

## **On the Cover . . . Saint Euphrosynos the Cook (Commemorated on September 11)**

Euphrosynos was a monk who served as the cook at a monastery. Although he served his brothers with humility and patience, he suffered much abuse from them. One night a priest at the monastery had a vision in which he saw Euphrosynos walking in a beautiful garden and asked him what he was doing there. Euphrosynos answered that he lived there and brought gifts from Paradise to serve his brothers at the monastery. He then gave the priest three apples from one of the trees of Paradise.

When the priest awoke for the night services, he found the three fragrant apples on his bed. He looked for Euphrosynos at the Church and asked him where he had been. With great humility Euphrosynos answered, “Forgive me father; I have been in that place where we saw one another.”

“What did you give me when we spoke in Paradise?” asked the priest.

“I gave you three apples which you have on your bed in your cell, father,” answered Euphrosynos, “but forgive me father, for I am a worm and not a man.”

In order to avoid the praise of men, Euphrosynos disappeared following the service that night. Those who ate pieces of the three apples were healed.

May God grant us all the grace to serve our families and friends with patience and humility, gathering the best fruit we can find to offer those we serve.

## Acknowledgements

The publication and updating of this cookbook has become a reality because many members of St. John have dedicated many hours of their time to this effort. The following helped with formatting, editing, proof reading and overseeing the final product.

Julia Allisandratos	Very Rev. Father John Troy
Karen Bell	Mashburn.
Kim Boone	Paul Parham
Crystal Eastman	Judy Perkins
Corinne Elliott	Paul Sudduth
Laura Graham	Fran Tylavsky
Tina McKelvy	

All persons have taken the effort to find mistakes such as spellings of names, unreasonable quantities of ingredients and clear directions. With over 500 recipes there are bound to be some errors. We apologize in advance for any errors. Please let Fran Tylavsky know of any changes that need to be made for the next printing ([ftylavsky@utm.edu](mailto:ftylavsky@utm.edu)).

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 1663 Tutwiler St., Memphis, TN 38107, 2006  
 901-274-4119  
 Antiochian Orthodox Christian Archdiocese of North  
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We have taken effort to place recipes in categories that seems logical for the intended dish. Many of the vegetable or other side dishes may be a main dish during fasting. The same is true for appetizers, soups and salads. Browse through the book to find the recipes that work for your family during fasting.

Many of the recipes in this book are recipes handed down from family members and for some, many generations. In some cases the quantity listed in the recipe is no longer available, such as specific can sizes. This means that the cook needs to experiment a little. Here is a list of conversions that may be helpful.

Can Size	Ounces	Approximate cups
No. 1	11	1 ½
No. 1 ½	16	2
No. 2	20	2 ½
No. 2 ½	28	3 ½
No. 3	33	4
No. 10	106	13

**Specialty Grocery Stores** that carry ingredients contained in some of the recipes that might not be available at the store you may regularly shop for groceries

Mediterranean Grocery, 3561 Park Ave

Wild Oats Market, 5022 Poplar

## ON FEASTING . . . AND FASTING

Saint John Orthodox Church is blessed by God with the presence of members from many cultural and ethnic backgrounds. When we share meals together on the various feast days of the Church, it is typical to find good ole' southern foods alongside dishes from Greece, Syria, Russia, Poland, and many other places. We have tried to bring together a sampling of those cross-cultural recipes in this cookbook, for the enjoyment of our parishioners and friends.

*Feasting* is part of the cycle of the spiritual life of the Orthodox Church. For this reason we have also included a section for "Liturgical" foods. This includes, once again, a cross-cultural selection of recipes for those foods used by the Church in its various celebrations—the Prospora (Holy Bread) for the Eucharist, bread for the artoklasia, which commemorates certain saints, and so forth.

Our celebration of the feasts is enhanced by the Orthodox practice of fasting. Feasting benefits the faithful to the degree to which we have prepared for each feast in the manner prescribed by the fathers of the Church—by *fasting*, prayer and almsgiving. Recipes which are appropriate for periods of fasting are marked with an asterisk (\*) through the cookbook. The seasons and days of fasting prescribed by the Church are listed on the following page.

As we live these cycles of fasting and feasting, let us all remember the words of our Lord, as recorded by our Patron Saint, John the Evangelist: "*My food* is to do the *will of Him Who sent me*, and to *finish His work.*" (John 4:34).

## PRAYERS BEFORE MEALS

**In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen,**

**Glory to the Father, and to the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.**

**Lord, have mercy. (Thrice)**

*Then*

**O Christ our God, bless the food and drink of thy servants, for thou art Holy always; now and ever, and unto ages of ages. Amen.**

*Or*

**They that hunger shall eat and be satisfied, they that seek after the Lord shall praise him; their hearts shall live forever. Amen.**

*Or*

**Bless, O Lord, and these thy gifts of which we are about to partake, for thou art blessed and glorified; now and ever, and unto ages of ages. Amen.**

## **PRAYERS AFTER MEALS**

**Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.**

**Lord, have mercy (thrice)**

*Then*

**Blessed is God, who is merciful unto us and nourisheth us from His bounteous gifts by His grace and compassion, always, now and ever, and unto ages of ages. Amen**

*Or*

**We thank thee, O Christ our God, that thou hast satisfied us with thy earthly gifts. Deprive us not of thy Heavenly Kingdom; but as thou entered into the midst of thy disciples, O Saviour, and gave them peace, enter also among us and save us. Amen.**

*Or*

**We thank thee, O God, the Giver of all good things, for these gifts and all thy mercies, and we bless thy Holy Name, always, now and ever, and unto ages of ages. Amen**

## FASTING AND THE FASTING CALENDAR

That we will fast is assumed by Christ in Holy Scriptures. It is one of the necessary tools of our ascetical struggle to draw near to God. The Church has a very organized approach to fasting, and while it can be a bit confusing at times, it gives us a rhythm of life that produces peace and joy in the Orthodox Christian.

