

## Date Apricot Bars

### Part I

2 cups dried apricots cut in small pierces. Cover with water + simmer to soften. Pour off liquid and reserve 2 tablespoons. Add 1 cup pitted dates,  $\frac{1}{2}$  cup brown sugar. Cook till fairly soft. Run in food processor to smooth out.

### Part II Dough

$\frac{3}{4}$  c. melted shortening ( $\frac{1}{2}$  butter)

1 tsp. Soda

1c. brown sugar

2c. quick oats

2c. flour

1 tsp. vanilla

Blend shortening with sugar. Sift flour, soda, mix with oatmeal. Blend this dry mixture + vanilla into sugar + shortening working dough with hands. Press  $\frac{1}{2}$  mixture into well greased 9"x13" pan. Spread with date-apricot mixture. Top with remaining crumb mixture. Bake 350° till brown. Cut into squares when cool.

- Virginia Fuller

## Unbaked Choc. Cookies

Fully boil 1 min. :

2c. sugar

$\frac{1}{2}$  c. milk

1/c butter or marg. (1 stick)

Combine + mix w/ boiled mixture:

2  $\frac{1}{2}$  c. instant oatmeal

5 Tbs. Cocoa

$\frac{1}{2}$  c. chop nuts

$\frac{1}{2}$  c. coconut

Drop on wax paper, let cool.

- Nelda Pierce

Hello Dolly Cookies

for 9" x 13" pan

Melt about  $\frac{1}{2}$  cup of butter or margarine in 9" x 9" pan. Sprinkle 1 cup graham cracker crumbs over butter. Do not stir. Spread 1 cup coconut over crumbs. Pour 1 can sweetened condensed milk over coconut. Sprinkle 1 small package chocolate chips over top. Bake at 350° for about 30 minutes.

Note: double recipe for 9" x 13" pan.

- Virginia Fuller

## Helen Summers Coffee Cake

In large bowl combine

2  $\frac{1}{4}$  c. flour  
 $\frac{3}{4}$  c. white sugar  
1 c. brown sugar  
2 tsp. Nutmeg  
1 tsp. salt  
 $\frac{3}{4}$  c. salad oil

In another bowl take out  $\frac{3}{4}$  c. mixture set aside.

To remaining add:

1 egg  
1 tsp. Soda  
1 c. sour cream\*  
1 tsp. Baking powder

\*to make sour milk add 1 tsp. Lemon 1 cup milk let c??

Add to  $\frac{3}{4}$  mixture, add cinnamon + nuts.

Pour batter into 2 greased + floured 8" collar pans. Top with rest mixture.

Bake 350° for 35 min.

- (Helen Summers) via Virginia Fuller

Indian Style Potato and Cauliflower Curry

[from Soup Group, to be added later]

## Sweet Sour Hamburgers

1 pound hamburger formed into patties. Fry + drain off grease.

Mix sauce in bowl:

2 tablespoons brown sugar

3 tablespoons vinegar

1 teaspoon mustard

2 tablespoons pineapple juice

1 small can crushed pineapple drained

Pour sauce over hamburger + simmer 20 minutes, turn burgers midway to coat both sides with sauce.

- Virginia Fuller

## Lasagna

Cook as directed  $\frac{1}{2}$  lb. Lasagna noodles.

### Sauce:

2 clove garlic or more  
1 onion chopped  
1 lb. Hamburger  
2  $\frac{1}{2}$  tsp. Salt  
 $\frac{1}{4}$  tsp. Pepper  
 $\frac{1}{2}$  tsp. Basil +  
 $\frac{1}{2}$  bunch parsley chopped  
3 can tomato paste  
2  $\frac{1}{2}$  c. water

Brown hamburger, drain grease, remove.

Saute garlic + onion. Add all ingredients + simmer 15 minutes.

### Combine in separate bowl

2 beaten eggs  
1 pint cottage cheese or ricotta

### Also need

$\frac{1}{2}$  lb. Mozzarella or Swiss  
 $\frac{1}{4}$  c. Parmesan

Arrange in this order

$\frac{1}{2}$  meat sauce  
layer of noodles  
all cottage cheese mixture  
 $\frac{1}{2}$  mozzarella  
Rest of meat sauce  
Rest of noodles  
Rest of mozzarella  
Parmesan

Bake at 350° for 30 minutes.

Cool 10 minutes before serving.

If frozen takes 2 hours to cook.

-Virginia Fuller

## Super Quick Chili

Brown 1 pound hamburger in skillet. Remove the grease. Add 1 can chili beef soup and a little extra chili powder. Simmer 10-15 minutes.

Serve with rice, salad + French bread.  
- Virginia Fuller

## Crispy Pear Dessert

Line a 9" square baking dish with sliced fresh pears (peaches or apples.)  
Sprinkle slightly drained crushed pineapple over pears (9 oz. can.)

