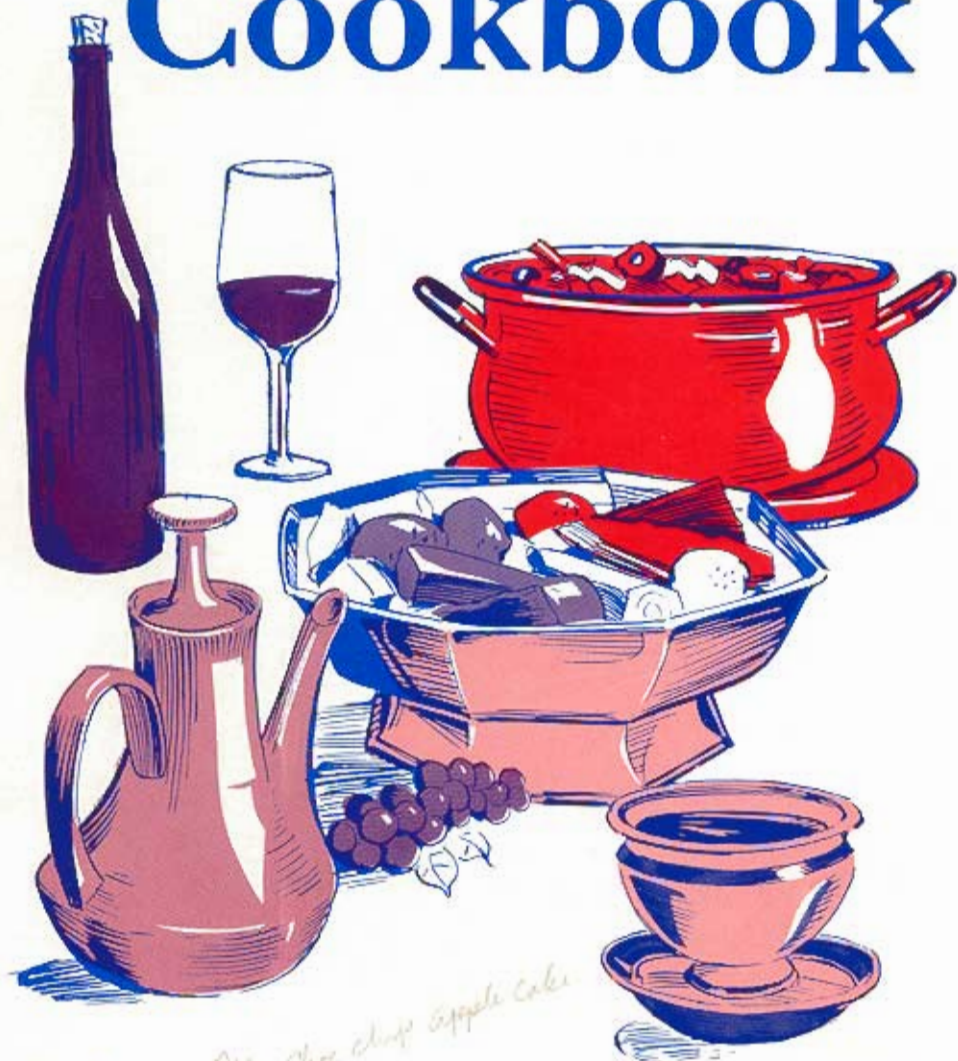


The
Gus Saunders
**Boston
Kitchen
Cookbook**



Soulters

P19- Choc chip Apple Cake

VOLUME X

1974



Dear Boston Kitchen Listener,

I hope you will enjoy this Tenth Edition of the Boston Kitchen Cookbook.

These recipes represent some of the hundreds for which we received the most requests on our Boston Kitchen program during the past year, and I am sure they will help you have more "Fun With Food."

To all our Boston Kitchen listeners, many thanks for your participation in our program.

Sincerely yours,

Gus Saunders

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Soups



CLAM CHOWDER

*2 slices bacon, cut up
1 medium onion, sliced
1 medium potato, diced
1½ teaspoons salt
pepper*

*1½ cups water
2 cans minced clams (7½ oz. each)
1 can whole baby clams (7½ oz.)
2 cups milk
2 tablespoons butter*

In medium saucepan saute bacon until nearly crisp. Add onions and cook until tender. Add potato, salt, pepper and water. Boil until potatoes are tender. Add clams and liquid, milk and butter. Cook three minutes. Do not boil. To thicken: beat some of the chowder until creamy and return to pan. Serve with crackers.

COLD CUCUMBER SOUP

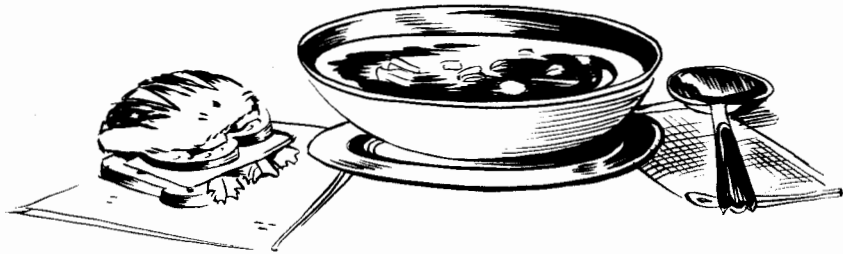
*½ cup cold water
4 cucumbers, cut up
2 cloves garlic, minced
4 onions, chopped
salt and pepper
1 can green pea soup
1 cup all purpose cream
curry powder
sour cream for garnish*

Place water, cucumbers, garlic, onions, and salt and pepper in blender. Blend thoroughly. Put through sieve. Add pea soup and cream. Place in bowl. Dot with sour cream and sprinkle with curry powder.

FRENCH ONION SOUP

¼ cup butter
4 cups onions, thinly sliced
1 teaspoon salt
¼ teaspoon pepper
6 cups hot water
5 beef bouillon cubes
1 teaspoon worcestershire sauce

Melt butter in saucepan. Add onions and saute until golden. Sprinkle with salt and pepper. Add water and remaining ingredients. Bring to boil and simmer 45 minutes. Serve with toast points and grated cheese. Serves 6.

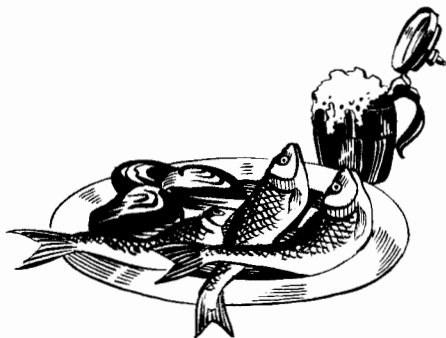


YOGURT SOUP

1 ½ cups water
⅔ cup skinless wheat or pearl barley
4 cups meat or chicken broth
3 cups yogurt
½ cup chopped onion (optional)
1 egg
¼ cup butter, melted
1 ½ tablespoons dried mint
salt and pepper to taste

In a 3 quart saucepan place wheat and water. Wash and soak overnight. Drain. Boil in broth until tender. Add onions, salt and pepper. Beat yogurt and egg together. Pour some wheat mix slowly into yogurt mixture. Stir together constantly. Add mint to melted butter and add to soup. Heat and serve.

Fish



BAKED FISH SUPREME

<i>2 pounds white fish</i>	<i>4 ounces sliced mushrooms or fresh</i>
<i>seasoned salt</i>	<i>2 tablespoons flour</i>
<i>1 ½ fresh tomatoes</i>	<i>¼ cup chopped parsley</i>
<i>8 slices swiss cheese</i>	<i>6 tablespoons sherry</i>
<i>2 tablespoons butter or margarine</i>	<i>1 cup light cream</i>
<i>2 small onions, chopped</i>	

Cut fish into 8 serving pieces. Sprinkle with seasoned salt on both sides. Arrange in greased 9 x 11 pan. Cut tomatoes into 8 slices. Put a slice on each piece of fish. Top with cheese slices. Saute mushrooms and onions in butter. Stir in flour, 1 ½ teaspoons seasoned salt and parsley. Combine mushroom liquid and enough water to make ½ cup. Gradually add this with sherry and cream to saute pan. Cook and stir until thickened. Pour over fish. Bake in 400 degree oven 20-30 minutes until fish flakes.

BAKED STUFFED SHRIMP

<i>2 pounds large shrimp</i>	<i>¼ cup sherry wine</i>
<i>4 cups bread crumbs</i>	<i>½ cup chopped crabmeat</i>
<i>½ cup chopped onion</i>	<i>1 clove garlic, chopped</i>
<i>¾ pound butter</i>	<i>4 tablespoons paprika</i>

Saute onion in butter until transparent. Add crabmeat and garlic. Remove from heat and add sherry and paprika. Mix with bread crumbs. Remove shells from shrimps, leaving tail. Slit from the back to butterfly. Remove vein and wash with cold water. Spread shrimp on buttered cookie sheet. Place 3 tablespoons of stuffing on each shrimp.

Mornay Sauce:

Add 2 tablespoons grated cheese to 1 cup of medium cream sauce, 2 tablespoons butter, dash of cayenne pepper. Use 1 tablespoon of sauce on each shrimp before baking. Cover with foil.

Bake in 400 oven for 12 to 15 minutes. Remove foil and brown 2-3 minutes. Serve with melted butter and garnish with lemon wedges.

FISH SWIRLS

1 ½ pounds fish filets
salt and pepper to taste
½ teaspoon MSG
1 ½ teaspoons butter
1 cup chopped mushrooms

1 tablespoon minced onion
1 tablespoon flour
½ cup of milk
½ cup cream of mushroom soup
finely chopped parsley

Wipe filets with damp towel and dry thoroughly. Season with salt and pepper and MSG. Cut into strips 1 inch wide. (8 total). Grease 8 cup muffin tin lightly. Roll up fish and place in each cup. Chop remaining fish and set aside. Lightly saute onion and mushrooms in butter. Stir in flour. Blend in milk, stirring constantly until sauce thickens. Combine with reserved chopped fish and season to taste. Place mixture on swirls and garnish with parsley. Bake in preheated 400 degree oven until done.

