

SCALLOPED CORN

1 can drained whole kernel corn	1 Tbsp. sugar
1 can creamed style corn	Salt and pepper to taste
2 c. milk	1 c. cracker crumbs
2 beaten eggs	

Mix well together, put into buttered casserole dish (1 1/2 to 2 quart). Dot with butter and paprika; cover. Bake at 350° F. for 1 hour.

Kaye S.

CORN-SPOON

3 eggs, separated	2 Tbsp. butter or margarine
1 1/4 c. milk, scalded	1 (17 oz.) can golden cream style corn
3/4 c. corn meal	3/4 tsp. baking powder
3/4 tsp. salt	

Grease 2 quart baking dish. Beat egg whites at room temperature until stiff, but not dry. Beat yolks until thick and lemon colored. Stir corn meal and salt into scalded milk, beating briskly. Cook for a few minutes over low heat, stirring until the consistency of thick mush. Blend in butter and corn, then baking powder. Fold in yolks, then egg whites. Pour into baking dish and bake at 375° F. for 35 minutes, or until puffy and golden brown or until a knife inserted in the center comes out clean. Serves 5 to 6.

Betty N.

SOUTHERN STYLE FRIED CORN

2 qt. fresh white corn (6 to 8 ears)	1 large green pepper, diced
1 tsp. salt	1/2 c. sugar
1/2 c. butter	1/2 c. cream
1/2 c. water	

Remove corn kernels from cobs. Cook green pepper in butter until tender. Add corn, salt, sugar and water. Cook 10 minutes, or until done. Add cream, stirring constantly. Let come to just a boil. Remove from heat. Serves 6 to 8.

Charlotte H.

EGGPLANT AND MUSHROOM CASSEROLE

3 medium sized eggplants, peeled, cubed after cooking	Salt and pepper
1 c. finely chopped onion	1 1/2 (3 oz.) pkg. cream cheese
2 Tbsp. butter	1/4 c. finely chopped parsley
4 eggs, beaten	Pinch of thyme
1 c. mayonnaise	3 Tbsp. grated Gruyere or Swiss cheese
1 lb. finely chopped, fresh mushrooms (or canned)	1/4 c. fine white bread crumbs
4 Tbsp. butter	2 Tbsp. melted butter

Cover eggplant with water and 1 tablespoon salt for 30 minutes. Cook in water until tender. Drain well. Cut in cubes and mix with the onion that has been sauteed in the butter until fairly dry and yellow. Add the beaten eggs and mayonnaise. Wash and dry mushrooms. Chop and saute in the butter. Cook quickly on high for 3 minutes. Add to

the eggplant mixture. Mix thoroughly. Place in a buttered 2 quart casserole. Soften and mix by hand, the cream cheese. Add the parsley, thyme and grated Swiss cheese or Gruyere cheese and bread crumbs. Sprinkle with melted butter. Bake at 350° F. until set and top is brown, about 40 minutes. Serve with chicken, ham or fish.

EGGPLANT PARMESAN

- | | |
|---|--------------------------------|
| 2 c. whole tomatoes with liquid (1 can) | 2 eggs |
| ¼ c. water | ½ c. bread crumbs |
| 2 Tbsp. olive or peanut oil | ½ c. oil |
| 2 Tbsp. tomato paste | 2 cloves minced garlic |
| 2 medium size eggplants | 1 Tbsp. oregano |
| Salt and pepper | ½ c. grated Parmesan cheese |
| Garlic powder | ½ lb. sliced Mozzarella cheese |

Combine tomatoes, ¼ cup water, oil and tomato paste in a saucepan. Simmer for 20 minutes. Peel eggplant. Cut in round slices about ¼ inch thick. Sprinkle with salt, pepper and garlic powder. Beat eggs slightly with 2 tablespoons water. Dip eggplant in crumbs, then egg and again in crumbs. Heat oil in skillet and brown garlic for 1 minute. Add eggplant and brown on both sides. Remove and drain on absorbent paper. Line shallow baking dish with sauce. Place in this, layers of eggplant, sauce, sprinklings of oregano, grated cheese and Mozzarella cheese slices. Repeat process until all ingredients are used, ending with cheese. Bake, uncovered, at 350° F. for 25 minutes. May be covered with foil and frozen. (Bake at 350° F. for 45 minutes, if frozen.) Serves 4.

Nancy G.

LIMA BEAN CASSEROLE

- | | |
|---------------------------|--------------------|
| 2 boxes frozen lima beans | ½ lb. bacon, diced |
| 1 onion, diced | 1 can tomato soup |
| 1 green pepper, diced | 1 tsp. salt |
| 3 Tbsp. brown sugar | ¼ tsp. pepper |

Mix all together. Bake in 350° F. oven for 1½ hours (first hour covered). Stir then and bake another ½ hour.

Randy P.

MEDITERRANEAN VEGETABLE MEDLEY

- | | |
|---|--|
| 1 medium onion, sliced thinly | 1 pt. fresh mushrooms (left whole) |
| 1 Tbsp. garlic powder or garlic salt | 5 whole tomatoes, peeled, cut in wedges or 1 pt. cherry tomatoes, washed |
| 1 Tbsp. oregano or basil | ½ c. chopped parsley |
| 2 Tbsp. lemon juice | 1 small eggplant, peeled, cut into small pieces (optional) |
| ¾ c. olive or Crisco oil | 1 c. frozen peas (optional) |
| 2 small zucchini, thinly sliced | 1 c. cooked green beans (optional) |
| 1 carrot, cut in thick round slices | Browned ground beef (optional) |
| 1 large rib celery, cut in thick slices | |
| 1 green pepper, seeded, sliced in thin slices | |

Combine onion, garlic, oregano and basil, lemon juice and oil. Set aside. Place vegetables in 3 quart casserole and pour oil mixture over them. Mix well, cover with lid or foil and bake at 350° F. for 30 minutes. Any fresh vegetables in any combination can be substituted. Browned ground beef can also be added. Serves 8.

Karmen L.

MUSHROOMS MILANO

12 very large fresh mushrooms	1 Tbsp. butter, melted
1 bunch fresh spinach	1 Tbsp. peanut oil
1 c. cottage cheese	Pinch each of garlic powder, black pepper
1/3 c. grated Parmesan cheese or grated Gruyere cheese	

Clean mushrooms. Remove stems and chop finely. Mix butter and oil and brush on mushroom caps. Place caps, cavity side up, in shallow baking dish. Wash and drain spinach thoroughly, remove stems and chop finely. Frozen spinach can be used (defrost and squeeze out all moisture). Combine spinach with cottage cheese and seasonings. Spoon into mushroom caps. Top with grated cheese. Bake at 450° F. for 10 minutes. Serve as vegetable or hors d'oeuvre. Serves 4.

Maggy F.

MUSHROOM TURNOVERS

3 (3 oz.) pkg. cream cheese, room temperature	1/2 c. butter, room temperature
	1 1/2 c. sifted flour

Mushroom Filling:

3 Tbsp. butter	1/2 tsp. salt
1 large onion, finely chopped	2 Tbsp. flour
1/2 lb. fresh mushrooms, chopped	1/4 c. sour cream
1/4 tsp. thyme	

Egg Wash:

1 egg	1 Tbsp. water
--------------	----------------------

Mix cream cheese and butter thoroughly. Add flour and work with fingers on pastry board till smooth. Chill well, at least 30 minutes. Preheat oven to 400° F. Roll dough to 1/8 inch thickness on lightly floured surface and cut into rounds with 3 1/2 inch biscuit cutter. Place a teaspoon of mushroom filling on each and fold the dough over the filling. Seal by pressing the edges together with a fork. Prick top of crust with fork. Brush with egg wash. Place on ungreased baking sheet and bake about 15 minutes. Can be frozen. To serve after frozen, thaw and reheat for 10 minutes.

Filling: Saute onion in butter till lightly browned. Add mushrooms and cook, stirring often, for 3 to 5 minutes. Add thyme and salt and sprinkle with flour. Stir in sour cream and heat gently until thickened.

Gail G.

ONION CASSEROLE

4 c. Vidalia onions, sliced (a sweet onion)	1 can cream of mushroom soup
½ c. butter	½ c. sour cream
1 ¼ c. corn bread stuffing mix	¼ c. buttered bread crumbs

Cook onions in butter until transparent. Mix other ingredients with onions. Pour into 2 quart casserole dish. Top with buttered bread crumbs. Brown in 300° F. oven. Serves 5 to 6.