### Topping:

Cut  $\frac{1}{4}$  c. butter +  $\frac{3}{4}$  c. flour till resembles cornmeal. Add 1c. Sugar — mix. Then add 6 quartered Maraschino cherries (optional) and  $\frac{1}{4}$  c. chopped nuts. Bake at 375° about 45 min.  
— Virginia Fuller

## Browned Rice + Pork Casserole

4 pork chops  
1  $\frac{1}{2}$  c. white rice  
1 can bouillon beef soup  
 $\frac{1}{2}$  cup water  
1 medium onion diced  
4 large carrot diced at angle

Brown chops in oil. Set aside. Saute rice (raw) in skillet drippings adding oil if necessary ^add soup. Place pork chops in approx. 9" x 13" baking dish, Pour rice + soup over chops, sprinkle carrot + onion over top. Cover and bake about 40-45 min. till done in 350° oven. Watch + add more liquid if necessary.  
- Virginia Fuller

## Chinese Chicken

- 1) Fry 1 or 2 Top Ramen noodles in oil. Remove + part cover with boiling water. Put a plate over bowl.
  - 2) Cut 3-4 boneless breast of chicken into chunks. Fry till still pink + juicy. Set aside.
  - 3) Chop a selection of the following: broccoli, onion, zucchini, Bok Choy or spinach, mushrooms, water chestnut, bamboo shoots + also use 1 pkg frozen snow peas + bean sprouts.
  - 4) Prepare Sauce:  $\frac{1}{4}$  c. sherry, 2 tablespoons cornstarch, 1 cup chicken broth (bouillon cubes will do.) Set aside.
  - 5) Stir fry vegetables starting with hardest to cook items (broccoli, onion etc.) Add chicken, drain noodles + add stir in sauce + let thicken. Top with cashew nuts.
- Virginia Fuller

## Tomato Cheeseburger Pie

### Crust:

$\frac{1}{2}$  onion chopped fine  
 $\frac{1}{4}$  c. cold water  
1 c. flour  
 $\frac{1}{2}$  tsp. Salt  
 $\frac{1}{3}$  c. shortening

Place onion, flour, salt in bowl. Cut in shortening. Mix as for pie crust. Roll out + line 1 ceramic pie pan.

### Filling:

1 pound hamburger browned + drained  
 $\frac{1}{4}$  - 1 cup Catsup  
 $\frac{1}{2}$  minced onion  
 $\frac{1}{2}$  tsp. Basil  
 $\frac{1}{4}$  tsp. Marjoram  
 $\frac{1}{2}$  tsp. Pepper  
1 cup cheddar grated  
1 egg  
1 tsp. Salt  
 $\frac{1}{2}$  c. bread crumbs

Filling as follows: Add all ingredients to drained meat. Fill pie shell. Bake ~~350°~~ 400° for 25 min. Top with cheese + tomato slices last few minutes.  
- Virginia Fuller

## Lamb Shanks + Beans

Adaptation from Galloping Gourmet:

12 Lamb Shanks  
10 cloves garlic  
2 onions cut in large pieces

Saute onion + garlic in clarified butter. Add lamb. Cook 1  $\frac{1}{2}$  hours. Cool in refrigerator till fat is hard. Separate meat, discard fat, add back portion of liquid. Store in about 2 cup containers in freezer.

On serving day: Saute 6 slices of bacon cut in strips, add 2 green chili (small hot ones), 5 ox. Can tomato paste, 16 oz. Can kidney beans, more garlic to taste, 1 cup plus red wine. Serve with Tualatin Pinot Noir, French bread, Salad.

- Virginia Fuller

## Holiday Flank Steak

1 flank steak

### Marinade:

1 cup red wine

1 tablespoon Worcestershire

2-3 cloves garlic crushed

### Marinate steak 2°:

Broil: Slice at an angle across the grain

### Sauce:

1 can consommé, some of marinade, 2 tablespoons cornstarch

- Virginia Fuller

## Beef Brisket

Marinate about 3 pound brisket in  $\frac{1}{2}$  bottle of liquid smoke and  $\frac{1}{2}$  bottle of Worcestershire sauce. Top with 1 chopped onion + heavy sprinkling of celery seed.

Let stand in refrigerator overnight.

Put liquid and brisket in 275° oven and cook several hours till tender. Pour  $\frac{1}{2}$  bottle of barbeque sauce (Southern style with molasses if you can find it.)

Remove from oven, slice and arrange on platter. Take rest of barbeque sauce + blend part of dripping from baking, warm in small saucepan. Pour over sliced meat.

Great for large crowds. Serve with robust wines Louis Martini, Barbera, Zinfandel or Be...  
- Virginia Fuller

## French Vinaigrette Dressing

3 tablespoons wine vinegar (Balsamic)

2 tsp. Dijon mustard

$\frac{1}{2}$  c. good quality olive oil

2 cloves garlic crushed

Shake ingredients in small jar

You can saute garlic in the olive oil, then remove garlic, cool oil + shake in bottle. This seems to increase flavor.

- Virginia Fuller

## Curried Mixed Vegetable Salad

Place 1 large package mixed frozen vegetables (peas, carrot, corn, lima) in small amount water + salt. Bring to boil. Remove + place in colander, rinse with cold water. Add small amount finely chopped onion  $\frac{1}{2}$  - 1 tsp. Curry powder and mayonnaise enough to glue together. Mix + refrigerate.

Note: best made the day or evening before

- Virginia Fuller

## Baked Potato Boats

Bake 4 medium potatoes 350° for 1 hr. Cut in  $\frac{1}{2}$  lengthwise. While still hot scoop insides into large bowl. Add 4 oz sour cream, 4 slices bacon (fried + broken into pieces), 2 tablespoon bacon fat, salt + pepper to taste. Beat with electric mixer. Add milk if necessary to make fluffy. Pile filling into potato skins. Bake 350° for  $\frac{1}{2}$  hr. Can make this ahead + refrigerate.  
- Virginia Fuller

## Dilled Shrimp Spread

1 envelope unflavored gelatin  
3 tablespoons cold water  
1 can cream mushroom soup  
2 pkg (3 oz. each) cream cheese  
 $\frac{1}{2}$  cup each mayonnaise, sour cream, chopped parsley + finely diced celery  
 $\frac{1}{4}$  cup sliced green onion  
2 tablespoons lemon juice  
 $\frac{1}{4}$  tsp + hot pepper seasoning  
 $\frac{1}{4}$  tsp. Dill  
8 oz. (or more) fresh small cooked shrimp