LANGOUSTINO AND CHEESE

6 slices white bread
1 pound langoustinos
½ pound Old English Cheese
¼ butter or margarine, melted

½ teaspoon dry mustard
salt to taste
3 eggs, beaten
1 pint milk

Break bread into bite-size pieces. Break cheese into bite-size pieces. Arrange langoustinos, bread, and cheese in several layers in greased casserole, ending with cheese on top. Pour melted butter or margarine over mixture. Add mustard and salt to beaten eggs. Add milk and mix together. Pour over casserole. Cover and refrigerate overnight. Bake, covered, next day in 350 over for 1 hour. Serves 4-6.

LOBSTER CHINESE STYLE

1 live lobster
1 clove garlic, minced
1 pound ground pork
2 cups chicken broth
½ cup soy sauce

½ tablespoon hoi sin sauce
1 tablespoon gravy coloring
½ tablespoon MSG
1 tablespoon black beans

Boil lobster. Saute garlic and pork until thoroughly cooked. Add broth, and remaining ingredients except lobster. Bring to a boil. Break lobster into pieces and add. Simmer 10 minutes. Add cornstarch and water to thicken mixture. Add beaten egg. Top with chopped scallions.

OYSTERS ROCKEFELLER

<i>½ pint oysters, reserve liquid</i>	<i>2 tablespoons anchovy paste</i>
<i>1 package frozen leaf spinach</i>	<i>salt to taste</i>
<i>3 tablespoons butter</i>	<i>cayenne pepper to taste</i>
<i>2 shallots, chopped fine</i>	<i>worcestershire to taste</i>
<i>3 tablespoons flour</i>	<i>3 tablespoons swiss cheese, grated</i>
<i>½ cup light cream</i>	<i>⅛ teaspoon nutmeg</i>
<i>1 egg yolk, beaten</i>	<i>seasoned bread crumbs (below)</i>

Cook spinach, drain out dry and cut up roughly. Set aside. In saucepan saute shallots in butter. Add flour. Cook slowly 2 minutes. Add cream, egg yolk and liquid from oysters. Beat with whisk until very thick. Add anchovy paste, salt, cayenne, and worcestershire. Cut each oyster into 3 pieces. Add to sauce. Add spinach, swiss cheese and nutmeg. Butter 8-10 shells. Divide mixture evenly. Top with seasoned crumbs. Dot with butter. Bake in 400 oven for 15-20 minutes until golden.

Seasoned Crumbs:

Combine 1½ cups toasted bread crumbs, 1 small clove garlic, pressed, 2 tablespoons grated swiss cheese, 1 tablespoon chopped fresh parsley, salt and pepper. Mix all together with enough melted butter to bind.



POACHED FILET OF SOLE

1 can condensed cream of shrimp soup
¼ cup milk
2 pounds filet of sole
1 teaspoon salt
¼ cup grated cheddar cheese
¼ cup dairy sour cream
chopped parsley

Place soup in small saucepan. Add milk. Heat stirring occasionally until smooth. Wash and dry filets. Place in large skillet with 1 cup water and salt. Bring to boil, reduce heat and simmer covered, 3 to 5 minutes until fish flakes. Remove to heated serving dish. Stir cheese and sour cream into hot soup until cheese melts. Pour over fish and garnish with parsley. Serves 6.

SCALLOPS ORIENTAL

<i>2 pounds scallops</i>	<i>1 teaspoon curry powder</i>
<i>¼ cup honey</i>	<i>1 teaspoon lemon juice</i>
<i>¼ cup prepared mustard</i>	<i>lemon wedges</i>

Rinse scallops well and place in pan. Combine next 4 ingredients and mix well. Brush scallops with mixture. Broil 4 inches from heat until slightly browned. Turn scallops. Brush with remaining sauce. Broil 10 minutes more. Garnish with lemon wedges. Serves 6.

SHRIMP AND ARTICHOKE CASSEROLE

<i>6½ tablespoons butter</i>	<i>1 pound shrimp, cooked and cleaned</i>
<i>4½ tablespoons flour</i>	<i>¼ pound fresh or canned mushrooms, cut-up</i>
<i>¾ cup heavy cream</i>	<i>¼ cup sherry</i>
<i>¾ cup milk</i>	<i>1 tablespoon worcestershire</i>
<i>salt and pepper to taste</i>	<i>¼ cup grated parmesan</i>
<i>1 can artichoke hearts (#2)</i>	<i>paprika</i>

Melt butter and saute mushrooms for two minutes. Stir in flour and blend. Gradually add milk and cream, stirring constantly with whisk. When thick, add salt and pepper. Arrange artichoke hearts on bottom of an 8 x 8 baking dish. Place shrimp on top. Sprinkle with parmesan cheese and paprika. Bake in 375 oven for 20-30 minutes. Serves 6.

SWISS CRAB CASSEROLE

<i>½ stick butter</i>	<i>2 cups shredded swiss cheese (8 oz.)</i>
<i>½ cup chopped celery</i>	<i>1 can sliced mushrooms (4 oz.), drained</i>
<i>¼ cup chopped onion</i>	<i>½ cup olives, sliced</i>
<i>¼ cup chopped green pepper</i>	<i>¼ cup toasted almonds, sliced</i>
<i>¼ cup flour</i>	<i>2 tablespoons butter, melted</i>
<i>1 teaspoon salt</i>	<i>½ cup dry bread crumbs</i>
<i>2 cups milk</i>	<i>3 slices swiss cheese (1" x 3" strips)</i>
<i>2 cups cooked rice, cooled</i>	<i>parsley</i>
<i>2 pkgs. frozen crabmeat (6 oz. ea.) thawed and drained</i>	

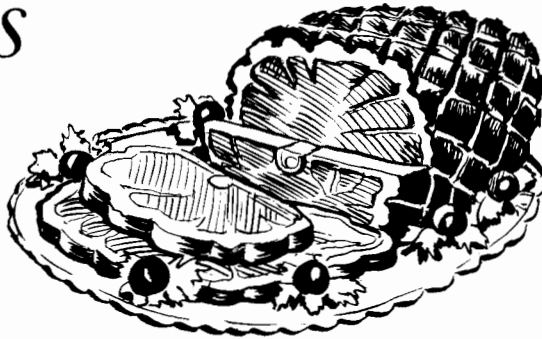
In saucepan melt butter and saute celery, onion and green pepper. Blend in flour and salt. Remove from heat. Gradually add milk. Return to heat and cook, stirring constantly until mixture thickens. In large bowl, combine rice, crabmeat, swiss cheese, mushrooms, almonds, and olives. Add sauce and toss lightly to blend. Place in greased 2 quart casserole. Combine melted butter and breadcrumbs. Sprinkle over top. Bake in 350 oven for 30 minutes. Remove from oven and arrange cheese strips on top. Let stand 5 minutes and garnish with parsley.

TROUT WITH MUSHROOMS

1 celery stalk, diced
4 shallots or green onions
¼ pound sliced mushrooms
¼ cup clarified butter
¼ cup white wine
2 trout (1 lb. each)

Saute vegetables in butter or margarine until soft. Place trout in baking dish. Combine wine and clarified butter together and baste trout. Broil 5 minutes on each side, basting several times. Remove from oven to platter. Pour sauteed vegetables over top and remaining wine mixture. Bake in 400 degree oven for 5 minutes.

Meats



BAKED SURPRISE PORK CHOPS

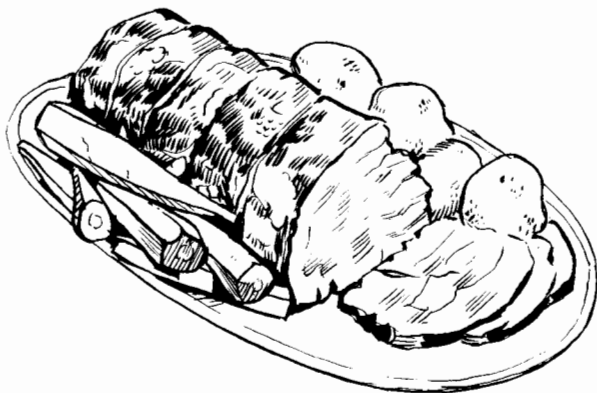
<i>6 pork chops</i>	<i>1 teaspoon salt</i>
<i>5 tablespoons shortening</i>	<i>pepper to taste</i>
<i>1 large potato or sweet potato</i>	<i>2 teaspoons paprika</i>
<i>1 cup sliced onions</i>	<i>garlic powder (optional)</i>

Preheat oven to 350. Line pan with foil and dot with shortening. Peel and slice potato and place a layer in bottom of pan. Season lightly. Place on a layer of onions. Trim pork chops and season with salt and pepper, paprika and garlic powder if used. Place over potatoes. Bake for 30 minutes. Turn chops and potatoes and add ½ cup water. Bake 45 minutes longer.

CHICKEN KIEV

<i>¾ cup softened butter</i>	<i>1 egg</i>
<i>1 tablespoon chopped parsley</i>	<i>1 tablespoon cold water</i>
<i>1 tablespoon finely cut chives</i>	<i>flour</i>
<i>1 tablespoon finely minced shallots</i>	<i>⅔ cup packaged breadcrumbs</i>
<i>½ teaspoon salt</i>	<i>¼ cup butter</i>
<i>¼ teaspoon pepper</i>	
<i>6 whole chicken breasts, boned and skinned salt and pepper</i>	

Prepare chicken. Mix softened butter, parsley, chives, shallots, salt and pepper. Shape into 6 sticks. Chill or freeze until firm. Place 1 chicken breast between 2 pieces of wax paper. Pound slightly with cleaver. Repeat with remaining breasts. Place 1 stick of herbed butter on each breast. Roll to enclose. Close edges with toothpicks. Sprinkle lightly with salt and pepper. Beat egg and water together. Dredge breasts with flour. Dip in egg. Roll well in bread crumbs. Heat butter in large skillet over medium heat. Saute until golden on all sides. Turn gently. Place chicken in shallow baking pan. Bake in 400 oven for 15-20 minutes.