Vicki S.

ONION RINGS

1 c. flour	½ c. milk
1 tsp. baking powder	1 Tbsp. shortening
1 tsp. salt	Sugar
1 egg, beaten	4 to 6 large onions, sliced into rings

Combine all ingredients, except onions. Pour batter over onions. Deep fry in fat until golden.

BAKED POTATO SLIMS

4 medium baking potatoes or 1 large pkg. frozen French fries	¼ c. grated Romano or Parmesan cheese
½ c. water	1 env. seasoned coating mix for chicken
2 Tbsp. vegetable oil	Salt
½ tsp. liquid pepper	

If using baking potatoes, peel and cut into French fry slices. Combine water, oil and liquid pepper and brush on potatoes. Combine cheese and coating mix in plastic bag. Place potatoes, 8 to 10 slices at a time, in bag to cover evenly. Bake in single layer on baking sheet that is covered with aluminum foil at 400° F. for 30 to 35 minutes. Bake for 20 to 25 minutes if using frozen potatoes. Sprinkle with salt.

BRABANT POTATOES

3 lb. Idaho potatoes	Salt to taste
4 cloves garlic, chopped	Chopped scallions or parsley
¼ lb. butter	

Peel, wash and cube potatoes. Fry in deep fat (oil) until golden brown. Set aside. Saute garlic in butter; add potatoes and scallions. Mix well and serve hot. Serves 8.

Nancy G.

CHIVE POTATOES

2 lb. bag frozen hash brown
potatoes
1 (16 oz.) ctn. sour cream
1 stick butter
½ c. sliced green onion

1 c. cream of chicken soup
1 c. grated sharp Cheddar cheese
1 c. Ritz crackers, crumbled
2 Tbsp. butter, melted

Thaw potatoes. Mix with all other ingredients, except crackers and 2 tablespoons melted butter. Pour into greased 9x13 inch casserole dish. Combine crackers and 2 tablespoons butter and spread on top of casserole. Bake at 350° F. for 1 hour. Serves 6.

Anita M.

POTATO AND CHEESE AU GRATIN

3 Tbsp. butter
2 lb. potatoes
4 oz. cream cheese
½ c. heavy cream
3 eggs, lightly beaten

1¼ c. grated imported Swiss
cheese
1 Tbsp. milk
Salt and pepper to taste

Butter 9x9x2 or 7x11x2 inch baking dish. Grate potatoes, rinse and drain thoroughly. Squeeze in a cloth. Mix potatoes with other ingredients. Spread mixture in the baking dish. Bake for 45 minutes, or until golden brown. Serve hot. Serves 6.

Marty C.

WELLA'S CHEESE POTATOES

7 medium potatoes
1 tsp. salt
2 Tbsp. butter

⅓ c. milk
½ pt. whipping cream, whipped
1 c. grated Cheddar cheese

Boil unpeeled potatoes until done. Peel potatoes and mash with salt, butter and milk. Put mixture in a greased 2 quart casserole. Fold grated cheese into whip cream and spread over top of potatoes. Bake at 350° F. for 20 minutes. Serves 6.

Mary Helen G.

CHEESE POTATO PUFF

12 medium potatoes
2¼ c. grated cheese
1 to 1¼ c. milk
¾ tsp. salt

2 eggs, beaten
6 Tbsp. butter or margarine
1 Tbsp. minced onion (optional)

Cook and mash potatoes; add butter, cheese, milk and salt. Place over low heat and beat until butter and cheese are melted. Fold in beaten eggs and pour into greased 13x9x2 inch glass baking dish. Bake at 350° F. for 30 to 45 minutes, or until golden brown on top and puffy. (Can be made 24 hours ahead, except for baking.) Serves 10 to 12.

Jeanine Y.

PERUVIAN POTATOES

2 (10 oz.) pkg. frozen hash brown potatoes
2 c. grated Cheddar cheese
½ c. melted butter
1 tsp. salt
½ c. chopped onion
1 c. cream of chicken soup
1 pt. sour cream
2 c. crushed corn flakes with ¼ c. butter

Defrost hash brown potatoes. Combine potatoes, melted butter, onion, salt, soup, sour cream and Cheddar cheese. Blend thoroughly. Pour into greased casserole. Cover with buttered crumbs. Bake at 350° F. for 45 minutes. Serves 6 to 8.

Pat R.

POTATO CASSEROLE

2 lb. frozen hash brown potatoes
½ c. melted butter
1 tsp. salt
¼ tsp. pepper
½ c. chopped onion
1 can cream of mushroom soup
1 c. milk
1 c. sour cream
1½ c. grated Cheddar cheese

Topping:

2 c. corn flakes, crushed
¼ c. butter

Place hash browns in 3 quart casserole. Mix next 8 ingredients and pour over top. Mix corn flakes and melted butter and spread over top. Bake 45 minutes at 350° F.

Sid and Judy

POTATO CASSEROLE (Potluck Potatoes)

Cooked potatoes (with jackets)
Whipping cream

Early in the day or day before, cook potatoes with jackets in boiling water until tender. Cool thoroughly, peel and grate into a well buttered casserole. Salt and pepper to taste. Pour the whipping cream over to barely cover potatoes. Bake 1 to 1½ hours at 350° F. Will get brown and crusty on top.

Barbara E.

POTATO SKINS

12 to 15 potatoes
10 oz. sharp Cheddar cheese, grated
1 lb. fried bacon
8 oz. sour cream

Wash potatoes and rub entire potatoes with shortening, bake 1 hour. Allow potatoes to cool and then cut each in half, lengthwise. Scoop out centers with a teaspoon, leaving ¼ inch in the skin (use the insides as fried potatoes for supper). Fill potato skins with grated cheese and sprinkle with crumbled bacon. Bake at 350° for about 10 minutes, until cheese melts and potatoes are warm. Serve immediately with sour cream as a dip. Serves 10 to 15.

Judy B.

RICH SOUR CREAM POTATOES

2 lb. frozen hash brown potatoes
½ c. onion
1 tsp. salt
¼ tsp. pepper
1 can cream of mushroom soup

1 pt. sour cream
8 oz. shredded cheese
¼ c. butter, melted
Bread crumbs or corn flakes,
crushed

Mix together potatoes, onion, salt, pepper, mushroom soup, sour cream and cheese. Place in casserole dish. Bake 30 minutes at 350° F. or until potatoes are tender. Mix bread crumbs or corn flakes with melted butter and sprinkle on top. Return to oven for 15 minutes. Serves 6 to 8.

Judy B.

GOURMET STUFFED POTATOES

6 Idaho potatoes
¼ Tbsp. bacon
1 onion
1 egg
7 Tbsp. soft butter

½ tsp. salt
Pepper to taste
¼ c. hot milk
1 c. grated sharp Cheddar cheese

Bake potatoes at 400° F. for 1 hour, or until tender. Fry bacon and crumble; set aside. Saute onion in 1 tablespoon butter and add to bacon. Cut ½ inch slice of potato tops and scoop out pulp from remaining portion. Reserve skins. Puree pulp with mixer; add egg, 6 tablespoons soft butter, salt, pepper and hot milk. Beat mixture until fluffy. Stir in grated cheese and bacon and onion mixture. Refill potato skins, mounding high. Melt remaining butter and drizzle the butter over each potato. Bake at 500° F. for 10 minutes or 375° F. for 25 minutes, or until tops are golden brown. Serves 6.

G

BRAZILIAN RICE

3 c. cooked rice
2 (10 oz.) pkg. chopped, cooked,
drained spinach
1 lb. brick cheese, grated
1 Tbsp. instant minced onion
½ tsp. marjoram

½ tsp. thyme
½ tsp. rosemary
1 Tbsp. Worcestershire sauce
1 c. milk
4 eggs, lightly beaten

Combine rice, spinach and cheese. Add onions and herbs. Stir in remaining ingredients. Mix well. Pour into 9x13 inch baking pan. Bake at 350° F. for 30 to 40 minutes. Serves 10.

Nancy G.

