1/4 teaspoons of baking powder
1 teaspoon of baking soda
1/2 teaspoon of salt
1 cup of unsalted butter
1 3/4 cups of sugar
5 eggs, separated
The zest of 2 lemons
1 cup of buttermilk
2 teaspoons of vanilla
1/3 cup of poppy seeds

Preheat the oven to 350 degrees. Butter and flour a baking tin. Sift together the dry ingredients. Beat the butter at medium speed until light and fluffy and add the sugar, and the egg yolks one at a time beating well. Add the vanilla, lemon rind, the dry ingredient mixture, the buttermilk, and the poppy seeds.

Beat the egg whites to medium peaks and add to batter. Bake in the lower 1/3 of the oven for 55 minutes. Cool in the baking tin for 10 minutes then invert onto a rack. Sprinkle with confectioners sugar.

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World's Best Chocolate Pie



1-9 inch prepared graham cracker pie shell
1 cup of sugar
2 tablespoons of corn starch
2 tablespoons of all -purpose flour
1/4 teaspoon of salt
3 cups of milk
3 egg yolks, slightly beaten
4-1oz. squares Baker' s unsweetened chocolate
2 tablespoons of unsalte d butter
2 teaspoons of vanilla

Topping:

2 cups of heavy whipping cream
1/2 cups of sugar
1/2 teaspoon of Hershey' s cocoa

Blend the sugar, corn starch, flour, salt, and 1 cup of milk together with a wire whisk. Whisk in the remaining 2 cups of milk. C ook over medium heat for 8 to 9 minutes, until the mixture thickens, stirring constantly. Remove from head and whisk in the egg yolks. Return to medium heat and cook, stirring constantly for 2 to 3 minutes more. Remove from head and stir in the chocola te squares, butter, and the vanilla. Stir until smooth and all the chocolate is melted. Cool for 5 to 10 minutes, stirring occ asionally. Pour into graham cracker pie and shell refrigerate for 4 hours.

For the topping, beat the whipping cream until soft peaks form. Add the sugar slowly and beat until stiff peaks form. Spread onto cooled pie. Sprinkle with 1/2 teaspoon of Hershey' s cocoa over topping and serve.

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Tiny Pecan Pies



3/4 stick of margarine or butter
3 oz. of cream cheese
1 cup of flour
3/4 cup of brown sugar
2 tablespoons of margarine or butter
1 egg
1/4 teaspoon of vanilla
1/2 cup of chopped pecans

Cream the 3/4 stick of margarine or butter and the cream cheese with a mixer then add the flour. Place a small ball (approximately 1/2 teaspoon) of the dough into mini muffin cups. Press the dough against the bottom and sides of the cups to make mini pastry shells.

Combine the brown sugar, 2 tablespoons of butter or margarine (melted), the egg, and the vanilla, add the pecan pieces. Put the filling into each pastry shell and bake for 25 to 30 minutes at 350 degrees.

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Date Cake



- 1 cup of mayonnaise
- 1 cup of sugar
- 1 cup of sliced dates
- 1 cup of boiling water
- 1 teaspoon of baking soda
- 2 cups of flour
- 1 teaspoon of vanilla

Mix together the mayonnaise, sugar, dates, boiling water, and the baking soda then blend in the two cups of flour and the vanilla. Pour into a greased 9" X 13" pan and bake for 1 hour at 350 degrees. This cake is best without frosting.

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Chocolate Potato Cake



2 cups of sugar
1 cup of shortening
4 eggs, separated
2 cups of self -rising flour
1/2 cup of milk
1 cup of hot mashed potatoes
1 cup of walnuts
1 teaspoon of cloves
1 teaspoon of nutmeg
1 teaspoon of cinnamon
1 teaspoon of vanilla
4 tablespoons of cocoa

Cream the sugar and shortening until light and fluffy. Add the egg yolks. Combine the dry ingredients and add to the creamed shortening and sugar mixture. Gradually add the milk, then the hot mashed potatoes. Beat the egg whites until stiff and fold into the batter. Stir in the walnuts and the vanilla. Bake at 350 degrees for 30 minutes. Frost with your favorite chocolate frosting.

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Thumbelina Cookies



1 1/2 cups of confectioner' s sugar
1 cup of butter, softened
1 egg
1 teaspoon of vanilla
1 teaspoon of almond extract
3 cups of flour
1 teaspoon of baking soda
1 teaspoon of cream of tartar

Frosting:

3 cups of confectioner' s sugar
6 tablespoons of butter, softened
4 tablespoons of evaporated milk
1/2 teaspoon of vanilla

Mix 1 1/2 cups of the confectioners sugar, the butter, egg, vanilla, almond extract, flour, baking soda, and the cream of tartar. Roll into 3/4 -inch balls. Place the balls of dough onto an ungreased cookie sheet and press down the center. Bake at 350 degrees for 3 minutes and then press the centers down again and bake for an additional 5 minutes. Place the cookies on a rack to cool. When the cookies are cool, combine the frosting ingredients and mix until smooth. Fill the centers of the cookies with the frosting.

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Creamy Cheese Clouds



- 1-8 ounce package of cream cheese
- 1/2 cup of powdered sugar
- 1/4 teaspoon of vanilla
- 1 cup of heavy cream
- 1 can of cherry pie filling

Mix the cream cheese, sugar, and the vanilla at medium speed and gradually add the heavy cream and mix well. Whip until thickened. Using the back of a spoon, shape into 10 (3 1/2") shells. Place on a waxed paper lined cookie sheet. Freeze for at least 2 hours or overnight. When ready to serve fill with the cherry pie filling.

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Orange Drop Cookies



1/2 cup of butter
3/4 cups of sugar
1 egg
2 cups of flour
1/4 teaspoon of salt
1 teaspoon of baking soda
1/2 cup of orange juice
1/2 cup of chopped pecans
1/2 cup of chopped dates
1 teaspoon of shredded orange peel

Cream the butter and sugar together, add the egg and blend well. Sift the flour, salt, and the baking soda together and add with the orange juice. Fold in the pecans, dates, and the orange peel. Drop by teaspoonfuls onto a cookie sheet and bake at 400 degrees for 10 to 12 minutes.

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Buckeyes



1 stick of butter, softened
1/2 cup of smooth peanut butter
About 2 cups of confectioners sugar
1 cup of finely ground graham cracker crumbs
1/2 cup of coconut
1-6 ounce package of semi -sweet chocolate chips
1/8 stick (4 ounce stick) of paraffin

Mix the first 3 ingredients together thoroughly then add the graham cracker crumbs and coconut. Form into 1 inch balls.

Melt the chocolate and paraffin in the top of a double boiler. Put toothpicks in the balls (this sometimes works better if the balls have been in the refrigerator for several hours) and dip into the chocolate mixture leaving a patch uncovered at the top of the ball to look like a buckeye. Place on waxed paper until the chocolate has hardened. Keep refrigerated.

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Cream Puffs



1 cup of water
1/2 cup of butter or margarine
1 cup of flour
4 eggs
Whatever filling you desire

Heat the oven to 400 degrees. Heat the water and the butter or margarine to a rolling boil. Stir in the flour. Stir vigorously over low heat until mixture forms a ball. Remove from heat. Beat in the eggs one at a time. Drop the dough by large tablespoonfuls onto an ungreased cookie sheet about three inches apart. Bake for 35 -40 minutes or until puffed and golden brown. After the puffs have cooled cut off the tops and pull out any filaments of soft dough. Fill the puffs with whipped cream or anything in your imagination.

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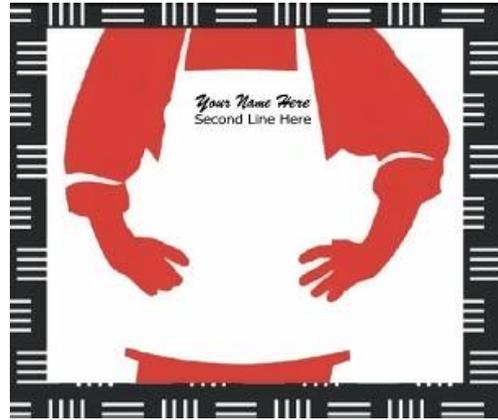
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Apple Pie

Crust:

- 1/3 cup rolled oats
- 6 graham crackers
- 2 tablespoons chopped walnuts
- 1 egg white
- Buttered flavored vegetable cooking spray

Filling:

- 2 cups apple cider
- 1/2 cup sugar
- 2 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 1 1/4 teaspoon pumpkin pie spice
- 5–6 large Granny Smith apples, about 2 1/2 pounds
- 3 tablespoons cornstarch

Topping:

- 1/3 cup brown sugar
- 1/3 cup rolled oats
- 2 tablespoons chopped walnuts
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter, melted

Set oven temperature to 350 degrees.

In a food processor, process the oats, graham crackers and walnuts until finely ground. Add the egg white and process until blended.

The mixture should look crumbly not gooey.

Coat a 9–inch pie pan with cooking spray. Press the crumb mixture evenly into the pie pan to make the crust. Lightly coat with cooking spray. Bake at 350 degrees for 10 minutes. Remove from oven and set aside until ready to use.

Bring the cider to a boil in a large heavy saucepan over high heat. Cook until reduced to 1/2 cup, about 15 minutes. Pour the mixture into a large mixing bowl. Add the sugar, lemon juice, vanilla, and pumpkin pie spice to the bowl. Peel the apples, cut into quarters, remove the core and cut into thin slices. Stir the apples into the cider mixture. Sprinkle the cornstarch over the apples and stir to combine. Arrange the apples in the crust.

In a small bowl, mix the brown sugar, oats, walnuts and cinnamon together. Pour the melted butter into the bowl stirring to combine.

Sprinkle the topping over the apples, pat down with your hands and bake at 350F for 1 hour to 1 hour and 15 minutes. The center should be soft when pierced with a sharp knife.

Baked Chicken Breast with Fresh Basil

10 boneless skinless chicken breast (about 2 1/2 lbs.)

3/4 cup low-fat yogurt

1/2 chopped fresh basil

2 teaspoons cornstarch

1 cup bread crumbs

2 tablespoons grated Parmesan cheese

Arrange chicken in single layer in baking dish. Combine yogurt, basil and cornstarch; mix well and spread over chicken.

Combine bread crumbs with Parmesan and sprinkle over chicken. (If making in advance, cover and refrigerate for up to 6 hours.)

Bake chicken in 375 degrees oven for 30 minutes or until chicken is no longer pink inside.

Baked Macaroni, Cheese & Spinach

- 1 pound elbow macaroni
- 15 oz. low fat ricotta cheese
- 1 3/4 cups skim milk
- 1/2 cup egg substitute
- 2 teaspoons brown mustard
- 1 –2 teaspoons Tabasco sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 cups shredded low fat cheddar cheese
- 2 cups torn fresh spinach leaves
- 1/4 cup grated Parmesan cheese
- 1/4 cup fine bread crumbs
- 1 teaspoon paprika

Preheat oven to 375F. Spray a 9 X 13 or 3 quart baking dish with nonstick spray oil. Cook macaroni according to package directions. Meanwhile, in a food processor or blender, mix ricotta cheese, milk, egg substitute, mustard, Tabasco sauce, salt and pepper.

Process until smooth. Drain macaroni, return to pot and add shredded cheddar and spinach. Stir until cheese melts and spinach wilts. Stir in ricotta mixture and scrape into prepared baking dish. In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese. Bake at 375F for 25 minutes. Serve hot.

Baked Potato with Spicy Chicken Topping

4 baking potatoes
2 tablespoons olive oil
1/2 cup slivered almonds
1 cup chopped onions
1/4 teaspoon garlic powder
1 lb. boned chicken breast, cut in strips
2 tablespoons flour
1 1/4 cup chicken broth
3 tablespoons lemon juice
1 teaspoon cinnamon
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon Tabasco
1/2 cup raisins

Scrub potatoes, dry and prick with fork. Cook. In a large skillet, heat oil and saute almonds until golden brown. Add onion and garlic. Saute until tender. Add chicken and cook, stirring, until chicken turns white. Sprinkle with flour and mix well. Combine broth, lemon juice, cinnamon, paprika, salt, and Tabasco. Gradually add to chicken mixture, stirring constantly, until mixture boils and thickens. Stir in raisins. Simmer 3 minutes. Spoon over blossomed potatoes.

Beef Tenderloin with Cabernet Cherry Sauce

4 small filet mignon steaks (about 1/4 pound each)
1/2 teaspoon salt
2 garlic cloves, pressed
1/2 teaspoon cracked pepper or freshly ground pepper

Cabernet Cherry Sauce:

1 1/2 cups Cabernet Sauvignon or Burgundy
3 tablespoons balsamic vinegar
4 whole cloves
8 whole pepper corns
1 bay leaf, torn into small pieces
1/2 pound fresh Bing cherries, rinsed
Salt and pepper for seasoning
Optional: 1–2 teaspoon sugar

Set oven controls to broil. Line a broiling pan with aluminum foil and place in the oven on the top rack to preheat. Trim the steaks of visible fat. Rub the garlic evenly over the steaks and season with salt and cracked pepper. Set aside until ready to broil.

Add the Cabernet and balsamic vinegar to a saucepan and bring to a boil. Tie the cloves, peppercorns, and bay leaf in a bundle with a small piece of cheese cloth. Add the bundle to the wine mixture. Allow the mixture to reduce to 1/2 cup, about 15 minutes.

While the wine is reducing, pit the cherries. Cut the cherries into quarters and add to the wine mixture. Cover and cook over medium–high heat until the cherries are tender, about 10 minutes. Season the sauce with salt and pepper. Add the sugar to balance the flavors, if needed. The sauce should have a deep robust flavor but not be too sweet.

While the sauce is cooking, broil the steaks for 3–4 minutes per side for medium rare. To serve, remove the spice bundle from the sauce. Place the steaks on individual plates with the sauce spooned over the top.

Black Bean Lasagna

- 1 – 28 ounce jar tomato pasta sauce
- 1/2 cup water
- 2 cans (15 ounce) black beans, rinsed and drained
- 1 3/4 cups lowfat ricotta cheese
- 1 egg
- 12 uncooked lasagna noodles
- 2 1/2 cups shredded skim mozzarella cheese

Preheat oven to 375F. Over low heat, simmer tomato sauce, water, and black beans. Meanwhile, in a small bowl, combine ricotta cheese and egg. Set aside. Using a 9 X 13 inch baking dish, place 1 cup of the bean/sauce mixture on the bottom of the dish. Place 3 pieces of uncooked lasagna noodles on top of the sauce. Next, spread about 2/3 cup of the ricotta mixture over the noodles. Top with 1 cup of the bean/sauce mixture, lastly about 1/2 cup of the mozzarella.

Repeat two layers of noodles, ricotta, bean/sauce, and mozzarella. Then place on the remaining 3 lasagna noodles and pour the remaining bean/sauce mixture over all. Top with remaining mozzarella. Cover with foil and bake at 375F for 30 minutes. Remove foil and continue to bake another 15 minutes. Remove from oven and let stand for 15 minutes before cutting.

Buffalo Chicken Strips

Blue Cheese Dip:

- 2/3 cup nonfat plain yogurt
- 2 tablespoons reduced-fat mayonnaise
- 2 ounces crumbled blue cheese
- 3 tablespoons finely chopped scallions
- 1/4 teaspoon coarsely ground black pepper

Chicken Strips and Celery Sticks:

- 1 teaspoon vegetable oil
- 1/2 pound skinless boneless chicken breasts, cut crosswise into 1/4-inch strips
- 1/4 teaspoon salt
- 2 teaspoons butter
- 1 tablespoon Frank's original hot sauce
- 5 celery stalks, cut into 3-inch sticks

In a small bowl, whisk together the yogurt, mayonnaise and blue cheese. Stir in the scallions and pepper and set aside while preparing the chicken. Cover and refrigerate.