LAMB SUPPER DISH

<i>¼ cup dry vermouth</i>	<i>1 cup cooked peas</i>
<i>2 cups chopped cooked lamb</i>	<i>1 pimiento chopped</i>
<i>2 tablespoons butter</i>	<i>2 hard cooked eggs, quartered</i>
<i>1 medium onion, chopped</i>	<i>1 tablespoon worcestershire sauce</i>
<i>1 tablespoon flour</i>	<i>1 cup milk</i>
<i>1 teaspoon salt</i>	<i>1 can sliced mushrooms, drained</i>
<i>1 teaspoon basil</i>	

Pour vermouth over lamb and let stand 15 minutes. In heavy skillet, melt butter, add onions and cook until light brown. Stir in flour, salt and basil, and worcestershire sauce. Gradually stir in milk. Cook until slightly thickened (5 min.) Add meat and vermouth. Stir until hot and bubbly. Add peas, pimiento, eggs and mushrooms. Pour into a hot dish and serve.

LEG OF LAMB

<i>1 leg of lamb</i>	<i>1 teaspoon sugar</i>
<i>salt and pepper</i>	<i>water</i>
<i>1 cup strong coffee</i>	<i>2 tablespoons flour</i>
<i>¼ cup cream</i>	<i>2 tablespoons red currant jelly</i>

Wipe leg of lamb with damp cloth. Place in roasting pan. Rub fat surface with salt and pepper. Roast at 350 for 30 minutes per pound. After 1 hour add coffee mixed with cream and sugar to pan. Baste lamb occasionally during remaining cooking time. Add water if needed. Let set 15 minutes before carving.

Gravy:

Skim fat off pan liquid. Place 2 tablespoons fat in small saucepan. Add enough water to roasting pan to make 2 cups liquid. Heat fat in saucepan. Stir in flour and cook 1 minute. Add liquid from pan, stirring constantly until sauce thickens and boils. Simmer 1 minute. Add jelly. Stir to blend.

LIVER IN SPANISH SAUCE

<i>1 pound liver, cut in strips</i>	<i>½ green pepper, diced</i>
<i>¼ cup flour</i>	<i>2 cups solid pack tomatoes</i>
<i>salt and pepper</i>	<i>dash of cloves</i>
<i>3 tablespoons shortening</i>	<i>1 tablespoons flour</i>
<i>1 small onion, coarsely diced</i>	

Combine flour with salt and pepper and coat liver. Heat shortening in heavy skillet and brown liver. Place remaining ingredients in blender for 15 seconds. Pour over liver and cook, uncovered, until slightly thickened.

MEATBALL STEW

<i>1½ pounds hamburger</i>	<i>4 large potatoes, cut in eighths</i>
<i>½ cup breadcrumbs</i>	<i>1 large onion, coarsely chopped</i>
<i>1 egg</i>	<i>½ cup A-1 sauce</i>
<i>1 teaspoon salt</i>	<i>½ cup catsup</i>
<i>⅛ teaspoon pepper</i>	<i>water</i>
<i>6 carrots, cut in ½ inch slices</i>	

Combine first five ingredients together. Form into meatballs, 1½ inches in diameter. Set aside. Place carrots and onions in a dutch oven and add enough water to cover. Cover and cook 15 minutes. Add A-1 sauce and catsup. Stir to mix. Add meatballs and simmer slowly 1 hour. Add potatoes and cook until done. Serves 6.

PORK CHOPS WITH SPICY PEACHES

<i>6 pork chops, ¾ inch thick</i>	<i>¼ teaspoon cinnamon</i>
<i>1 teaspoon salt</i>	<i>¼ teaspoon ginger</i>
<i>¼ teaspoon pepper</i>	<i>⅛ teaspoon ground cloves</i>
<i>1 pound can peach halves in syrup</i>	<i>2 tablespoons flour</i>
<i>½ cup light corn syrup</i>	<i>¼ cup water</i>
<i>1 teaspoon lemon juice</i>	

In skillet brown chops on both sides over medium heat. Pour off excess fat. Sprinkle with salt and pepper. Drain peaches (reserve ¼ cup syrup). Combine reserved syrup, corn syrup, lemon juice, and spices. Mix well. Pour over chops. Cover and cook over low heat 30 to 45 minutes until chops are cooked. Add peach halves. Heat and serve. Blend flour and water and stir into liquid in skillet. Bring to boil stirring constantly. Remove and spoon over chops. Serve immediately.

SPANISH HAMBURG DELIGHT

<i>1 ½ pounds ground beef</i>	<i>1 tablespoon finely chopped parsley</i>
<i>½ pound ground pork</i>	<i>¾ cup catsup</i>
<i>1 ½ teaspoons salt</i>	<i>½ cup stuffed olives, cut in half</i>
<i>½ teaspoon poultry seasoning</i>	<i>2 tablespoons minute tapioca</i>
<i>1 small finely chopped onion</i>	<i>2 cups canned tomatoes</i>
<i>2 tablespoons finely chopped green pepper</i>	

Combine all ingredients except catsup and olives. Blend well. Spread in a 12 x 8 x 2 pan. Pour catsup over top. Decorate with olives. Bake in 375 degree oven for 30 minutes. Cut into squares.

STEAK WITH MUSHROOM SAUCE

<i>¼ cup flour</i>	<i>1 can condensed cream of mushroom soup (10½ oz.)</i>
<i>⅛ teaspoon pepper</i>	<i>½ can water</i>
<i>1 teaspoon salt</i>	<i>½ cup sour cream</i>
<i>1 ½ pounds sirloin, ¾ inch thick</i>	
<i>2 tablespoons shortening</i>	

Combine flour, salt, and pepper and pound into steak with heavy object. In large skillet brown the steak on each side in the shortening. Add soup and water. Cover and cook over low heat 45 minutes or until tender. Stir often. Just before serving stir in sour cream. Serves 4-6.

STUFFED BEEF ROLLS

<i>¼ cup chopped onion</i>	<i>2 tablespoons flour</i>
<i>¼ cup chopped green pepper</i>	<i>2 tablespoons shortening</i>
<i>2 tablespoons butter</i>	<i>8 ounces tomato sauce</i>
<i>1 cup cooked rice</i>	<i>1 table spoon brown sugar</i>
<i>¼ teaspoon dried oregano</i>	<i>2 teaspoons worcestershire sauce</i>
<i>1 ½ pounds beef round steak, ¼ inch</i>	<i>1 beef bouillon cube, crushed</i>

Cook onions and peppers in butter until tender. Remove and combine with rice and oregano. Cut steak into 6 rectangular pieces and pound to 6 inch by 4 inch size. Place 2 tablespoons rice mixture on each. Roll up like jelly roll, tuck in edges and tie securely. Coat rolls with mixture of flour, salt, and pepper. Brown meat slowly in shortening. Combine remaining ingredients with $\frac{3}{4}$ cup water. Pour over meat. Cover and simmer 1 hour. Serves 6.



SWEET AND SMOKEY CHICKEN

12 chicken thighs or 3 lbs. cut up chicken
¾ cup thickly sliced onion
light hickory smoked salt
1 cup catsup
1 cup maple syrup
½ cup vinegar
2 tablespoons prepared mustard

Place onions in bottom of an 8 x 12 casserole. Sprinkle chicken on both sides with hickory smoked salt. Place on onions. Combine remaining ingredients to make a sauce and pour over chicken. Bake in 350 oven for 1 ½ hours until well done.

Vegetables



BAKED STUFFED ONIONS

16 large whole yellow onions
4 cups stuffing
1 cup hot stock or consomme

Without peeling onions, drop them into a quantity of boiling water and simmer 2 minutes. Drain. When cool, slip off skin. Lightly butter two casseroles or baking dishes. Spread some stuffing on bottom of dishes. Stand onions up. Top with remaining stuffing. Bake in 350 oven for 1 hour or until tender. Baste occasionally with hot stock.



CREOLE LIMA BEANS

<i>½ cup salt pork, diced</i>	<i>½ teaspoon salt</i>
<i>2 medium onions, chopped</i>	<i>¼ teaspoon pepper</i>
<i>3 stalks celery, chopped</i>	<i>½ teaspoon paprika</i>
<i>1 green pepper, chopped</i>	<i>2 cups cooked lima beans, drained</i>
<i>1 can tomatoes</i>	

Try out salt pork. Remove pork bits. Brown onions. Saute celery and green pepper. In a casserole or large pan add all ingredients and simmer 10 minutes.

EGGPLANT ROLLS

<i>1 medium eggplant,</i>	<i>onion powder</i>
<i>peeled, sliced thinly</i>	<i>4 ounces muenster cheese,</i>
<i>1 can tomato sauce (8 oz)</i>	<i>shredded</i>
<i>oregano</i>	<i>salt and pepper to taste</i>
<i>bay leaf</i>	

Brown eggplant slightly in teflon fry pan. Remove from pan. Place a small amount of cheese at larger end of each slice of eggplant. Reserve some cheese. Roll up. Place rolls in baking dish and top with seasoned sauce. Sprinkle with remaining cheese, salt and pepper. Sprinkle with romano or parmesan cheese and oregano. Bake in 350 oven for 20-30 minutes.

GREEK COLD BEAN SALAD

<i>½ pound Navy pea beans</i>	<i>juice of 2 lemons</i>
<i>or canned cannoloni</i>	<i>salt and pepper to taste</i>
<i>2 onions, thinly sliced</i>	<i>3 stalks celery, diced</i>
<i>¾ cup salad oil</i>	<i>½ cup parsley, chopped</i>

Soak beans overnight and drain. Cook slowly in fresh unsalted water until soft but not mushy. Drain again. Place beans in large bowl. Add onions and all remaining ingredients. Mix well and serve at room temperature or slightly chilled.