CURRIED RICE

1 c. rice
2 Tbsp. butter
2 tsp. curry powder
2 c. boiling chicken stock (or 2 c.
water mixed with 2 chicken
bouillon cubes)

¾ tsp. salt
¼ tsp. white pepper
¼ tsp. minced fresh garlic
½ c. minced fresh onion

Saute butter with curry powder. Add rice and onions. Stir in liquid and add remaining ingredients. Cover and cook 15 to 20 minutes, until liquid is absorbed. (May be doubled or tripled, but use less salt.) Serves 4.

Gail G.

FRIED RICE

1 to 2 qt. cold cooked rice
(refrigerated)
1 to 4 eggs
½ c. (or more) chopped green
onions (all of onion)

2 to 3 Tbsp. oil
Thin soy sauce

Optional Ingredients:

Mushrooms
Bean sprouts
Green pepper
Shredded cabbage

Any cooked meat, chopped
bite-size
Tomatoes

In large skillet, bring oil to "hot". Add eggs, stirring constantly with a chopping motion till cooked and in tiny pieces. Add onion, any optional ingredients and rice. As you stir, shake the soy sauce slowly over rice. Add only enough sauce to turn rice a very light brown color. Add sauce to desired taste. Fry rice on high heat till dry. Serve hot. Serves 6 to 8.

Kay J.

OVEN RICE

1 c. rice, uncooked
2 chicken bouillon cubes

1 stick margarine
1 Tbsp. instant minced onion

Dissolve bouillon cubes in 2 cups boiling water. Combine remaining ingredients and pour into 1½ quart dish. Bake at 350° for 45 minutes to 1 hour. Stir just before serving. Serves 4.

Jeanine Y.

PEANUT RICE

3 Tbsp. peanut oil
¾ c. salted peanuts
¼ c. minced onions
1 c. sliced celery
½ tsp. salt

½ tsp. thyme
¼ tsp. pepper
1½ c. long grain rice
3 c. water
2 tsp. chicken stock concentrate

Heat oil. Stir in peanuts. Add celery, onions, salt, thyme and pepper. Cook 5 minutes. Stir in uncooked rice and cook 5 minutes more. Add water and chicken concentrate. Cover when simmering and cook approximately 20 to 25 minutes until dry. Serves 6.

RICE PILAF

½ stick (4 Tbsp.) butter
1 c. chopped onion
2 c. uncooked rice
1 clove garlic, minced

4 c. chicken stock
Salt and Tabasco sauce to taste
1 c. chopped fresh parsley

Melt butter in heavy saucepan. Add rice, onion and garlic and stir until rice is well coated. Add stock. Cover and bring to a boil over medium-high heat. Reduce heat and simmer until all moisture is absorbed, about 25 minutes. Remove from heat and let rest 15 to 20 minutes. Fold in parsley. Serves 6 to 8.

Marty C.

RICE PILAF

1 c. regular rice
2 Tbsp. margarine
1 (4 oz.) can mushrooms, drained

1 can condensed consommé
¾ c. water
1 bay leaf

Bring consommé and water to boil. Add rice and mushrooms and margarine and bay leaf. Bake in greased baking dish at 400° F. for 25 minutes. Serves 3 to 4.

Mary Helen

EASY TASTY BAKED SPINACH

2 pkg. frozen, chopped spinach,
drained well

1 c. sour cream
1 env. onion soup mix

Combine all ingredients and bake in a tightly covered casserole at 350° F. for 40 minutes. Serves 6.

Joan H.

SPINACH CASSEROLE

2 (10 oz.) pkg. frozen, chopped
spinach
2 cans cream of mushroom soup

6 Tbsp. butter
2 medium onions, chopped
1½ c. chopped celery

Thaw and drain spinach. Squeeze dry with hands. Combine with soup. Saute onions and celery in butter until almost tender. Combine with spinach mixture. Pour into casserole dish. Cover and bake at 350° F. for about 1 hour. This dish can be covered with buttered bread crumbs or Parmesan cheese if desired before baking. Serves 6 to 8.

Louise H.

SPINACH FONDUE

2 pkg. frozen spinach
5 Tbsp. butter
½ chopped onion
1 Tbsp. flour

2 eggs
2 c. milk
1 c. soft bread crumbs
½ c. grated Old English cheese

Cook spinach as directed on package; drain. Melt butter in a saucepan; add onion. Cook until transparent, do not brown. Add flour; stir. Combine and beat eggs and milk; add to flour mixture. Stir. Fold bread crumbs and cheese into cooked spinach. Combine spinach with hot mixture. Place in buttered casserole. Bake in preheated 350° F. oven for 30 minutes.

Betty

BAKED SQUASH

2 c. cooked squash	1/8 tsp. garlic salt
1 c. medium sharp, grated cheese	Salt to taste
2 eggs	2 tsp. butter, melted
1/2 c. milk	1 c. bread crumbs

Combine squash and cheese. Beat eggs until foamy and add to squash and cheese. Add milk and garlic and salt. Place mixture in a casserole dish. Combine butter and bread crumbs and sprinkle on top. Cover and bake at 350° F. for 30 minutes. Serves 6 to 8.

Paul and Carol

BUTTERNUT SQUASH

2 butternut squash	1/2 c. chopped walnuts
3 Tbsp. butter	3 Tbsp. brown sugar
1/4 tsp. salt	1 Tbsp. butter
1 Tbsp. brown sugar	1/4 c. light corn syrup
2 Tbsp. raisins	

Cut squash in half lengthwise. Remove seeds. Bake at 400° for 50 minutes, or until tender. Scrape squash out of shells. Mix with 3 tablespoons butter, salt, 1 tablespoon brown sugar. Beat well. Fold in raisins and nuts. Fill shells. Combine 3 tablespoons brown sugar, 1 tablespoon butter and corn syrup. Sprinkle over squash. Bake at 450° for 15 minutes. Serves 4.

YELLOW SQUASH CASSEROLE

2 lb. yellow squash, sliced	1 medium onion, finely chopped
1 c. water	1/3 c. freshly grated Parmesan cheese
1 tsp. salt	1/4 c. chicken stock or water
1/2 tsp. sugar	Salt and pepper to taste
1/2 stick (4 Tbsp.) butter	1 c. fresh bread crumbs
1 c. grated Cheddar cheese	3 Tbsp. melted butter
2 eggs, lightly beaten	Chopped parsley
1 c. sour cream	

Bring water to boil; add salt, sugar and squash and cook for 15 minutes. Drain and return to pan. Add 1/2 stick butter and mash. Stir in cheese, eggs, cream, Parmesan cheese and stock. Pour into buttered dish and top with bread crumbs combined with butter. Bake in 350° oven for 25 minutes. Garnish with parsley before serving. Serves 4 to 6.

Marty C.

CANDIED CASHEW SWEETS

- | | |
|--|--|
| 1 (16 oz.) can whole sweet potatoes, drained | 2 Tbsp. light brown sugar, firmly packed |
| 1 Tbsp. butter or margarine, melted | ¼ c. honey |
| ½ c. coarsely chopped cashews | ½ tsp. cinnamon |
| 2 Tbsp. butter or margarine, melted | ¼ tsp. salt |

Preheat oven to 375° F. Cut potatoes in halves lengthwise, place in greased 8x8x2 inch baking dish. Saute cashews in 1 tablespoon melted butter until golden brown; reserve. In saucepan, combine 2 tablespoons butter, honey, brown sugar, cinnamon and salt; bring to a boil over low heat. Evenly spoon honey mixture over potatoes, sprinkle reserved cashews over top. Bake, uncovered, 30 to 35 minutes. Serves 4.

Caryl McV.

SQUASH STUFFED TOMATOES

- | | |
|--------------------------|------------------------------|
| 4 medium tomatoes | ¾ tsp. salt |
| 2 c. grated zucchini | ¼ tsp. pepper |
| ½ c. chopped onion | ¼ tsp. dried basil, crumbled |
| 1 c. grated Swiss cheese | |

Wash tomatoes. Cut off top at stem end and remove center with a spoon; discard seeds and reserve pulp. Drain juices from pulp. Sprinkle inside of cup with salt; turn upside down on plate and let stand 30 minutes; pat dry. In medium bowl, combine drained pulp, zucchini, onion, cheese, ¼ teaspoon salt, pepper and basil. Let stand 30 minutes; drain and pat dry with paper toweling. Place tomatoes on baking sheet. Fill with zucchini mixture. Bake at 350° F. for approximately 10 minutes. Do not overbake as tomatoes will split.

Pat R.