Combine gelatin and water and let stand 5 min. to soften. Place soup in sauce pan over medium heat. Add gelatin, stir till dissolved. Stir in Cream Cheese till melted. Remove from heat, let cool.  
Add all other ingredients. Spoon into 5  $\frac{1}{2}$  cup fish mold. Refrigerate till firm at least 4 hr.  
To serve unmold onto platter and decorate with parsley, tomatoes, serve with Stoned Wheat crackers.  
- Virginia Fuller

## Carolyn's Dutch Baby Breakfast

$\frac{1}{2}$  c. butter melted in heavy skillet

Blend together in smooth paste

$\frac{1}{2}$  c. flour

$\frac{1}{2}$  c. butter

$\frac{1}{2}$  c. milk

2 eggs fork beaten

Pour into skillet Bake 450° for 12-15 min.

Serve with fresh strawberry + whipped cream optional

- Virginia Fuller

## Traminer with Melon

Soften 1 envelope unflavored gelatin in  $\frac{1}{2}$  cup cold water. Add  $\frac{1}{2}$  cup sugar and stir over boiling water (double boiler) until dissolved. Stir in  $1\frac{3}{4}$  cup ( $\frac{1}{2}$  bottle) Tualatin Gewurztraminer and chill till syrupy. Stir in  $1\frac{1}{2}$  cups melon cubes. Pour into clear serving glasses. Chill till set. Top  $\checkmark$  whipped cream. Makes 4 servings. An elegant refreshing dessert.

- Tom Quinsey - Tualatin Vineyards

## Pumpkin Spice Cake

8 Tbs. (1 stick) unsalted butter, softened  
1 ½ cups firmly packed brown sugar  
2 eggs, lightly beaten  
2 cups cake flour  
2 tsp. Baking powder  
½ tsp. Baking soda  
½ tsp. Salt  
1 tsp. Ground cinnamon  
1 tsp. Ground ginger  
½ tsp. Ground cloves  
½ tsp. Mace  
½ cup milk  
1 cup canned or fresh pumpkin puree  
½ cup chopped pecans or walnuts  
Confectioners' sugar, for dusting

Preheat oven to 375°F. Butter a rosette pan. In the bowl of an electric mixer, beat butter until creamy. Gradually add brown sugar and beat on high speed until creamy and no longer granular, 6-7 min. Add eggs a little at a time, and continue beating until light and fluffy, 3-4 min. more. Sift together flour, baking powder, baking soda, salt, cinnamon, ginger, cloves and mace onto a sheet of waxed paper; sift again. Fold one-third of dry ingredients into butter mixture, then half the milk and half the pumpkin; sift again. Fold in remaining one-third of dry ingredients and the nuts until thoroughly blended. Pour batter into prepared pan and bake until cake springs back when touched and pulls away from sides of pan, 35-40 min. Let cake cool 5-10 min., then remove from pan. Transfer cake to a wire rack and let cool 1 hr. Dust with confectioners' sugar before serving. Serves 12.

Adapted from The Fanny Farmer Baking Book, by Marion Cunningham (Alfred A. Knopf, 1984).

From a Williams-Sonoma catalog under the heading "Thanksgiving".

## Fudge Brownies

2 c. sugar  
10 tsp. Butter or margarine  
2/3 c. milk  
4 eggs (separated)  
8 tbsp. Cocoa  
2 tsp. Salt  
1 1/3 c. flour  
2 tsp. Vanuilla

Cream sugar + butter, add egg yolk, chocolate, flour, salt and milk and vanilla. Beat egg whites in separate bowl till stiff. Fold egg whites and nuts into batter. Bake in 9" x 13" greased pan 350° till done.  
- Virginia Fuller

## Helen Homfeld's Old Fashioned Sugar Cookies

$\frac{1}{2}$  c. shortening

1c. sugar

1 egg

3 c. flour

$\frac{1}{4}$  tsp. Salt

3 tsp. Baking powder

$\frac{1}{2}$  c. milk

$\frac{1}{2}$  tsp. Vanilla

Cream shortening and sugar, add egg and beat well. Add sifted dry ingredients alternately with milk and vanilla. Roll on floured board to  $\frac{1}{2}$ " thickness. Cut with cookie cutter, sprinkle with sugar. Bake 350° for 15 minutes on greased cookie sheet.

- (Helen Homfeld) via Virginia Fuller

## Roasted Chestnut Holiday Dressing

8 cups diced, dried white bread  
1/3 cup butter  
1 1/4 cup diced white onions  
1 1/4 cup chopped celery  
1 1/2 cup peeled, cored, seeded and diced Granny Smith apples  
1 1/2 cup coarsely chopped roasted chestnuts  
1 tsp. chopped fresh sage  
1 1/2 tsp. Kosher salt  
1/2 tsp. ground black pepper  
2 tsp. chopped fresh thyme  
2 tsp. chopped fresh marjoram  
2 1/2 cup prepared chicken stock  
2 tsp. peeled and minced fresh garlic  
2 tsp. chopped fresh parsley

Saute the onions and garlic using butter until lightly caramelized, being careful not to burn and then add celery and apples and continue to saute until tender, set aside and chill. Cut the bread into large diced cubes (Crusts may be trimmed first, if desired.) Combine the bread and cooked vegetables in a large bowl. Add the herbs and salt and pepper, and toss gently. Add the chicken stock a little at a time and mix the dressing lightly after each addition. Add stock to make slightly moist; neither dry nor soggy.