HOT VEGETABLE SALAD

<i>1 tablespoon butter</i>	<i>2 cups hot cooked wax beans</i>
<i>1 cup walnut halves</i>	<i>or green beans</i>
<i>and pieces</i>	<i>2 cups hot cooked cauliflower</i>
<i>¼ teaspoon dried dill,</i>	<i>flowerettes</i>
<i>rosemary or oregano</i>	<i>small crisp lettuce leaves</i>
<i>2 cups hot cooked carrots,</i>	<i>1 teaspoon seasoned salt</i>
<i>sliced ½ inch thick, diagonally</i>	<i>heated bottled French or</i>
	<i>Italian salad dressing</i>

Melt butter in skillet. Add walnuts. Sprinkle with herb of your choice. Stir over moderate heat 5 minutes until walnuts are lightly toasted. Arrange hot vegetables and walnuts on lettuce. Sprinkle with seasoned salt. Serve with heated salad dressing. (Vegetables can be pre-cooked until crisp and heated)

INDONESIAN RICE

- | | |
|--|---|
| 2 cups rice | ½ teaspoon cinnamon |
| 3½ cups chicken broth | ½ teaspoon dried ground
chili pepper |
| ½ cup oil | 1 teaspoon ground
coriander |
| 2 cups onions, chopped | 2 tablespoons cashew
nuts |
| 3 garlic cloves, minced | 4 tablespoons peanut
butter |
| 2 cups cooked chicken,
julienne cut | |
| 1½ cups diced ham | |
| 1 cup shrimp, cooked,
diced | |

Wash rice under cold water several times. Drain and combine rice with broth in saucepan. Cover. Bring to boil. Cook over low heat for 20 minutes. Spread on flat surface to cool and dry. Refrigerate for 2 hours. Heat oil in deep skillet. Saute onions and garlic for 10 minutes. Stir in rice. Saute until brown. Stir frequently. Mix in remaining ingredients. Cook over low heat 10 minutes. Stir occasionally. Serves 6 to 8.



SCALLOPPED POTATOES

- | | |
|--------------------------|------------------------------------|
| 2½ pounds Idaho potatoes | ½ pound mushrooms,
sliced |
| 3 tablespoons flour | 1 can chicken broth (14 oz.) |
| salt and pepper to taste | 4 tablespoons sherry
(optional) |
| chopped parsley | ½ cup parmesan cheese |
| Italian herbs | |
| ¼ cup butter | |

Preheat oven to 375. Peel potatoes and slice thin. Toss with flour. Alternate layers of potatoes with mushrooms in a well buttered baking dish. Sprinkle each layer with seasonings and parsley. Mix broth with sherry and pour over all. Cover. Bake 45 minutes. Uncover, sprinkle with cheese and continue baking 30 minutes until brown.

STUFFED MUSHROOMS

<i>12 whole mushrooms</i>	<i>1/3 cup dry sherry</i>
<i>2 tablespoons oil</i>	<i>1/4 cup seasoned breadcrumbs</i>
<i>1 onion, chopped fine</i>	<i>1 teaspoon garlic powder</i>
<i>1/4 pound hamburger</i>	<i>1 teaspoon salt</i>
<i>2 slices prosciutto,</i>	<i>1/2 teaspoon pepper</i>
<i>chopped (optional)</i>	<i>1/4 cup parmesan cheese</i>

Remove stems and chop fine. Cook hamburger and onions in oil until brown. Add chopped stems, prosciutto, and sherry and cook 5 minutes. Add bread crumbs, and seasonings and mix well. Stuff caps. Sprinkle with cheese. Broil 3 inches from heat for 2 to 5 minutes. Can be reheated at 350 for 5 minutes if necessary.

STUFFED PEPPERS

<i>5 medium peppers</i>	<i>1 cup celery, diced</i>
<i>1 pound hamburger</i>	<i>1/3 cup bread crumbs</i>
<i>1/4 cup dark raisins</i>	<i>salt and pepper to taste</i>

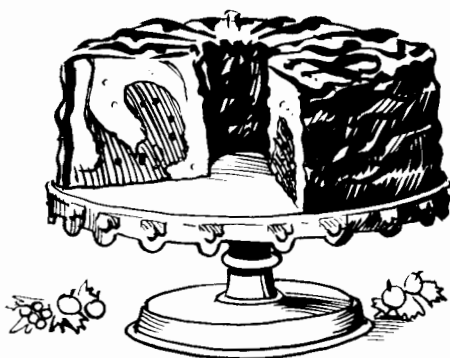
Mix all ingredients except breadcrumbs together. Place a little oil in frying pan and saute mixture until meat is completely browned. Add crumbs and mix together. Saute 5 minutes. Remove from heat. Wash and dry peppers. Cut off tops with stem. Remove seeds and pulp. Fill with mixture. Place in baking pan. Cover with foil. Bake in preheated 400 degree oven for 1 hour. Remove foil and cook 15 minutes more. Turn off heat and leave 15 minutes more.

ZUCCHINI CASSEROLE

<i>4 cups zucchini, peeled,</i>	<i>1/4 cup evaporated milk</i>
<i>cooked and mashed</i>	<i>1/3 cup grated cheddar</i>
<i>1 egg</i>	<i>cheese</i>
<i>1 can cream of mushroom soup</i>	<i>1 medium onion, chopped</i>
<i>1 cup saltine cracker crumbs</i>	<i>salt and pepper to taste</i>
<i>1/2 stick margarine, melted</i>	

Peel and cook zucchini in a little water. Drain. Mash and place in bowl. Add all remaining ingredients and mix very well. Place in buttered 9 inch square dish uncovered. Bake in 350 oven for 25 minutes only. Serve in small berry dishes.

Cakes



APPLE NUT POUND CAKE

- | | |
|---------------------------------------|--|
| <i>1½ cups oil</i> | <i>3 cups flour</i> |
| <i>2 cups sugar</i> | <i>2 teaspoon baking soda</i> |
| <i>3 eggs, beaten</i> | <i>1 teaspoon salt</i> |
| <i>2 teaspoon vanilla</i> | <i>1 cup walnuts, coarsely chopped</i> |
| <i>3 cups apples, peeled, chopped</i> | |

Mix oil and sugar. Add eggs and vanilla and beat well. Add apples all at once. Do not use mixer. Sift dry ingredients. Add gradually. Add nuts. Pour into greased and floured tube pan. Bake in 350 oven for 1½ hours. Let set 5 minutes before removing from pan.

BANANA COFFEE CAKE

- | | |
|--|---------------------------------|
| <i>2 cups unsifted flour</i> | <i>1 tablespoon lemon juice</i> |
| <i>1 cup sugar</i> | <i>2 teaspoon baking powder</i> |
| <i>1 cup mashed ripe bananas (2 large)</i> | <i>1 teaspoon baking soda</i> |
| <i>½ cup shortening</i> | <i>¼ teaspoon salt</i> |
| <i>3 eggs</i> | |

Combine all ingredients. Beat at low speed to moisten all ingredients. Scrape bowl occasionally. Beat at medium speed for three minutes until fluffy. Pour into greased and floured tube pan. Bake in 350 oven for 45 to 55 minutes. Cool on rack for 15 minutes. Loosen and remove.

Frosting:

Heat 2 tablespoons butter in small saucepan until light brown. Blend in 1 cup sifted confectioners sugar, 1 tablespoon milk, ½ teaspoon vanilla, and 2 tablespoons finely chopped slivered almonds. Spread on cake and sprinkle with nuts. Serve warm or cold. Serves 12.

BROWNIE CAKE

1 pkg. chocolate pudding mix (regular)
1 pkg. chocolate layer cake mix (2 layer size)
1 pkg. semi-sweet chocolate bits (6 oz.)
1 cup walnuts, chopped

Prepare pudding as directed. Cool, stirring occasionally while cooling. Stir in dry cake mix and stir well. Place in greased 13 x 9 x 2 pan. Sprinkle with chocolate bits and nuts. Bake as directed on package. Cool completely before cutting.



CHEESE CAKE

<i>1 pound cream cheese</i>	<i>4 eggs</i>
<i>1 small ricotta</i>	<i>2 tablespoon lemon juice</i>
<i>1 pint sour cream</i>	<i>¼ teaspoon vanilla</i>
<i>3 tbs. flour</i>	<i>3 tablespoons cornstarch</i>
<i>1 ½ cups sugar</i>	<i>¼ cup butter, melted</i>

Blend cream cheese and ricotta with mixer. Add sugar and eggs one at a time. Add remaining ingredients and mix well. Pour into buttered 9 inch springform pan. Place in cold oven at 325. Bake 1 hour. Shut off oven and leave 2 hours with door closed.



CHERRY PECAN CAKE

<i>8 ounces cream cheese, softened</i>	<i>2 ¼ cups sifted flour</i>
<i>1 cup margarine</i>	<i>1 ½ teaspoon baking powder</i>
<i>1 ½ cups sugar</i>	<i>1 jar maraschino cherries (8 oz.)</i>
<i>1 ½ teaspoon vanilla</i>	<i>drained, cut in half</i>
<i>4 eggs</i>	<i>½ cup chopped pecans</i>

Thoroughly blend cream cheese, margarine, sugar and vanilla. Add eggs one at a time. Mix well after each addition. Gradually add 2 cups flour sifted with baking powder. Combine remaining flour with cherries and nuts. Fold into batter. Place in greased 10 inch tube pan or bundt pan. Sprinkle with ½ cup of nuts. Bake in 325 oven for 1 hour and 20 minutes. Cool 5 minutes and remove from pan. If glaze is desired use while cake is warm.

CHOCOLATE APPLESAUCE CUPCAKES

*½ cup white shortening
1 cup sugar
1 egg
1 cup applesauce
1 ½ cups sifted flour
½ cup sifted regular cocoa*

*1 teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon nutmeg
1 ¼ teaspoon baking soda
1 teaspoon water*

Cream shortening and sugar. Add egg and beat well. Add applesauce, beat on low speed. Sift flour, cocoa and spices. Blend in gradually. Dissolve baking soda in water and add. Blend well. Place in greased muffin tins or liners. Bake in 350 oven for 25-30 minutes. Frost with chocolate frosting. Makes 16 large cupcakes.