### Terms

**Fasting** – This can mean total abstinence from food and drink **or** simplified eating and drinking. Note that a fasting day is calculated from midnight to midnight with regard to the fasting prescriptions.

**Total Abstinence** – No food and drink (except water and herbal teas, if hydration is absolutely necessary). With the guidance of one's spiritual director, total abstinence is traditionally observed on the first three days of Great Lent and from Great Friday until Pascha.

**Eucharistic Fast** – The total abstinence at least from the previous midnight for communing at a morning Liturgy or from the partaking of a light breakfast (certainly no later than noon) until Holy Communion is received at an evening Liturgy.

**The traditional fasting discipline** – Refraining from eating meat, poultry, eggs, dairy, fish, wine and oil. Shellfish is traditionally permitted. It is good to moderate the amount of food we consume on these days (consider eating smaller portions) and to refrain from eating between meals. Under the advice of a Spiritual Father some people may only eat one (1) meal per day during fasting periods. Remember that all fasting should be under the guidance of your spiritual advisor. In certain circumstances he may relax the traditional fast at his discretion.

**Katalysis** – a slight relaxation of the fasting regimen, such as the allowance of wine and oil, or fish, wine and oil.



## Seasons of Fasting

The **GREAT FAST** – The *traditional fasting discipline* is observed during the Great Fast which lasts from Pure Monday through Great and Holy Saturday (with *katalysis* for wine and oil on Saturdays and Sundays [except on Great and Holy Saturday when oil is not permitted], and for fish, wine and oil on the Annunciation [March 25th] and Palm Sunday).

The **DORMITION FAST** – The *traditional fasting discipline* is observed during the Dormition Fast which lasts from August 1st through 14th (with *katalysis* for wine and oil on Saturdays and Sundays, and for fish, wine and oil on the Transfiguration [August 6th]).

The **NATIVITY FAST** – The fast is divided into two periods. The 1st period is November 15th through December 19th when the *traditional fasting discipline* is observed with *katalysis* for wine and oil on Tuesdays and Thursdays, and for fish, wine and oil on Saturdays and Sundays. The 2nd period is December 20th through 24th when the *traditional fasting discipline* is observed with *katalysis* for wine and oil only on Saturday and Sunday.

The **APOSTLES FAST** – The *traditional fasting discipline* is observed during the Apostles Fast which lasts from the Monday after All Saints Sunday through June 28th (with *katalysis* for wine and oil on Tuesdays and Thursdays, and for fish, wine and oil on Saturdays and Sundays).

NOTE: These are the general rules concerning fasting during the four canonically appointed fasting seasons. You will notice that we never fast on a Saturday or a Sunday without there being *katalysis* for wine and oil, except on one Saturday alone -- **GREAT AND HOLY SATURDAY** when there is *katalysis* for wine, but not for oil (oil implying food made more tasty by being cooked in or with oil as opposed to simple xerophagy or 'dry eating,' meaning raw fruits, vegetables and grains or those soaked or cooked in water).

## Canonical Fasting Days

(As stated above, a fasting day is calculated from midnight to midnight with regard to the fasting prescriptions.)

All **WEDNESDAYS & FRIDAYS** throughout the year (the traditional fasting discipline being observed) except during the five canonically appointed fast-free or moderated-fast periods:

- (1) from December 25th through January 4th,
- (2) the week following Pharisee and Publican Sunday,
- (3) the week following Meatfare or Judgment Sunday (this week being a moderated-fast since we abstain from meat but may eat other types of food on all days of the week),
- (4) the week following Pascha, and
- (5) the week following Pentecost.

Additionally, with the blessing of the Synod of Antioch, a *katalysis* for fish, wine and oil is granted for all Wednesdays and Fridays of the Pentecostarion (the period between Pascha and Pentecost).

The following three commemorations appointed in the Menaion, when the traditional fasting discipline is observed except when these commemorations coincide with a Saturday or Sunday, there being *katalysis* for wine and oil in those instances:

**ELEVATION OF THE PRECIOUS CROSS**  
(September 14th),

**THE EVE OF THEOPHANY** (January 5th),

**THE BEHEADING OF THE FORERUNNER**  
(August 29th).

## Periods of NO FASTING

December 25 through January 5

The week following the Sunday of the Publican and Pharisee

The week following Meatfare Sunday (abstinence from flesh meat is required during this week, but no fasting otherwise, dairy and other categories being allowed)

The week following Pascha (Bright Week)

The week following Pentecost

Further, in general there is no fasting if you are pregnant, nursing a newborn or experiencing a serious illness.

### ***Katalysis in general***

When a **FEAST OF THE MASTER** (1st Class) or a **FEAST OF THE MOTHER OF GOD** (2nd Class) coincides with a fast day, there is *katalysis* for fish, wine and oil.