Heat the oil in a large, preferably nonstick skillet. Season the chicken with the salt. Cook the chicken over medium-high heat, stirring frequently, until lightly browned and cooked through, 3 to 4 minutes. Remove the skillet from the heat. Add the butter and hot sauce to the pan and swirl until the butter barely melts and the sauce coats the chicken.

Serve the chicken and celery sticks along with the blue cheese dip. Provide toothpicks for spearing the chicken and dipping it in the sauce.

Bulgar Wheat and Fruit Stuffing

- 1 1/4 cup bulgar wheat
- 1/2 cup apple juice
- 1/4 cup dried apples
- 10 dried apricots
- 1/4 cup raisins
- 1 8-ounce package seasoned bread stuffing
- 1/4 cup toasted pine nuts or pecans
- 1/2 to 3/4 cups fat-free and low sodium chicken broth
- Salt and pepper for seasoning

Bring 2 quarts of salted water to a boil. Add the bulgar wheat, bring back to a boil. Lower heat just enough so that the pot doesn't spill over and cook for 15 minutes.

While the bulgar is cooking, pour the apple juice into a micro-safe measuring cup. Chop the apples and apricots. Add the apples, apricots and raisins to the apple juice stirring to combine. Microwave at full power for 1 minute and set aside.

Drain the bulgar wheat and return to the pot. Stir in the bread stuffing, apples, apricots, raisins and pine nuts. Stir in just enough chicken broth to moisten the bread. Season to taste with salt and pepper. Heat in the microwave for 3–4 minutes. The stuffing can be made 2 days ahead and stored in the refrigerator.

Cajun Style Pasta

12 ounces linguine
1 teaspoon butter or olive oil
2 garlic cloves, minced
8–12 medium size shrimp, peeled and deveined
1/2 pound chicken breast meat, diced
2 1/2 tablespoons all-purpose flour
2 cups of 1% milk
2 tablespoons sherry
1/4 cup grated Parmesan cheese
1/4 teaspoon cayenne
4 plum tomatoes, seeded and chopped
1/2 cup frozen peas
Salt and black pepper to taste

Prepare the linguine according to package directions.
Drain and keep warm until ready to serve.

Melt the butter in the center of a large non-stick skillet over medium-high heat. Add the garlic and cook for 1 minute. Add the shrimp and chicken. Pan-fry until the chicken is cooked through, 3–4 minutes. Whisk the flour, milk, sherry, and Parmesan cheese together. Pour into the skillet and bring to a boil while stirring.

Reduce heat to medium and continue to cook for about 5 minutes until the mixture has thickened, stirring occasionally. Add the cayenne and fold in the tomatoes and peas. Cook until heated through. Season to taste with salt and pepper. Arrange the linguine on individual plates and spoon the sauce over the top. Garnish with chopped fresh parsley.

Chicken Cordon Bleu

4 Boneless, skinless chicken breasts
1/2 cup diced low fat boiled ham
1/2 cup shredded low fat Swiss cheese
1/8 teaspoon minced garlic
2 tablespoons white wine
salt/pepper to taste
8 oz. plain low fat yogurt
1 tablespoon milk
1 cup crushed seasoned bread crumbs

Combine ham, Swiss cheese, garlic, wine, salt and pepper in a bowl to make a filling.

Preheat oven to 350F. Rinse chicken with cold water and pat dry with paper towels. Cut a slit in the side of each breast to form a pocket. Stuff each pocket with 1/4 of filling. Press to close or secure with wooden picks.

In a flat dish, combine yogurt and milk. Dip each breast in yogurt mixture; turn to coat well. Roll in bread crumbs and place in well-greased baking pan.

Bake at 350 for 45 minutes or until done.
Serve with pasta and zucchini.

Chile–Cheese Chowder

2 bacon slices
1 cup chopped carrot
1 cup chopped, seeded, poblano chiles
1 cup chopped onion
2 tablespoons minced, seeded jalapeno peppers
1/2 teaspoon ground cumin
3 cloves garlic, minced
2 (16 oz.) cans fat-free chicken broth
5 cups diced, peeled, baking potato
1/2 teaspoon salt
1/3 cup flour
2 1/2 cups 1% milk
3/4 cup shredded Monterey Jack cheese
1/2 cup shredded reduced-fat sharp cheddar cheese
2/3 cup sliced green onions

In a dutch oven, cook bacon until crisp. Reserve 1 tablespoon drippings in pan, remove bacon and set it aside. To the pan add carrots, chiles, onion, jalapeno, cumin, and garlic. Saute until browned. Stir in broth and scrape bottom of pan to release browned bits. Add potatoes and salt, cover, and simmer for 25 minutes.

Whisk together flour and milk, add to potato mixture while stirring and cook over medium heat until thickened stirring often (about 10 minutes). Remove from heat, stir in cheeses until melted. Serve in bowls topped with crumbled bacon and sliced green onions.

Chili Dip

- 1 15-ounce Hormel Turkey With Beans, 99% Fat-Free Chili
- 1 8 oz. package fat-free cream cheese
- 1 cup reduced fat shredded sharp cheddar cheese

Allow the cream cheese to soften completely to room temperature. Spread the cream cheese on the bottom of a shallow casserole type dish. Next, evenly spread the chili over the cream cheese. Lastly, sprinkle the shredded cheese over the chili. Bake at 350F for 20 to 25 minutes or until heated through. Serve hot with baked tortilla chips.

Chipotle Turkey Chili

Olive oil cooking spray
1 medium onion, diced
4 garlic cloves, minced
1–2 tablespoons chili powder
2 15–ounce cans tomato sauce
2–3 cups turkey, diced
2 15–ounce cans red kidney beans
1–2 chipotle chilies, finely diced
Salt and pepper for seasoning
Garnish: Grated cheddar cheese and sliced green onions

Lightly oil a large saucepan with cooking spray. Heat for a few minutes over medium–high heat. Add the onions, garlic and chili powder. Cook while stirring for about 5 minutes. Add the tomato sauce and bring to a boil. Add the turkey, kidney beans, and chipotle chilies. Heat through and season to taste with salt and pepper. Serve garnished with grated cheddar cheese and green onions.

Chocolate Candy Cheesecake

- 1 cup graham cracker crumbs
- 1 egg white, slightly beaten
- 1 tablespoon light butter or margarine
- 1 – 8 oz. bar light cream cheese, softened
- 1 – 8 oz. bar fat-free cream cheese, softened
- 1/2 cup sugar
- 3 egg whites
- 1/3 cup unsweetened cocoa powder
- 1/2 cup plain nonfat yogurt
- 1 teaspoon vanilla extract
- 2 light Milky Way bars, cut up
- 1/4 cup fat-free caramel ice cream topping

Preheat oven to 350F. Spray a 9 inch pie pan with nonstick spray oil. In a small bowl, mix graham cracker crumbs, 1 egg white, and melted margarine until well moistened. Press crust evenly into prepared pie pan, set aside.

In a large mixing bowl, combine both bars of cream cheese and sugar. Beat with a mixer until fluffy. Beat in egg whites, cocoa, yogurt, and vanilla until smooth. Fold in candy bar pieces and pour into prepared pie pan. Bake at 350F for 60 to 65 minutes or until center is set. Let stand at room temperature about 15 minutes. Top with caramel topping and refrigerate until served.

Chocolate Cherry Layer Cake

3/4 cup unsweetened cocoa powder
1/4 cup sugar
1/2 cup boiling water
1 package (16 oz.) angel food cake mix
1 1/4 cups water
1 can (20 oz.) lite cherry pie filling
Prepared chocolate frosting (reduced-fat if possible)
Chocolate shavings

Preheat oven to 350F. Line a jelly roll pan with wax paper (pan should be approximately 10 by 15 by 1 or 11 by 17 by 1). Whisk together cocoa, sugar and boiling water. Cool mixture to lukewarm. Prepare angel food cake mix per package directions, using 1 1/4 cup water and adding cocoa mixture. Spread batter evenly into prepared jelly-roll pan. Bake 20 minutes or until top looks dry. Invert onto a large wire rack. Remove the pan and wax paper; cool. Slice cake into three equal parts. Start with cake, top with cherry pie filling, then top that with more cake and more pie filling and end with cke layer. Frost and decorate with chocolate shavings.

Chutney Chicken Salad

2 cups diced cooked chicken
1/4 cup mango chutney
1 small golden delicious or gala apple, cored and finely diced
1/4 cup finely diced celery
1/4 cup finely diced red onion
1/4 – 1/3 cup low-fat mayonnaise
Salt and pepper for seasoning

Mix all ingredients together. Season to taste with salt and pepper. Use as a sandwich filling or serve on top of a bed of greens.

Cocoa Angel Food Cake

- 1 1/2 cups egg whites (about 12 egg whites)
- 3/4 cup sifted whole-wheat pastry flour or sifted unbleached flour
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon cream of tartar
- 1 teaspoon vanilla
- 1/2 cup honey
- Fresh fruit (such as strawberries, raspberries, blueberries or peaches)

Place the egg whites in a 5- or 6-quart bowl. Let stand at room temperature for 30 minutes.

Meanwhile, sift the flour and cocoa powder together 4 times; set aside. Using an electric mixer, beat the egg whites on high speed until foamy. Add the cream of tartar and vanilla. Then beat on medium speed until the egg whites form soft peaks. Add the honey, 1 tablespoon at a time, and continue beating on medium speed until the egg whites form stiff peaks but are not dry.

Sift 1/4 of the flour mixture over the egg whites and fold in using a wire whisk or large spatula. Repeat sifting and folding in the flour 3 more times.

Spoon the batter into an ungreased 10" tube pan with a removable bottom. Use a thin knife to cut through the batter to remove any large air pockets. Bake at 350F for 30 to 35 minutes or until the cake springs back when lightly touched. Invert the pan onto a wire rack and let cool for at least 1 1/2 hours. Then remove the cake from the pan. Slice and serve with the fresh fruit.

Colorful Chicken Stew

1 lb. boneless skinless chicken breasts, cubed
1 (14 1/2 oz.) can Italian diced tomatoes, undrained
2 medium potatoes, peeled and cut into 1/2-inch cubes
5 medium carrots, chopped
3 celery ribs, chopped
1 large onion, chopped
1 medium green bell pepper, chopped
2 (4 oz.) cans mushroom stems and pieces, drained
2 low-sodium chicken bouillon cubes
Artificial Sweetener equal to 2 tsp. sugar
1 tsp. chili powder
1/4 teaspoon pepper
1 tablespoon cornstarch
2 cup cold water

In a 5-quart crockpot, combine the first 12 ingredients.

In a small bowl, combine cornstarch and water until smooth. Stir into chicken mixture. Cover and cook on LOW for 8 to 10 hours or until vegetables are tender.

Nutritional Analysis: One 1-cup serving equals: 123 calories, 209 mg sodium, 25 mg cholesterol, 16 gm carbohydrate, 11 gm protein, 1 gm fat, 3 gm fiber.

Diabetic Exchanges: 2 vegetables, 1 very lean meat, 1/2 starch.

Corn Noodles

1 –12 ounce package yolk-free egg noodles
2 teaspoons olive oil
2 medium onions, chopped
3 cups diced fresh tomatoes
1/4 cup vegetable stock or water
1/4 cup chopped parsley
3 cups fresh corn kernels
Salt and Pepper to taste

Cook the noodles in a large pot according to package directions. In a large skillet over medium heat, saute onions in olive oil until slightly brown, about 12 minutes. Add nonstick spray oil during sauteing if necessary. Add tomatoes and stock or water; cover and simmer 3 to 4 minutes. Stir in parsley, corn, and cooked noodles; simmer until heated through, about 3 to 4 minutes more. Season with salt and pepper.

Crab Imperial

1 lb. Crab meat, cooked (imitation can be used)
1/2 cup pimento, chopped
1/2 cup celery, chopped fine
2 slices bread, low cal, crustless
2 egg whites, beaten
1 cup low fat yogurt
dash of Worcestershire sauce
1/8 teaspoon cayenne pepper
1 teaspoon dry mustard
1/4 teaspoon salt
Juice of 1/2 lemon
Paprika

Combine the crab meat, pimento, and celery in a mixing bowl. Crumble the slices of bread and add to the mixture. Gently add the egg white, yogurt, Worcestershire sauce, cayenne, mustard, salt, and lemon juice. Place in a sprayed casserole dish. Top with a sprinkle of paprika. Bake at 400F for 15 to 20 minutes, until lightly browned.

Crockpot Tostada

- 3/4 pound ground turkey
- 1 eggplant, cubed
- 1 cup fresh or canned salsa
- 1 (6-oz) can tomato paste
- 1/4 cup chopped fresh parsley
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 (10-oz) pkg. frozen corn, thawed
- 1/2 cup plain lowfat yogurt
- 2 cups shredded lettuce
- 1/2 cup sliced ripe olives
- 1/2 cup low fat shredded cheese
- 4 pita rounds, halved, toasted

Combine turkey, eggplant, salsa, tomato paste, parsley, chili powder, cumin, oregano and corn in slow-cooker. Cover and cook on low 5 to 6 hours. Stir with a fork to break up large chunks of turkey. Spoon about 3/4 cup cooked turkey mixture on each pita half. Top with yogurt, lettuce, olives and cheese.

Spicy Cucumber–Avocado Soup

1/2 firm–ripe California avocado
1 1/2 pounds cucumbers, cut into 1/2–inch pieces
1 (8–oz) container plain low–fat yogurt (1 cup)
3 tablespoons chopped fresh chives
1 teaspoon fresh lime juice
1 teaspoon salt, or to taste
1/2 teaspoon chopped fresh jalapeno chile with seeds
1 cup small ice cubes
Garnish: diced avocado and chopped chives

Peel and pit avocado. Blend all ingredients in a blender until very smooth, about 1 minute.

Curried Cauliflower

- 1 whole medium onion, chopped
- 3 garlic cloves, minced
- 1/2–1 serrano chile, seeds removed and finely chopped
- 2 teaspoons curry powder
- 1 pound ripe roma tomatoes, seeded and chopped
or 1 can (14 1/2–ounces) chopped tomatoes in juice
- 1 medium cauliflower, rinsed and cut into even size florets
- salt and freshly ground black pepper for seasoning
- 1/2 cup chopped cilantro

Grease the bottom of large saucepan with non–stick spray. Heat the pan over moderately–high heat for a few minutes. Add the onions and cook for 3–4 minutes stirring frequently. Add the garlic, serrano chile, and curry powder. Cook for a minute longer. Add the tomatoes and cauliflower. Stir to combine and blend the seasonings. Cover, reduce heat, and simmer for 15–20 minutes until the cauliflower is very tender. Season with salt and pepper to taste. Garnish with chopped cilantro.

Dijon Mushroom Potatoes

- 1 medium onion
- 1 sweet green bell pepper
- 1 small carrot
- 1/2 lb. mushrooms
- 1/2 cup stock or boullion
- 1 tbsp. dark soy sauce
- 1 tbsp. Dijon mustard
- 1 tbsp. cornstarch
- freshly-ground black pepper

Chop the onion, deseed and chop the green pepper, peel and grate the carrot and slice the mushrooms, halving them across the other way first if they are large.

Saute the vegetables in the water or stock, in a large frying pan, until most of the liquid is gone and the vegetables are soft.

Mix the remaining ingredients together in a bowl, adding a bit of water if you wish (makes a thinner sauce) and add to the vegetables in the pan. Mix well and cook, stirring, over low heat for about a minute until thickened.

Pour over hot, split baked potatoes (enough for about four potatoes) with a crisp green salad on the side.