Do not over mix bread dressing or it will become pasty. Toss ingredients together lightly. Place dressing in a greased pan and bake at 375° uncovered for approximately 30 minutes (until hot in center.)

For a light texture, do not pack dressing into baking pans. Spoon it loosely. Makes 10 cups.

From a United Airlines *Home for the Holidays* recipe card.

## Great Plain Ole Corn Bread

1  $\frac{1}{4}$  cup cornmeal  
1  $\frac{3}{4}$  cup flour  
2 tbs. Sugar  
1 tbs. baking powder  
 $\frac{1}{2}$  tsp. salt

Stir together.

1 egg  
1 cup milk  
 $\frac{1}{2}$  cup oil

Combine and stir into dry ingredients.  
Pour into greased 8 or 9" pan. Bake at 425° for 25 minutes.

From the Waco Herald-Tribune via Laura Gilbert

## Egg Plant Parmesan

Slice + fry 2-3 med. Onions until soft in plenty of oil. Drain completely. While onions are frying, start sauce: combine canned tomatoes (1 lg. Can), tomato sauce (2 16 oz. Cans), fresh garlic, 2 tsp. Oregano, 1 tsp. Rosemary, 1 tbs. Basil,  $\frac{1}{2}$  tsp. Sage,  $\frac{1}{2}$  tsp thyme, 1 tsp. Salt,  $\frac{1}{4}$  tsp. Pepper,  $\frac{1}{2}$  c. sherry or other wine. Add onions to sauce + cook  $\frac{1}{2}$  hr. or more (Until it tastes good.)

While sauce is cooking, slice 2 eggplant and fry until it is brown + floats. Drain well. Coat pan lightly with oil. Layer sauce, eggplant and Parmesan cheese. End with cheese. Bake at 350° for  $\frac{1}{2}$  hr.

### Notes:

Slice eggplant with skin on.  
Use same oil to fry eggplant as onions.  
Will require 1 lg. Can parmesan cheese.  
9" x 13" pan

- Unknown, possibly Gail Jaeger

## Quick Beef Stew

Flour 1  $\frac{1}{2}$  lb. Stew meat. Brown in oil in dutch oven. Remove meat. Add 2-3 tablespoons flour to drippings + blend well. Add  $\frac{1}{4}$  tsp. Pepper,  $\frac{1}{2}$  tsp. Thyme or mace, 1 can consomme, 1 cup dry red wine and about 1  $\frac{1}{2}$  lb. Sliced fresh mushrooms. Return meat to sauce, cover + bake at 325° for 2 hr.

Serve over rice.  
- Virginia Fuller

## Alice Heitz Squash Casserole

Mix together:

3 yellow squash 2 zucchini grated  
2 eggs beaten  
2 c. cheddar cheese  
3 small green hot chilis chopped fine  
1 small onion chopped  
salt + pepper to taste

Bake in oiled casserole 350° for 45 min – 1 hr. covered. Remove lid at last to brown.

- (Alice Heitz) via Virginia Fuller

## Curried Rice

1 medium onion chopped  
 $\frac{1}{4}$  c. margarine  
1 c. rice  
1 can consomme or beef broth  
1 c. water  
 $\frac{1}{2}$  tsp. + curry powder  
2 stalks celery chopped  
sliced almonds

Saute onion in margarine in heavy skillet. Add rice stir till brown. Add all other ingredients. Pour into greased casserole. Bake 325° for 1 h.

- Virginia Fuller

## 8" or 9" Double Pie Crust

1  $\frac{1}{2}$  c. flour  
 $\frac{1}{2}$  tsp. Salt  
 $\frac{1}{2}$  c. shortening  
5 tablespoon plus cold water

Cut shortening into flour + salt with pastry blender. Add enough water till barely blended. Do not over work. Flour board + rolling pin lightly. Roll turning crust with each roll at first to keep shape even.  
- Virginia Fuller

## England's cookies

Melt 2/3 cup butter (can use part margarine)

Combine 2 eggs, 2 cups brown sugar, 10 tsp. (rounded) regular flour, 2 pinches salt, 2 pinches soda, 1 cup chopped filberts

Mix melted butter + other ingredients in 9" x 13" pan

Bake 350° for 25 minutes

Cut into squares while still warm, roll in granulated sugar.

- Virginia Fuller

## Elegant Flank Steak

1 flank steak (about 1  $\frac{1}{2}$  lb.)  
1 cup Tualatin Pinot Noir  
3 teaspoons Soy Sauce  
1 tablespoon Worcestershire sauce  
2-3 cloves crushed garlic  
2 tablespoons cornstarch  
1 can consomme  
sliced mushrooms  
butter or margarine

Combine Pinot Noir, soy sauce, Worcestershire sauce, garlic in shallow baking dish, add steak covering bot + sides and marinate 2 hours. Drain steak + save marinade. Broil steak till pink in middle. Meanwhile saute mushrooms in small amt butter or margarine. Add consomme, part of marinade to taste, thicken slightly with cornstarch. Slice steak thin on diagonal. Pour some sauce over steak.

- Virginia Fuller

## Tualatin Bean Soup

4 slices bacon cut in small pieces  
1 large onion chopped  
2 10  $\frac{1}{2}$  oz. can Bean + Bacon soup  
2 10  $\frac{1}{2}$  can Consomme Soup  
1 cup water  
 $\frac{1}{2}$  cup plus red wine (Tualatin Pinot Noir)  
1 tsp. Worcestershire sauce

Saute bacon till brown. Pour off drippings. Saute onion in same skillet.  
Transfer to soup pot along with all ingredients except wine. Blend + heat.  
Before serving add wine and reheat.  
Serve with Tualatin Ore. Pinot Noir  
- Luanne Malkmus + Virginia Fuller

## Sticky Rolls

Place 1 package Rhodes dinner rolls in buttered Bundt or Angel Food pan.