When a **COMMEMORATION OF A VIGIL OR POLYELEOS RANK** (3rd Class) (for example, December 6 for the Feast of St. Nicholas) coincides with a fast day, there is *katalysis* for wine and oil (and also for fish if it is the patronal feast of the monastery or church temple – in our parish's case, September 26 for St. John).

## MEETING EVERYONE'S NUTRITIONAL NEEDS DURING FASTING

For most people, the prescription for fasting eliminates foods that can supply a significant part of our nutritional needs. These include high quality protein foods (meat, poultry and fish), dairy products and eggs. While adhering to the fast you can meet nutrient recommendations. Selection of fruits, vegetables, grain products, seeds, nuts and dry beans while curtailing meat and dairy products can provide all the nutrients needed for optimal growth and health. The nutrients that may be compromised include protein, iron, calcium, zinc and vitamin B<sub>12</sub>. Below is summary of the functions of these nutrients and good sources of foods<sup>1</sup> while adhering to the fast.

**Protein** has many important functions in the body and is essential for growth and maintenance. Protein needs can easily be met by eating a variety of plant-based foods. Combining different protein sources in the same meal is not necessary. Sources of protein during the fast include beans, nuts, nut butters, peas, and soy products (tofu, tempeh, veggie burgers).

**Iron** functions primarily as a carrier of oxygen in the blood. Iron sources when abstaining from meat products include iron-fortified breakfast cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, peas, and some dried fruits (dried apricots, prunes, raisins).

**Calcium** is used for building bones and teeth and in maintaining bone strength. Sources of calcium during the fast include fortified breakfast cereals, soy products (tofu, soy-based beverages), calcium-fortified orange juice, and some dark green leafy vegetables (collard greens, turnip greens, bok choy, mustard greens).

**Zinc** is necessary for many biochemical reactions and also helps the immune system function properly. Sources of zinc for vegetarians include many types of beans (white beans, kidney beans, and chickpeas), zinc-fortified breakfast cereals, wheat germ, and pumpkin seeds.

**Vitamin B<sub>12</sub>** is found in animal products and some fortified foods. Sources of vitamin B<sub>12</sub> for those who abstain from animal products are foods fortified with vitamin B<sub>12</sub>. These include breakfast cereals, soy-based beverages, veggie burgers, and nutritional yeast.

Below are two charts that provide guidance as to the recommended intake of dairy and meat products along with food sources that can be selected to help meet nutrient requirements.

## How much food from the meat & beans group is needed daily?

The amount of food from the meat and beans group you need to eat depends on age, sex, and level of physical activity.

Recommended daily amounts of meat products are shown in the chart.

	Daily recommendation	
<b>Children</b>	2-3 years old	2 ounce equivalents
	4-8 years old	3 – 4 ounce equivalents
<b>Girls</b>	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
<b>Boys</b>	9-13 years old	5 ounce equivalents
	14-18 years old	6 ounce equivalents
<b>Women</b>	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
<b>Men</b>	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

## What counts as an ounce equivalent in the meat & beans group?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

**Food sources to meet the protein needs:****Dry beans and peas:**

black beans  
 black-eyed peas  
 chickpeas (garbanzo beans)  
 falafel  
 kidney beans  
 lentils  
 lima beans (mature)  
 navy beans  
 pinto beans  
 soy beans  
 split peas  
 tofu (bean curd made from soy beans)  
 white beans

bean burgers  
 garden burgers  
 veggie burgers

tempeh  
 texturized vegetable protein (TVP)

**Nuts & seeds**

almonds  
 cashews  
 hazelnuts (filberts)  
 mixed nuts  
 peanuts  
 peanut butter  
 pecans  
 pistachios  
 pumpkin seeds  
 sesame seeds  
 sunflower seeds  
 walnuts

**Fish (When permitted)**

Finfish such as:

catfish  
 cod  
 flounder  
 haddock  
 halibut  
 herring  
 mackerel  
 pollock  
 porgy  
 salmon  
 sea bass  
 snapper  
 swordfish  
 tilapia  
 trout  
 tuna

Shellfish such as:

clams  
 crab  
 crayfish  
 lobster  
 mussels  
 octopus  
 oysters  
 scallops  
 squid (calamari)  
 shrimp

Canned fish such as:

anchovies  
 clams  
 tuna  
 sardines

## How much food from the milk group is needed daily?

The amount of food from the Milk Group you need to eat depends on age. Recommended daily amounts are shown in the chart.

<b>Daily recommendations</b>		
<b>Children</b>	2-3 years old	2 cups
	4-8 years old	2 cups
<b>Girls</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Boys</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Women</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
<b>Men</b>	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups



**Good Sources of Calcium:****Milk**

All fluid milk:  
 fat-free (skim)  
 low fat (1%)  
 reduced fat (2%)  
 whole milk

flavored milks:  
 chocolate  
 strawberry

lactose reduced milks  
 lactose free milks

**Milk-based desserts**

Puddings made with milk  
 ice milk  
 frozen yogurt  
 ice cream

**Calcium choices for those who do not consume milk products include****Calcium fortified:**

juices  
 cereals  
 breads  
 soy beverages  
 rice beverages

**Canned fish** (sardines,  
 salmon with bones)

**Soybeans and other  
 soy products:**

soy-based beverages

**Cheese**

Hard natural cheeses:

Cheddar  
 Mozzarella  
 Swiss  
 Parmesan

soft cheeses  
 ricotta  
 cottage cheese

processed cheeses  
 American

**Yogurt**

All yogurt

soy yogurt  
 tempeh,  
 tofu  
**dried beans,  
 collard and turnip  
 greens**  
**kale**  
**bok choy**  
**spinach**  
**Veggie Cheese**

Note: The amount of calcium that can be absorbed from these foods varies and quantities needed to consume can be large

Without consuming calcium fortified products, it may be difficult to achieve adequate calcium intake, thus, some might want to consider taking calcium supplements during prolonged fasting periods such as Great Lent, Advent, the Apostles, or Dormition. Inadequate calcium intake for extended periods may cause permanent bone loss or affect bone growth in children.