CHOCOLATE CHIP APPLE CAKE

*6 apples, peeled & sliced thin
5 tablespoons sugar
5 teaspoons cinnamon
3 cups flour, sifted
1 tablespoon baking powder
2 cups sugar*

*1 teaspoon salt
¼ cup orange juice
4 eggs
1 cup oil
1 tsp. vanilla
½ cup chocolate chips*

Combine apples, 5 tablespoons sugar and cinnamon. Set aside. In a large bowl, place flour, baking powder, sugar, and salt and form a well. Pour orange juice, eggs, oil and vanilla into well. Beat with wooden spoon until well blended. Grease a bundt or large tube pan, and alternately add batter, apples and chocolate chips (3 times). Bake in 350 oven for 1 hour and 20 to 30 minutes.

CHOCOLATE FUDGE ROLL

4 eggs, separated
¼ teaspoon salt
¾ cup sugar

½ pkg. vanilla sugar
¼ cup potato starch
⅓ cup cocoa

Beat egg whites with salt. Gradually add ¼ cup sugar. Beat until stiff. In a separate bowl, beat egg yolks with remaining sugar and ½ cup vanilla sugar until thick and lemony. Stir into yolks at low speed the potato starch and cocoa. Fold yolk mixture into whites gently. Line a greased jelly roll pan with brown paper. Cut to size and grease paper. Spread mixture over jelly roll pan. Bake in 400 oven for 12-15 minutes until top springs back. Turn over on towel sprinkled with mixture of cocoa and potato starch. Trim edges. Remove paper and roll up in cloth and cool before filling.

Filling:

Melt 6 ozs. bittersweet chocolate in bowl over hot water. Meanwhile beat 2 eggs with ½ cup solid shortening. Add melted chocolate and beat well. Spread over unrolled cake and reroll. Top can be frosted if desired.



COCOANUT CAKE

1 cup sugar
3 tablespoons melted butter
1 egg
1 cup milk
½ cup cocoanut

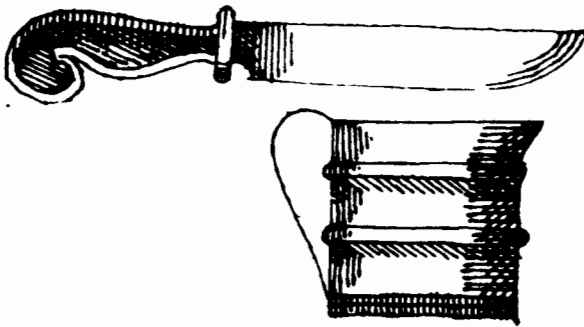
½ teaspoon lemon extract
2 cups flour
2 teaspoon baking powder
½ teaspoon salt

Mix sugar, butter and egg together. Add cocoanut. Mix in flour, baking powder and salt alternately with milk and lemon extract. Beat 2 minutes. Pour into a 9 x 5 loaf pan or round pan. Bake at 375 for 1 hour.

NO BAKE RUM CAKE

1 pkg. vanilla pudding & pie filling (not instant)
1 pkg. chocolate pudding & pie filling (not instant)
1 quart milk plus 1 cup
1 pkg. anisette sponge cookies
2 teaspoons rum extract

Cut cookies in half lengthwise. Dip quickly in milk and line bottom of an 8 x 8 x 2 pan with cookies cut side up. Prepare pudding as for pie filling. Cool. Add rum extract. Spread over cookies. Make another layer of cookies. Spread top with chocolate pudding mix. Cover with saran wrap. Refrigerate. Slice in squares to serve.



RAISIN DROP LITTLE CAKES

<i>2 to 2½ cups all purpose flour</i>	<i>¾ cup sugar</i>
<i>1 teaspoon baking powder</i>	<i>2 eggs</i>
<i>¼ teaspoon salt</i>	<i>½ teaspoon vanilla</i>
<i>1 rounded tablespoon skim milk powder</i>	<i>½ teaspoon orange extract</i>
<i>⅛ teaspoon baking soda</i>	<i>¼ cup sour cream</i>
<i>1 tablespoon cornstarch</i>	<i>milk to make ½ cup</i>
<i>½ cup margarine</i>	<i>1 cup raisins</i>

Sift 2 cups flour with salt, baking powder, and baking soda. Stir in cornstarch and skim milk powder. Set aside. Cream margarine and sugar. Add eggs and beat until smooth and creamy with electric mixer. Remove bowl from mixer and add flour mixture with spoon to creamed mixture, alternately with milk mixture. Add more flour if needed. Stir in extracts. Blend well. Stir in raisins. Grease large cookie sheets. Drop by heaping tablespoons (3 across and 5 down). Bake in preheated 375 oven for 12 to 15 minutes.

Pies



BLUEBERRY CREAM PIE

<i>1 pint blueberries</i>	<i>¼ teaspoon salt</i>
<i>1 ¼ cups water</i>	<i>2 teaspoons lemon juice</i>
<i>1 pkg. vanilla pudding (3 oz.)</i>	<i>1 tablespoon butter</i>
<i>¼ cup sugar</i>	<i>1 baked 8 inch pie shell</i>

Wash blueberries. Bring berries and ½ cup of water to a boil in saucepan for 3 minutes. Combine pudding, sugar, salt, lemon juice and remaining water. Add to boiling water. Cook stirring until mixture starts to thicken (about 4 min.). Remove from heat. Add butter. Cool 10 minutes. Pour into shell. Cover with saran and refrigerate. Before serving, garnish with whipped cream.

BROWNIE PIE

<i>3 egg whites</i>	<i>1 teaspoon vanilla</i>
<i>¾ cup sugar</i>	<i>pinch of salt</i>
<i>¾ cup finely ground chocolate wafers</i>	<i>¾ cup finely chopped walnuts</i>

Beat egg whites until stiff peaks form, slowly adding sugar and salt. Fold in wafers, walnuts and vanilla. Place in covered skillet and bake in 325 oven for 35 minutes. Let cool completely. Top with whipped cream to which vanilla and sugar to taste have been added. Cover cooled pie completely. Grate 1 square of bittersweet chocolate over top. Refrigerate 1 hour before serving.

BUTTERSCOTCH PIE

1 baked 9 inch pie shell
4 teaspoons butter, melted
½ cup flour
1 pint milk (hot)
pinch of salt

⅔ cup brown sugar
2 egg yolks, slightly beaten
½ teaspoon vanilla

Melt butter and add flour. Gradually stir in hot milk. Add salt and sugar. Cook until it thickens (about 5 min). Add egg yolks and vanilla and cook over hot water for 5 minutes. Let cool. Place in shell. Cover with meringue: ⅓ cup egg whites, ¼ teaspoon cream of tartar, ¾ cup sugar, few drops of vanilla. Beat whites until foamy. Add cream of tartar and beat until stiff. Add sugar gradually. Continue beating 5 minutes. Add vanilla. Spread on cooled pie and bake 15 minutes in 300 oven.



CHERRY APPLE PIE

Pastry: In large mixing bowl place 2 cups flour, 1 teaspoon salt, ½ cup shortening, ¼ cup butter, 2 tablespoons cold water. Beat at low speed until particles are fine. With floured fingers, press 2 cups of mixture evenly and firmly over bottom and sides of a 9 inch pie plate, fluting edges.

Filling: ¾ cup sugar
2 tablespoons cornstarch
1 can tart red cherries (1 lb.)
4 drops red food coloring (optional)
2 cups pared, sliced apples
¼ teaspoon nutmeg

Combine sugar and cornstarch in saucepan. Add cherry juice and coloring. Cook over medium heat stirring constantly until it thickens. Remove and stir in cherries, apples, and nutmeg. Place in shell. Sprinkle with remaining crust mix and sprinkle with sugar. Bake in 450 oven for 10 minutes, then in 375 oven for 30-35 minutes until apples are tender. Cover edges of crust with foil during last 15 minutes.

ORANGE CONFETTI PIE

<i>1 baked 9 inch graham cracker crust</i>	<i>1 envelope unflavored gelatin</i>
<i>1 pkg. lemon gelatin (3 oz.)</i>	<i>½ cup orange juice</i>
<i>1 pkg. orange gelatin (3 oz.)</i>	<i>2 fresh oranges</i>
<i>3 cups boiling water</i>	<i>1½ cups heavy cream</i>

Prepare crust and cool. Prepare flavored gelatins as directed using 1½ cups boiling water for each. Pour each into 8 inch layer cake pan. Refrigerate until set. Sprinkle unflavored gelatin on orange juice to soften. Stir over hot water until dissolved. Refrigerate until consistency of unbeaten egg white. Peel and section oranges. Cut into bite size pieces. Add to unflavored gelatin mix. Beat 1 cup cream until stiff and fold into gelatin mix. Cut flavored gelatins into cubes ¾ inch. Fold half of cubes into whipped cream mix. Lightly pile in cooled crust. Refrigerate remaining cubes and pie for 3 hours. Before serving whip ½ cup cream and spread over pie. Scatter top with remaining cubes.

J. T.

PEARADISE LATTICE PIE

<i>dough for 2 crust pie</i>	<i>¾ cup sugar</i>
<i>1 can Bartlett pears (14 oz.), drained</i>	<i>½ teaspoon cinnamon</i>
<i>1 tablespoon lemon juice</i>	<i>½ teaspoon nutmeg.</i>
<i>1 tablespoon orange juice</i>	<i>butter</i>
<i>½ cup light cream</i>	

Line 9 inch pie plate with dough. Place drained pears on dough. Drizzle juices over pears. Pour cream over mix. Combine sugar, cinnamon and nutmeg together and sprinkle over pears. Dot with butter. Roll remaining dough and make a lattice top. Bake in preheated 375 oven for 45 minutes.