Sprinkle over top:

1 pkg Regular Butterscotch pudding

$\frac{1}{2}$  c. brown sugar

$\frac{1}{2}$  c. melted butter

cinnamon

nuts chopped

Place wax paper over rolls + set on counter overnight. In morning Bake 325° for 25 min. + 300° for 15 min. Watch carefully they tend to burn.

- Virginia Fuller

## Oatmeal Cake

1 cup quick oats  
1 stick margarine  
1  $\frac{1}{4}$  c. boiling water

Combine and let stand 20 min.

Add:

1 c. white sugar  
1 c. brown sugar  
2 eggs  
 $\frac{1}{2}$  tsp. Salt  
1 tsp. Baking powder  
1 tsp. Soda  
1  $\frac{1}{3}$  c. flour  
1 tsp. Cinnamon  
 $\frac{1}{2}$  c. nuts

Bake 350° for 40 minutes in greased + floured 9" x 13" baking pan.

Topping:

1 stick margarine  
1 c. coconut  
1 c. chopped filberts  
 $\frac{1}{2}$  tsp. Vanilla  
 $\frac{1}{4}$  c. milk  
 $\frac{1}{2}$  c. sugar

Heat together on top stove till bubbles + spread over cake.  
- Virginia Fuller

## Devil Dog Cookies

### Cookies:

Cream together:  $\frac{3}{4}$  c. shortening, 2 c. sugar, 2 eggs

Add + mix together: 2c milk, 2 tsp. Vanilla

Mix in: 4c flour,  $\frac{1}{2}$  c. cocoa, 3 tsp. Soda, 2 tsp. Salt

Drop by teaspoon (need to be small) and bake 400° for 8-10 min.

### Filling:

Blend together:  $\frac{1}{2}$  c. butter, 1  $\frac{1}{2}$  c. powdered sugar, 1 large jar marshmallow fluff, 2 tsp. Milk, 2 drops vanilla

Put 2 cookies together with filling in middle

- Virginia Fuller

Our favorite Chocolate Cake

2 c. flour  
1  $\frac{3}{4}$  c. sugar  
1/3 tsp. Baking powdered 1  $\frac{3}{4}$  tsp. Soda  
1 tsp. Salt  
2/3 c. cocoa

Combine, add 2/3 c. shortening and 1 c. water and 1 tsp. Vanilla. Beat 2 min.  
Add 3 eggs, beat 2 min. Fill 2 greased 9" pans. Bake 350° for 25-30 min.

- Laura Gilbert

## Blueberry Coffee Cake

Mix:

$\frac{3}{4}$  c. sugar

$\frac{1}{4}$  c. oil

1 egg

Stir in  $\frac{1}{2}$  c. milk.

Add:

2c. flour

2 tsp. Baking powdered  $\frac{1}{2}$  tsp. Salt

Blend in carefully 2 c. drained blueberries. Spread in 9" pan. Sprinkle with cinnamon sugar. Bake 375° for 25-35 min.

- Laura Gilbert

## Laura Jo Soup

Combine various combinations of:

Campbell's Cream of Mushroom soup

1 pkg frozen chopped spinach or broccoli, mushrooms, onion

Chop up or grate a potato

Leftover carrots or vegetables

Milk to thin

pepper, seasonings

Try soups with Cream of Chicken or Cheese soup as base.

Don't thin too much so it's thick and more filling.

- Laura Gilbert

## Hamburger Onion Pie

Make 1 recipe of biscuit dough.

Press into 9" pie pan or square pan. Saute 1  $\frac{1}{2}$  c. onions and 1 lb. Hamburger. Add  $\frac{1}{2}$  tsp. Salt, dash of pepper. Spread over dough.

Beat 2 eggs and mix with 1 c. small curd cottage cheese. Pour over meat.

Bake at 375° for 30 min.

- Laura Gilbert

## Spaghetti Sauce

Brown 2 lbs. Ground beef  
1 (12 oz.) can tomato paste  
1 (10  $\frac{1}{2}$  oz.) can tomato puree  
1 chopped clove of garlic (1 section)  
2 tbs. Minced onion  
1 can mushrooms and juice  
1 tsp. Salt  
3 tsp. Sugar

Add basil, oregano, pepper, parsley flakes to taste.  
Cook on low for 2 hours.

- Laura Gilbert

## Barbecue Mix

Brown 1 lb. Ground beef

Add:

$\frac{1}{2}$  c. chopped onion

$\frac{1}{4}$  c. chopped green pepper

$\frac{1}{4}$  c. chopped celery

1 (8 oz.) can tomato sauce  
2  $\frac{1}{4}$  c. ketchup

1 tbs. Vinegar

1 tbs. Sugar

1 tsp. Salt

2 tbs. Brown sugar

Simmer until blended and hot.

- Laura Gilbert

## Baked Shells with Fresh Spinach and Pancetta

4 tbs. Butter  
2 c. heavy cream  
 $\frac{1}{2}$  c. tomato puree (or chunked tomatoes)  
 $\frac{1}{2}$  c. Parmesan cheese, grated  
Garlic  
Salt and Pepper  
 $\frac{1}{3}$  lb. Pancetta, diced  
1 lb. Spinach leaves, torn  
1 lb. Medium pasta shells

Melt 2 tbs. Butter, add cream and tomato, boil over high heat. Reduce heat and simmer about 15 min. Remove from ... [the rest is missing? ]

Serves 6 to 8.