Egg McMuffin

1 English muffin, split
Butter-flavored cooking spray
1 ounce Canadian-style bacon
2 egg whites
2 tablespoons fat-free half and half or skim milk
Salt and pepper to taste
1 slice fat-free cheese
Yellow food coloring (optional)

1. Spray both halves of English muffins with butter spray. Toast muffin until it is lightly browned. While muffin toasts, spray a non-stick skillet with butter flavored cooking spray. Saute Canadian-style bacon for about 1 minute. Remove from pan and place on half of the toasted English muffin
2. In a small bowl, combine egg whites, half and half, 5–6 sprays of fat-free butter spray and salt and pepper to taste. (If you like the look of whole eggs, add a drop of yellow food coloring to egg mixture.) Stir well and pour into a non-stick skillet coated with cooking spray. (For best results, use an egg ring that has been sprayed with cooking spray. The egg ring will shape the egg to fit the muffin.)
3. Cook egg until well done and place over Canadian-style bacon. While egg is piping hot, place slice of cheese over egg and top with remaining muffin half.

Finger Lakes Chicken

2/3 cup fat-free mayonnaise
1 tablespoon salt
1/4 teaspoon ground black pepper
1 1/2 teaspoons poultry seasoning
1 cup distilled white vinegar
4 boneless chicken breasts

In a shallow glass bowl combine the mayonnaise, salt, pepper, poultry seasoning and vinegar. Mix together. Reserve 1/4 of the sauce for basting. Pierce chicken pieces with a fork and add to remaining sauce, tossing to coat. Cover and refrigerate for 2 to 4 hours to marinate.

Lightly oil grill and preheat to medium high. Remove chicken pieces from sauce/marinade and grill for 6 to 8 minutes on each side or until chicken is no longer pink and juices run clear. Baste with reserved sauce while grilling.

Gardenburger

- 2 Tbs. bulgur wheat
- 1 pound mushrooms, halved or quartered
- 1 cup diced onion
- 1/2 cup rolled oats
- 2/3 cup cooked brown rice
- 1/2 cup shredded low-fat mozzarella cheese
- 2 Tbs. shredded low-fat cheddar cheese
- 2 Tbs. low-fat cottage cheese
- 1/2 tsp. salt
- 1/2 tsp. garlic powder
- dash of pepper
- 2 Tbs. cornstarch
- olive oil cooking spray
- 1/4 cup boiling water
- 1/2 cup water

Add the boiling water to the bulgur wheat in a small bowl and let sit for about an hour. The wheat will swell to about double in size. Steam the quartered mushrooms for about ten minutes or until tender. Remove and steam onions for about ten minutes or until they become translucent. Keep these two ingredients separated and set them aside. Add 1/2 cup water to the oats and let them soak for about ten minutes. Drain any excess water from the bulgur wheat and oats, then combine the grains with the mushrooms, rice, cheeses and spices in a food processor and pulse four or five times until ingredients are chopped fine but not pureed. Pour the mixture in a bowl and add the steamed onion and cornstarch, blending well.

Preheat oven to 300 degrees. Spray a large skillet with olive oil cooking spray and place it over medium-low heat. Measure a 1/2 cup of the patty mixture at a time into the pan and shape with a spoon into a 3" round patty that is about 1/2" thick. Cook for two to four minutes per side or until light brown on the surface. When all of the patties have been browned, arrange them on a lightly sprayed baking sheet and bake them for 20 to 25 minutes in the oven. Be sure to turn them over halfway through the cooking time. Patties may be frozen once they have cooled.

Garlic and Sage Biscuits

2 1/4 cups all purpose flour
1/4 cup whole-wheat flour
1 teaspoon sugar
1 teaspoon dried sage
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 clove garlic chopped finely
3 tablespoons regular margarine or butter
3/4 cup & 2 tablespoons of fat-free buttermilk

Coat a baking sheet with non-stick spray and set aside.

In a large bowl stir together the all-purpose flour, whole-wheat flour, sugar, sage, baking powder, baking soda, salt and garlic. Add the margarine or butter. Using a pastry blender cut the margarine or butter into the flour mixture until coarse crumbs form. Add the buttermilk and stir to form a soft dough.

Place the dough on a floured surface and gently knead to form a ball. Roll out the dough until it is about 3/4 inch thick. Cut into 12 round circles and place on the prepared baking sheet.

Bake at 400 degrees for 18 to 20 minutes or until the biscuits are golden brown.

German Potato Salad

- 1 Pkg. frozen vegetarian bacon, thawed and chopped
- 1 tablespoon flour
- 1/4 cup of sugar
- 1/3 cup of white vinegar
- 2/3 cup of hot water
- 2 pounds of white potatoes, boiled for 25 minutes, covered until just tender
- 8 to 10 green onions, finely chopped (1 cup)
- 1/2 teaspoon of salt
- 1/8 teaspoon ground black pepper

In a non-stick skillet cook bacon over low heat, stirring constantly for about 8 minutes or until crispy.

Add flour and stir for about one minute. Combine sugar, vinegar, hot water and add to bacon mixture. Cook, stirring constantly, until sauce thickens.

Drain potatoes well, cool, peel and slice. Add to the sauce along with the onion, salt and pepper. Serve warm or chilled.

Glazed Roast Pork Tenderloin

1/4 cup Dijon mustard
2 tablespoons orange juice
2 tablespoons honey
1 teaspoon grated orange rind
1/4 teaspoon ground cinnamon
1/8 teaspoon ground allspice
2 lbs pork tenderloin, trimmed of all visible fat

Preheat the oven to 325 degrees F.

In a small bowl, whisk together the mustard, orange juice, honey, orange rind, cinnamon and allspice. Set aside.

Place the pork on a rack in a shallow roasting pan. Insert a meat thermometer into the center of the pork. Roast for 30 minutes, or until the thermometer registers 160F. During the last 10 minutes of roasting, brush the pork occasionally with the mustard mixture.

Remove from the oven and let stand for 5 minutes before slicing and serving.

Greek Burgers

2 garlic cloves, minced
3 tablespoons fresh mint, chopped
1-1/2 cups non/lowfat yogurt
1-1/2 pounds ground turkey, lean
2-1/4 teaspoons feta cheese, crumbled
6 pita bread loaves, cut in half
1-1/2 tomatoes, sliced
1-1/2 red onions, sliced
fresh ground black pepper, to taste

Combine garlic and mint in a small bowl and mash. Add yogurt, mix, and set aside. Combine turkey and feta cheese in a mixing bowl. Form into 8 patties and sprinkle with pepper. Broil 5-10 minutes per side or until turkey is cooked through. Serve in pita bread with tomatoes, onions and yogurt sauce.

Greek Chicken

2 teaspoons olive oil
4 chicken breast halves on the bone, skin removed
1/2 medium onion, minced
2 cloves garlic, minced
1 – 14 1/2 ounce can cut-up tomatoes
1/2 teaspoon cinnamon
1/4 teaspoon cayenne pepper
Salt and black pepper to taste
1/2 cup Greek olives, cut in half and pitted
1 tablespoon lemon juice
1/4 cup minced parsley

In a large nonstick skillet, heat olive oil over medium heat. Brown chicken on both sides. Add onion and garlic; cook 2 minutes. Add tomatoes with their liquid to the pan with the cinnamon, cayenne, salt, pepper and olives. Simmer, covered, 15 minutes. Turn chicken and continue cooking 10–15 minutes, until chicken tests done. Remove chicken to a warm platter. Bring sauce to boil with lemon and parsley. Boil a few minutes until slightly thickened. Pour over chicken. Serve with rice or noodles.

Layered Pizza Dip

8 ounce container fat-free cream cheese
1/2 cup chunky pizza sauce
1/4 cup chopped green pepper
1/3 cup thinly sliced mushrooms
1/4 cup minced onions
1 cup reduced fat shredded cheddar cheese

Heat oven to 350F. Using a 9" pie pan, layer all ingredients in order listed, starting by spreading cream cheese evenly over bottom of the pie pan. Bake 15 minutes or until dip is hot and cheese is melted. Serve warm with crackers or chips.

Middle Eastern Roast Chicken

- 2 teaspoons dried orange peel or freshly grated orange zest
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1/8 teaspoon ground cardamom or cloves
- 1/8 teaspoon cayenne pepper
- 1–2 tablespoons canola or saffron oil
- 1 8–10 pound roasting chicken, capon or small turkey

Orange Scented Gravy

- 1–2 cups fat free and low sodium chicken broth
- 1/2 cup orange juice
- 3 tablespoons flour
- 1/3 cup Madeira
- Salt and pepper for seasoning

Set oven temperature to 325 degrees. Combine the orange peel, garlic powder, coriander, cinnamon, salt, white pepper, cardamom and cayenne pepper together in a small bowl. Set aside a large roasting pan fitted with a rack. Remove the giblets from inside the chicken. Discard or reserve for another use. Rinse the bird inside and out with cold running water. Place on a working surface and pat dry with paper towels. Remove any visible fat with poultry shears. Very carefully loosen the skin from around the breast, thigh, leg and neck areas with a spoon without tearing the skin. Season the inside cavity with about 1/3 of the spice mixture. Rub the remaining mixture under the skin as evenly as possible. Lightly oil the outside with canola oil. Tuck the wings under the bird and tie the legs together loosely. Place in the roasting pan and roast for 15 minutes per pound or until the internal temperature registers 180F degrees. Use an instant read thermometer placed between the thigh and the body without touching bone. Remove the bird from the oven, transfer to a carving board, cover with aluminum foil and let rest for 20 minutes before carving.

Pour the pan juices into a bowl. Let the juices settle. The fat will float to the top. Skim off the fat with a spoon or use a turkey baster to siphon the juices from the bottom of the bowl. Add enough chicken broth to measure 2 1/2 cups and pour into a saucepan. Add the orange juice and bring to a boil. Mix the flour and Madeira together to make

a slurry. Slowly pour into the gravy while whisking. Cook over medium-high heat for 5–10 minutes stirring occasionally. Season to taste with salt and pepper.

Mississippi Mud Cake

6 tablespoons soft, reduced-calorie margarine, melted
1 1/2 cups sugar
1/2 cup cocoa powder, sifted
1/2 cups all-purpose flour
1/2 cup self-rising flour
1/3 cup ground almonds
3 egg whites

1. Preheat oven to 375F.
2. Coat base and sides of a 6-inch square nonstick pan with cooking spray.
3. Combine margarine and sugar in a medium bowl. Stir in cocoa, flours and almonds.
4. Beat egg whites in a small bowl with electric mixer until soft peaks form. Fold into cocoa mixture.
5. Spread into prepared pan. Bake about 40 minutes.
6. Cool in pan. Cut into 8 slices and serve.

Nacho Cheese Soup

- 1 can (11 oz.) whole kernel corn, drained
- 1 can (14–15 oz.) diced tomatoes and green chilies, undrained
- hot pepper sauce, to taste
- 2 cups water
- 1 package (5 1/4 oz.) Au Gratin Potatoes (with cheese packet)
- 2 cups skim milk
- 1 cup (about 5 oz.) light Velveeta cheese, cubed

In a large pot, combine the contents of the Au Gratin potatoes package (with cheese packet), corn, tomatoes, and water. Mix well and bring to a boil. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender. Add milk, cheese, and hot sauce. Cook and stir frequently until the cheese is completely melted.

Orange Chicken with Rice

- 1 tablespoon canola or olive oil
- 4 boneless, skinless chicken breasts; cut in 1/2 inch strips
- Lemon pepper seasoning
- 1/4 cup low-fat or fat-free ranch salad dressing
- 1/2 cup orange juice
- 1/4 cup low-fat mayonnaise
- 2 tablespoons brown sugar
- 1 cup instant rice
- 1 green pepper; julienned
- 1 can (11 oz.) mandarin oranges; drained

In a large skillet that has a lid, heat oil over medium heat. Add chicken, cook and stir about 5 to 7 minutes. Sprinkle liberally with lemon pepper while cooking. In a medium bowl, combine mayonnaise, ranch dressing, orange juice, and brown sugar. Stir mixture into chicken, mix well. Add rice and green pepper; bring to a boil. Cook 5 minutes. Remove from heat and add mandarin oranges. Cover and let stand 5 minutes.

Oven-Baked Pork Chops

- 4 – 3 to 4 ounce lean pork chops, well-trimmed
- 1 cup low-fat buttermilk
- 1 cup fine bread crumbs
- 2 teaspoons dried basil
- 2 teaspoons paprika
- 1 teaspoon lemon pepper
- 1/2 teaspoon garlic salt

Allow pork chops to soak in buttermilk (in refrigerator) for at least one hour. In a small bowl combine bread crumbs and remaining spices. Preheat oven to 425F and spray a cookie sheet with non-stick spray oil. Spread mixture onto wax paper and dip each pork chop in crumb mixture. Place chops on prepared cookie sheet and bake for 20 to 25 minutes, or until chops are no longer pink (internal temperature of 160F).

Peppermint Angel Food Cake

For Cake:

- 1 – 16 oz. package of angel food cake mix
- 10 striped round peppermint candies, crushed (1/3 cup)

For Sauce:

- 3/4 cup sugar
- 1/3 cup unsweetened cocoa
- 4 teaspoons cornstarch
- 1/2 cup evaporated skim milk
- 1 teaspoon vanilla

Prepare cake according to package directions. Gently fold in crushed candy. Pour into un-greased 10 inch tube pan. Bake according to package directions. Cool inverted.

In a saucepan stir sugar, unsweetened cocoa, and cornstarch together. Add evaporated skim milk. Stir. Cook and stir constantly until thick. Then cook 2 minutes more. Remove from heat and add 1 teaspoon vanilla.

Chill remaining sauce and re-warm before serving.

To serve, slice cake and serve with warm sauce over each serving. Cake can be decorated with additional crushed peppermint candy.

Porkettes

- 1 pound ground fully cooked low-fat ham
- 1 egg
- 1/4 cup sweet pickle relish
- 1 teaspoon prepared mustard
- 2 cups mashed cooked sweet potatoes
- 1 teaspoon grated orange peel
- 1/8 teaspoon pepper
- 8 turkey bacon strips, halved lengthwise
- 1 can (20 ounces) pineapple slices, drained and halved horizontally

In a bowl, combine the ham, egg, relish and mustard. Shape into eight patties the same diameter as the pineapple rings. Combine the sweet potatoes, orange peel and pepper. Shape into eight patties the same diameter as pineapple rings. On a 15-in. x 10-in. x 1-in. baking sheet coated with nonstick cooking spray, assemble in the following order: Cross 2 strips of bacon, 1 pineapple slice, 1 ham patty, 1 sweet potato patty and 1 pineapple slice. Fold bacon ends up and over top; secure with a toothpick. Bake at 350F for 50–55 minutes or until bacon is crisp. Remove toothpicks; serve immediately.

Potato Gnocchi with Sage Cream

2 cups whole milk
1 teaspoon dried sage leaves
1 cup chopped onion
2–3 teaspoons margarine
4 cups small broccoflower, or broccoli, florets
1/2 cup water, divided
1 package (16 ounces) potato gnocchi, cooked, warm
2 tablespoons all-purpose flour
1/2 teaspoon ground nutmeg
Salt and pepper to taste
Shredded Parmesan cheese, for garnish

Heat milk and sage leaves to boiling in medium saucepan; reduce heat and simmer 10 minutes.

Saute onion in margarine in large skillet 2 to 3 minutes; add broccoflower and 1/4 cup water and heat to boiling. Reduce heat and simmer, covered, until broccoflower is tender and water gone, 5 to 8 minutes.

While vegetables are cooking, cook gnocchi according to package directions; add to vegetables in skillet.

Heat milk and sage mixture to boiling. Mix flour, nutmeg, and remaining 1/4 cup water; whisk into milk. Boil, whisking constantly, until thickened, about 1 minute. Pour sauce over vegetables and gnocchi in skillet and season to taste with salt and pepper. Spoon into serving bowl; sprinkle with Parmesan cheese.