LEMON TURNIP STICKS

- | | |
|---|-----------------------------|
| 2 medium turnips, peeled, cut into sticks | 1 tsp. finely chopped onion |
| 1 Tbsp. butter | 1 tsp. lemon juice |
| 2 tsp. chopped parsley | Salt and pepper to taste |

Cook turnip sticks in boiling water until just tender, about 20 minutes. Drain; add butter, parsley, onion and lemon juice. Toss to coat. Season to taste. Serves 4.

VEGETABLE CASSEROLE

- | | |
|--|----------------------------|
| 1 (10½ oz.) pkg. frozen mixed vegetables | 1 c. cubed Velveeta cheese |
| 1 (10½ oz.) pkg. frozen green beans | 1 stick melted margarine |
| 1 can cream of mushroom soup | Croutons |

Cook vegetables and beans according to package directions. Drain. Mix vegetables with undiluted soup and put in greased casserole dish. top with cubed cheese, then top with croutons. Pour melted margarine over croutons and bake at 350° F. for 30 minutes. Serves 6 to 8.

Kay M.

APPLE MALLOW YAM YUMS

2 apples, sliced
1/3 c. chopped pecans
1/2 c. brown sugar
1/2 tsp. cinnamon

2 (17 oz.) cans yams, drained
2 c. miniature marshmallows
Margarine

Toss apples, nuts, sugar and cinnamon. Alternate layers of yams with apples in 1 1/2 quart casserole dish. Dot with margarine. Bake at 350° F. for 35 to 40 minutes. Sprinkle marshmallows over top and put under broiler until lightly browned. Serves 6 to 8.

ZUCCHINI CASSEROLE

1 large zucchini, sliced
1 large onion, sliced
1 can cream of chicken soup or
cream of mushroom or celery

1 c. shredded carrots
1 c. sour cream
1 pkg. herbed stuffing mix
1/2 c. butter or margarine, melted

Boil zucchini and onion together for 5 minutes in salted water. Drain and combine with soup, sour cream and carrots. Stir stuffing mix and butter together. Place 1/2 of stuffing in 13x9 inch greased pan. Spread vegetable mix on top and cover with remaining stuffing. Cover and bake 35 to 40 minutes at 350° F. Remove cover the last 10 minutes of baking.

Marge H.

ZUCCHINI FRITTERS

2 c. grated, unpeeled zucchini
1 small onion, grated
2 eggs, beaten
Salt and pepper to taste

1/3 c. Bisquick
1/4 c. Parmesan cheese
Oil for frying

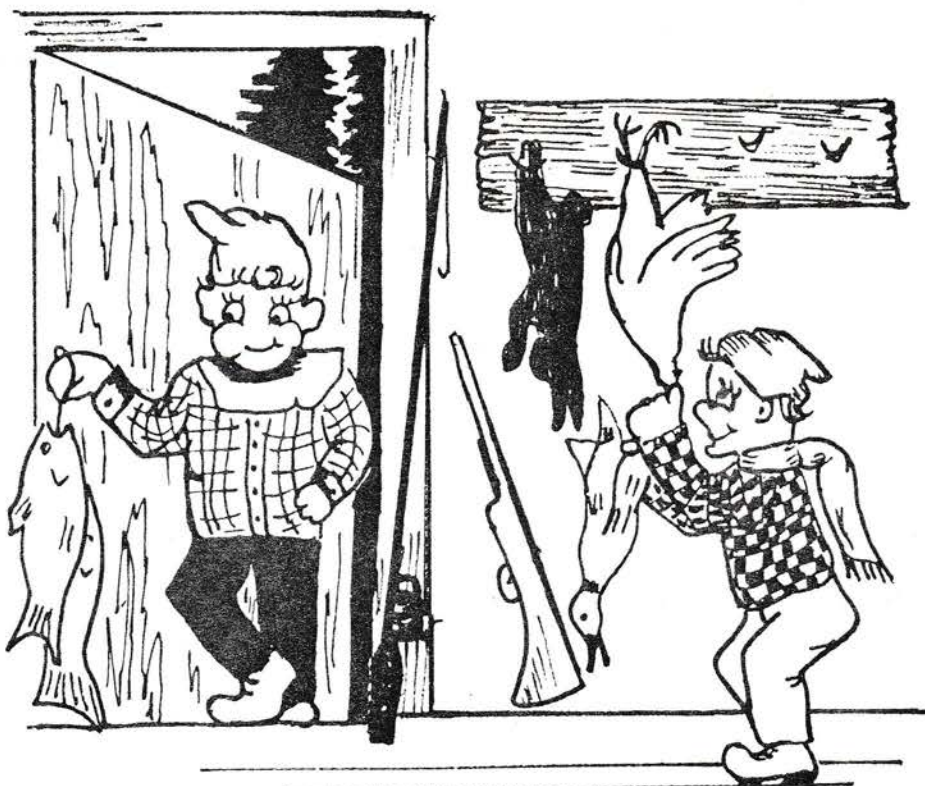
Combine zucchini, onion, eggs, Bisquick and cheese. Season with salt and pepper. Heat oil to 375° F. Drop batter by heaping tablespoonfuls into oil. Flatten fritters slightly after dropping in oil. Turn when brown on other side. Serve hot. Serves 4.

Jeanine Y.

Notes

Main Dishes

MEAT HOUSE



MEAT ROASTING GUIDE

Cut	Weight in Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10-inch ribs)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled Ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¾ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump ²	5	2¼ 3 3¾	140° (rare) 160° (medium) 170° (well done)
Sirloin tip ²	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
² Roast only if high quality. Otherwise, braise.			
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY			
	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN			
(Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK			
(Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

QUICHE LORRAINE (Family Favorite)

1/4 lb. bacon, cut into 1 inch pieces,
or finely chopped ham
2 c. milk or half & half
3 whole eggs
1/4 tsp. salt
1/8 tsp. white pepper

1 Tbsp. chopped chives or green
onions
1/2 lb. Swiss cheese, shredded
1 (9 inch) pastry shell or pastry lined
quiche pan
Dash of nutmeg

Saute bacon, if used, until almost crisp. Drain on paper towels. Combine milk, eggs, salt, pepper, nutmeg and chives. Sprinkle bottom of pan with bacon or ham. Add cheese. Pour custard mixture over top. Bake at 375° F. for 30 to 40 minutes, or until knife inserted off center comes out clean.

QUICHE LORRAINE

1 baked 9 inch pie shell
1/2 lb. sliced bacon
2 c. (1/2 lb.) Swiss cheese, shredded
5 eggs, slightly beaten
1 c. milk

1 c. light cream
1/2 tsp. nutmeg, ground
1/2 tsp. salt
1/8 tsp. white/cayenne pepper

Heat oven to 350° F. Cut bacon in halves and cook in skillet over moderately high heat at about 350°, until crisp. Drain well and crumble. Sprinkle bacon and cheese in alternate layers in baked pie shell. Combine remaining ingredients in a medium size bowl and beat until well blended. Carefully pour over cheese and bacon. Bake in center of oven for 40 to 45 minutes. Serves 4 to 6.

Dave McV.

QUICHE LORRAINE

4 eggs
1 1/2 c. milk
1/2 tsp. salt
Dash of cayenne pepper
8 oz. shredded Swiss cheese

2 Tbsp. flour
8 slices bacon, crisply cooked,
drained, crumbled
1 (9 inch) pie shell, thawed if frozen

Heat oven to 350°. Combine eggs, milk and seasonings. Mix well. Toss cheese with flour. Add cheese mixture and bacon to egg mixture. Pour into pie shell. Bake for 40 to 45 minutes. Let stand 10 minutes before serving. Serves 4 to 6.

Mary S.

QUICHE

9 inch pie crust
1/2 lb. bacon
4 oz. Swiss cheese, grated
1/3 c. minced onion
4 eggs

2 c. whipping cream or light cream
3/4 tsp. salt
1/4 tsp. sugar
1/8 tsp. cayenne red pepper

Bake pie crust approximately 4 minutes. Sprinkle bacon, cheese and onion in pie shell. Beat eggs slightly. Add other ingredients together and pour over bacon and cheese in pie shell. Bake at 425° F. for 15 minutes. Turn down to 350° F. for 30 minutes, or until tested when knife comes out clean.

Dorothy B.