- Joanne Fuller

## Penne with Tomato and Mushroom Sauce

1 oz. Dried wild mushrooms  
2 tbs. Shallots or yellow onion, minced  
1 tbs. Vegetable oil  
4 tbs. Butter  
2 tbs. Prosciutto,  $\frac{1}{4}$ " wide strips  
1  $\frac{1}{2}$  c. italian tomatoes with juice  
 $\frac{1}{4}$  tsp salt  
1 lb. Penne, ziti or mezzami pasta  
Parmesan cheese

1. Soak mushrooms in 1 c. lukewarm water for 30 min.
2. Saute shallot in vegetable oil and butter
3. Add remaining ingredients including liquor from mushrooms (strain first.)
4. Simmer sauce for 45 min. and serve

From Marcella Hagan: *The Classic Italian Cookbook* via Deb Young

## Pie Crust for restricted diet

3 1/3 cups flour  
1/3 teaspoon salt  
2/3 cup olive oil  
1/2 cup non-fat milk

3 12" squares of waxed paper

Combine flour and salt.  
Pour in milk and oil.  
Stir lightly with fork.  
Form 2 balls.

Sprinkle a few drops of water on counter.  
Place a waxed paper square on counter.  
Place one ball on waxed paper and flatten slightly by hand.  
Place another waxed paper square on top and roll out  
to over 12". Roll at 0, 90, 45, 135 degrees.

Repeat, starting with waxed paper that was on top.  
Store in a stack in refrigerator until needed.  
Bring to room temperature before using.

Makes 2 crusts.

- Paul Pierce

## (Sugarless) Apple Pie

1/2 cup apple cider  
1 cup raisins

(up to 1/2 cup brown sugar)  
3 tablespoons flour  
1/2 teaspoon ground cinammon  
1/8 teaspoon ground allspice

6 cups apples [Fuji for no-sugar], about 2 1/4

2 pie crusts

Pour cider and raisins into saucepan and simmer until reduced to 1/2.

Combine dry ingredients in large mixing bowl.  
Use no sugar for Fuji apples, for other apples sweeten as required.

Peel apples. Slice into 1/16ths.  
Add to dry ingredients and toss to coat.

Put bottom crust in deep dish pie plate. Add apples and  
raisin mixture. Put on top crust. Cut slits in top.

Cover with foil, bake for 25 min. at 375.  
Remove foil and bake another 30-35 min.

- Paul Pierce

## Pumpkin pie

4 eggs lightly beaten  
1 can LIBBY'S Solid Pack Pumpkin (29 oz.)  
1 1/2 cups granulated sugar, or 1 1/4 cup brown sugar  
1 teaspoon salt  
2 teaspoons ground cinammon  
1 teaspoon ground ginger  
1/2 teaspoon ground cloves  
3 cups evaporated milk (2 12oz cans)

2 pie crusts

Combine ingredients in order.  
Place pie crusts in pans.  
Pour in filling.

Bake at 425 degrees for 15 minutes.  
Reduce temperature to 350 and bake an additional 40-50 minutes.  
Use foil on crust edges to avoid overcooking.

Makes 2 pies.

Off the LIBBY'S pie can

## Stuffed Cabbage Rolls

1 head cabbage  
1 lb. Ground beef  
1 large green pepper chopped fine  
2 medium onions  
2 tbs. vegetable oil  
1 c. soft bread crumbs  
1/3 c. chili sauce  
2 tsp. Worcestershire sauce  
1/2 tsp. Salt  
Marjoram  
Pepper  
1 can (8 oz.) tomato sauce  
2 tbs. butter  
1/2 c. sour cream (optional)

Core cabbage and cook 7 minutes.

Cook ground beef, green peppers and onions in oil until meat is brown.

Add bread crumbs, chili sauce and seasonings, mix well.

Place meat on cabbage leaf. Roll and put in baking dish.

Pour  $\frac{3}{4}$  tomato sauce over rolls and dot with butter.

Bake 1 hr. in medium oven.

Add sour cream to  $\frac{1}{4}$  tomato sauce. To serve you may have to use tooth picks to hold cabbage.

- Nona Homfeld 1978

## Tomato Cheeseburger Pie

### Crust:

$\frac{1}{2}$  onion chipped fine  
 $\frac{1}{4}$  c. cold water  
1 c. flour  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{3}$  c. shortening

Place onion, flour, salt in bowl. Cut in shortening. Mix as for pie crust, roll out and line 1 ceramic pie pan.

### Filling:

1 lb. Hamburger browned and drained  
 $\frac{1}{4}$  - 1 c. Catsup  
 $\frac{1}{2}$  minced onion  
 $\frac{1}{2}$  tsp. Basil  
 $\frac{1}{4}$  tsp. Marjoram  
 $\frac{1}{2}$  tsp. Pepper  
1 c. cheddar grated  
1 egg  
1 tsp. Salt  
 $\frac{1}{2}$  c. bread crumbs

Add all ingredients to drained meat. Fill pie shell. Bake 400° for 25 min. Top with cheese and tomato slices last few minutes.

- Virginia Fuller

## Cioppino

1 c. olive oil  
4 cloves garlic  
4 onion chopped fine  
 $\frac{1}{2}$  head celery chopped  
2 No. 2 (large) cans solid packed tomatoes  
2 (8 oz.) cans tomato paste  
 $\frac{1}{2}$  box basil  
Generous amount oregano  
2 crab  
12 shrimp  
12 clams  
1  $\frac{1}{2}$  lb. Cod or other white fish  
1  $\frac{1}{2}$  c. white wine

Make the sauce the day before for better flavor:

Saute garlic, onion and celery in olive oil. Add tomatoes, tomato paste, parsley, basil, salt oregano and pepper to taste. Add wine. Simmer 2-3 hours, adjust seasoning. Refrigerate.