### **TIPS FOR ADHERING TO THE FAST**

The recipes in this cookbook that have an \* at the end of the title meets the fasting prescription. We have taken care to identify all foods that can meet the fast. However there are some tips or suggestions that you can apply to your favorite recipes:

Substitute:

Vegetable oil for olive oil.

Soy milk for regular milk

Textured vegetable protein for meat in casseroles

Margarine for butter

Vegetable broth for beef or chicken broth:. Seasoned cubes can be bought in most grocery stores.

Add Tofu to any combination dish/salad to add protein. Tofu is bland and takes on the flavor of the seasonings/sauce.

Veggie cheese can be bought at in many of the grocery stores.

Here are some fasting tips members of the congregation has submitted:

Substitute diced, firm tofu for the burger in making tortilla soup during fasting. It takes a nice flavor from the spices in the soup.

Apples slices (dip in lightly salted water to keep from darkening) and pieces of celery with extra crunch peanut butter smeared on. One can add raisins and/or sunflower seeds as well.

Buy Boca Burgers (available in the freezer of most grocery stores) and use instead of hamburger.

Soy crumbles from Morningstar Farms go well in sauces as a meat substitute

Make a large pot of soup and freeze in pint or quart freezer bags. Freeze so the plastic bag lies flat. These can be defrosted quickly in the microwave.

**Some good meal ideas:**

lentils and rice

black beans and rice

falafels

hummus

zatar

S

spaghetti

taco salad made with soy substitutes.

Portobello sandwich -- fill with margarine in center  
(season with basil &/or cavenders)

**Restaurants:**

In general most Mideastern, Asian, Mexican and Indian cuisine has food that meets the fasting prescription. Keep in mind many of the fast food restaurants now offer a vegetable burger. The following is a list of restaurants in the Memphis area that offer fare that complies with fasting from members of St. John.

Wild Oats Market 5022 Poplar has a delicatessen

Peasant Plate at Blue Coast Burrito 3546 Walker

Al-Rayan 288 N. Cleveland

Golden India 2097 Madison

Abyssinia Ethiopia Restaurant 2600 Poplar

Jasmine Thai & Vegetarian 916 S. Copper

Saigon Le 51 N. Cleveland

Indian Palace 1720 Poplar

Raffie's Deli 3358 Poplar

Restaurants with multiple locations:

Huey's -Shrimp Po-Boy, Soy Burgers-

Wendy's baked potato; side salad

Sonic: tater tots, onion rings or slice of texas toast; BLT w/o the "B"

Taco Bell: bean burrito; fresco salad; seven-layer burrito - hold the cheese and sour cream; refried beans, hold the cheese;

Backyard Burger-veggie burger

Vietnamese Restaurant @Madison & Highland or Polar and Tillman Spring Rolls

McDonald's french fries

Captain D's (kid's) shrimp menu in drive-thru

## **Recommended cookbooks:**

### Food for Paradise

A meatless cookbook; revised and expanded  
Compiled by the Orthodox Church of Saint John the  
Russian. Ipswich, MA, published in 1995

### A Lenten Cookbook for Orthodox Christians

Nectarious Press, Seattle, WA, 1982, 6<sup>th</sup> printing 1995

### Taste and See

American Orthodox Cooking  
A collection of recipes by St. Ignatius Antiochian  
Orthodox Church (AOCWNA)  
4671 Peytonsville Rd. Franklin, TN 37064

### When you fast: Recipes for Lenten Seasons

Catherine Mandrell. St. Vladimir's Seminary Press,  
Crest wood, NY 2005

The following can be found in the library of St. John  
Orthodox Church, Memphis, TN

### A Guide to Greek Traditions and Customs in American

Marilyn Rouvelas, Attica Press, Bethesda, MD  
Fourth Printing, 1994

### Gourmet Grains, Beans and Rice

Dotty Griffith, Taylor Publishing Co., Dallas, TX, 1992

### A Lenten and Vegetarian Cookbook

The Ladies of St. George  
St George Orthodox Christian Cathedral, 7515 E. 13<sup>th</sup> ,  
Wichita, KS 67206 (316) 636-4674

### Simply Heavenly! The Monastery Vegetarian Cookbook

Abbot George Burke; St. George Press, Route 1. Box  
75, Geneva, NE 68361-1991

**NOTES**

## APPETIZERS

### DIPS

#### ARTICHOKE DIP 1

<b>2 (8 oz.) cartons sour cream</b>	<b>1 pkg. Good Seasons Italian salad dressing mix</b>
<b>1 (6.5 oz.) jar marinated artichoke hearts</b>	

Chop artichoke hearts with juice in food processor. Mix sour cream and dressing mix until well blended. Mix with artichoke hearts. Chill.