QUICHE LORRAINE-MADDOCK INN

1 baked 9 inch pie shell	1 c. light cream
½ lb. sliced bacon	½ tsp. nutmeg, ground
2 c. (½ lb.) Swiss cheese, shredded	½ tsp. salt
5 eggs, slightly beaten	⅛ tsp. white cayenne pepper
1 c. milk	

Heat oven to 350°. Cut bacon in halves and cook in a skillet over moderately high heat until crisp. Drain well and crumble. Sprinkle bacon and cheese in alternate layers in baked pie shell. Combine remaining ingredients in medium bowl and beat until well blended. Carefully pour over cheese and bacon. Bake in center of oven for 40 to 45 minutes. Serves 4 to 6.

Dave M.

NO CRUST SPINACH QUICHE

1½ c. small curd cottage cheese	3 eggs
½ c. sour cream	3 Tbsp. flour
4 to 6 oz. grated sharp Cheddar cheese	½ stick margarine, softened
4 to 6 oz. Monterey Jack grated cheese	1 (10 oz.) pkg. frozen, chopped spinach (squeeze out after defrosted)

Beat eggs. Add cottage cheese, sour cream, margarine, cheese, flour and spinach. Stir together. Pour into greased quiche pan (may be sprayed with Pam). Bake at 350° for 1 hour. Serves 6.

Elaine D.

HERBED MUSHROOM QUICHE

1 pie crust for 9 inch pan	4 eggs
¼ lb. Swiss cheese, shredded	1 tsp. prepared mustard
1 (4 to 6 oz.) can mushrooms, sliced, drained	½ tsp. thyme leaves
1 (8 oz.) ctn. low fat cottage cheese	¼ tsp. salt
1 c. skim milk	¼ tsp. pepper

Preheat oven to 425° F. Sprinkle Swiss cheese and mushroom slices in pie crust. In covered blender container on high speed or in food processor with knife blade attached, blend cottage cheese and remaining ingredients until smooth. Pour mixture into pie crust. Bake 15 minutes, turn oven down to 325° F. and bake 35 minutes longer, or until knife inserted in center comes out clean. Serves 6.

Audrey D.

SCALLION QUICHE

Rich Pastry:

1½ c. flour
½ tsp. salt
1 egg yolk

1 stick butter, chilled
5 Tbsp. ice water

Filling:

12 green onions, sliced
3 Tbsp. butter
1 Tbsp. oil
1 Tbsp. flour
6 oz. (1½ c.) grated Swiss cheese

4 eggs
1½ c. half & half
1 tsp. oregano
Freshly ground pepper

Combine flour and salt. Cut butter into several pieces and with fingertips or 2 knives, work into flour mixture until mixture resembles coarse meal. Add water, 1 table-spoon at a time, while gently mixing until mixture forms a ball. Pat flat. Refrigerate 2 hours. Roll out and place in 10 inch pie pan or 11 inch quiche pan. Line pastry with foil or parchment paper and fill with dry beans. Bake at 450° F. for 10 to 15 minutes. Remove paper and beans and bake 4 minutes longer. (This is a French technique called blind baking. It prevents the pastry from bubbling or shrinking.) Cool.

Filling: Melt butter and oil and saute green onions. Add flour. Cook 2 minutes. Combine eggs and half & half. Add remaining ingredients, except cheese. Spread cheese on bottom of pan. Add onions. Pour custard mixture on top. Bake at 375° F. for 30 to 35 minutes. Serves 6 to 8.

Eva H.

CRABMEAT QUICHE

Filling:

½ c. mayonnaise
2 Tbsp. flour
2 beaten eggs
½ c. milk
1 (7½ oz.) can crabmeat

8 oz. natural Swiss cheese, sliced
and diced
⅓ c. sliced green onions
Salt and pepper
1 (9 inch) pie shell

Crust - 2 (9 inch) crusts:

2 c. sifted flour
½ tsp. salt
¾ c. butter

3 Tbsp. Crisco
¼ c. milk

Filling: Combine mayonnaise, flour, eggs and milk. Mix until blended. Stir in crabmeat, cheese and green onion. Pour into pastry lined pie plate. Bake at 350° F. for 40 to 45 minutes.

Crust: Stir salt into flour; cut butter and shortening into dry ingredients until crumbly and the size of peas. Sprinkle milk over flour and shortening, stirring lightly with fork to blend. Don't overmix. Shape into 2 balls. Chill 1 hour if possible. Roll out, ease into pie pan and trim. Bake at 400° F. for 5 minutes. Serves 4 to 6.

Janet B.

CRAB AND SHRIMP QUICHE

1 (9 inch) unbaked deep dish pie shell	2 eggs, slightly beaten
¾ c. mayonnaise	½ c. chopped celery
2 Tbsp. flour	½ c. chopped green onions
	2 pkg. Wakefield crab and shrimp

Drain thawed seafood. Mix mayonnaise and flour. Add remaining ingredients. Bake at 350° F. for 35 to 45 minutes. Serves 6.

Ann L.

BRUNCH EGG CASSEROLE

7 slices white bread	¼ tsp. pepper
8 oz. grated Cheddar cheese	1 tsp. dry mustard
6 eggs	½ tsp. onion powder (optional)
3 c. milk	8 slices bacon, cooked, crumbled
½ tsp. salt	

Trim crust from bread and cut into cubes. Mix cheese and bread together and spread on bottom of greased dish or pan, approximately 9x13 inches. Beat eggs and milk; stir in the seasonings and pour over bread and cheese. Sprinkle crumbled bacon on top. Refrigerate overnight. Bake at 350° F. for 50 to 55 minutes. Serve with side dish of mushroom sauce made with 1 can cream of mushroom soup thinned with 2 to 3 tablespoons milk. Serves 6 to 8.

Ginny L.

EGG CASSEROLE

½ c. chopped onion	6 hard cooked eggs, sliced
2 Tbsp. margarine or butter	1½ c. crushed potato chips
2 Tbsp. flour	10 to 12 slices of bacon, fried crisp, crumbled
1¼ c. milk	
1 c. sharp shredded cheese	

Cook onion in butter until tender, but not brown. Blend in flour. Add milk and cook, stirring constantly, until mixture thickens. Add cheese; stir until melted. Place layers of egg slices in 10 x 6 x 1½ inch baking dish. Cover with ½ of the cheese sauce, ½ of the chips and ½ the bacon. Repeat layers. Bake at 350° F. for about 30 minutes. Serves 12.

Marilyn C.

BREAKFAST CASSEROLE

12 slices sandwich bread, crust removed	1 Tbsp. Worcestershire sauce
6 slices American or Cheddar cheese	1 tsp. dry mustard
6 large eggs, beaten	1 tsp. pepper
3 c. milk	1 tsp. onion powder
	1 lb. ham or fried bacon
	Pinch of salt

Butter an 8x12 inch baking dish. Place 6 slices bread in bottom and top with ham (bacon) and cheese. Butter remaining 6 slices of bread and place buttered side up on top of cheese. Blend milk, eggs, mustard, salt, Worcestershire sauce, pepper, onion powder and pour over top. Cover and refrigerate overnight. Bake at 350° F. for 1 hour and 15 minutes. Serve with fresh fruit dipped in dry Jello. Serves 6.

Betty

EGG CASSEROLE

1 ½ c. soft bread crumbs (fresh
bread chopped in the blender,
add 1 slice at a time)
1 ¾ c. milk
9 eggs, beaten
Salt and pepper to taste
4 Tbsp. butter

¼ tsp. Lawry's seasoned salt
½ lb. (or less) Swiss cheese slices
½ c. dried fine bread crumbs (Italian
if desired)
½ lb. bacon, fried crisp, crumbled
(1 lb. is better)
2 Tbsp. melted butter

Fry bacon and melt butter. Soak bread crumbs in milk. Drain through a strainer over a bowl, but don't squeeze out all of the milk. Combine the milk (from drained bread), eggs, salt and pepper. Cook in butter (like scrambled eggs) until soft, but not fully cooked, until the egg whites are no longer stringy. Do not overcook or the casserole will be dry. Add soaked bread to cooked eggs and mix together.

Turn into a greased 9 inch square or 10 inch pie plate. Sprinkle with seasoned salt. Lay cheese slices on top. Spread crumbled bacon evenly across the top. Combine melted butter and dry bread crumbs. Spread across top. Bake 15 to 20 minutes at 450° F. until bubbly. Can be assembled the night before and baked before serving. If doubling recipe, bake in 9x13 inch glass pan. Serves 8 (will serve 16 to 18 doubled).