Sesame Ginger Noodles

Dressing:

- 1/2 cup creamy peanut butter
- 3/4 cup chicken broth
- 1/4 cup soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon minced fresh ginger
- 1 tablespoon sesame oil
- 1 clove minced garlic

- 2 cups trimmed watercress
- 1 cucumber, peeled, halved lengthwise, seeded and thinly sliced
- 1/2 cup finely diced yellow pepper
- 1/2 cup finely diced red pepper
- 1/4 cup thinly sliced radishes
- 1/4 cup thinly sliced green onions
- 18 oz. linguini

Dressing: Puree all dressing ingredients in blender until smooth.

Combine veggies in large bowl. Cook pasta according to directions; drain and rinse. Add to bowl with veggies. Toss with dressing.

Shrimp Thermidor

- 1/4 cup green onions or shallots, sliced
- 2 Tablespoons diced green pepper
- 3/4 cup fat-free half-and-half
- 4 slices Smart Beat fat-free cheese, cut in pieces
- 1 can (10 oz.) potato soup
- 2 tablespoons lemon juice
- 1/4 teaspoon ground pepper
- 1/2 teaspoon dry tarragon
- 1/2 teaspoon dry mustard
- 1 – 1 1/2 cups cooked shrimp (tails removed)

Spray a large, nonstick skillet with spray oil. Saute onion and pepper over medium heat until tender, about 5 minutes. Add soup and half-and-half; heat slowly, stirring frequently. Bring to a gentle boil; add cheese pieces, lemon juice, spices and shrimp. Heat completely through, about 3 to 4 minutes. Serve hot over rice.

Smoked Eggplant and Yogurt

- 1 medium eggplant, peeled and chopped
- 1/2 cup lightly salted water
- 1 1/2 cups plain regular or low-fat yogurt
- 1 small bunch green onions, diced
- 1/2 bunch cilantro, diced
- 1 teaspoon ground black pepper
- salt to taste
- 1/4 teaspoon paprika

- 1 piece charcoal
- 1 – 5x5 inch piece aluminum foil
- 1 tablespoon margarine or shortening

In a pot over medium heat, add the eggplant and water; cook until tender and the water evaporates. Mash the eggplant so no large chunks remain. Allow to cool completely.

In a large bowl, add the yogurt, mashed eggplant, green onions, cilantro, pepper and salt; mix well.

To smoke the salad, heat the charcoal over open flame until gray and reddish in color. Place the piece of foil in the eggplant salad (make room in the center for the foil). Place the hot charcoal on the piece of foil in the bowl. Add the margarine on top of the charcoal and cover salad bowl immediately. Allow to smoke for 10 minutes; remove charcoal.

Chill the salad in the refrigerator and garnish with fresh chopped cilantro and a sprinkle of paprika.

Spaghetti Sauce

- 1 lb. extra lean ground beef
- 1 clove garlic, minced or put through garlic press
- 1 onion, chopped fine
- 1/2 green pepper, chopped fine
- 1/2 cup sliced mushrooms
- 2 cups chopped fresh tomatoes with juice,
or 16 oz. can diced tomatoes
- 1 6 oz. can tomato paste
- 1 tsp. sugar
- 1 bouillon cube
- 1 tsp. basil
- 1 tsp. oregano
- 1/2 tsp. salt

Crumble and brown ground beef. Drain off all fat; wipe out frying pan. Turn beef into colander, and rinse with cold water. Pat dry with paper towel; return to pan.

Add garlic, onion, pepper, mushrooms and cook over medium low heat, stirring as necessary until veggies are soft.

Add tomatoes and tomato paste. Add seasonings and simmer until hot throughout. Adjust seasonings to taste and serve over pasta with low fat Parmesan sprinkled over.

Stuffed Mushrooms

18 large mushrooms
1 tablespoon olive oil
1/4 cup onion, minced
1 clove garlic, minced
1/4 cup walnuts, finely chopped
1 shredded wheat biscuit, crushed
1 tablespoon Parmesan cheese, grated
pepper to taste
1/2 teaspoon paprika
1/8 teaspoon basil
1/8 teaspoon parsley
1/8 teaspoon oregano

Preheat the oven to 350 degrees. Clean mushrooms and wipe dry. Remove stems and chop fine. Heat oil in a skillet over medium high heat and saute chopped mushroom stems, onions, garlic and walnuts until onion is tender. Remove from heat.

Stir in shredded wheat, cheese, basil, parsley, oregano, and pepper. Stuff mushroom caps, packing mixture firmly. Arrange mushrooms in a shallow baking dish and sprinkle tops with paprika.

Bake 20 to 25 minutes or until mushrooms are tender.

Three Cheese Baked Ziti

15 ozs. fat-free cottage cheese
2 whole eggs, slightly beaten
1/4 cup fat-free parmesan cheese
16 ozs. ziti pasta, cooked and drained
1 teaspoon salt
26 ozs. spaghetti sauce (low fat)
1 cup low-fat mozzarella cheese, shredded

Preheat oven to 350. Prepare a 13 x 9" pan with cooking spray; set aside. In a mixing bowl, combine cottage cheese, eggs, and parmesan cheese; set aside. In another mixing bowl, combine cooked pasta, pasta sauce, and salt. Spoon half of the pasta mixture into prepared pan; evenly top with cheese mixture, then remaining pasta mixture. Sprinkle with mozzarella cheese. Bake for 30 minutes, or until heated through.

Two Layer Pumpkin Pie

1 pie crust, baked
2 cups prepared pumpkin
1 cup cold skim milk
2 pkg. Instant Vanilla Pudding mix, sugar free
1 tsp. allspice
1 tsp. cinnamon
1/2 tsp. ground cloves

8 oz. low-fat cream cheese, softened
1 tbs. sugar
1 tbs. milk
8 oz. cool whip, Lite

Bake pie crust until browned and allow to cool. Mix together pumpkin, allspice, cloves, cinnamon, 1 cup milk, and pudding mixes. Mix well. Combine softened cream cheese, sugar, and milk. Stir until smooth and add 1 1/2 cups cool whip. Spread cream cheese mixture in bottom of prepared cooled crust. Spread pumpkin mixture over cream cheese mixture. Top with remaining cool whip. Chill for several hours before serving.

Veal Stew

1 pound Veal – trimmed of all visible fat and cut into 1 inch cubes.
1 cup baby carrots or 2–3 large carrots – cut into 1 inch pieces
6 to 8 small onions – peeled
2 cloves of garlic – peeled
2 large boiling potatoes – peeled and cut into 1 inch cubes
2 to 3 cups de–fatted chicken or beef stock
1 tablespoon Worcestershire Sauce
Pepper and Herbs – to taste (sage, rosemary, thyme)
2 tablespoons cornstarch mixed with 2 tablespoons cold water

Heat a large, non–stick, pot on high. When hot, sear meat on all sides. Add herbs and seasoning and stir. Add stock and bring to the boil (the chicken stock will be more delicate and let the full flavor come through). Add vegetables and return to the boil. Cover and simmer on very low heat for 45 minutes to an hour or until meat is fork tender and vegetables are tender but not mushy. Turn heat to high and bring stew up to the boil, remove from heat and drizzle in corn starch mixture while stirring constantly. Return to heat and continue to stir until the stew has thickened. Serve immediately.

Vegetable Dip

1/2 cup reduced-calorie or light mayonnaise
1 1/2 cups plain non-fat or low-fat yogurt
4 scallions, chopped
1/4 cup fresh lime juice
2 cloves garlic, minced
One 10-ounce package frozen chopped spinach, thawed, drained,
and squeezed dry
Raw vegetables for serving

In a bowl, combine all of the ingredients except the raw vegetables.

Cover and refrigerate for 30 minutes to allow the flavors to blend. Serve with cut raw vegetables.

Vietnamese Sandwiches

1 clove garlic, crushed
1/2 teaspoon salt
1/4 cup rice wine vinegar
1 teaspoon sugar
1/2 cup carrot, peeled and grated
1/3 cup thinly sliced white onion
1 to 2 tablespoons jalapeno chile, finely chopped
1 – 16" long baguette
4 teaspoons low-fat mayonnaise
3/4 pound cooked chicken breast or pork tenderloin, sliced
1 tablespoon fresh lime juice
1/2 teaspoon five-spice powder
1/2 cup fresh cilantro

With chef's knife, mash garlic and salt into a paste. Transfer to a mixing bowl and add vinegar and sugar, stirring to dissolve. Add carrots, onions and chilies. Toss to coat. Set aside. Slice baguette into 4 equal lengths. Split each piece horizontally. Spread cut sides with mayonnaise. Arrange the meat on the 4 bottom halves. Sprinkle with lime juice and 5-spice powder. Top with the carrot salad and a shower of cilantro leaves. Cover with bread tops and serve.

Zucchini Stuffed Chicken

2 tablespoons margarine
2 medium zucchini, shredded
3 slices of bread
1 egg white
1 teaspoon butter oil
1/2 cup shredded low fat Swiss cheese
4 skinless, boneless chicken breasts
1/4 teaspoon garlic salt
dash of pepper
dash of paprika

Melt margarine in a skillet and saute zucchini several minutes over medium–high heat. Tear the bread into pieces and add to zucchini, along with egg white, butter oil, and cheese. Stir well and remove from heat. Season chicken breasts with spices. Put chicken breasts in casserole sprayed with cooking spray. Spread stuffing over all four.

Cover casserole and bake at 400F for approximately 1 hour or until chicken is tender. Or microwave for approximately 20 minutes at 60%, turning after 10 minutes.



E-Cookbooks Barbecue Recipe Sampler

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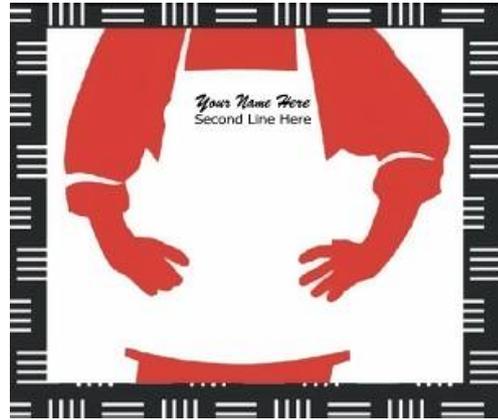
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Beer Barbecue Sauce

1 cup Prepared barbecue sauce
1 cup Ketchup
2/3 cup Beer
1/4 cup Honey or Molasses
2 tablespoons Lemon juice
2 tablespoons Red wine vinegar
2 tablespoons Dijon mustard
1 tablespoon Worcestershire sauce
1 teaspoon Hot pepper sauce
1/2 teaspoon Pepper
2 Garlic cloves, minced
2 Onions, finely chopped

In large bowl, combine barbecue sauce, ketchup, beer, honey, lemon juice, vinegar, mustard, Worcestershire sauce, hot pepper sauce, pepper, garlic and onions. Place food in marinade and let stand at room temperature for up to 2 hours or in refrigerator overnight. When ready to cook, remove food and place marinade in saucepan and cook for 10 minutes or until thickened. Use as sauce for basting or serving with cooked food.

Honey Spiced BBQ Sauce

- 1 1/4 Cup Catchup
- 2/3 Cup Salad oil
- 3/4 Cup Vinegar
- 5 Tablespoons Worcestershire sauce
- 1 Cup Honey
- 2 Tablespoon Dry mustard
- 3 Teaspoon Ginger, fresh grated
- 1 Lemon, sliced thinly
- 3 Tablespoons Butter

Combine all ingredients in a saucepan and heat to blend together.
Remove lemon peel before basting.

Jack Daniel's Grilling Sauce

1/2 cup pineapple juice
3 tablespoons soy sauce
1–1/2 teaspoon garlic powder
1/4 cup Jack Daniel's Whiskey

Combine all ingredients and mix well. Dip meat in sauce and place on grill over hot coals. When meat is turned, brush with sauce. Grill to desired degree of doneness. Just before meat is removed from grill, brush again with sauce. Makes enough for 8 servings.

Watermelon Barbecue Sauce

- 1 – 6 Pound Seedless Watermelon chunk
- 8 Ounces Tomato Paste
- 1 Tablespoon Onion Powder
- 1 Tablespoon Garlic Powder
- 2 Cups Firmly packed brown sugar
- 1/2 Cup Sherry
- 2 Teaspoons Lemon juice
- 1 Teaspoon Liquid smoke

Cut the melon into pieces and place in a saucepan. Cook it uncovered over medium heat until the melon is the consistency of applesauce (approximately 2–3 hours). Stir it occasionally. Add remaining ingredients. Simmer uncovered over low heat for 2 hours. Allow to cool to room temperature before using.

Tennessee BBQ Sauce

1 Cup Catsup
1/2 Cup Vinegar
1/4 Cup Worcestershire sauce
2 Cup Water
1 Onions, chopped
1/2 Cup Brown sugar
1 Teaspoon Celery seed
1/2 Teaspoon Salt

Combine ingredients in small saucepan and bring to boil. Simmer until reduced to thick sauce, stirring occasionally.

Molasses Orange Barbecue Sauce

- 1 Can Tomato soup, condensed (10 3/4 Ounce)
- 1 Can Tomato sauce, 8 Ounce can
- 1/2 Cup Molasses, light
- 1/2 Cup Vinegar
- 1/2 Cup Brown sugar, packed
- 1/4 Cup Vegetable oil
- 1 Tablespoon Minced onion, instant
- 1 Tablespoon Seasoned salt
- 1 Tablespoon Dry mustard
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon Orange peel, finely shredded
- 1–1/2 Teaspoon Paprika
- 1/2 Teaspoon Pepper, black
- 1/4 Teaspoon Garlic powder

In a saucepan, combine all ingredients. Bring to a boil; reduce heat and simmer uncovered for 20 minutes. Use to baste beef or poultry last 15 minutes of grilling.

Carolina BBQ Rub

2 tablespoons salt
2 tablespoons sugar
2 tablespoons brown sugar
2 tablespoons ground cumin
2 tablespoons chili powder
2 tablespoons freshly ground black pepper
1 tablespoon cayenne pepper
1/4 cup paprika

Combine all ingredients in a small bowl and mix well; use as a dry rub on beef, chicken, lamb or pork.

Cajun Blackening Spices

5 teaspoons paprika
1 teaspoon ground dried oregano
1 teaspoon ground dried thyme
1 teaspoon cayenne pepper
1/2 teaspoon finely ground black pepper
1/2 teaspoon finely ground white pepper
1/2 teaspoon garlic powder

Mix together and store in an air-tight container.

Chili Paste

- 1 Lemon (and zest)
- 1 Lime (and zest)
- 1 orange (and zest)
- 1/2 green chili, or more to taste (chopped with or without seeds)
- 5 garlic cloves (finely crushed)
- 3 tablespoons mild chili powder
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cinnamon

Mix 1/2 teaspoon of each fruit zest and all the juices with other ingredients. Add more spices if desired. Let stand at least 30 minutes before using (should thicken).

Kansas City Rib Rub

1/2 cup brown sugar
1/4 cup paprika
1 tablespoon black pepper
1 tablespoon salt
1 tablespoon chili powder
3/4 tablespoon garlic powder
3/4 tablespoon onion powder
1 teaspoon cayenne

Mix all ingredients together and store in an air tight container.

Maple Barbecued Chicken

4 skinless chicken thighs
3 tablespoons maple syrup
3 tablespoons chili sauce
1 tablespoon cider vinegar
1 tablespoon canola oil
2 teaspoon Dijon mustard
1 cup Apple Wood Chips

Soak Apple Chips in water for 30 minutes. Preheat grill. Combine syrup, chili sauce, vinegar and mustard together in a saucepan. Let simmer for 5 minutes. Brush chicken with the oil and season with salt and pepper. Add wood chips to coals. Place chicken on grill and cook for 10–15 minutes or until fork tender. Turn occasionally and brush generously with sauce in the last few minutes before they are done.