*Nancy McGee*

#### ARTICHOKE DIP 2\*

<b>1 can artichoke hearts (with juice)</b>	<b>Dash of Tabasco (to taste)</b>
<b>Dash of pepper (to taste)</b>	<b>Lemon juice (to taste)</b>
<b>1 c. Hellmann's mayonnaise</b>	<b>¾ c. Parmesan cheese</b>
	<b>Dash of salt (to taste)</b>

Blend artichoke hearts with juice in blender. Add mayonnaise. Blend. Add lemon juice, salt, pepper and Tabasco (start with a few drops and/or dashes, taste, add more if desired). Blend. Add cheese. Blend. Put in casserole. Heat at 350° until brown on edge. Serve with Melba rounds or other crackers.

*Laura Graham*

## BLT DIP

**4 large tomatoes**                      **½ c. mayonnaise**  
**4 green onions**                      **½ c. sour cream**  
**Bacon, whole package**              **Salt and pepper to taste**

Cook the bacon until crispy and chop into fine pieces. Dice the tomatoes and drain well – the less liquid, the better. Chop the onion. Combine all ingredients and refrigerate; serve with melba toast or other crackers.

*Margaret Elliott*

## BLACK BEAN DIP\*

**1 (16 oz.) can black beans,**      **¼ to ½ c. prepared salsa**  
**drained and rinsed**              **(mild -“Pace” brand)**  
**2 Tbsp. fresh lime juice**        **¼ tsp. ground cumin**  
**2 Tbsp. chopped fresh**        **Salt to taste**  
**cilantro**

Mix all ingredients together. Serve with chips.

*Deb Mashburn*



## **CORN AND BLACK BEAN SALAD-DIP\***

<b>1 can shoe peg corn</b> <b>1 c. chopped tomatoes</b> (canned is okay) <b>½ bell pepper</b> <b>1 c. Mozzarella cheese,</b> <b>shredded*</b>	<b>1 can black beans</b> <b>½ red onion</b> <b>¼ c. cilantro</b> <b>1 tsp. ground cumin</b> <b>1 Tbsp. corn oil</b> <b>Juice of 1 lime</b>
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Drain corn and black beans and put in rectangular casserole or Tupperware container. Chop bell pepper and red onion and mix remaining ingredients together. Best if refrigerated several hours or overnight to let flavors blend. Good served with pita bread or tortilla chips. Good to double or triple recipe for a crowd...or to eat on for several days. Keep refrigerated.

Comment by Susan Cushman: I first tasted this recipe at a gathering in the home of Mary Katherine Taras of Annunciation Greek Orthodox Church in Memphis. Thanks, MK!

\* Delete cheese on fast days.

*Susan Cushman*

## EGGPLANT DIP\*

<b>2 eggplants chopped</b>	<b>1½ c. tomatoes, chopped</b>
<b>½ to 1 c. lemon juice</b>	<b>⅓ to ½ c. olive oil</b>
<b>1½ c. bell pepper (green or red)</b>	<b>Salt (as needed)</b>

Bake eggplants (cut 2 slits in eggplant before baking) at 375° to 400° for 1 hour or until soft. Allow to cool. Peel eggplants and mash finely (best to use food processor). After preparing eggplants, add chopped bell pepper and tomatoes. Add salt, lemon juice and oil to taste.

Serve with chips or pita bread (toasted). Can be a Lenten dish if vegetable oil is used instead of olive oil.

*Carla Fahhoum*

## EGGPLANT DIP – BABA GANOOJ\*

<b>1 large eggplant</b>	<b>2 Tbsp. olive or other oil</b>
<b>½ tsp. each, salt and pepper</b>	<b>¼ c. lemon juice</b>
<b>¼ c. tahini</b>	<b>Dried mint to taste</b>
	<b>1 garlic clove</b>

Wash eggplant. Pierce eggplant in several places. Roast on the grill until tender. (Don't worry if the skin gets charred.) Turn frequently. Put garlic in bowl with salt. Mash until real fine. Add tahini, lemon juice, pepper, olive oil and mint; mix well. Add eggplant that has been peeled and mashed. Mix well. Scoop into serving bowl and drizzle with additional olive oil. Garnish with parsley. Serve with pita bread, cut into triangles.

*Wes and Becky Kraker*

## FRUIT DIP

**1 jar marshmallow crème**      **1 (8 oz.) pkg. cream**  
**1 tsp. almond extract**          **cheese softened**  
**Food coloring (if desired)**

Mix all and serve with pieces of fruit.

*Corinne Elliott*

## GUACAMOLE\*

**2 avocados**                              **1 clove garlic**  
**1/3 bunch cilantro**                      **1/3 white onion**  
**1 or 2 red tomatoes**                      **A few drops of a lime**  
**½ tsp. salt**                                      **juice**

Peel avocados. Mash well with a fork till they become like puree. Chop rest of ingredients and mix them together. Only make enough for 1 day, as it turns dark quickly.

*Samira Murray*

## HOT BROCCOLI DIP

**2 pkg. frozen chopped**                      **1 stick margarine**  
**broccoli**                                      **1 roll garlic cheese**  
**1 ctn. mushrooms, sliced**                      **1 can mushroom soup**  
**or chopped**                                      **Sliced almonds (optional)**  
**1 medium onion, grated**

Boil broccoli and drain well. Sauté onions and mushrooms in margarine till soft. Combine soup, onion and mushrooms and mix with broccoli and crumbled cheese in pan until cheese melts. Add almonds and stir well. Serve hot with Fritos dip chips or tortilla chips.