Nancy W.

FRAMED EGGS

1 egg per person
Thick sliced bread

Soft margarine

Lightly spread margarine on each slice of bread. Cut out centers with a round cookie cutter. Place bread and centers on baking sheet. Broil lightly toasted on both sides. Grease a skillet with 1 tablespoon margarine. Place bread slices in skillet. Break an egg into center of bread. Fry on medium-low until egg is set. Turn and cook top side as desired. You may serve the centers with eggs.

Beth M.

GREAT CAESAR'S TOAST

1 egg
¼ c. Caesar salad dressing
1 can crescent dinner rolls

2 c. herb seasoned bread stuffing,
coarsely crushed
½ c. grated Parmesan cheese

In a small mixing bowl, combine egg and salad dressing. Mix well. Unroll dough and separate into 8 triangles. Cut each triangle in half lengthwise, forming 16 triangles. Dip each triangle into salad dressing mix, then pat in crushed stuffing, coating on both sides. Place 1 inch apart on ungreased cookie sheet. Sprinkle with Parmesan cheese.

Bake at 375° F. for 13 to 15 minutes. Other creamy dressings may be used. To reheat, loosely cover on cookie sheet, bake 5 minutes. To make ahead, prepare, cover and refrigerate for 1 to 2 hours.

Janet B.

CHEESE AND BACON FRITTATA

6 eggs	4 oz. fresh shredded Cheddar
1 c. milk	cheese
1 green onion, minced	2½ to 3 oz. crumbled, cooked
2 Tbsp. butter or margarine, melted	bacon
¼ tsp. pepper	½ tsp. salt (optional)

Preheat oven to 400° F. Grease 10½ inch round au gratin pan or 9x9 inch baking pan. In medium bowl with wire whisk or hand beater, beat eggs, milk, green onion, butter or margarine, salt (if used) and pepper until well blended. Pour mixture into baking pan. Sprinkle cheese and bacon evenly over top. Bake 20 minutes, or until set and golden brown. Serves 4.

Hint: The recipe may be doubled, mixed in a larger bowl and baked in 2 pans. This is our traditional Easter Sunday morning breakfast served with a fresh fruit cup and homemade cinnamon rolls.

Paul L.

HOMEMADE PASTRY WITH SAUSAGE

2 lb. sausage links	2 chopped onions
5 to 6 large potatoes	

Pie Crust:

2½ c. flour	Salt and pepper
¾ c. Crisco	Water

Brown sausage links until semi-cooked. Reserve drippings. Set aside. Cut peeled potatoes in large chunks. Chop onions. Make pie crust by combining flour, Crisco and sufficient water to make dough pliable. Divide into 2 pieces (1 for pie top should be smaller). Grease a large square cake pan. Roll out dough. Line pan. Layer in potatoes, onions and sausage. Sprinkle over 2 teaspoons of the sausage drippings. Cover with remaining pastry, sealing edges carefully and make a vent in center to allow steam to escape. Cover with foil and bake at 350° F. for 1 hour. Remove foil and brown for another ½ hour.

Sandy C.

SAUSAGE SURPRISE OR MIDNIGHT BREAKFAST

6 slices bread, cubed	1 tsp. dry mustard
1 lb. bulk sausage, fried, drained	½ tsp. salt
6 eggs	1 c. grated Cheddar cheese or Old
2 c. milk	English (your choice)

Prepare the evening before use. Place cubed bread in buttered 10x10 inch baking dish. Top with sausage. Beat together eggs, milk, mustard and salt. Pour over bread and sausage. Top with grated cheese. Refrigerate overnight. Bake in 350° oven for 45 minutes, or until well set. Cut in squares to serve. Serves 6.

Carolyn M.

VERGNE'S SAUSAGE SOUFFLE

6 eggs	1½ c. grated sharp Cheddar cheese
3 to 4 c. milk, beaten with salt and pepper to taste	6 slices white bread, trim crust
1 lb. bulk pork sausage, browned well, grease drained	

Butter 1 side of bread and put in dish, butter side down. Be sure bread fits snugly. Put browned sausage on top of bread, cheese on top of sausage. Trim more bread and place on top of cheese, butter side up. Slowly pour egg mixture over bread. This can be made the day before. Bake at 300° F. for 1 hour and 20 minutes. Serves 6.

Caryl McV.

GOURMET MACARONI AND CHEESE

3 Tbsp. butter or margarine	Pinch of thyme
3 Tbsp. flour	1 lb. elbow macaroni
½ medium onion, minced	1 c. buttered croutons
2½ c. milk, scalded	¾ lb. sharp Cheddar cheese, grated
1 small bay leaf	4 oz. Parmesan cheese, grated

Saute onion in butter. Stir in flour and cook for 2 minutes. Do not scorch. Add milk slowly, stirring constantly with a whisk. Add herbs and continue cooking 2 to 3 minutes. Remove bay leaf. Meanwhile, cook macaroni until barely soft. Drain. Place ⅓ of macaroni in casserole dish. Sprinkle with ⅓ of melted cheeses and pour ⅓ of sauce over. Repeat 2 more times. Top with croutons. Bake at 350° F. for 15 to 20 minutes.

Louise A.

NOODLE KUGEL CASSEROLE

1 (approx. 16 oz.) pkg. cooked, drained noodles	1½ c. cottage cheese
1 c. sour cream	1 Tbsp. Worcestershire sauce
	1 clove garlic, crushed

The sour cream, cottage cheese, Worcestershire sauce and garlic can be varied to individual preference. Mix together. Bake in casserole at 350° F. for about 45 minutes. Serve hot.

Dick K.

PRAENAS-SERBIAN SPINACH CHEESE CASSEROLE

2 (12 oz.) ctn. cottage cheese (small curd)	¼ lb. butter or margarine
6 eggs	2 pkg. frozen, chopped spinach, drained
½ lb. American or Velveeta cheese, in coarse pieces	6 Tbsp. flour

Mix well in large bowl. Bake in well greased baking dish at 350° F. for 1 hour. Keeps well. May be reheated. Also can be made ahead; freeze and bake when ready to use. Can halve recipe or put in family sized serving dishes and freeze the extra for later use. An excellent way to get non-spinach fans to really enjoy it. Serves 12.

Carole McC.

SPINACH PIE

½ pkg. prepared phyllo (16 sheets, 12x15 inches)	½ lb. Feta cheese, crumbled
¼ c. butter or margarine	¼ c. chopped parsley
½ c. finely chopped onion	2 Tbsp. chopped fresh dill or 1½ Tbsp. dill weed
3 (10 oz.) pkg. frozen, chopped spinach, thawed, well drained	1 tsp. salt
3 eggs	⅛ tsp. pepper
	¾ c. butter

Preheat oven to 350° F. Let pastry leaves warm to room temperature, according to directions on package label. In ¼ cup hot butter in medium skillet, saute onion until golden brown, about 5 minutes. Add spinach; stir to combine with onion. Remove from heat. In large bowl, beat eggs with rotary beater. With wooden spoon, stir in cheese, parsley, dill, salt, pepper and spinach-onion mixture. Mix well. Brush a 13x9x2 inch baking pan lightly with some melted butter. In bottom of baking pan, layer 8 phyllo leaves, one by one, brushing top of each with some of the melted butter. Spread evenly with spinach mixture. Cover with 8 more leaves, brushing each with butter. Pour any remaining melted butter over top. Using scissors, trim off any uneven edges of pastry. Cut through top pastry layer to form 18 rectangles, about 3x2 inches. Bake 30 to 35 minutes, or until puffy and golden. Serve warm. Makes 18.

Nancy G.

ONION PIE

1 pkg. active dry yeast	2 medium onions, sliced
1 tsp. sugar	⅛ tsp. cumin
1 tsp. salt	½ tsp. salt
3 to 3¼ c. flour	Pepper to taste
1 tsp. shortening	1 egg yolk
1 c. warm water	1 c. sour cream
6 slices bacon, diced	

Mix yeast, sugar, 1 teaspoon salt and ½ cup flour. Blend in shortening and warm water. Beat 2 minutes. Add enough flour to make a soft dough. Knead about 5 minutes, until smooth and elastic. Place dough in lightly greased bowl. Cover and let rise in warm place 30 minutes. Pat dough into a greased baking sheet to make a 12 inch round or use a pizza pan. Press up side to make a slight rim. Saute bacon pieces. Drain. Add onions to bacon drippings and cook to just tender. Sprinkle onion, bacon, cumin, ½ teaspoon salt and pepper over dough. Bake at 400° F. for 20 minutes. Blend egg yolk and sour cream. Pour over onions. Bake 10 to 15 minutes longer, or until set and golden brown. Serve warm. Serves 5 to 6.