Cinnamon Honey Wings

2 1/2 pounds Chicken wings
4 each Garlic cloves, chopped
1/4 cup Olive oil
2 tablespoons Soy sauce
1/4 cup Vinegar, rice
1/4 cup Honey, mild
1–1/2 teaspoons Cinnamon, ground
1 teaspoon Thyme
1/2 teaspoon Ginger, ground
1/2 teaspoon Mustard, dry
1 cup Apple Wood Chips

Mix all ingredients (except chips) in a plastic bag then knead occasionally for 2 hours. Soak wood chips in water for 30 minutes. Prepare fire in grill. Add chips to hot coals. Cook wings on the grill for about 10 minutes on one side, then turn and baste with the marinade. Continue cooking 10 minutes or until done. Serve immediately or refrigerate until needed.

Barbecued Orange Chicken

2 1/2 lbs chicken parts

BBQ Sauce:

1/4 cup vegetable oil
1/4 cup frozen orange juice concentrate
1/2 cup white wine vinegar
1/4 cup tomato paste
1 orange zest, removed with grater, orange
slices reserved for salad

Salad:

1 large, ripe tomato
1 orange, sectioned (without rind, see above)
2 scallions, chopped
1 Tablespoon vegetable oil
1 Tablespoon white wine vinegar
1/8 Teaspoon salt
1/8 Teaspoon pepper

Prepare grill; heat coals. In medium bowl, mix together all barbecue ingredients until smooth. Place chicken on grill away from center heat, skin-side-down; cook 15 minutes. Turn chicken and grill for 10 additional minutes. Brush chicken pieces with sauce and turn occasionally; cooking for additional 10 minutes. Cut tomato into wedges and place in medium bowl. Use sharp paring knife to cut out white pith off orange. Remove orange sections and add them to tomato. Sprinkle with oil, vinegar and scallions; toss. Season with salt and pepper and toss again. Serve chicken with salad on the side.

Grilled Key Lime Chicken

3 pounds Chicken breasts; boneless, skinless
1 cup Key lime juice
1 tablespoon Honey
3/4 cup Water
1/2 teaspoon Fresh ground black pepper
1/2 teaspoon Ground thyme
2 tablespoons Vegetable oil
1 tablespoon Fresh ginger; peel, grated

Combine all ingredients except chicken in blender or food processor. Process until combined well. Pour over chicken. Cover and let marinate in the refrigerator overnight. Grill over hot coals, turning once, until done. Garnish with cilantro and lime slices.

Apple Smoked Barbecue Ribs

2 slabs baby back ribs, or spareribs
1/2 teaspoon cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon pepper
1 cup Apple Wood Chips
barbecue sauce (recipe follows)

Preheat oven to 400F. Rub cinnamon, cloves and pepper into both sides of ribs. Place ribs on wire rack on baking pan. Bake for 3 hours until tender.

Soak wood chips in water for 30 minutes. Prepare grill. Place apple wood chips directly in the center of hot barbecue coals. Baste ribs and place on grill above wood chips. Cover, grill and cook for 10 minutes. Turn ribs, baste again and cook another 10 minutes or until ribs are browned but still moist.

Barbecue Sauce:

2–15 oz. cans tomato sauce
1/2 cup molasses
10 cloves garlic
2 tablespoons ground cumin
2 tablespoons dry mustard
fresh ground pepper
1/2 teaspoon cinnamon
1/4 teaspoon hot pepper flakes
1/2 cup red wine vinegar

Combine all ingredients except vinegar in saucepan. Simmer, covered, on low heat for 1 hour, stirring occasionally. Add vinegar to taste and simmer for another 15 minutes. Chill at least 24 hours, or until ready to use.

Memphis–Style Barbecued Ribs

3 Pound Racks baby back ribs
2 Teaspoon Salt
2 Teaspoon Coarse ground black pepper
Apple Juice for Basting
1 Cup Red wine vinegar
2 Cup Onion, chopped
2 Garlic, cloves, minced
1/4 Cup Mustard, yellow prepared
1/2 Cup Brown sugar, packed
2 Cup Ketchup
2 Lemons, thinly sliced
1 Teaspoon Louisiana hot sauce

Trim as much fat as possible from ribs. On bone side, work knife tip beneath membrane that covers bone until finger tips can be worked beneath rack membrane, loosening enough to get firm grip. Then peel membrane off rack. With paring knife, scrape any fat away from bone.

Sprinkle ribs on both sides with even, light coating of salt and pepper. Place ribs, bone–side–down on grill. Grill over low fire 1 1/2 hours, turning every 15 to 20 minutes, replenishing fire as necessary. Baste with apple juice at every turn during first half of cooking period either by brushing on, or simply spraying apple juice from spray bottle. If smoking with indirect heat, turn at 1 hour intervals, cooking 4 to 6 hours.

Combine vinegar, onion, garlic, mustard, sugar and hot sauce in blender. Blend until smooth. Place in saucepan and add ketchup. Simmer 20 minutes. Add lemon slices. Stir occasionally to keep from sticking. Use sauce as frequent baste for last half of cooking period, whether grilling or smoking, being careful not to burn ribs. Serve remaining sauce on side.

Baby Back Ribs With Mustard Sauce

1/3 cup Brown sugar
1/4 cup Onion, finely chopped
1/4 cup Vinegar
1/4 cup Mustard
1/2 teaspoon Celery seed
1/4 teaspoon Garlic powder
4 pounds Pork spareribs, or pork loin ribs, cut into pieces

For sauce, in a saucepan combine brown sugar, onion, vinegar, mustard, celery seed and garlic powder. Bring to boiling, stirring till sugar dissolves. Preheat grill. Adjust heat for indirect cooking. Place ribs on grill rack over medium heat. Cover and grill for 1 1/4 to 1 1/2 hours or till ribs are tender and no pink remains. Brush occasionally with sauce the last 15 minutes of grilling.

Grilled Leek And Sweet Pepper

2 medium leeks, green tops trimmed, split up to the root ends, cleaned
1 Tablespoon olive oil
1 large red bell pepper
1 large yellow bell pepper
4 Tablespoon unsalted butter
1 large clove, garlic, minced fine
1/3 cup dry vermouth
salt and freshly ground pepper to taste
12 oz. fresh fettuccine
1 Tablespoon fresh thyme leaves
1 cup Apple Wood chips

Prepare a medium-hot fire in the grill. Coat the leeks with olive oil.

When the coals are covered in gray ash add the presoaked chips to the fire. When the chips start to smoke place the leeks and peppers on the cooking grid directly over the fire.

Grill, turning as needed, until leeks are tender and golden brown, about 10–12 minutes, and skin of peppers is charred, about 15 minutes. Remove the leeks from grill and let cool. Remove the peppers from the grill and place in a paper or plastic bag and seal; set aside and allow to steam.

When cool, trim root ends from leeks, then cut into thin strips. Peel and seed bell peppers and cut into thin strips.

Meanwhile, heat a large pot of water to boiling.

Heat butter in a large skillet over medium heat. Add garlic and cook, stirring frequently, until pale golden. Add vermouth, and reduce to syrupy consistency. Stir in leeks and peppers and season with salt and pepper.

Salt boiling water, add pasta, and cook until tender but still firm to the bite. Drain thoroughly, add to skillet and toss well. Sprinkle with thyme and serve hot.

Mediterranean Grilled Vegetables

- 1 pound Large onion
- 1 pound Red bell pepper
- 1 pound Green bell pepper
- 1 pound Yellow squash
- 1 pound Zucchini squash
- 1 cup Olive oil
- 1/3 cup Italian seasoning

Peel onions and cut top-to-bottom in large wedges. Cut tops from bell peppers, remove core, and cut in large top-to-bottom pieces. Trim ends from squash and cut in diagonal rounds, about 1/2" thick. Toss all vegetables in a large bowl with olive oil and seasoning, breaking up the onion wedges somewhat. Place in a single layer on a very hot grill (watch out for the flare-ups!) and grill, turning occasionally, until peppers are slightly charred and veggies are tender (about 5 minutes). Serve immediately. These are also good refrigerated, then microwaved to reheat.

Shrimp On The Barbie

12 Giant Prawns, shelled and heads and tails intact
1/4 cup Butter
1 cup Orange juice (freshly, squeezed)
2 tablespoons Sherry
1 teaspoon Orange Zest (grated)
2 each Green onions, tops and white
1 teaspoon Ginger root, (freshly grated)

Soak a dozen long wooden skewers in water for 30 minutes. Then push skewers through prawns, lengthwise, from head to tail with only 1 to a skewer. Combine all ingredients in saucepan and cook over medium to low heat, stirring, until butter is completely melted. Dip skewered prawns in the orange sauce and position on oiled grill rack about 4 inches above the coals. Baste liberally with sauce and grill for 2 minutes. Turn the prawn over and baste again, cooking for another 2 minutes. Smaller prawn will be done at this point, but continue basting and turning larger prawn until they are pink and cooked through. Remove from heat immediately when done, as they will get tough if overcooked. Use any remaining sauce for a dip for the prawns.

Grilled Halibut With Oriental Sauce

1/4 cup orange juice
2 Tablespoons soy sauce
2 Tablespoons ketchup
2 Tablespoons vegetable oil
2 Tablespoons fresh parsley or 1 Tbsp dried parsley, chopped
1 Tablespoon fresh lemon juice
1/2 Teaspoon oregano
1/2 Teaspoon pepper
1 clove garlic, minced
4 6-oz. halibut steaks, cleaned
1 cup Apple Wood chips

Combine orange juice, soy sauce, ketchup, oil, parsley, lemon juice, oregano, pepper and garlic in a small bowl. Brush the mixture evenly on the steaks, refrigerate.

Brush the grill lightly with oil. Light the coals or gas grill. Soak the apple wood chips in water for about 45 minutes. When the coals turn white add the wood chips. When the chips start to smoke place the steaks on the grill rack and cook turning once, about 5 to 6 minutes per side, or until the steaks flake when tested with a fork.

Barbecued Chuck Roast

4 pounds Round (7–bone chuck roast), Cut 2" thick
2 teaspoons Meat tenderizer
3 each Green onions, chopped
1 each Garlic clove
1/4 each Green Pepper (diced)
2 each Stalks Celery, diced
1/2 teaspoon Oregano
1/2 teaspoon Rosemary
1 dash Cayenne
1 tablespoon Worcestershire sauce
3/4 cup Burgundy wine
3 tablespoons Peanut oil

Slash fat edges. Sprinkle both sides of roast evenly with meat tenderizer. Pierce meat deeply all over with fork.

Place in shallow dish and top with green onions, garlic, green pepper, celery, oregano, rosemary and cayenne.

Combine worcestershire, burgundy and oil and pour over meat. Refrigerate overnight, turning meat several times, each time spooning the chopped ingredients over top again.

Sear both sides over glowing coals. Raise grill and continue cooking, having meat about six inches from heat, until done as desired. Allow from 50 to 60 minutes for total cooking time. Brush frequently during cooking with any remaining marinade.

Bourbon Steak

1–1/2 pounds steak
1 teaspoon. sugar
1/4 cup bourbon
2 tablespoons soy sauce
2 tablespoons water
1 garlic clove, crushed
1 cup Apple Wood Chips

Mix all ingredients (except chips) together, place in ziplock bag and marinate steak 4 hours or over night. Soak wood chips in water for 30 minutes, and add to hot coals just before commencing to grill. Grill steak to desired doneness. This recipe is good with any cut of steak you like.

Marinated Steak Kabobs

1 cup Onion, chopped
1/2 cup Vegetable oil
1/2 cup Lemon juice
1/4 cup Soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon Mustard, prepared
1 pound Sirloin steak, cut in 2" cubes
1 large Green pepper, cut in 1" pieces
2 medium Onions, quartered
2 medium Tomatoes, quartered
1 cup Apple Wood Chips

Saute onion in oil; remove from heat. Stir in lemon juice, soy sauce, Worcestershire sauce, and mustard; pour over meat and vegetables. Cover and marinate overnight in refrigerator. Remove meat and vegetables from marinade, reserving marinade. Alternate meat and vegetables on skewers.

Soak Apple Wood Chips in water for 30 minutes. Prepare fire in grill. When the grill is up to temperature, add wood chips; let them start smoking. Grill kabobs 5 minutes on each side over coals or until desired degree of doneness, brushing frequently with marinade.

Turn Your Grill Into A Smoker!

Be sure to soak wood chips in water for 30 – 60 minutes before putting on the grill.

When using gas grills it's best to put presoaked wood chips in a smoker box or wrap them in a piece of aluminum foil with a lot of holes in it. This keeps your grill from filling up with ash and clogging the jets. If you are using a charcoal grill or smoker then you can just put the wood directly on the coals (once they've heated up).

If you haven't used wood before, start small. Use a 1/4 cup of presoaked chips on your grill and see what it does for you. One of the great things about barbecue is the wide variety of experimentation available to the backyard cook. Wood is a great tool so don't be afraid to use it.

You can make a homemade smoker box by using a tin can. Poke some holes in the can, then open the lid not quite all the way and fill with wood chips that have been soaked in water for an hour. Position the can on the coals before grilling. Wait a little bit until the wood starts smoking, and commence with grilling.



E-Cookbooks Fish & Game Recipe Sampler

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Baked Mahi–Mahi with Dill Sauce

1/4 cup sour cream
1/4 cup plain yogurt
1 tablespoon mayonnaise or salad dressing
1 tablespoon minced fresh dill or 1 teaspoon dried dill
1/2 teaspoon Dijon mustard
1/8 teaspoon bottled hot pepper sauce
Salt & pepper to taste
2 Mahi–Mahi Steaks
1 tablespoon vegetable oil
1 tablespoon lemon juice
Salt
White pepper

Combine our sour cream, yogurt, mayonnaise, mustard, and hot sauce. Stir in dill; add salt and pepper to taste. Blend well. Allow to stand at least 1/2 hour to blend flavors. Serve at room temperature. May be refrigerated up to 24 hours.

Pat fish dry with paper towels. Combine oil and lemon juice; brush on both sides of fish. Season lightly with salt and white pepper. Place an inch apart in a lightly oiled baking dish. Bake at 450F for approximately 15 minutes. When fish tests are done, transfer to warm plates. Spoon Dill Sauce over fish.

Baked Possum

1 large possum, skinned, dressed, and washed
1 quart beer
4 tablespoons Tabasco sauce
1 1/2 tablespoons salt
2 onions, chopped
1 clove garlic, minced
2 tablespoons Worcestershire sauce
4 sweet potatoes
2 ribs celery, chopped
1 oz. whiskey

Mix the beer, whiskey, salt, Tabasco sauce, and Worcestershire sauce together. Place possum in a large roasting pan. Sprinkle the celery, onions, and the garlic all over the possum. Pour the liquid mixture over the possum as well. Cover and refrigerate overnight.

Preheat oven to 350F. Place the sweet potatoes around the possum. Bake covered for 1 1/2 hours. Baste once or twice with the marinade from the pan as the possum cooks.

Baked Walleye with Carrots

1 1/2 pounds walleye fillets, skin removed
2 cups grated carrots
3 tablespoons margarine or butter, melted
2 tablespoons lemon juice
1/4 teaspoon ground thyme
Salt to taste
3 tablespoons margarine or butter
3 1/2 tablespoons flour
Salt and pepper to taste
1/3 cup milk

Heat oven to 450F. Spray a 13 x 9-inch baking dish with nonstick vegetable cooking spray. Arrange fillets, slightly overlapping, in prepared dish. Set aside. In medium bowl, combine carrots, melted margarine, juice, thyme and salt. Spread mixture evenly over fillets. Cover with foil. Bake for 25 to 30 minutes, or until fish is firm and opaque and just begins to flake. Drain liquid from fish into a 2-cup measure. Cover fish with foil to keep warm. Set aside. Add water to liquid in cup to equal 1 1/3 cups.

In a 1-quart saucepan, melt 3 tablespoons margarine over medium heat. Stir in flour, salt and pepper. Blend in cooking liquid mixture and milk. Cook for 5 to 7 minutes or until mixture thickens and bubbles, stirring constantly. Pour sauce evenly over fish and serve over hot rice or linguine.