PECAN MOCHA PIE

<i>3 squares unsweetened chocolate</i>	<i>4 egg yolks</i>
<i>¼ cup butter</i>	<i>¾ cup white sugar</i>
<i>¼ cup brown sugar,</i>	<i>1 teaspoon vanilla</i>
<i>firmly packed</i>	<i>4 egg whites</i>
<i>¼ cup boiling water</i>	<i>1 cup chopped pecans</i>
<i>2 tablespoons instant coffee</i>	<i>1 unbaked 9" pie shell</i>

Preheat oven to 350. Melt chocolate over low heat. Stir in butter and brown sugar. Blend water and coffee. Beat yolks in small bowl at high speed until foamy. Beat in sugar gradually. Continue beating until yolks are thick and pale yellow. Beat in vanilla, coffee and chocolate. With clean beaters beat egg whites in large bowl until stiff. Fold chocolate mixture and pecans into whites. Turn into crust. Bake 30 minutes until pie springs back. Cool on wire rack.

PINEAPPLE CHEESE PIE

1 can crushed pineapple (20 oz.), drained
4 tablespoons white shortening
4 tablespoons sugar
1 cup flour
½ teaspoon baking powder
1 large egg

Blend shortening, sugar, flour and baking powder well. Add egg. Blend well and shape into ball. Press dough into a 10 inch glass pie plate making a fluted edge. Line crust with pineapple. In blender combine 8 ounces softened cream cheese, $\frac{3}{4}$ cup sugar, 2 eggs, 1 tablespoon lemon juice, 1 tablespoon flour, 1 cup milk, 1 cup all purpose cream and $1\frac{1}{2}$ teaspoons vanilla. Pour into crust. Sprinkle with cinnamon. Bake in 350 oven for 1 hour.



PUMPKIN SUNDAE PIE

1 nine inch pie shell, cooked
1 ¼ cups sugar
1 cup canned pumpkin or fresh
1 teaspoon pumpkin pie spice
½ teaspoon salt
1 cup heavy cream
2 pints vanilla ice cream

Combine sugar, pumpkin, spice, salt in medium bowl. Beat cream separately until stiff. Fold into pumpkin mixture until no white streaks remain. Spoon $1\frac{1}{2}$ pints of slightly softened ice cream into cooked shell. Top with pumpkin mixture. Freeze at least 2 hours. When ready to serve, spoon remaining ice cream over top.

Cookies



BANANA OATMEAL COOKIES

1 ½ cups flour, sifted
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon nutmeg
¾ teaspoon cinnamon
¾ cup shortening

1 cup sugar
1 egg
1 cup mashed ripe bananas
1 ¾ cup rolled oats
½ cup chopped nutmeats

Sift first five ingredients together. Beat shortening until creamy. Gradually add sugar and beat until light and fluffy. Add egg and beat well. Add bananas, oats and nutmeats and mix thoroughly. Add flour mixture and blend. Drop by teaspoons on ungreased sheet 1 ½ inches apart. Bake in 400 oven for 15 minutes. Remove at once from sheet. Makes 3 ½ dozen.



CHOCOLATE SNAP COOKIES

1 cup sugar
¾ cup shortening
1 egg
¼ cup corn syrup
2 envelopes liquid chocolate

1 ¾ cups flour
2 teaspoons baking soda
1 teaspoon ginger
1 teaspoon cinnamon
¼ teaspoon salt

Mix first five ingredients together. Sift flour, soda, cinnamon, ginger and salt together and add to chocolate mixture. Mix well. Refrigerate 30 minutes. Shape into 1 inch balls. Roll in granulated sugar. Place on ungreased cookie sheet 1 ½ inches apart. Bake in 350 oven for 15 minutes.

DATE PUMPKIN COOKIES

<i>½ cup margarine</i>	<i>½ teaspoon salt</i>
<i>1 cup brown sugar, firmly packed</i>	<i>1½ teaspoons cinnamon</i>
<i>1 egg</i>	<i>½ teaspoon nutmeg</i>
<i>½ cup pumpkin</i>	<i>½ teaspoon cloves</i>
<i>1 teaspoon almond flavoring</i>	<i>1 cup oats (uncooked)</i>
<i>1 cup flour</i>	<i>1 pkg. dates (8 oz.) cut up</i>
<i>1 teaspoon baking powder</i>	<i>½ cup chopped nuts</i>
<i>1 teaspoon baking soda</i>	

Cream margarine and sugar. Add eggs and beat well. Add pumpkin and spices. Beat until blended. Sift dry ingredients together except oats. Add oats to dry ingredients. Add to first mixture. Beat until blended. Add nuts and dates and mix well. Drop by teaspoons on greased cookie sheet and shape into oblongs. Place date or nut on each. Bake in 350 oven for 15 minutes. Cool slightly before removing. Makes about 3 dozen.



GERMAN BISCUITS

<i>¾ pound butter or margarine</i> <i>(room temp)</i>	<i>4 cups flour</i>
<i>¾ cup sugar</i>	<i>½ tsp. baking powder</i>
<i>1 egg, beaten</i>	<i>1 small jar seedless black raspberry preserve</i>

Preheat oven to 350. In large bowl place butter and mix with hands until soft and glossy. Add sugar. Continue beating by hand until fluffy. Add flour mixed with baking powder all at once. Work with hands until well blended. Add egg and stir in with fork. Blend well by hand. (dough is sticky). Flour hands well and pull dough away from bowl. Pick up and form into ball. Divide in half. On floured cloth or board, roll out to ¼ inch thick. Cut with 2 inch cutter. Place on ungreased sheet. Bake for 10 minutes only. Do not brown. Cool on sheet to set. Remove to rack. Cool completely. Put 2 together with raspberry preserve and frost tops. Yields 52 completed biscuits.

Frosting:

Beat until creamy, 1 pkg. confectioners sugar, ⅓ cup white shortening, 1 egg, 1 teaspoon vanilla and 3 tablespoons milk.

Ann Leach

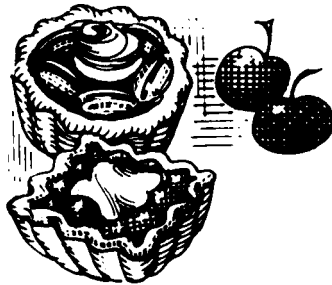
GUMDROP COOKIES

<i>4 eggs</i>	<i>1 teaspoon cinnamon</i>
<i>2 tablespoons water</i>	<i>1 cup gumdrops (no black)</i>
<i>2 cups light brown sugar</i>	<i>cut in small pieces</i>
<i>2 cups flour</i>	<i>¾ cup chopped walnuts</i>
<i>¼ teaspoon salt</i>	

Beat eggs with water until light. Add sugar and mix well. Add sifted dry ingredients. Add gumdrops and nuts. Drop by spoonfuls on lightly greased 9 x 13 sheet. Bake in 350 oven for 25 minutes. Frost while warm.

Frosting:

Drop 1 egg in bowl. Break yolk with fork. Stir in 1½ cups confectioners sugar. Beat well. Add ½ teaspoon orange extract and ½ cup confectioners sugar. Beat in slightly creamed ¼ cup butter and continue beating with fork for 3 minutes.



PEACH COCOANUT COOKIES

<i>½ cup shortening</i>	<i>½ teaspoon baking soda</i>
<i>¼ cup sugar</i>	<i>½ teaspoon salt</i>
<i>¾ cup corn syrup</i>	<i>1 teaspoon nutmeg</i>
<i>1 egg</i>	<i>¼ teaspoon cloves</i>
<i>1 can peaches (1 lb.)</i>	<i>1 cup cocoanut</i>
<i>drained, chopped</i>	<i>½ cup chopped nuts</i>
<i>2 cups flour</i>	<i>½ cup raisins</i>
<i>1 teaspoon baking powder</i>	

Mix shortening, sugar, syrup, egg and peaches thoroughly. Blend all dry ingredients together. Add to mix and blend well. Stir in cocoanut, nuts and raisins. Drop by heaping teaspoons on greased cookie sheet. Bake in 375 oven for 15-18 minutes. Makes 5-6 dozen.

SUGAR COATED BANANA DROPS

<i>1 ½ cups sugar</i>	<i>1 ½ teaspoons vanilla</i>
<i>1 ½ cups whole bran cereal</i>	<i>2 ½ cups flour</i>
<i>½ teaspoon cinnamon</i>	<i>3 teaspoons baking powder</i>
<i>½ cup shortening</i>	<i>1 ½ teaspoons salt</i>
<i>¼ cup butter</i>	<i>1 cup mashed bananas</i>
<i>2 eggs</i>	

Preheat oven to 400. Combine ½ cup sugar with cereal and cinnamon and roll or blend until fine. Place on waxed paper. Beat remaining sugar with shortening and butter until light and creamy. Beat in eggs and vanilla. Sift flour with baking soda and salt. Stir with bananas into creamed mixture. Drop by teaspoons into coating mixture. Shape into balls and place on baking sheet. Bake 10 minutes. Makes 5 dozen.

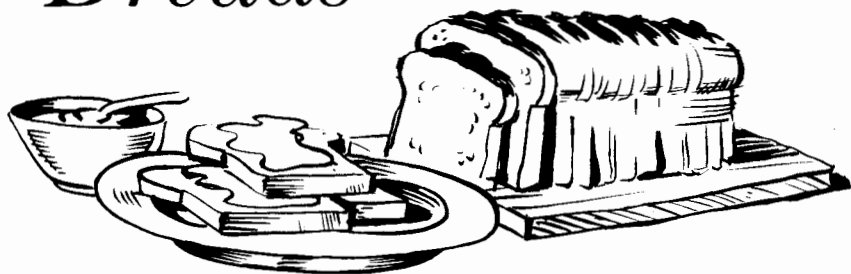
SUGAR COOKIES

<i>½ cup shortening</i>	<i>¾ cup sugar</i>
<i>1 teaspoon salt</i>	<i>2 eggs, well beaten</i>
<i>1 teaspoon vanilla</i>	<i>2 ½ cups sifted flour</i>

Combine shortening, salt, and vanilla. Add sugar, eggs and beat together well. Add flour and mix well. Chill thoroughly. Roll on slightly floured board ¼ inch thick. Dip cutter in flour and cut. Place on greased sheet in 350 oven for 8 minutes until a light delicate brown.