Dorothy B.

ONION TART

6 medium onions, sliced	4 slices bacon, diced
2 Tbsp. butter	1 Tbsp. flour
1 tsp. thyme	4 eggs, beaten
1 tsp. salt	1 c. half & half
½ tsp. brown sugar	½ tsp. salt
¼ tsp. pepper	

Pastry:

1 stick cold butter, cut into pieces	½ tsp. salt
1½ c. unbleached flour	5 Tbsp. ice water
1 egg yolk	

Saute onions in butter. Add seasonings and bacon. Cook till onions are light brown and drain. Whisk flour into eggs and add cream and salt. Spread onions in bottom of baked pastry shell. Pour egg mixture over onions. Bake at 400° F. for 25 to 30 minutes, or until golden brown. Serve warm.

Pastry: Cut butter into flour, salt and egg yolk with 2 knives, fingers or in food processor. Mixture should resemble coarse meal. Add ice water and combine until mixture just sticks together. Pat into a disc and refrigerate 2 hours. Roll out on lightly floured surface. Place in 11 inch quiche or tart pan. Trim and line pastry with aluminum foil and fill with dried beans. Bake at 450° F. for 10 to 15 minutes. Remove beans and foil. Return to oven for 3 minutes. Cool before filling. (This is a French technique called blind baking. It prevents the pastry from losing its shape while baking.)

Eva H.

STRETCH YOUR MEAT DOLLAR

1 stick margarine, melted	2 lb. cottage cheese
1 large onion, diced	½ c. chopped nuts
3 env. George Washington broth	2 tsp. soy sauce
1 c. chopped celery	4 c. Special K
5 eggs, beaten	⅓ c. canned milk

Mix all ingredients together in the order given. Bake at 350° for 45 minutes. Serves 6 to 8.

Bonnie C.

PENNSYLVANIA DUTCH POTATOES AND FRANKS

6 medium potatoes, cooked, peeled, diced	2 Tbsp. sugar
2 green onions, chopped	1 tsp. flour
6 dinner sized franks, sliced ½ inch thick	1 tsp. salt
2 Tbsp. bacon drippings or salad oil	¼ c. vinegar
	1 Tbsp. chopped parsley
	½ c. water

In a large serving bowl, combine hot potatoes and onions. Cover and keep warm. Meanwhile, in a large skillet over medium heat, brown franks in bacon drippings or oil. With slotted spoon, remove franks, reserving drippings. Add franks to potatoes and onions. Keep warm. Into hot drippings, stir sugar, flour and salt until smooth and

bubbly. Gradually stir in vinegar and ½ cup water. Cook, stirring constantly, until sauce thickens and boils. Pour sauce over potatoes and franks. Sprinkle with parsley. Serves 6.

Judy B.

PIEROGIES (Polish Ravioli)

Dough:

2 medium eggs
Salt to taste

3¼ c. flour
½ c. water

Filling:

**6 medium potatoes, freshly boiled,
mashed**
4 oz. Velveeta cheese

1 tsp. dill
Salt to taste
1 onion, chopped finely

Start dough by mixing ingredients until smooth and let stand for an hour. Meanwhile, mix filling ingredients until cheese melts in with potatoes and is smoothly blended. Roll out dough ⅛ inch, then cut into circles with cookie cutter or glass. Spoon in filling mixture, fold over and seal sides. Put half-moon shaped pierogies into boiling water until they rise to top. Remove and saute both sides in a little oil until lightly browned.

Peggy K.

MARINATED SALMON

6 medium onions, sliced
6 (¾ inch) slices salmon
2½ tsp. salt
½ tsp. ground black pepper
3 c. water

¾ c. white vinegar
2½ Tbsp. sugar
2 tsp. pickling spice
2 bay leaves

Place 3 of the onions on the bottom of saucepan. Arrange fish over them. Add salt, pepper and water. Boil and cook over low heat 20 minutes, or until tender. Arrange alternate layers of fish and remaining onions in jar or bowl. Combine strained stock, vinegar, sugar, pickling spice and bay leaves. Boil liquid and pour over fish. Allow to marinate in refrigerator at least 4 days. The jellied fish keeps 2 weeks.

Gail G.

SALMON CASSEROLE

2 Tbsp. butter
2 Tbsp. flour
1 c. milk
4 oz. medium noodles
**1 (16 oz.) can salmon, drained,
flaked**

8 oz. sharp Cheddar cheese, grated
1 tsp. salt
Dash of pepper

Preheat oven to 375° F. Grease casserole dish. Heat butter and flour in saucepan. Cook while stirring for about 2 minutes. Add milk, stirring constantly until thick. Combine in baking dish, the sauce, uncooked noodles, salmon, cheese, salt and pepper and bake for 30 minutes.

Kay S.

FRESH SALMON CASSEROLE

2 lb. salmon steaks, 1 inch thick
1 lemon
2 tsp. salt
Dash of pepper
1½ c. chopped celery
1 onion, cut into rings

3 Tbsp. chopped green pepper
¼ c. butter, melted
2 c. whole kernel corn or frozen
baby lima beans
2 Tbsp. soy sauce

Squeeze lemon juice over salmon on both sides. Repeat with 1 teaspoon salt and pepper. Place steaks in shallow, well greased baking dish. Cook celery, onion and green pepper in butter until tender. Add vegetables and soy sauce; pour over salmon. Sprinkle with remaining salt. Bake, covered, at 350° F. for 25 to 30 minutes. Serves 6.

Helen L.

SWISS SPECIAL

1 (7 oz.) can tuna, drained, flaked
¼ c. chopped, stuffed olives
(green)
¼ c. chopped pecans

Kraft mayonnaise
Margarine
Tomato slices
6 slices natural Swiss cheese

Combine tuna, olives, nuts and enough mayonnaise to moisten. Spread bread with margarine. Top with tomato slices and broil for 2 or 3 minutes. Cover with tuna mixture and ½ slice cheese. Broil until cheese melts. Serves 6.

Jeanine Y.

STEAM CLAMS BORDELAISE

1 to 5 lb. clams
¼ c. onions, chopped
¼ c. parsley, chopped

¼ c. cooking oil
Water
1 to 2 cloves garlic, chopped

Saute onions in cooking oil. Do not use butter as it will burn. Add garlic. Saute onions and garlic until golden brown. Add parsley and 1 inch of water. Bring water to boil and then add well washed clams. Cover pot and shake it 2 or 3 times to mix ingredients with clams. Cook at a low boil for 15 minutes, or until all the clams have opened.

S. Family

OYSTERS ROCKERFELLER

18 selected, shucked oysters (leave
on the half-shell)
½ c. parsley, finely chopped
½ c. spinach
½ c. chives or green onion tops

½ c. melted butter
6 drops Tabasco sauce
¾ tsp. garlic salt
4 Tbsp. Romano cheese, grated
½ c. bread crumbs

Place oysters in 450° F. oven for 5 minutes. Spread with seasoning and return to oven for an additional 5 minutes. Oysters may be placed on bed of rock salt to keep from tipping on the tray while baking.

S. Family

SEAFOOD AU GRATIN

12 slices Pepperidge Farm thin white bread with crust removed	1 green pepper, chopped
2 cans crabmeat or frozen crab or shrimp, or any combination (some turbot may be used)	1 c. celery, chopped
½ c. mayonnaise	3 c. milk
1 onion, chopped	4 eggs
	1 can cream of mushroom soup
	1 c. grated Swiss cheese

Dice bread and put half in a buttered 9x13 inch casserole. Mix seafood, mayonnaise, onion, green pepper and celery and spread over bread. Top with remaining bread. Refrigerate (overnight if desired). Beat together the milk and eggs; set aside. Pour soup over casserole and bake 15 minutes at 325° F. Remove from oven and add milk and egg mixture. Sprinkle grated cheese over all. Return to oven and bake 1 hour longer. Do not cover. Can be frozen.