On the day, warm sauce, add white fish and crab, simmer 20 min. Add clams and shrimp, simmer until clams open 10 min. or less.

Serve in bowl with slice of French bread or pasta in bottom. Great with red or white wines (Pinot Noir, Chardonnay) and salad. Cheese cake for dessert.

Serves 8

(Denise?)

## THANKSGIVING

Fruit salad

Turkey w/ stuffing

~~Baked sweet potatoes (scrub & bake)~~

Mashed potatoes

Gravy

Carrots w/ parsley butter

Rolls

Cranberry berries

Olives

Pickled peaches

Pumpkin Pie & whipped cream

## Turkey Stuffing

1 pkg Mrs Cavinson's melba toast dressing mix

3 celery stalks chopped

3-4 large onions

Giblets chopped

$\frac{1}{2}$  bunch parsley chopped

1 stick butter

1 c. juice from giblets

Toss, then put 1 cube of melted butter on hand and rub in turkey then

(Suzanne?)

## Turkey Gravy

If really fat pour some off then add 4 heaping tbs. Flour. Work in with spatula on low heat. Add water slowly 1  $\frac{1}{2}$  c. at time between. Mix in till smooth.

(Denise?)

## Pot Roast

Brown pot roast (floured) in oil, salt and pepper. Slice 1 onion, 1 bay leaf and add about  $\frac{1}{2}$  c. red wine. Simmer several hours. Remove from heat. Remove most of fat from pan. Add about 3 tbs. flour, blend to smooth paste, add water to make gravy.

(Suzanne?)

## Polly Bergine Chili

6 chopped onions  
6 chopped green peppers  
2 minced cloves garlic  
Cooking oil  
4 lb. Hamburger  
4 (16 oz.) cans Italian Style tomatoes  
4-6 16 oz. Cans kidney beans  
2 6 oz. Cans tomato paste  
1 c. water  
Salt and Pepper  
1 tsp. Red wine vinegar  
3 whole cloves  
2 bay leaves  
2 tbs. Chili powder

In a large skillet, brown onion, pepper and garlic in oil until golden.

In a separate skillet brown meat in bunches. Separate meat with a fork and cook until all meat is browned. Drain off accumulated oil. Place onion, peppers, garlic and meat in a large pot. Add tomatoes, kidney beans, tomato paste, water, salt and pepper to taste, vinegar, cloves, bay leaves, chili powder and Tabasco. Cover and simmer for 1 hr. Add sugar to taste. Simmer uncovered for another hr. Remove clove and bay leaf before serving.

- Polly Bergine (via Denise?)

## Guy's Enchaladas

Boil 1 chicken deboned.  
12 flour tortilla  
1 whole green chili  
Chili Salsa  
Jack cheese  
Sour cream

Make white sauce. Dip tortilla in sauce. Fill with chicken, chili, Chili Salsa, Jack cheese. Roll and place in cassarole with a little white sauce on the bottom. Pour remainder on top. Sprinkle with grated cheese and sour cream. Bake at 350° until done.

(Denise?)

Luanne's chili casserole

2 large cans green chili  
1 lb. Cheddar  
1 lb. Jack  
 $\frac{1}{2}$  c. chopped onions

Butter 3 quart baking dish. Layer in the following order:

- 1) Chili
- 2)  $\frac{1}{2}$  cheese
- 3) onion
- 4) Chili
- 5)  $\frac{1}{2}$  cheese
- 6) onion
- 7) 5 whipped egg yolks and 1 can evaporated milk
- 8) Pour over top 5 egg whites beaten stiff with 1 tbs. flour folded in.

Bake 325° for 1 hour.

- Luanne (via Denise?)

Pelow

1 c. uncooked rice  
2 c. water  
 $\frac{1}{2}$  tsp. curry powder  
 $\frac{1}{2}$  tsp. salt  
1 lb. hamburger  
 $\frac{1}{2}$  c. minced onion  
 $\frac{1}{2}$  c. diced celery  
2 c. tomatoes, fresh chopped without skins  
Salted peanuts in brown skins

Brown uncooked rice in a small amount of margarine until the color of straw, stirring constantly. This will take 20 minutes. Add curry powder and salt and a small amount of water. Cover and steam. Watch carefully adding more water until rice is cooked.

In another skillet fry hamburger, onions and celery. Add tomatoes and seasonings and simmer 20 to 30 minutes. Place rice and meat mixtures in separate dishes. To server spoon meat over rice and top with salted peanuts.

(Denise?)

## Herbed Green Beans

1 lb. Fresh or 1 pkg (10 oz.) frozen french style green beans

Boiling water

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

4 bacon slices cut crosswise

$\frac{1}{4}$  c. chopped onion

2 tbs. Chopped green pepper

2 tbs. Chopped parsley

$\frac{1}{8}$  tsp. dried Marjoram

Dash Rosemary leaves

$\frac{1}{4}$  tsp. MSG (optional)

$\frac{1}{8}$  tsp. pepper

Cook beans and drain. Saute bacon until crisp. Drain on paper towel. Crumble. Cook onion and green pepper until tender, 5 min., in bacon skillet. Add beans, parsley and seasoning. Cook over low heat 5 min. Stir occasionally. Sprinkle with bacon.