Breads



CANDIED GINGER NUT BREAD

<i>½ cup light brown sugar</i>	<i>3½ teaspoons baking powder</i>
<i>½ cup sugar</i>	<i>salt to taste</i>
<i>2 tablespoons soft shortening</i>	<i>¾ cup coarsely chopped nuts</i>
<i>1 egg</i>	<i>¼ cup candied ginger, finely chopped</i>
<i>1½ cups evaporated milk</i>	<i>3 cups flour</i>
<i>½ cup cold water</i>	

Mix sugars and shortening and cream well. Add egg and beat well. Add water to milk and add alternately with flour (sifted with baking powder and salt). Stir in nuts and ginger. Place in greased loaf pan. Bake in 350 oven for 1 hour.

ENGLISH COFFEE BRAID

<i>1½ cups scalded milk</i>	<i>2 eggs, lightly beaten</i>
<i>¼ cup shortening</i>	<i>4½ cups flour</i>
<i>¼ cup sugar</i>	<i>2 teaspoons cinnamon</i>
<i>1 teaspoon salt</i>	<i>1½ cups raisins</i>
<i>1 envelope or cake of yeast</i>	

Combine first four ingredients. Cool to lukewarm. Soften yeast in this mix. Add eggs. Add flour mixed with cinnamon and raisins. Make a soft dough. Knead until smooth and elastic. Place in greased bowl. Grease top of dough. Cover and let rise until double. Punch down. Let rise again until double. Divide into 2 equal parts. Roll into a rectangle ½ inch thick. Cut lengthwise into 3 strips and braid. Place on greased baking sheet. Cover and rise until double. Bake in 375 oven for 30 minutes. Cover with glaze: 1½ tablespoons milk and 1 cup confectioners sugar. Sprinkle top lightly with chopped nuts. Makes 2 loaves.

FRENCH BREAD

2 envelopes yeast
1/3 cup lukewarm water
1 tablespoon sugar
4 cups flour
1 1/2 tablespoons salt

1 cup lukewarm water
cornmeal
1 egg white, beaten
2 tablespoons water

Melt yeast in 1/3 cup water with sugar. Put flour in large mixing bowl and add salt. Make a well in the center and stir in yeast mix, adding enough warm water to incorporate all flour. (Dough should be well mixed by still). Knead 4 to 5 minutes and let rise 2 hours. Punch down 2 minutes and divide into 2 parts. Stretch and roll each part into barquette 1 1/2 inches in diameter. Lay on sheet sprinkled with cornmeal. Let rise 15 minutes. Slash with razor 5 to 6 times. Place in cold oven set at 350 and bake 1 hour. 10 minutes before removing, brush with egg white and water. Place a pan of water in bottom of oven. Remove after 1/2 hour. Makes 2 loaves.



IRISH BREAD

1 pound seedless raisins
1/4 pound margarine or butter
1 1/2 cups sugar
1/2 cup water
4 cups flour
1 cup applesauce

1 1/2 teaspoons baking soda
1 teaspoon salt
2 eggs, beaten
1 tablespoon brandy
or whiskey (optional)

Place first four ingredients in a large saucepan and bring to a boil. Let cool. Add remaining ingredients and mix all together well. Place in greased and floured angel cake pan or 2 loaf pans. Bake in 325 oven for 1 1/2 hours.

MANNA MYSTERY ROLLS

2 pkgs. dry yeast	12 ounces beer
3¾ to 4 cups flour	¼ cup milk
¼ cup dry onion soup mix	1 tablespoon sugar
8 slices bacon (crisp) reserve	melted margarine
2 tablespoons drippings	2 tablespoons yellow cornmeal

In mixer bowl, place yeast, 1¾ cups flour and soup mix. Heat beer, milk, sugar and drippings until warm. Add dry ingredients. Beat 1 minute at low speed. Stir in crumbled bacon and enough remaining flour to make a moderately stiff dough. Knead until smooth and elastic. Place in greased bowl and turn once. Cover, let rise until double 40-45 minutes. Shape into 16 rolls. Brush with melted margarine. Sprinkle with cornmeal. Let rise 25 minutes. Bake in 375 oven for 20 minutes, until golden

"Bea" Rowe

PUMPKIN MINCEMEAT BREAD

3½ cups flour	4 eggs
1½ cups sugar	⅔ cup water
2 tablespoons pumpkin pie spice	1 cup salad oil
2 teaspoons baking soda	2 cups mashed pumpkin
1½ teaspoons salt	1 pkg. dried mincemeat
1½ cups brown sugar	1 cup chopped nuts

Mix first five ingredients together. Add brown sugar. Make a well and add eggs, water, oil, and pumpkin. Beat on low speed until well blended. Beat 3 minutes at medium speed. Add mincemeat and nuts. Place in greased and floured loaf pan or four one pound coffee cans. Bake in 350 oven for 55 to 65 minutes.

WHITE BREAD

1 pkg. yeast	¼ cup melted butter
1 tablespoon sugar	¼ cup melted lard
½ cup warm water	2 cups luke warm milk
1 egg, beaten	1½ teaspoons salt
½ cup sugar	8 cups flour

Dissolve yeast and tablespoon sugar in warm water. Let rest 10 minutes. Add egg and sugar. Add butter and lard to milk. Add to egg and sugar. Add 4 cups flour and mix. Add remaining flour by hand. Knead until smooth and elastic. Place in greased bowl, turn once. Let rise until double. Punch down and let rise again. Divide into three pieces and shape into loaves. Place in three greased loaf pans. Cover and let rise again not quite to top of pan. Bake in 400 oven (not preheated) for 15 minutes and 375 oven for 25 minutes. Makes 3 loaves.

Hors D'oeuvres

FRANKS WITH BEER

<i>2 pounds frankfurters</i>	<i>¼ cup prepared mustard</i>
<i>2 cups beer</i>	<i>2 tablespoons worcestershire</i>
<i>1 cup minced onion</i>	<i>1 teaspoon salt</i>
<i>1 cup catsup</i>	<i>¼ teaspoon pepper</i>
<i>½ cup brown sugar</i>	

Cut frankfurters into bite size pieces. Bring beer to room temperature. In fondue pot (at range) combine beer with all ingredients except frankfurters. Heat, stirring often. Simmer 10 minutes. Transfer to fondue stand. Dip franks in hot sauce with fondue forks until heated through.

HAM ROLL UPS

<i>1 pound boiled or baked ham, sliced thin</i>	<i>1 pound ricotta chunk style pineapple</i>
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Spread ham slice with cheese and roll lengthwise. Cut into bite size pieces. Fasten with toothpicks. Place pineapple chunk on pick. Serve cold or broil slightly.

HOT CHEESE BALLS

<i>½ pound grated parmesan cheese</i>	<i>dash of cayenne pepper</i>
<i>½ pound softened cream cheese</i>	<i>1 cup fresh white bread crumbs</i>
<i>2 eggs</i>	<i>peanut or salad oil for frying</i>
<i>½ teaspoon salt</i>	

In medium bowl, combine cheeses, eggs, salt and cayenne pepper. Beat with wooden spoon until smooth. Form into 1 inch balls. Roll each lightly in bread crumbs on wax paper and refrigerate. In deep skillet slowly heat 2 inches of oil. Fry cheese balls turning once for a minute or until golden. Drain on paper towels. Makes 30 balls.

OLIVE SURPRISE

<i>2 cups grated sharp cheddar cheese</i>	<i>½ teaspoon paprika</i>
<i>1 cup flour</i>	<i>3 to 4 dozen pitted green olives, drained</i>
<i>½ cup softened butter or margarine</i>	

Mix first four ingredients together to make a dough and chill. Take 1 teaspoon at a time and shape into ball with an olive inside each one. Place in 400 oven for 15 minutes.

Miscellaneous

BAKED DOUGHNUTS

<i>1/3 cup margarine</i>	<i>1 1/2 teaspoons baking powder</i>
<i>1 cup sugar</i>	<i>1/2 teaspoon salt</i>
<i>1 egg</i>	<i>1/4 teaspoon nutmeg</i>
<i>1 1/2 cups flour</i>	<i>1/2 cup milk</i>

Cream margarine and sugar. Add egg and beat well. Sift dry ingredients and add alternately with milk to creamed mixture. Place in greased muffin tins $\frac{2}{3}$ full and bake in 350 oven for 20 to 30 minutes until golden. Remove from pan at once and roll in melted butter and $\frac{1}{2}$ cup sugar mixed with cinnamon.

BAKED MACARONI & CHEESE

<i>1 pkg. elbow macaroni</i>	<i>salt and pepper</i>
<i>3 tablespoons butter or margarine</i>	<i>1 cup sharp cheddar cheese,</i>
<i>3 tablespoons flour</i>	<i>crumbled</i>
<i>3 cups milk</i>	<i>paprika</i>

Prepare macaroni as per directions. Strain and rinse under cold water. Drain well. Set aside. In saucepan blend flour and butter over medium heat. Gradually stir in milk. Cook until sauce boils stirring so it doesn't stick. Remove from heat and add salt and pepper to taste. Stir in $\frac{3}{4}$ cup of cheese until smooth. Place macaroni in a 2 quart casserole. Stir in sauce. Sprinkle with remaining cheese and paprika. Bake in preheated 350 oven for 20 minutes.

CARAMELIZED BREAD & BUTTER PUDDING

<i>4 slices white bread</i>	<i>1/4 teaspoon salt</i>
<i>3 eggs</i>	<i>1/2 teaspoon vanilla</i>
<i>1/2 cup light brown sugar, packed</i>	<i>3 cups milk</i>
<i>1/2 teaspoon cinnamon</i>	

Toast bread. Butter and cut in finger strips. Place in 1 1/2 quart baking dish. Whip eggs, sugar, cinnamon, salt, vanilla and milk together. Pour over toast. Dot with butter. Sprinkle with brown sugar. Bake in 325 oven for 40 minutes.

DOUBLE CHOCOLATE PANCAKES

<i>2 cups biscuit mix</i>	<i>½ cup chocolate pieces</i>
<i>2 eggs</i>	<i>whipped cream</i>
<i>1 ½ cups milk</i>	<i>chocolate bits for garnish</i>
<i>2 squares semi-sweet chocolate, melted</i>	

Beat biscuit mix, eggs, and milk with rotary beater until smooth. Stir in melted chocolate and chocolate pieces. Pour batter from measuring cup (½ cup at a time) onto hot greased griddle. Bake until top bubbles and turn. Top with sweetened whipped cream and chocolate bits. Makes 18 pancakes.