FISH PARMESAN

1 lb. fillets of sole or other mild fish	½ c. (or more) grated Parmesan
½ stick butter or margarine	
¾ c. fresh coarse cracker crumbs (18 saltines)	

Season fish with salt and pepper. Dot ½ the butter over bottom of baking dish and cover with ½ of the crumbs. Place fish on top and cover with at least a ¼ inch thick layer of Parmesan. Top with remaining crumbs, dot with butter and bake at 350° F. for 20 minutes. Serves 4.

Joan H.

HURRY CURRY

½ tsp. curry powder	1 c. sour cream
½ c. chopped onion	1 c. cooked shrimp
1 Tbsp. butter	1 c. cooked rice
1 can frozen or canned condensed cream of shrimp soup	

In top of double boiler, simmer onion and curry powder in butter. Add soup, set pan over hot water and stir until smooth. Add sour cream and shrimp and heat through. Serve over hot rice. Serves 3.

Variation: Use canned cream of chicken or mushroom soup, cubed chicken instead of shrimp.

Karmen L.

SHRIMP CREOLE

2 Tbsp. butter	¼ tsp. Tabasco sauce
½ c. minced onion	Dash of cayenne pepper
2 Tbsp. flour	½ tsp. salt
1 bay leaf, crushed	1 (6 oz.) can tomato paste
¼ c. diced celery	3 c. water
1 tsp. minced parsley	3 c. cooked shrimp
½ c. minced green pepper	

Saute onion in butter. Blend in remaining ingredients, except shrimp. Cook slowly, stirring occasionally, until thickened, about 30 minutes. Stir in shrimp. Heat just until shrimp is heated. Serves 6 to 8.

Joanne E.

CRAB CASSEROLE

1 c. butter	1 c. mushrooms, sliced
1 c. crushed herb seasoned stuffing mix	1 lb. frozen or fresh fish filets
6 oz. or 1 can crabmeat	2 Tbsp. chopped fresh parsley
	2 Tbsp. lemon juice

Heat oven to 350° F. In ungreased baking dish, place mixture of crabmeat, mushrooms, stuffing mix and butter, mixed well. Place fish filets on top. Sprinkle stuffing mix, butter and parsley and lemon juice on top. Bake for 30 minutes.

Bobbie K.

MICKEY'S CRAB DELIGHT

1 ½ lb. fresh crabmeat	⅓ c. fresh lemon juice
¾ c. butter, melted	Paprika

Combine butter and lemon juice. Toss with crabmeat. Place in greased shells or small individual baking dishes. Sprinkle with paprika. Bake at 450° F. for 10 to 15 minutes.

TUNA-CHEESE MELTAWAY CASSEROLE

6 oz. elbow macaroni	2 c. milk
4 Tbsp. butter	2 (6½ oz.) cans chunk tuna
4 Tbsp. chopped onion	4 slices American cheese
4 Tbsp. flour	Buttered bread crumbs
½ tsp. salt	¼ tsp. pepper
⅛ tsp. thyme	

Cook macaroni. Drain. Cook onion in butter for 3 to 5 minutes. Stir in flour, salt, thyme and pepper. Add milk gradually and cook until thick. Stir constantly. Arrange ½ of macaroni in lightly greased 2 quart casserole. Layer ½ tuna mix over, ½ cheese slices; repeat layers. Pour sauce over mixture. Sprinkle crumbs. Bake 25 minutes at 350° F.

Kaye S.

REGULAR TUNA CASSEROLE

1 (6 oz.) pkg. noodles, cooked	½ c. milk
1 can celery or mushroom soup	Bread crumbs
1 (7 oz.) can tuna	Grated cheese

Preheat oven to 325° F. Combine all ingredients in greased casserole dish. Top with bread crumbs and grated cheese and bake for 30 minutes.

Kay S.

POACHED SALMON WITH DILL MAYONNAISE

1 whole salmon (head removed and cavity cleaned)	Slice of fresh ginger
	Dash of vinegar

Garnish:

Black olives	Fresh dill
Sliced hard-boiled egg	Lemon wedges
Cherry tomatoes	

Poach salmon on steamer rack in a large wok over gently simmering water to which has been added the fresh ginger and vinegar. Wok must be covered during cooking. If salmon is large it will be necessary to cut into 2 pieces which can be put together on platter and disguised with garnish. Poach for approximately 20 minutes, or until fish flakes easily with fork. Allow to cool and remove to large serving platter. When cold, skin is easily removed and discard. Decorate platter attractively with garnishes. Serves 10 to 12.

Example: Place salmon on a bed of fresh dill and place sliced black olives and lemon wedges along center of back to disguise portions. Serve with your favorite home-made mayonnaise to which you have added enough fresh chopped dill to make sauce appear pale green.

Maggy F.

CHOPSTICK TUNA

1 can cream of mushroom soup	1 c. sliced celery
¼ c. water	½ c. cashews, salted
2 c. chow mein noodles	¼ c. chopped onion
1 c. tuna	Dash of pepper

Combine soup and water. Add 1 cup chow mein noodles, tuna, celery, cashews, onions and pepper. Toss lightly. Place in ungreased casserole. Sprinkle with remaining noodles. Bake 15 minutes at 375°. Serves 4.

Mary S.

TUNA-NOODLE CASSEROLE

2 c. noodles	¾ c. milk
1 c. (9 ¼ oz.) tuna	Crushed potato chips
1 can cream of celery soup	

Boil noodles and drain. Drain tuna. Mix celery soup and milk together; add tuna, then add to noodles. Blend together, then pour into a baking dish and sprinkle the top with crumbled potato chips. Bake in 350° F. oven for 30 minutes. Serves 4.

Billie C.

SUNDAY DINNER CASSEROLE

1 ½ lb. lean veal cubes	1 (6 oz.) can sliced mushrooms
1 c. chopped onions	½ pt. sour cream
1 tsp. salt	3 Tbsp. butter
¼ tsp. pepper	1 c. fresh bread crumbs
2 c. water	¼ c. grated Parmesan cheese
½ lb. wide noodles	¼ c. snipped parsley

Simmer meat with onion and seasonings in water, covered, for 1 hour, or until tender. Cook noodles in boiling water 3 minutes. Drain. Add to meat with undrained mushrooms and sour cream. Pour into 3 quart casserole. Cool. Refrigerate. One and one-fourth hours before serving, heat oven to 350° F. Melt butter, stir in bread crumbs, remove from heat. Stir in cheese and parsley. Sprinkle over mixture in casserole. Bake, uncovered, 1 hour, or until bubbly and brown. Serves 8.

Louise and Pedro A.

VEAL PARMESAN

4 veal cutlets, ½ inch thick, cut in halves	1 (8 oz.) pkg. Mozzarella cheese, cut into 6 slices
1 egg	Mushrooms, sliced (optional)
⅓ c. flour	1 (8 oz.) jar spaghetti Marinara sauce
¾ c. Parmesan cheese	

In pie plate, beat egg with 1 teaspoon water. In another plate, mix flour with ¼ cup Parmesan cheese. Dip cutlets into egg mixture, then flour mixture, coating both sides. In large skillet over medium-high heat in 2 tablespoons cooking oil, saute cutlets a few at a time until brown on both sides, adding more oil as needed. Return all meat to skillet. Sprinkle with salt and pepper. Place Mozzarella cheese slice on top. Add sliced mushrooms. Pour sauce over meat. Sprinkle with ½ cup Parmesan cheese. Heat to boiling. Reduce to medium-low heat for 15 minutes. Serves 4.

Beverly

HOW TO DO A PIG FOR YOUR OWN PIG ROAST

60 to 80 lb. charcoal	160 lb. pig
Meat thermometer	
Chicken wire (enough to go around pig)	

Start charcoal first and add as needed while pig cooks. Put pig on spit (bar), making sure pig is not too long for your roaster. If it is, you can cut off the head and/or feet or you can extend the roaster. Make sure hair is shaved off, but do not skin the pig. Wire the backbone in about 4 places on the spit so it doesn't flop around while turning it. Then place chicken wire around pig tightly. Place charcoal around edges so grease will drip through. Roast for about 6 hours, turning the pig ¼ of a turn every 10 to 15 minutes. After pig has reached 160° F. to 170° F., cook for at least 1 more hour. When pig has