*Deb Mashburn*

## HOT ONION DIP

- |   |   |
|---|---|
| <b>1 c. Hellman's<br/>mayonnaise</b>      | <b>1 c. Vidalia onions, sliced<br/>thinly</b> |
| <b>1 c. fresh grated Swiss<br/>cheese</b> | <b>1-3 drops Tabasco sauce</b>                |
|   | <b>Salt to taste</b>                          |

Combine all ingredients. Bake at 350° for 25 minutes.  
Serve on melba toast.

*Margaret Elliott*

## EASY HUMMUS DIP

- |  |   |
|--|---|
| <b>19 oz. can chickpeas,<br/>drained</b> | <b>1 tsp. salt</b>                      |
| <b>2 cloves garlic , minced</b>          | <b>¼ c. fresh lemon juice</b>           |
| <b>1/3 c. sesame paste<br/>(tahini)</b>  | <b>¼ tsp. freshly ground<br/>pepper</b> |
|  | <b>¼ c. olive oil</b>                   |

Combine chickpeas, sesame paste, lemon juice, olive oil, garlic , salt and pepper in a food processor and process until smooth and slightly fluffy. Scoop hummus into serving bowl and drizzle additional olive oil over it. Garnish with parsley. Serve with pita bread, cut in triangles. Makes about 2 cups.

*Wes and Becky Kraker, Martha Berge*

## HUMMUS-CHICKPEA AND SESAME PUREE\*

**3 cans chickpeas/garbanzo beans**      **2 lemons or ½ c. lemon juice**  
**1/3 c. tahini (available at Mediterranean grocery on Highland)**      **2 cloves garlic , crushed**

Boil the chickpeas until really soft, 15 minutes. Drain them. Place them in food processor with the other ingredients and add 1 teaspoon of salt or according to taste. Crush ingredients until Hummus is thick and smooth.

For serving: Mix together 1 tablespoon of olive oil (extra virgin) and a dash of paprika and pepper.

Spread Hummus in a dish. With a spoon, make the shape of a cross in the center. (A slightly depressed shape). Pour oil-paprika into this depression for decoration.

Serve as a dip with Arab bread or pita and/or sliced raw vegetables.

**An alternative, rather stronger cream is made by using a generous pinch of cayenne pepper instead of paprika. Some of it is mixed into the cream and the rest is sprinkled over the top together with a little ground cumin, in a star design of alternating red and brown.**

*Reem Mansour, Ruth Ann Skaff*

## MEXICAN CHEESE DIP

- |                                 |                               |
|---------------------------------|-------------------------------|
| <b>1 (8 oz.) cream cheese</b>   | <b>1 medium jar picante</b>   |
| <b>1 (8 oz.) sour cream</b>     | <b>sauce (mild or hot as</b>  |
| <b>Gourmet shredded cheese</b>  | <b>preferred)</b>             |
| <b>2 tomatoes, well chopped</b> | <b>Finely chopped lettuce</b> |

Mix cream cheese, sour cream and picante sauce. Spread on plate, then top with lettuce, cheese and tomatoes. Serve with Tostitos chips.

*Nancy McGee*

## SPINACH DIP

- |                                  |                              |
|----------------------------------|------------------------------|
| <b>1 c. sour cream</b>           | <b>2 or 3 green onions,</b>  |
| <b>1 box Knorr dry vegetable</b> | <b>chopped</b>               |
| <b>soup mix</b>                  | <b>1 pkg. frozen chopped</b> |
| <b>1 c. mayonnaise</b>           | <b>spinach, thawed,</b>      |
| <b>1 can water chestnuts,</b>    | <b>drained and squeezed</b>  |
| <b>chopped</b>                   | <b>very dry</b>              |

Mix all together. Leave overnight in refrigerator before serving.

*Nancy McGee*

## **SALSA ROJA OR RED SALSA\***

<b>2 red tomatoes</b>	<b>1/3 bunch cilantro (be</b>
<b>1/2 tsp. salt</b>	<b>sure you don't get</b>
<b>1 serrano pepper or</b>	<b>parsley by mistake! –</b>
<b>jalapeno if you can't</b>	<b>cilantro is the secret of</b>
<b>find Serrano</b>	<b>all Mexican salsas)</b>
<b>Juice from a real lime</b>	<b>1/4 small onion</b>
<b>1 clove garlic</b>	

Put all ingredients in a blender or food processor and mix together. If you chop all the ingredients by hand, it is called “Pico de Gallo” instead of salsa. In Mexico, there are more than 10 different types of salsa. The two most common are red salsa and green salsa.

Another option is to boil the red tomatoes first.

*Samira Murray*

## **SALSA VERDE – GREEN SALSA\***

<b>Several tomatillos (these</b>	<b>1/4 small onion</b>
<b>are small green</b>	<b>1 serrano or jalapeno</b>
<b>tomatoes)</b>	<b>pepper</b>
<b>1 clove garlic</b>	<b>1/3 bunch cilantro</b>

Put tomatillos into boiling water for just a minute. Peel off skins. Mix all ingredients. Blend in blender.

Note: Salsa can be as hot as you want it. It depends on how many peppers you use. If you omit the peppers all together, it becomes a sauce to pour over entrees, like steak, chicken and enchiladas.