JELLIED WALDORF SALAD

<i>1 pkg. gelatin</i>	<i>1 cup diced red apples</i>
<i>¼ teaspoon salt</i>	<i>¼ cup chopped walnuts</i>
<i>1 cup boiling water</i>	<i>¾ cup diced celery</i>
<i>1 cup cold water</i>	<i>seasoned with</i>
<i>2 teaspoons vinegar</i>	<i>¼ teaspoon salt</i>

This is for individual molds. If using 1 large mold, reduce water by ¼ cup. Dissolve gelatin and salt in boiling water. Add cold water and vinegar. Chill until slightly thickened. Fold in remaining ingredients. Pour into molds or mold and chill until firm. Unmold on crisp lettuce. Serve with mayonnaise or cream cheese balls.

RUGELACH

<i>1 cup softened butter</i>	<i>1 cup sugar</i>
<i>8 ounces cream cheese (room temp)</i>	<i>1 teaspoon cinnamon</i>
<i>2 cups unsifted flour</i>	<i>1 cup walnuts, finely chopped</i>

Blend butter, cream cheese and flour together and divide into 4 parts. Shape each into a ball. Flatten. Mix sugar, cinnamon and walnuts together. Use 1 portion of dough at a time on lightly floured board. Roll out to an 8 inch round. Spread with a little sugar mixture. Cut into 12 wedges and roll up each from wide end and curve to form a crescent. Place on lightly greased cookie sheet. Refrigerate until chilled. Bake in 375 degree oven until light brown for 20-25 minutes. Remove with spatula and cool.

Some of Gus'

Favorite Recipes

APPLE PORK MEDLEY

8 loin pork chops

4 tart apples

1 onion

1 cup chopped, dried prunes

1 tablespoon brown sugar

1 teaspoon salt

1/8 teaspoon pepper

1/4 teaspoon nutmeg

1/2 teaspoon basil

1 cup dry red wine

Brown chops on both sides. Place in baking dish. Core apples and cut into sixths. Do not peel. Cover chops with thinly sliced onion and apples. Sprinkle with prunes. Combine sugar, salt, pepper, nutmeg, and basil. Sprinkle over chops. Pour wine over all. Cover. Bake in 350 degree oven for about 1 hour or until tender.

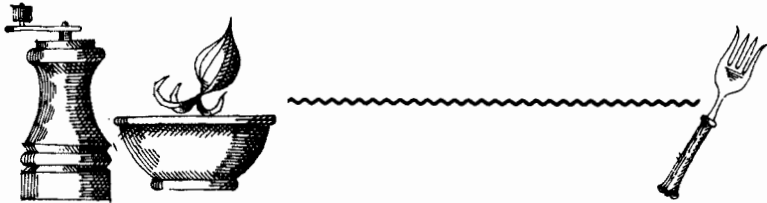


ARROZ CON POLLO

(Chicken with Rice)

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| <i>2 small fryers, cut in serving pieces</i> | <i>3 cups canned tomatoes with juice</i> |
| <i>¼ cup butter</i> | <i>pinch of saffron (optional)</i> |
| <i>2 tablespoons oil</i> | <i>1 bay leaf</i> |
| <i>1 large onion, chopped</i> | <i>¼ teaspoon salt</i> |
| <i>1 clove garlic, minced</i> | <i>2 cups uncooked rice</i> |
| <i>2 cups chicken broth or bouillon</i> | <i>1 pkg. frozen peas</i> |
| | <i>tomato wedges for garnish</i> |

Heat oil and butter in large frying pan. Sprinkle chicken with salt and pepper. Brown on all sides in oil and butter. Remove chicken to a baking dish. In same oil, cook onion and garlic until golden. Add broth, tomatoes, seasoning and salt. Simmer gently for a few minutes, scraping pan to blend in brown particles. Pour this mixture over chicken. Stir in rice, cover tightly and bake in preheated 350 degree oven for one-half hour. Uncover, add a little more broth if necessary and stir. Stir in peas and bake 10 minutes more (covered). Before serving, garnish with tomato wedges. Serves 8.



AUBERGINE PROVENCALE

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|--------------------------------|---|
| <i>1 medium eggplant</i> | <i>1 can (#2) tomatoes (ready chopped and peeled)</i> |
| <i>salt</i> | <i>1 clove garlic, minced</i> |
| <i>flour</i> | |
| <i>5 tablespoons olive oil</i> | |

Peel eggplant and cut into one inch cubes. Season lightly with salt and dredge with flour. Heat 2 to 3 tablespoons oil in skillet over medium heat and saute until light golden, turning to cook on all sides. Remove to warm plate with slotted spoon. Add remaining oil to skillet. Add tomatoes and garlic and heat through. Return eggplant to skillet and combine with tomatoes. Cook together 2 to 3 minutes. Serves 4.



BURGUNDY BEEF

*1 ½ pounds beef stew
meat, cubed*

½ cup flour

1 teaspoon salt

¼ teaspoon pepper

2 tablespoons bacon fat

½ cup onions, diced

½ cup carrots, diced

½ cup water

1 cup canned beef broth

¾ cup burgundy

Dredge meat in mixture of flour, salt and pepper. Brown slowly in bacon fat. Add remaining ingredients. Cover and simmer very slowly about 1 ½ hours until meat is tender. Stir often, adding a little water if needed. Serve with mashed potatoes or rice. Serves 4.



CHERRIES JUBILEE

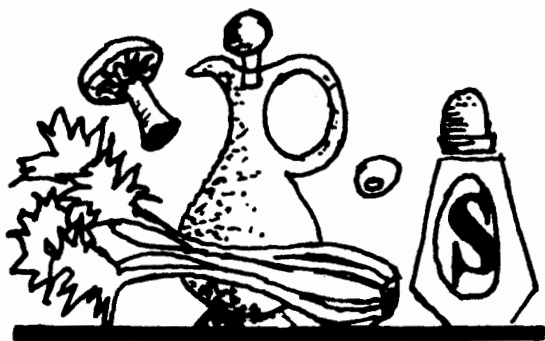
1 small can pitted, black cherries

2 teaspoons arrowroot or cornstarch

2 ounces brandy

1 pint vanilla ice cream

Drain cherries and heat reserved juice in small saucepan adding arrowroot and blend thoroughly. Cook until reduced by one third and slightly thickened. Add cherries and heat through. Add brandy. Heat a few seconds and ignite. Pour flaming cherries with juice over ice cream. Serves 2.



CHICKEN BREASTS MARSALA FLAMBE

- | | |
|---|---|
| <i>4 chicken breasts, skinned,
boned, flattened</i> | <i>2 ounces sweet Marsala</i> |
| <i>6 tablespoons clarified butter</i> | <i>$\frac{2}{3}$ cup all-purpose cream</i> |
| <i>salt and pepper</i> | <i>2 ounces brandy</i> |
| <i>3 lemon slices, thinly sliced</i> | <i>chopped parsley</i> |

Heat butter to sizzling. Add lemon slices and chicken. Season to taste with salt and pepper. Saute' chicken 2 to 3 minutes on each side. Cover and cook over reduced flame until tender (10-15 minutes). Add brandy, allow to heat a few seconds and ignite. Remove breasts, wrap in foil to keep warm. Raise heat. Add Marsala to pan, add cream and blend thoroughly 2 to 3 minutes or until slightly thickened. Serve over chicken, garnished with parsley. Serves 4.



POTATOES CHANTILLY

- | | |
|--------------------------------------|--|
| <i>6 medium potatoes</i> | <i>$\frac{1}{2}$ cup heavy cream, whipped</i> |
| <i>2 tablespoons butter</i> | <i>2 ounces Gruyere or Swiss
cheese, grated</i> |
| <i>1 teaspoon salt</i> | |
| <i>1 cup hot milk or light cream</i> | |

Boil, peel, and mash potatoes. Add butter, salt and milk and blend until smooth. Spread in oven-proof casserole. Cover with heavy cream (whipped) and sprinkle with grated cheese. Brown under broiler.



SALTIMBOCCA

4 veal cutlets, thinly sliced

*4 slices Prosciutto ham,
thinly sliced*

¼ teaspoon salt

¼ teaspoon pepper

¼ teaspoon sage

2 tablespoons butter

1 tablespoon flour

⅓ cup heavy cream

¼ cup Marsala

Sprinkle cutlets with salt, pepper and sage. Place slice of ham over each cutlet and fast together with wooden toothpicks. Saute cutlets in melted butter on both sides, about 10 minutes in all. Remove cutlets to hot serving platter, ham side up. Reduce heat and add flour to thicken sauce. Add cream and marsala. Allow to cook until thickened. Pour sauce over cutlets. Serves 4.



SPAGHETTI ALLA CARBONARA

1 pound spaghetti, cooked and drained

4 strips bacon, cut into 1 inch pieces

2 tablespoons heavy or all-purpose cream

2 eggs, beaten

salt and pepper to taste

Parmesan cheese

In a large skillet fry bacon over medium heat until crisp. Add cooked spaghetti and cook 2 to 3 minutes tossing to blend. Add cream, salt and pepper, and eggs and mix well with spaghetti. Cook 1 minute or until egg is fairly set. Sprinkle with Parmesan cheese. Serves 3-4.



BOSTON
KITCHEN
WITH



GUS SAUNDERS

Gus Saunders, genial host of WCOP's popular "Boston Kitchen". As a noted gourmet, Gus holds the rank of Chevalier in the Confrerie de la Chaine des Rotisseurs, the oldest food society in the world. He is also a member of the Society of Les Amis d'Escoffier, The Wine & Food Society, the renowned Confrerie des Chevaliers du Tastevin and several other food and wine societies. Gus, who has become the "Woman's Home Companion" to thousands of Greater Boston and New England women, brings his vast audience together each day to share with one another the joys of cooking and the fun of trying new recipes.

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