Bass with Avocado Sauce

1 small ripe avocado coarsely chopped
1/4 cup skim milk
1 tablespoon lime juice
1 garlic clove minced
1 dash hot sauce
2 tablespoons lemon juice
1 tablespoon soy sauce
1 teaspoon lemon rind grated
1 teaspoon Dijon mustard
16 ounces bass fillets
1/3 cup dry bread crumbs fine
vegetable cooking spray

Combine the first 5 ingredients in a blender; cover and process until smooth. Set mixture aside. Combine lemon juice and next 3 ingredients in a shallow dish; dip fillets in lemon juice mixture, and dredge in bread crumbs. Place on a baking sheet coated with cooking spray. Bake at 450 degrees F for 7 minutes; turn fillets over, and bake an additional 7 minutes or until fish flakes easily when tested with a fork. Transfer fillets to a serving platter, and top with avocado sauce.

Blackened Salmon

6 Salmon Fillets, 1/2 – 3/4 inch thick, skinned
2 1/2 cups unsalted butter or margarine
1/2 cup fresh lemon juice
1 1/2 teaspoons cayenne pepper
1 teaspoon salt
2 teaspoons fresh ground black pepper
1 Tablespoon dried thyme (do not use fresh – it will burn)
Lemon wedges and Parsley for garnish

Trim off the thin edges of fillets as these would burn. Pat dry and refrigerate until ready to cook. The butter sauce adheres better to cold fillets.

In heavy 3–quart cast–iron frying pan over medium heat, melt butter, add lemon juice, cayenne, salt, black pepper and thyme. Stir to blend; cool to lukewarm.

Place an empty 10–inch cast–iron skillet over high heat until bottom has a definite white haze and begins to smoke slightly. Remove fish from refrigerator; dip 1 fillet in warm butter sauce, coating well. Place fish in hot skillet, taking care that spits and spatters do not burn you. Fish will sear and cook almost immediately. Turn fillet over; blacken other side. Repeat with remaining fillets.

Reserve remaining butter sauce. As fillets are cooked, place them on individual plates; keep warm. Discard accumulated butter sauce in skillet and charred bits between batches. When all fillets have been cooked, wipe skillet clean and place empty skillet back on heat. Add reserved butter sauce; carefully swirl skillet 5 or 6 times to blacken butter. Remove pan from heat; drizzle butter over each fillet. Garnish and serve hot.

Bombay Monkfish

1 pound monkfish, skinned
Milk to cover
1/4 pound shrimp, shelled
2 eggs
3 tablespoons tomato paste
1/2 teaspoon curry powder
2 teaspoons lemon juice
1/4 teaspoon fresh rosemary, chopped
1 pinch of saffron or tumeric
3/4 cup light cream
Salt and pepper to taste

Preheat oven to 350F. Put the monkfish in a pan just large enough to hold it. Pour the milk over and place the pan over moderate heat. Bring to a simmer, cover, and cook for 8 minutes. Turn the fish and cook 7 minutes longer, or until the fish is cooked through. When the monkfish is nearly done, add the shrimp and cook 2–3 minutes, or until they turn pink. Drain fish and shrimp, discarding milk.

Cut the monkfish into bite-size pieces. Beat the eggs with the tomato paste, curry powder, lemon juice, rosemary, saffron and 1/2 cup cream. Mix in the fish and shrimp and season to taste with salt and pepper. Turn into 4 individual ramekin dishes and pour an equal amount of the remaining cream over the top of each dish. Bake for 20 minutes, or until set. Serve hot with a squeeze of lemon and a crusty french type bread.

Brandied Orange Rabbit With Mushrooms

4 pounds rabbit pieces
1/2 cup brandy
1/2 cup frozen orange juice concentrate
4 tablespoons butter
2 cups mushrooms, sliced
1 tablespoon cornstarch dissolved in 1/2 cup orange juice
2 cloves garlic, crushed
curry powder, to taste
salt and pepper
4 carrots, julienned

Marinate rabbit in brandy and orange juice concentrate overnight. Arrange rabbit in baking dish reserving marinade. In a skillet, melt butter and saute mushrooms until barely tender. Add reserved marinade, garlic, curry, salt and pepper. Thicken with cornstarch/orange juice mixture and pour over rabbit. Bake, uncovered, at 325F for 1 hour. Add carrots and bake 1 hour longer.

Cajun Crappie

- 4 Crappie fillets about 10" long
- 2 tablespoons butter
- 1 pinch cayenne pepper
- 3 teaspoons paprika
- 3 ounces cognac
- 1 cup heavy cream
- 4 tablespoons brown sugar
- 4 cloves crushed garlic
- 1 teaspoon corn starch
- Ground or fresh thyme
- Ground or fresh basil
- Ground or fresh parsley

Combine the thyme, basil, parsley, cayenne pepper, garlic and paprika and sprinkle over fish in a shallow bowl. Melt 1 tbs. butter in a skillet and add fish, cooking until soft but not hard. Cook for 2 minutes per side. The idea is to not dry out the fish. After the fish have been cooked on both sides, remove fish and add brown sugar to pan. Then add remaining butter and return the fish to the pan once the sugar is melted. This will glaze the fish and finish cooking them. Remove fish to serving plate and deglaze skillet with cognac immediately, adding heavy cream once cognac is boiling. Reduce by 25 percent. Combine a small portion of liquid with corn starch and add to sauce. Allow sauce to boil for about one minute. Pour sauce on top of fish and garnish with fresh parsley.

Cajun Frog Legs

16 good sized frog legs
1 cup shortening
1/2 cup flour
3 cups milk
1 teaspoon paprika
1/2 teaspoon onion powder
1/2 teaspoon garlic juice
1/2 teaspoon ground cayenne pepper
1/4 teaspoon black pepper
dash of white pepper
dash of oregano
dash of rosemary
salt to taste

Skin, clean and rinse frog legs well. Cover with whole milk and garlic juice in a plastic mixing bowl, refrigerate overnight. Pat dry, season with paprika, onion powder, cayenne, black pepper, and desired amount of salt.

Add white pepper, oregano, and rosemary to the flour. Heat shortening in a skillet. Lightly flour the frog legs and fry until golden brown.

California Wild Duck Stew

1/4 lb. fresh mushrooms, sliced
4 large tomatoes, peeled, seeded and quartered
3 tablespoons butter
1 large carrot, diced
1 medium green bell pepper, diced
1 medium onion, sliced
1 cup chopped celery and leaves
1 clove garlic, peeled and quartered
1 cup pitted ripe olives
1 tablespoon tomato paste
1/4 cup olive oil
2 cups dry red wine
1 tablespoon Worcestershire sauce
1/8 teaspoon cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon allspice
1/8 teaspoon mace
1/8 teaspoon thyme
1 bay leaf, crushed
1 teaspoon salt
1/4 teaspoon freshly-ground pepper
4 wild ducks, plucked, drawn and cut into serving pieces
20 small new potatoes

Saute mushrooms and tomatoes in 3 tablespoons butter for 3 minutes. Combine with carrot, green pepper, onion, celery, garlic, olives, tomato paste, olive oil, wine, Worcestershire, cinnamon, cloves, allspice, mace, thyme, bay leaf, salt and pepper to make a marinade. Add duck pieces and marinate overnight or for at least 10 hours. Simmer duck in marinade 1 1/2 to 2 hours or until tender. Boil potatoes in salted water for approximately 15 minutes or until tender. Add to stew just before serving.

Carolina Roast Venison

5 pounds venison roast
1 onion, chopped
1/4 cup barbecue sauce, see below
1 tablespoon salt
2 tablespoon vinegar
black pepper

Barbecue Sauce:

1 tablespoon black pepper
1 tablespoon salt
1 small box dry mustard
1/4 cup sugar
1/4 cup vinegar
1/4 cup water
1 stick butter/margarine

For sauce: Mix dry ingredients. Add vinegar, water and mix. Bring to full boil and add stick of butter and continue to cook until butter melts. This makes 1 Pint of the Sauce.

Soak venison in water, vinegar and salt for 4–5 hours. Remove and wipe dry. Sprinkle lightly with pepper and brush with sauce. Add onion and enough water to cover bottom of covered roaster. Bake in 325F oven the first hour; then lower heat to 275 F for an additional 3 hours. Baste often with sauce and juices from roast.

Carp with Red Sauce

1 pound carp fillets, skinned and cut 3/8-inch thick
(cutting shortens "floating bones" so cooking can break them down)

Vegetable oil, heated in a deep fryer

Batter:

1 cup cold water

1 egg

1/4 c oil

1/4 cup flour

4 teaspoons cornstarch

1 teaspoon baking powder

1 t salt

1/2 teaspoon MSG (optional)

Mix water, egg and oil before adding other ingredients. Dip strips in batter, drop them into a deep fryer. Cook until done, drain on paper toweling. Much like hors d'oeuvres. Dip into the following sauce.

Red Sauce:

1 cup catsup

1 cup chili sauce

dash of Tabasco

dash of Worcestershire

squeeze of lemon

3 Tablespoons pure ground horseradish

salt and pepper to taste

Catfish with Parsley–Pecan Sauce

2 cups all–purpose flour
1 tablespoon cayenne pepper
1 tablespoon, plus 1 teaspoon salt
6 catfish fillets, about 6 ounces each
2 tablespoons vegetable oil
2 tablespoons unsalted butter
2 cups parsley–pecan sauce

Sauce:

2 cups tightly packed fresh parsley, leaves only
1/2 cup olive oil
1/2 cup broken pecan meats
1 large clove garlic, chopped
1/2 cup freshly grated parmesan cheese
1/2 cup freshly grated romano cheese
2 tablespoons unsalted butter, cut into pieces

Mix flour, cayenne pepper and salt. Spread on large platter and dredge each fillet, shaking off excess. Set aside on sheet of waxed paper. Heat half the oil and butter in a skillet large enough to accommodate 3 fillets. When butter is foaming but not brown, add fillets and saute on one side for about 4 minutes, until light golden. Turn fillets and spread the browned side with sauce; continue to saute until underside is browned, about another 4 minutes. Cover skillet for a few minutes to melt sauce. Remove fish to platter. Add remaining oil and butter and cook remaining fillets.

Sauce:

Place parsley in food processor and process until coarsely chopped, turning machine off and on and scraping down sides. Add all other ingredients except salt, and process until mixture makes a smooth paste. Store, tightly covered in refrigerator. Makes about 2 cups.

Chinese Venison

2 lbs. venison steaks
1/4 cup soy sauce
1 cup beef bouillon
1/4 teaspoon ginger
2 cloves mashed garlic
1/4 cup sherry
4 tablespoons peanut oil
2 cloves chopped garlic
1 1/2 cups boiling water
3 large green peppers, cut into 1/2 inch strips
1 cup sliced water chestnuts
3 tablespoons cornstarch
sesame oil
hot boiled rice

Cut meat against the grain into 1/2 inch strips (this is easier to do if meat is partially frozen). Make a marinade for the meat by combining soy sauce, bouillon, ginger, mashed garlic and sherry. Marinate steak for 2–12 hours in the refrigerator. Dry meat on paper towels. In a wok, heat peanut oil and saute chopped garlic until it turns golden brown. Remove, leaving at least 2 tablespoon oil in wok. Add meat to oil and saute until brown (add just a dash of sesame oil to meat while it's browning). Add reserved marinade and 1 cup boiling water. Simmer 45 minutes or less time, if desired. When meat is tender, remove and keep in warm oven. Pour marinade in separate pan and add cornstarch. Add remaining 1/2 cup boiling water, if needed. Simmer until thick. Stir-fry green pepper and water chestnuts in liquid remaining in wok. Add meat and marinade gravy. Add a dash of sesame oil to taste. Serve over boiled rice.

Cream Of Crab Soup

- 1 Small onion, finely chopped
- 1 Tablespoon butter
- 1 Cup chicken broth
- 1 Quart Half & Half, or whole milk
- 1 Tablespoon chopped parsley
- 1/2 Teaspoon celery salt
- 1/2 Teaspoon mace
- 1 Dash cayenne
- salt and fresh ground black pepper, to taste
- 1 Pound crab meat, jumbo lump Maryland Blue Crab
- 1/4 Cup sherry
- 2 Tablespoons all-purpose flour,
mixed with 1 Tablespoon water or warm milk

In a large saucepan, cook onion in butter until transparent. Add chicken broth and slowly pour in milk. Add all seasonings except sherry. Add the crab meat (cleaned of all shells) and simmer for 15 minutes.

Make a paste of about 2 tablespoon flour and a little water or warm milk mixture. Stir paste into soup to thicken slightly. Remove from heat, stir in sherry and serve.

Garnish with chopped parsley.

Crab Stuffing

8 ozs. Ritz crackers, crushed
1/4 lb. sweet butter, melted
1/4 cup mayonnaise
2 tablespoons chopped garlic
2 tablespoons Worcestershire sauce
1/8 cup cream sherry
1 tablespoon ground black pepper
1/2 tablespoon hot sauce
1/2 cup fresh cleaned crabmeat

In a bowl, use a small wire whisk to mix all ingredients except crackers and crab. Lightly toss in crackers and crab. This may be used to stuff shrimp or other seafood such as flounder or grouper. It's great for stuffed mushrooms, too.

Crawdad Gumbo

1 pound crawdads, cooked & cleaned
8 oz. salt pork, cubed small
1/2 pound fresh (preferred) or frozen okra
1 medium brown onion
1 can whole tomatoes
8 oz. frozen corn
1 teaspoon parsley flakes
1/2 teaspoon cayenne pepper
1 pint half & half
2 cups water
salt to taste
pepper to taste

In a large skillet, fry salt pork until browned. Add onion, cook until tender, stirring often. Add water, okra, corn, tomatoes, and all seasonings, simmer for 15–20 minutes. Add half & half, and crawdads, simmer for 10 minutes.

Deviled Rabbit

1 rabbit washed in water, then diced
4 oz. fat bacon, finely chopped
1 large onion finely chopped
8 oz. mixed carrots, leeks and turnips – diced
5 tbsp. flour
1/2 cup milk
2 cups water
1 tsp. Worcester sauce
1 tsp. curry powder
1 tsp. salt
1/2 tsp. pepper
finely chopped parsley for garnish

Saute the bacon in a large saucepan with the onion, carrots, turnips, rabbit, curry powder and Worcester sauce for 2 or 3 minutes. Add the water and bring to the boil. Season with salt and pepper and reduce the heat to low. Simmer, covered, until the rabbit is tender about 1 1/2 hours. Blend the milk and flour in a small bowl, stirring continuously, and cook until the sauce is smooth and thick. Add more salt and pepper if necessary, and serve at once, garnishing with parsley.

Duck in Guinness and Honey

1 duck, trussed
2 Tbls. oil
2 Tbls. honey
1 Tbls. brown sugar
1 cup Guinness
pinch each nutmeg and cinnamon
1 1/4 cups demiglaze or duck stock
pinch each salt and pepper

Preheat oven to 475F.

Wash and truss the duck. Brush with oil and seal in a hot oven until browned (about 10 to 12 minutes). Meanwhile, in a heavy saucepan mix together the honey, sugar, Guinness and spices and simmer for 10 minutes. Add demiglaze or stock and continue cooking for another 15 minutes.

Season to taste with salt and pepper.

Reduce heat to 300F, cover the duck with the sauce and roast for 60 to 75 minutes. Baste occasionally. Test with a fork.

If the sauce tastes too bitter at the end of cooking time, add a little more honey. Remove from the oven and allow to rest for a few minutes before carving.