*Samira Murray*

**PRIMARILY CHEESE****ALMOND-RASPBERRY BRIE**

<b>1 (15 ounce) Brie wedge</b>	<b>2 Tbsp. sliced almonds,</b>
<b>2 Tbsp. seedless raspberry</b>	<b>toasted</b>
<b>jam</b>	<b>1 ½ tsp. brown sugar</b>
<b>1 Tbsp. Chambord or</b>	<b>1 Tbsp. honey</b>
<b>other raspberry liqueur</b>	

Cut Brie in half horizontally; place bottom half on a microwave-safe serving plate. Combine jam and liqueur; spoon over bottom half of cheese. Place top half of cheese over jam mixture. (Filling will drip over sides.) Sprinkle with almonds and sugar, drizzle with honey. Microwave at HIGH 1 minute or just until soft. Serve immediately with gingersnaps. Yield: 6 Appetizer servings.

A pretty easy version of a hot brie that doesn't have to be tended during a gathering.

*Corinne Elliott*



## ARMENIAN CHEESE BOEREG

**1 pkg. filo dough**

**2 beaten eggs**

**¼ c. finely chopped  
parsley**

**1 lb. Muenster cheese or**

**brick cheese**

Grate (fine) 1-pound Muenster cheese and mix parsley thoroughly with cheese. Use 2 eggs for each pound of cheese. Beat eggs lightly and mix with cheese and parsley flakes. Transfer filo dough package from freezer to refrigerator 24 hours prior to use. Open filo and remove 1 sheet. Lay flat and brush with melted butter. Lay another sheet of dough on top of buttered sheet. Now cut into strips by measuring along the short side and cutting 7 strips of equal widths (about 1¾ inches). Take a single strip and put about ¾ to 1 teaspoonful of cheese mix at the end. Fold strip over the cheese to make a triangle, then continue folding to keep the triangular shape (flag-fold).

At the last fold there will be a stub of dough left. Butter this stub and fold down; turn over and butter the other side. Put on cookie sheet and place in freezer. After frozen you can layer in boxes for storage in freezer.

When ready to use: bake at 375° for 25 to 30 minutes or until lightly browned. (At 7 strips per 2 sheets of filo, 1 pound of filo dough should make about 70 to 80 triangles.)

N.B.: Keep all filo dough sheets covered with a damp cloth except the one you are working with. If sheets dry out, they crumble.

*Rose Nash*

## CHEESE APPETIZER

<b>½ c. olive oil</b>	<b>1 tsp. sugar</b>
<b>½ c. white wine vinegar</b>	<b>½ tsp. salt</b>
<b>2 oz. diced pimentos, drained</b>	<b>½ tsp. pepper</b>
<b>3 Tbsp. chopped parsley</b>	<b>8 oz. sharp cheddar cheese</b>
<b>3 Tbsp. green onion</b>	<b>8 oz. cream cheese</b>
<b>3 cloves garlic , minced</b>	

Combine the first 9 ingredients and shake well. Slice the cheddar cheese and cut into squares. Layer the cream cheese between the slices of cheddar and lay the stacks side by side in a dish with sides. Pour the dressing over the cheese and let marinate-even overnight. Serve on butter crackers.

*Margaret Elliott*

## CHEESE BALL

<b>2 (8 oz.) pkg. Philadelphia cream cheese</b>	<b>1 tsp. lemon juice</b>
<b>1 Tbsp. chopped onion (very fine)</b>	<b>Dash of cayenne</b>
<b>2 tsp. Worcestershire sauce</b>	<b>1 Tbsp. chopped pimento</b>
<b>8 oz. grated cheese (Cracker Barrel, sharp, mild or mellow)</b>	<b>¼ c. finely chopped pecans</b>
	<b>1 Tbsp. chopped bell pepper</b>
	<b>1 small flat can crushed pineapple, drained</b>

Mix everything together except pecans. Shape into ball. Roll ball in nuts. Chill. Serve with Melba rounds, Ritz, or cracker of choice.

*Laura Graham*

## CHEESY BACON BITES

**¼ c. bacon pieces (canned  
bacon bits may be used)**      **1 pkg. cream cheese,  
softened**  
**1 pkg. Crescent rolls**              **1/8 tsp. pepper**  
**2 Tbsp. onion, chopped**

Preheat oven to 350°. Combine cream cheese, bacon, onion and pepper. Remove Crescent rolls from can. Lay the rolls flat and pinch the seams together, forming a flat layer of dough. Spread cheese mixture on the dough. Roll up, starting at longest side and seal. Cut each roll into 16 slices. Place, cut side down, on flat baking sheet. Bake for 15 minutes or until golden brown.

*Kerry Sneed*

## CHEESE PASHKA

(Good in Pascha basket)

**1 small container sour  
cream**                      **½ pt. cream cottage cheese**  
**1 stick butter**  
**¼ c. pistachios, sautéed in  
butter**                      **¾ c. fine granulated sugar**  
**¼ c. almonds**  
**2 (8 oz.) pkg. cream  
cheese, softened**              **Dried fruit**  
**Nuts**

Add all ingredients and mix in mixer for 20 minutes. Line Jell-o mold with cheesecloth. Pack in mixture and let drain upside down overnight. Flip over and decorate with fruit and nuts.

From my Russian-Slovak mother and grandmother; they always included this in our basket brought to the Pascha feast.