- Virginia Fuller

## Carrot Ring

2 c. grated cooked carrots  
1 tsp. minced onion  
3 eggs well beaten  
1 c. milk  
3 tsp. melted butter  
1 tsp. salt and pepper

Mix in order given. Pour in well buttered 8" ring mold. Bake 350° for 40 min. Remove, let stand for minutes. Fill with peas.

(Denise?)

## Alice Heitz Squash Casserole

Mix together:

3 yellow squash grated, 1 zucchini  
2 eggs beaten  
2 c. Tillamook cheese  
3 small hot green peppers grated  
 $\frac{1}{2}$  small onion  
Salt and pepper

Bake 350° for 45 min. to 1 hr. in covered casserole then remove lid to brown.

- Alice Heitz (via Denise?)

Mom's Mac & Chz

$\frac{1}{2}$  pkg macaroni (cooked)  
2 tbs. flour – on top  
1 tbs. Worcestershire sauce  
salt and pepper  
2 c. cheddar cheese

Fill with milk  $\frac{1}{2}$  way up.  
Top with cheese and bread crumbs.  
Bake.

- Virginia Fuller (via Denise?)

## Persimmon Cookies

$\frac{1}{2}$  c. shortening  
1 c. sugar  
1 eggplant 1 c. persimmon pulp  
1 tsp soda  
2 c. flour  
 $\frac{1}{2}$  tsp. nutmeg  
1 tsp. cinnamon  
 $\frac{1}{2}$  tsp. salt  
1 c. raisins  
1 c. nuts  
1 tsp. vanilla

Mix in order given. Drop by teaspoon onto greased cookie sheet. Bake 350° for 20 min.

(Denise?)

## Lemon Bars

1 c. flour  
 $\frac{1}{2}$  c. butter or margarine  
 $\frac{1}{4}$  c. powdered sugar

Mix above ingredients and press into 9" square pan. Bake 350° until it starts to brown.

(Double whole recipe for 9" x 13" pan.)

2 eggs  
3 tbs. lemon juice  
1 c. sugar  
2 tbs. flour  
 $\frac{1}{2}$  tsp. baking powder

Mix together, pour over baked crust. Return to oven. Bake 350° for 20 – 25 min. until top brown.

- Virginia Fuller

## Sour Cream Coffee Ring

6 tbs. butter  
 $\frac{3}{4}$  cup sugar  
1 egg  
1 tsp. vanilla  
  
1  $\frac{1}{2}$  c. flour  
1  $\frac{1}{4}$  tsp. baking powder  $\frac{1}{4}$  tsp baking soda  
 $\frac{1}{4}$  tsp. salt  
 $\frac{3}{4}$  c. sour cream  
 $\frac{1}{2}$  c. chopped nuts, divided  
2 tbs. sugar  
1 tsp. cinnamon

Cream butter until fluffy, beat in sugar. Add egg and vanilla; blend well. Combine flour, baking powder, soda and salt; add alternately with sour cream to butter mixture. Spoon half of the batter into a 5 cup well greased ring mold or 9" square pan. Sprinkle with  $\frac{1}{4}$  c. nuts. Mix together sugar and cinnamon and sprinkle over the dough. Spoon remaining dough on top. Bake in 350° preheated oven for about 45 minutes or until done. Let stand in pan for 10 minutes, then turn out on rack to cool. When cool, drizzle on:

### Powdered Sugar Frosting

1 c. sifted powdered sugar  
1 tbs. milk  
 $\frac{1}{4}$  tsp. vanilla

Combine powdered sugar, milk and vanilla. Sprinkle with remaining  $\frac{1}{4}$  cup chopped nuts.

- Virginia Fuller

## Triple Layer Chocolate Cupcakes

(Section 1)

1 3 oz. Cream cheese  
1 unbeatn eggplant1 egg yolk  
dash granulated sugar  
dash salt

(Section 2)

$\frac{1}{2}$  c. chocolate chips

(Section 3)

1  $\frac{1}{2}$  c. sifted flour  
1 c. sugar  
 $\frac{1}{4}$  c. cocoa powdered  $\frac{3}{4}$  tsp soda  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  c. water  
 $\frac{1}{3}$  c. oil  
1 egg white  
1 tbs. vinegar  
1 tsp vanilla  
 $2\frac{3}{4}$  c. slivered almonds

Beat (Section 1) in a bowl. Stir in (Section 2).

Combine dry ingredients except almonds of (Section 3) in another bowl. Add wet ingredients of (Section 3), stir with a fork until well blended.

Fill cupcake pan half full. Spoon 1 tbs. (Section 1 & 2) on each. Sprinkle 1 tbs. sugar and almonds on top.

Bake at 350° for 25 – 30 min.

Makes 12.

(Denise?)

## Helen Homfeld Coffee Cake

### Batter:

1  $\frac{1}{2}$  c. flour  
2 tsp. baking powdered  $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  c. sugar  
 $\frac{1}{4}$  c. shortening  
1 egg  
 $\frac{1}{2}$  c. milk  
1 tsp. vanilla

Sift flour, baking powder, salt and sugar. Cut in shortening. Blend well beaten egg, mix with milk, add vanilla.

### Filling:

$\frac{3}{4}$  c. brown sugar  
3 tsp. flour  
3 tsp. cinnamon  
3 tbs. melted butter  
 $\frac{3}{4}$  c. chopped nuts

Mix sugar, flour and cinnamon together. Blend in melted butter and stir in chopped nuts. Mix well.

Pour  $\frac{1}{2}$  of the batter in pan, Sprinkle with  $\frac{1}{2}$  of filling, add rest of batter.  
Bake 375° for 25 – 30 minutes.

- Helen Homfeld (via Denise?)