Duck and Roasted Walnut Salad

2 duck breasts
Salt and freshly ground black pepper, to taste
1/2 cup walnuts

Dressing (recipe follows)

1 cucumber, halved, seeded and thinly sliced
2 tablespoons chopped green onions

Preheat oven to 350 degrees. Place duck breasts on a rack in a baking pan and season with salt and pepper; roast 45 minutes. Let cool and slice thin. Spread walnuts on a cookie sheet and roast at 350 degrees 10 to 15 minutes, or until they are brown and give off a rich, nutty aroma; stir once or twice during cooking. Prepare dressing. Toss a little dressing with cucumber slices and arrange on a platter; fan duck slices on top. Spoon reserved dressing over top and garnish with roasted walnuts and chopped onion.

Dressing:

1 tablespoon raspberry vinegar
2 tablespoons walnut oil
1 tablespoon peanut oil
1 teaspoon soy sauce
2 teaspoons sugar

In a small bowl, whisk together vinegar, oils, soy sauce and sugar. Use as directed above.

Fricassee of Rabbit

2 rabbits, about 3 pounds each, skinned and cut up
(or similar amount of chicken)
4 egg yolks, beaten
2 cups bread crumbs
1/8 teaspoon mace
1/8 teaspoon nutmeg
1/4 cup butter for frying
2 cups brown gravy
1 cup red wine
1/2 pound fresh mushrooms, sliced
2 tablespoons each – butter and flour; mix well

Rub the rabbit pieces with the egg yolks and roll in bread crumbs to which you have added the mace and nutmeg. Fry in a dutch oven until well browned. Add the remaining ingredients and stir until thick. Cover and simmer until tender.

Fried Rocky Mountain Oysters

2 pounds bull or sheep testicles
1 cup flour
1/4 cup cornmeal
1 cup red wine
salt
black pepper
garlic powder
Louisiana Hot Sauce
pure hog lard or vegetable oil

With a very sharp knife, split the tough skin-like muscle that surrounds each "oyster." Remove the skin. Set "oysters" into a pan with enough salt water to cover them for one hour (this takes out some of the blood). Drain. Transfer "oysters" to large pot. Add enough water to float "oysters" and a generous tablespoon of vinegar. Parboil, drain and rinse. Let cool and slice each "oyster" into 1/4 inch thick ovals. Sprinkle salt and pepper on both sides of sliced "oyster" to taste.

Mix flour, cornmeal and some garlic powder to taste in a bowl. Roll each "oyster" slice into this dry mixture. Dip into milk. Dip into dry mixture. Dip into wine quicky (you may repeat the procedure if a thicker crust is desired). Place each "oyster" into hot lard or oil. Add Louisiana Hot Sauce to lard or oil (go wild with it, but watch out for hot splashes). Cook until golden brown or tender, and remove with a wire mesh strainer (the longer they cook, the tougher they get).

Roast Goose with Wild Rice

1 (12 pound) fresh goose
salt to taste
4 cups wild rice, cooked
2/3 cup chopped toasted hazelnuts
2 Granny Smith apples – peeled, cored and chopped
1/2 cup chopped onion
2 teaspoons ground savory
3 tablespoons chopped fresh parsley
freshly ground black pepper
1 1/2 tablespoons all-purpose flour
4 cups water

Mix together the cooked rice, nuts, apples, onion, and herbs. Season to taste with salt and pepper. Remove the neck, heart, and gizzard from the goose. Wash the bird inside and out. Pat dry. Fill the cavity of the goose with the stuffing, skewer closed, and lace string around the skewers. Truss the bird.

Roast in a preheated 325F oven, breast side down, for 1 1/2 hours. Draw off the fat as it accumulates. Turn, and roast another 1 1/2 hours. When done, the juices should run clear when the bird is pricked where the thigh attaches to the body. Remove trussing strings and skewers before carving.

While the goose is roasting, place the neck, heart, and gizzard in a saucepan with water. Let simmer gently, partially covered, for several hours, until reduced to slightly less than 2 cups. Season the broth to taste with salt.

Pour off all but 1 tablespoon of the fat from the roasting pan. Sprinkle a little flour over the bottom, 1 to 2 tablespoons, depending on how thick you like your gravy. Set the pan over low heat. Stir for 2 minutes, scraping up all the browned bits. Add the reserved goose broth to the pan, and whisk until smooth. Taste and season with salt and pepper. Serve in a gravy boat alongside the bird.

Italian Roast Pheasant

2 fresh pheasants
5 slices pancetta or bacon
1 tablespoon fresh rosemary, chopped
1 tablespoon fresh thyme, chopped
2 to 3 cloves garlic, chopped
Salt and black pepper
3/4 cup dry white wine
3 tablespoons butter
3 tablespoons brandy

Wash and dry the pheasants, removing any lumps of fat from the cavity. Make the dressing by chopping the bacon, herbs and garlic. Mix well. Spoon the dressing into the cavity and truss the birds. Season with salt and pepper.

Place the birds on their sides on a rack and bake at 350 degrees, turning every 15 minutes. The breast should remain down to keep it from drying out. After 30 minutes add the wine and continue roasting and turning the birds for another 10 to 15 minutes. Increase the heat to 450 and brown the skin. Cook the pheasant for 5 minutes on each side. Remove and keep warm.

Cut the birds in half. Place the halves, cut side down, in a large frying pan, with any stuffing that falls out and the pan juices. Add the butter, and cook over high heat for 3 to 4 minutes, or till traces of pink are gone. Add the brandy and flame them. Serve at once spooning the pan juices and stuffing on top.

Wild rice makes a fine accompaniment.

Lemon–Coriander Game Hens

2 Cornish game hens (1 1/2 pounds each), halved
1 teaspoon ground coriander
1 teaspoon ground turmeric

1/3 cup fresh lemon juice
1 green onion, minced
3 tablespoons minced fresh cilantro
2 garlic cloves, pressed

Rub game hens with coriander and turmeric. Set aside. Combine remaining ingredients in medium baking dish. Add game hens to marinade and turn to coat. Cover and refrigerate 6 hours or overnight.

Prepare barbecue (medium–high heat) or preheat broiler. Remove game hens from marinade. Season game hens with salt and pepper. Grill or broil until cooked through, turning and basting occasionally with marinade, 25 minutes.

Medieval Sweet and Sour Fish

2 pounds carp or other fish fillet
1/4 cup flour
1 medium onion, minced
3/4 cup white wine
3/4 cup cider vinegar
4 Tablespoons brown sugar
1/4 teaspoon ground cloves
1/4 cup currants
Pinch of mace
1/4 cup raisins
salt to taste

Cut fillets into large chunks and dredge them in flour. Heat oil in a large heavy frypan and saute onion until transparent. Add fish chunks and brown. In a bowl, combine remaining ingredients for a sauce. Pour over browned fish and onions.

Ostrich and Shrimp in Roasted Garlic Sauce

8 jumbo shrimp
12 pieces of ostrich, sliced medallion size and then pounded into scaloppini
15–20 medium sized whole garlic cloves, peeled
1/2 bottle of dry white wine (preferably Chardonnay)
1 1/2 pints of heavy whipping cream
1 medium sized red onion, finely chopped
1/2 stick lightly salted butter
Salt and pepper to taste
1 tbs. olive oil
1/2 cup chicken stock

Prepare ostrich and set aside. Place garlic cloves in the oven at 400F and bake until soft and brown (about 10–15 minutes). In sauce pot, melt butter and saute onion until onion is fully cooked (about 5 minutes). Add wine and allow to cook until dry over medium heat. When mixture has evaporated back down, add roasted garlic and puree. Place back on heat and slowly add cream, salt and pepper. Bring to slight boil and set aside.

In separate pan, heat olive oil add ostrich, sear on both sides and set aside. Add shrimp and chicken stock to oil; saute until cooked. Add ostrich and sauce.

Oriental Glazed Duck

1 – 5 pound duck, rinsed, patted dry
2 lemons, halved
salt and ground pepper to taste
3/4 cup soy sauce
3/4 cup ketchup
1/3 cup liquid honey
1/4 cup corn oil
4 cloves garlic, finely chopped
1 tbsp. rosemary
2 green onions, thinly sliced for garnish

Preheat oven to 400F. Rub the duck inside and out with juice of 1 lemon. Pat dry. Prick skin with fork. Sprinkle inside and outside with salt and pepper. Place second lemon in cavity. Place duck, breast side up on rack in shallow roasting pan. Bake for 30 minutes. While duck is roasting, make glaze. Combine soy sauce, ketchup, honey, oil, garlic and rosemary in small mixing bowl. Mix well. Reduce oven temperature to 350F. Pour off fat. Pour glaze over duck. Baste frequently and cook 1 hour and 15 minutes. Remove duck from oven. Let stand 15 minutes. Skim off fat from roasting pan. Reheat glaze, pour over duck and garnish with green onions.

Chunky Oyster Chowder

1 pint oysters
1/4 cup melted butter
1/2 cup sauteed sliced celery
1 quart milk
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/2 teaspoon paprika
1/2 cup sauteed chopped Onion
1 can undrained whole kernel corn
1 cup cooked diced potatoes

Open and save, or drain and save the oysters reserving the liquor. Remove any remaining shell particles. Add oysters and liquor to butter and cook for 3 minutes or until edges of oysters begin to curl. Add milk, onion, celery, corn, potatoes, salt & pepper; heat thoroughly but do not boil. Garnish with paprika. Serve at once.

Panfish Creole

- 1 1/2 lbs. panfish (sunfish, bluegill, perch)
- 1/4 cup flour
- 1/3 cup cooking oil
- 1 1/4 cup hot water
- 1 – 8 oz. can tomato sauce
- 1/2 cup chopped green onions and tops
- 1/2 cup chopped parsley
- 1/3 cup chopped green peppers
- 5 small cloves garlic chopped fine
- 2 teaspoons salt
- 1/2 teaspoon thyme
- 1/4 teaspoon cayenne pepper
- 2 whole bay leaves
- 1 lemon slice
- 2 1/2 cups cooked rice

Cut fish in one inch chunks. Coat fish in flour and brown in oil stirring constantly. Add water gradually. Cook until smooth and thick stirring constantly. Add remaining ingredients except rice. Cover and simmer for 20 minutes. Remove bay leaves and serve over rice.

Partridge Casserole

6 partridge
12 slices of bacon
6 slices of cooked ham
1/2 cup brandy
1/2 cup butter
3/4 cup beef stock
2 1/4 cup orange juice
Salt and pepper, to taste

Preheat oven to 400F.

Clean, wash, stuff, and truss partridge. Cover breasts with bacon slices. Line casserole with ham slices. Arrange birds in casserole, then cover.

Cook over low heat for 15 minutes. Remove cover to pour brandy over birds. Cover again and bake for 20 minutes at 400F. Remove birds and ham. Skim off fat, then strain pan juices.

Gradually add butter and beef stock to juices, stirring constantly while bringing them to a boil. Add orange juice, salt, and pepper. Return birds and ham to sauce, then serve.

Pheasant Jubilee

4 pheasants, quartered
Flour
1/2 butter or margarine
1 onion chopped
1/2 cup golden raisins
1 cup chili sauce
1/2 water
1/2 brown sugar
2 tablespoons Worcestershire sauce
1/4 teaspoon garlic powder
1 cup Sherry
1 (1-lb.) can pitted dark sweet cherries, drained

Dust pheasants with flour. Melt butter in a heavy skillet: brown birds thoroughly. Place pheasants in a deep casserole. In the same skillet, combine onion, raisins, chili sauce, water, brown sugar, Worcestershire sauce and garlic; boil briefly, scraping browned meat from bottom and sides of pan; pour over pheasants. Bake covered, in a moderately slow oven (325F) for 1 1/2 hours. remove cover; add sherry and cherries. Continue baking 20 minutes longer. To serve, transfer to a deep chafing or warming dish. This works well with wild rice and a fresh green vegetable.

Pheasant in Spiced Sour Cream

1 Pheasant – Cut up
Flour
Butter
8 oz. Sour Cream
2 Cups Water
2 teaspoons Worcestershire Sauce
Few drops Tabasco Sauce
2 Bay Leaves
Dash Sweet Basil
Dash Rosemary
Salt and Pepper

Dust pieces of pheasant with flour and brown in butter. Mix sour cream and water. Add remaining ingredients to sour cream mixture. Pour sour cream mixture in a covered roaster and add pheasant. Bake at 325F for several hours or until tender.

Rabbit In Tarragon Sauce

2 rabbits, cut into serving pieces
Salt and pepper
4 tablespoons olive oil
1 cup onion, chopped
1 cup carrot, peeled and chopped
1 cup celery, chopped
Flour
2 cans chicken broth
1/2 cup sherry
2 teaspoons tarragon
1 cup heavy whipping cream
1 tablespoon Dijon mustard
1/4 cup parsley, minced

Season rabbit with salt and pepper. Place olive oil in skillet and brown rabbit. Remove meat and drain on paper towel. Add onion, carrot and celery to skillet. Saute 5 minutes. Stir in enough flour to make a paste. Blend in broth, sherry and tarragon. Return rabbit to skillet. Bring sauce to a boil and reduce heat to simmer. Baste meat frequently for 45–60 minutes. Remove rabbit to serving platter and keep warm in oven. Strain and degrease sauce, discarding vegetables. Return remaining sauce to skillet and add cream. Simmer until thickened, stirring frequently. Remove from heat and add mustard and parsley. Pour sauce over rabbit and serve.

Rack of Venison With Mushrooms

1 quart beef stock
1/2 cup chopped leeks
1/4 cup each, chopped: shallots and carrot
1 tomato, chopped
1/2 bunch fresh parsley (leaves only)
1/2 cup port wine
2 teaspoons tomato paste
1 rack of venison (8 ribs, about 2 pounds)
1/4 cup olive oil
2 cups sliced mixed exotic mushrooms (oyster, shiitake, portobello)
Salt and freshly ground black pepper, to taste
Chopped parsley or watercress for garnish (optional)

In a very large saucepan, combine stock, leeks, shallots, carrot, tomato and parsley; whisk in port and tomato paste. Bring to a slow boil, reduce heat and simmer 2 hours, or until sauce is reduced to 3 cups. Strain and discard solids. Preheat oven to 425F.

Place venison on a rack in a roasting pan and roast 25 minutes, just to medium rare. Remove venison from oven and set aside. (To add an optional crust on the top, brush 1 tablespoon Dijon mustard over roasted venison. Pat on about 1/2 to 3/4 cup dry seasoned bread crumbs. Return venison to oven until bread crumbs are browned.)

Meanwhile, heat oil in skillet and add mushrooms; saute briefly, then season with salt and pepper. Pour about 1/4 cup sauce on each of 8 plates. Place 2 slices venison on each plate, atop sauce. Garnish with mushrooms and chopped parsley.

Roast Duck with Port–Garlic Sauce

For sauce:

- 1 5–pound duck, fresh or frozen, thawed (neck, heart and gizzard reserved)
- 1 medium onion, quartered
- 1 carrot, coarsely chopped
- 1 celery stalk, coarsely chopped
- 4 1/2 cups water

- 2 tablespoons (1/4 stick) butter
- 6 large garlic cloves, sliced
- 1 cup ruby Port
- 1 tablespoon all purpose flour

For duck:

- 1/3 cup soy sauce
- 3 tablespoons Dijon mustard
- 3 large garlic cloves, pressed
- 1 teaspoon coarse salt
- 1 teaspoon ground pepper
- 1 teaspoon dried thyme

Cut off duck wing tips at joint. Combine neck, heart, gizzard and wing tips in large saucepan. Add onion, carrot and celery to pan. Add 4 1/2 cups water and bring to boil. Reduce heat and simmer 1 hour. Strain stock into medium saucepan. Boil stock until reduced to 1 cup, about 15 minutes.

Melt 1 tablespoon butter in heavy large skillet over medium heat. Add sliced garlic and saute until golden, about 2 minutes. Add Port and boil 5 minutes. Add reduced duck stock and boil until reduced to 1 cup, about 8 minutes. Mix remaining 1 tablespoon butter and flour in small bowl. Whisk into sauce and simmer until thickened, about 1 minute. Season sauce with salt and pepper.

Preheat oven to 400F. Trim excess fat from cavity of duck. Using fork, pierce duck skin in several places. Place duck, breast side up, on rack in large roasting pan. Brush soy sauce over duck. Mix mustard and pressed garlic in small bowl. Brush mustard mixture over duck. Mix salt, pepper and thyme in another small bowl. Sprinkle spice–herb mixture over duck and in cavity. Roast duck 45 minutes. Turn duck and roast, breast side down, 30 minutes.

Turn duck and roast, breast side up, until duck is deep golden brown and cooked through, about 15 minutes longer.
Transfer duck to platter. Serve with warmed sauce.

Roast Goose with Baked Apples

6 – 8 firm medium apples, cored
1 cup mashed cooked sweet potatoes
1/4 cup packed brown sugar
2 tablespoons melted butter
1/4 teaspoon salt
Dash of pepper
1 whole wild goose, 6–8 pounds
Seasoned salt
Salt and pepper
1 carrot, cut into 1–inch pieces
1 stalk celery, cut into 1–inch pieces
1 medium onion, cut into 8 pieces
Apple brandy

Remove a thin strip of peel from the top of each apple. In medium mixing bowl, combine remaining apple ingredients and mix well.

Stuff apples with sweet potato mixture, mounding on top. Place in shallow baking dish. Set apples aside. Heat oven to 325F. Pat goose dry with paper towels. Sprinkle cavity lightly with seasoned salt, salt, and pepper. Place carrot, celery, and onion in cavity.

Tie drumsticks across cavity. Tuck wing tips behind back. Place, breast side up, on rack in roasting pan. Sprinkle outside of goose with seasoned salt, salt, and pepper.

Roast, basting frequently with pan juices and sprinkling occasionally with brandy, until desired doneness, about 20–25 minutes per pound. Drain and discard excess fat during roasting.

Place stuffed apples in oven during last 30–45 minutes of roasting. Baste apples frequently with goose drippings.

Remove apples when fork–tender. Allow goose to rest 20 minutes before carving and serving.

Roast Quail Stuffed with Foie Gras

4 quail, boned
Salt and pepper
Pate de foie gras (enough to stuff quail, about 2 ounces each)
4 pieces of bacon
3 tablespoons unsalted butter
1/3 cup minced shallot
1/4 cup Armagnac
1 1/2 cups veal or chicken stock
2 to 3 teaspoons arrowroot dissolved in water
Fresh chervil for garnish

Preheat oven to 350F. Season quail, stuff with foie gras and wrap with bacon. In oven proof saute pan heat 2 tablespoons of the butter over moderate heat until hot. Add quail and cook until golden on all sides. Transfer to oven and roast 15 minutes. Transfer quail to a serving dish.

Discard all but 2 tablespoons fat from pan. Add shallot and cook, stirring, 1 minute. Deglaze pan with Armagnac, scraping up brown bits clinging to bottom of pan. Add veal stock and reduce to 1 cup. Add enough arrowroot to lightly thicken sauce. Whisk in remaining butter. Pour juices from platter containing quail into sauce and stir to combine. Coat quail with sauce and garnish with chervil.

Roast Wild Turkey

- 1 wild turkey 8 to 10 lbs
- 1 lb. of pork sausage
- 1/2 cup of butter
- 1/2 lb. of sliced mushrooms
- 2 stalks of chopped celery
- 1 chopped onion
- 2 garlic cloves, minced
- 6 cups of bread cubes
- 1 egg

Preheat oven to 325F.

If the wild taste is something you do not like, marinate the turkey in buttermilk for 24 hours.

Brown the pork sausage in a skillet and drain the grease. Add the butter, mushroom, garlic, onion, and celery to skillet and melt the butter. Pour the mix over the bread cubes in a bowl and stir in the egg. Clean inside and out and dry the turkey.

Stuff the prepared dressing into the cavity and place turkey in a roasting pan. Place a meat thermometer in the breast of the turkey avoiding the bones. Lightly rub oil over the turkey.

Cover the turkey loosely with foil. Place roasting pan in oven for about 3 1/2 hours, occasionally basting with oil or butter. Remove the foil and continue to roast for 30 min. The turkey is done when the thermometer reads 185F.

Pull the turkey from the oven and let sit for 30 min.

Salmon Pate

1 cup salmon, flaked
1 pkg. (8 oz.) cream cheese, room temperature
1 tablespoon fresh lemon juice
1 teaspoon prepared horseradish
1 teaspoon onion, grated
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon liquid smoke

Garnish:

almond slices
parsley
1 olive
celery

Mix salmon with all of the other ingredients. Press into a fish shaped mold or shape by hand as such. Garnish fish with almond slices to resemble scales. Slice green olive for eye and thin strips of celery for tail. Garnish top with parsley. Chill at least 1 hour before serving.

Scotched Pheasant

- 1 pheasant
- 1 tablespoon Grey Poupon or other not-bright-yellow mustard
- 1/4 cup olive oil
- 1 tablespoon rosemary
- 1/4 cup scotch (wine will do if you don't have scotch)
- 1/4 cup chicken broth

Fillet the pheasant breast and cut off the legs (skinned). Cover all four pieces in the mustard and brown them in olive oil in a pan. Sprinkle the meat with the rosemary and add the scotch and the chicken broth.

Bring the liquid to a boil, then lower the heat and cover. Simmer for 7 to 8 minutes, then uncover. The breast pieces should be done. Remove them and let the legs cook until the sauce thickens.

Baked Seafood Au Gratin

- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 cup butter
- 1 cup all-purpose flour
- 1 pound fresh crab meat
- 4 cups water
- 1 pound medium shrimp, peeled and deveined
- 1/2 pound bay scallops
- 1/2 pound flounder fillets
- 3 cups milk
- 1 cup shredded sharp Cheddar cheese
- 1 tablespoon distilled white vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- dash hot red pepper sauce
- 1/2 cup grated Parmesan cheese

Lightly grease one 13x9x2 inch baking dish. In a heavy skillet, saute the onion and the pepper in 1/2 cup of the butter or margarine. Cook until tender. Stir in 1/2 cup of the flour and cook over medium heat for 10 minutes, stirring frequently. Add the crabmeat and stir well. Press this mixture into the bottom of the prepared baking dish and set aside.

In a large Dutch oven, bring the water to a boil. Add the shrimp, scallops and flounder. Simmer for 3 minutes. Drain and reserve 1 cup of the cooking liquid and set the seafood aside.

Preheat oven to 350F. In a heavy saucepan, melt the remaining 1/2 cup butter over low heat. Stir in the remaining 1/2 cup flour. Cook and stir constantly for 1 minute. Gradually add the milk plus the 1 cup reserved cooking liquid. Raise heat to medium and cook, stirring constantly, until the mixture is thickened and bubbly. Stir in the shredded Cheddar cheese, vinegar, Worcestershire sauce, salt, pepper, and hot sauce. Add the cooked seafood and stir gently.

Spoon the seafood mixture over the crabmeat crust and sprinkle with the Parmesan cheese. Bake in the preheated oven for 30 minutes or until lightly browned. Serve immediately.

Spicy Blackened Catfish

2 teaspoons sweet paprika
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon dried thyme, crumbled
1/4 teaspoon cayenne, or to taste
1/2 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 catfish fillets (about 1 pound)
1 large garlic clove, sliced thin
1 tablespoon olive oil
1 tablespoon unsalted butter
lemon wedges as an accompaniment

In a small bowl combine the paprika, oregano, thyme, cayenne, sugar, salt, and black pepper. Pat the catfish dry, and sprinkle the spice mixture on both sides of the fillet, coating them well. In a large skillet saute the garlic in the oil over moderately high heat, stirring, until it is golden brown and discard the garlic. Add the butter, heat it until the foam subsides, and in the fat, saute the catfish for 4 minutes on each side, or until it is cooked through. Transfer the catfish fillets with a slotted spatula to 2 plates and serve them with the lemon wedges.

Tarragon Trout

2 trout with heads on (8–10 oz.)
1/4 cup water
1/4 cup olive oil
1/2 tablespoon tarragon leaves
1/2 cup white vinegar
1 tablespoon Dijon mustard
1/2 tablespoon minced shallots
1/4 teaspoon salt
1/4 teaspoon black pepper

Combine tarragon leaves and vinegar in a saucepan and bring to a boil. Cool, and add the remaining ingredients. Pour the marinade over the trout. Refrigerate for 3–4 hours. Cook the trout on a charcoal grill for 3 to 4 minutes brushing occasionally with marinade.

Trout with Red Onion and Orange Relish

1 – 1 1/3–pound trout, boned, cut in half lengthwise
yellow cornmeal
salt and pepper to taste
1 medium orange
3 tablespoons chopped fresh mint
2 tablespoons olive oil
2/3 cup chopped red onion
2 tablespoons white wine vinegar

Grate 1 teaspoon peel from orange. Cut off remaining peel and discard. Cut orange into 1/2–inch pieces. Mix orange pieces, peel and mint in small bowl. Heat 1/2 tablespoon oil in heavy large skillet over medium heat. Add onion, then vinegar. Toss until just heated through, about 1 minute. Add onion mixture to orange mixture (do not clean skillet). Season relish with salt and pepper.

Sprinkle fish with salt and pepper. Sprinkle on all sides with cornmeal. Heat remaining 1 1/2 tablespoons oil in same skillet over medium–high heat. Add fish and saute until crisp outside and just opaque in center, about 4 minutes per side. Transfer fish to plates; top with relish.

Venison Bigos

1/2 pound venison, cubed
1/2 pound lean pork, cubed
1/2 pound venison sausage, sliced 1/2" thick
1/2 pound bacon, diced
1 can beef broth, (10 1/2 oz)
1 large onion, diced
8 ounces fresh mushrooms, sliced
1 cup red wine
1 tablespoon mild paprika
salt and pepper, to taste
2 cans sauerkraut, (32 oz total)

In a Dutch oven, fry the bacon until crisp, then remove and drain, leaving grease in pan. Saute onion and mushrooms in drippings until softened, then remove and drain them. Pour off all but 1/4 cup of drippings. Brown the meats. Add the bacon, onions, mushrooms, and remaining ingredients, except sauerkraut. Bring to a simmer, stirring. Cover and simmer for 2 hours. Add drained sauerkraut and simmer 20 more minutes.

Venison Cutlets with Apples

1 slice venison, 1/2 inch thick
4 apples
Powdered sugar
1/3 cup port wine
Salt and pepper to taste
Butter
12 candied cherries

Wipe, core, and cut apples in 1/4-inch size slices. Sprinkle with powdered sugar; add wine, cover, and let stand 30 minutes. Drain (reserving wine) and saute in butter. Cut venison in cutlets, sprinkle with salt and pepper, and cook 3 to 4 minutes in lightly greased pan. Remove from pan. Melt 3 tablespoons butter in pan; add wine drained from apples and cherries. Reheat cutlets in sauce and serve with apples.

Venison Sirloin

3 pieces of 2 oz. venison medallions
1 oz. clarified butter or oil
1 tbsp. chopped shallots
1 teas. chopped parsley
1 teas. chopped thyme
1 teas. chopped tarragon
4 oz. sliced wild mushrooms
2 tbsp. grained mustard
4 oz. heavy cream
2 oz. cognac
flour for dusting
salt & pepper to taste

In hot pan add butter. Dredge medallions in flour. Saute quickly.
Take out of pan and add shallots and herbs. Saute. Add mushrooms and
flambe with cognac. Add heavy cream and reduce until desired thickness.
Wisk in mustard. Add seasonings and medallions. Serve.

Venison Stew

Spice Mix:

- 2 tablespoons paprika
- 3/4 teaspoon thyme
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 3/4 teaspoon cayenne pepper
- 3/4 teaspoon dry mustard
- 1/2 teaspoon black pepper

Stew:

- 5 pounds venison (chuck or leg meat), cut into 1-inch cubes
- 1/2 cup vegetable oil, divided
- 3/4 pound dried apricots
- 1/2 pound dried prunes
- 1 cup dry red wine
- 6 cups beef broth
- 3 cups chicken broth
- 3/4 cup butter
- 3/4 cup flour
- 3/4 pound onions, chopped
- 1/2 cup chopped parsley
- Salt and pepper to taste

Stir together ingredients for Spice Mix and set aside. In a large bowl, place venison and toss with entire spice mixture. Cover with plastic wrap, set in the refrigerator and leave overnight.

On cooking day, combine dried fruit and red wine in bowl, and set aside. Heat a large saute pan until very hot, add a little oil. Add meat in batches and replenish oil as needed to brown meat well on all sides. Remove meat to 8-quart stock pot as it browns. Deglaze saute pan with a bit of stock to melt drippings. Transfer drippings to stock pot along with the rest of beef and chicken stock.

Bring to a boil, reduce heat to simmer, cover and cook 2 hours or until meat is tender. When meat is done, strain off and save the cooking liquid. Set meat aside temporarily.

In same stock pot, which you have now emptied, melt butter and cook until it bubbles, but doesn't burn. Stir or whisk in flour. Brown it lightly to make a roux. Slowly add strained-off cooking liquid to make a sauce. Add enough liquid for desired thickness. Let simmer 5 minutes. Add meat, dried fruit and wine. Meanwhile, saute onions

in a small amount of oil. Add to stew with parsley, salt and pepper to taste.

Venison Roast Marinated in Buttermilk

4–5 pound venison leg roast

Rub the roast well with a mixture of:

- 1 tablespoon coarse ground black pepper
- 2 teaspoons ground red chile pepper
- 1 teaspoon thyme
- 1 teaspoon sage
- 1 tablespoon vinegar.

Let roast sit a couple hours, then marinate in:

- 4 sliced onions
- 4–5 bay leaves
- 6 cloves garlic, crushed
- 1 teaspoon whole black peppercorns
- Small stick of cinnamon
- 1/2 gallon buttermilk

Place in refrigerator for 2–3 days, turning occasionally.

Drain roast, discard marinade. Brown roast well in a bit of bacon grease in a dutch oven. Drain grease. Add a bottle of good beer or cider. Cover and bake slowly, 300–325F for an hour or two. Add a couple onions, carrots, a couple apples and a sweet potato or two. Add more beer, cider or water to maintain liquid level. Continue to roast until vegetables and roast are tender.

Serve with a green salad and corn bread.

Wild Goose Chase

1 cup dried apricots, halved
2 cups dried prunes, halved
1/2 cup Madeira wine
1 goose (12 pounds)
juice of 1 orange
2 tart apples
grated zest of 1 orange
salt and pepper to taste
dash paprika
8 slices bacon
1 1/4 cups Wild Goose Sauce (recipe below)

Place apricots and prunes in mixing bowl. Add Madeira. Mix and set aside.

Preheat oven to 325F. Rinse goose and pat dry. Prick all over with fork. Rub inside and out with orange juice. Add apples and orange zest to apricots and prunes. Sprinkle goose inside and out with salt, pepper and paprika. Stuff cavity with fruit. Skewer opening closed. Lay bacon slices across breast. Place goose, breast side up, in shallow roasting pan. Roast for 1 1/2 hours, removing accumulated fat every 30 minutes. Remove bacon and roast for 1 hour more, removing fat after 30 minutes. Remove from oven. Let stand 20 minutes before carving.

Make sauce:

pan drippings from roasted goose
2 green onions, chopped
3/4 cup chicken stock
1/2 cup Madeira wine
1 tbsp. peppercorns, slightly crushed
1 tsp. cornstarch
salt and fresh ground pepper to taste

Scrape brown pan drippings into saucepan. Add green onions, 1/2 cup stock, Madeira and peppercorns. Simmer 5 minutes. Mix cornstarch with remaining 1/4 cup stock until smooth. Slowly drizzle into sauce, stirring rapidly. Add salt and pepper. Stir, simmer 5 minutes. Serve over goose.