*Maggie Burgan*

## CREAM CHEESE BALL

- |   |   |
|---|---|
| <p><b>2 (8 oz.) pkg. cream<br/>cheese</b></p> <p><b>2 Tbsp. Accent</b></p> <p><b>1 jar Armour dried beef</b></p> <p><b>2 Tbsp. Worcestershire<br/>sauce</b></p> | <p><b>6 green onions, finely<br/>chopped</b></p> <p><b>3 Tbsp. black olives, finely<br/>chopped</b></p> |
|---|---|

Soften cream cheese at room temperature. Stir in Accent, green onions, Worcestershire sauce, black olives and ½ of the dried beef (finely chopped) or roll in nuts and mix well. Pat into a ball and roll in second half of dried beef. Wrap in foil and chill overnight. Enjoy!

*Sheila Shaheen*

## HOT PIMENTO CHEESE

- |   |  |
|---|--|
| <p><b>1¾ lb. sharp Cheddar<br/>cheese</b></p> <p><b>Shake or 2 of garlic<br/>powder</b></p> <p><b>8 oz. hot pepper cheese</b></p> | <p><b>1 (4 oz.) jar pimento with<br/>juice</b></p> <p><b>Mayonnaise to reach<br/>spreading consistency<br/>you like.</b></p> |
|---|--|

Grate cheeses fine. Mix all together with mayonnaise. Can also add a little hot sauce and a dash of pepper.

*Nancy McGee*

## POPOCATEPETL

<b>2 pkg. cream cheese, softened</b>	<b>1½ c. shredded Cheddar and Monterey Jack</b>
<b>1 small can sliced black olives</b>	<b>Avocado (if desired)</b>
<b>1 jar pico de gallo or red salsa</b>	<b>Sour cream</b>
	<b>Tortilla or corn chips</b>

Mash cream cheese with a fork. Place in the center of a plate. Sprinkle shredded cheese on cream cheese until it covers it completely. Microwave till cheese melts. Put salsa on top of cheese, covering completely. Place black olives on top. Dollop with sour cream. Place chips around the edge of the plate, circling cheese. Dollops of sour cream and avocado can be alternated with chips circling the cheese mixture.

Optional: In place of cream cheese, use 1 pound lean ground beef (cooked) and 1 can black beans (I like “El Ebro”).

*Samira Murray*

**OTHER****CRAB CANAPÉ**

<b>4 Tbsp. minced onion</b>	<b>1 c. cream (or ¾ c. cream and ¼ c. sherry)</b>
<b>1 clove garlic</b>	<b>½ tsp. Accent</b>
<b>4 Tbsp. butter or margarine</b>	<b>1/8 tsp. Tabasco</b>
<b>4 Tbsp. flour</b>	<b>1 small 6 ½ ounce can crab meat</b>
<b>4 Tbsp. chili sauce</b>	
<b>1 tsp. Worcestershire sauce</b>	

Sauté onion, garlic in butter. Remove from heat and blend in remaining ingredients. Return to heat and cook until thick, then cool and spread on Ritz crackers. Brown lightly in 375 °oven. Serve hot.

Note: Really good: they go fast.

*Corinne Parham*

## **CROSTINI WITH SUN-DRIED TOMATOES AND CHICKPEAS**

Crostini:

<b>1 baguette, cut into 24 diagonal slices 1/3 inch thick</b>	<b>2 Tbsp. extra virgin olive oil (or canola)</b>
---	---

Heat oven to 375°. Place baguette slices in single layer on a baking sheet and lightly brush with oil. Toast in oven until golden, about 8 minutes.

Dip:

<b>1 large clove garlic</b>	<b>¼ c. oil</b>
<b>1 (15 ½ oz.) can chickpeas (garbanzo beans) drained and rinsed</b>	<b>¼ c. oil packed sun-dried tomatoes, drained &amp; coarsely chopped</b>
<b>3 Tbsp. fresh lemon juice</b>	<b>2 Tbsp. dried basil leaves (if fresh, about ¼ c.)</b>
<b>½ tsp. salt</b>	<b>2 Tbsp. dried Italian parsley ( if fresh, ¼ c.)</b>
<b>½ tsp. freshly ground pepper</b>	

Lemon zest for garnish Mince the garlic in a food processor. Add chickpeas, lemon juice, 2 Tbsp. water, salt and pepper. Process until the mixture is smooth. With machine running, gradually blend in the oil. Process until smooth. Add sun-dried tomatoes and dried herbs. Blend until tomatoes and herbs are finely chopped. To serve, spoon 1 tsp. of the dip on each crostini and garnish with lemon zest or fresh herbs.

*Laura Graham*

## CUCUMBER SANDWICHES

<p><b>1 (8 oz.) pkg. cream cheese</b></p> <p><b>1 (3 oz.) pkg. cream cheese</b></p> <p><b>1 Tbsp. chopped green onions</b></p> <p><b>1/8 tsp. red pepper</b></p>	<p><b>1/8 tsp. hot sauce</b></p> <p><b>1 or 2 drops of red or green food coloring</b></p> <p><b>1 c. peeled, seeded cucumbers, grated</b></p> <p><b>48 slices white sandwich bread</b></p>
--	--

Mix cream cheese, green onions, red pepper, hot sauce and grated cucumbers. Add food coloring. Spread on bread and cut into squares, triangles or circles. (Can use 2-to-3 inch biscuit cutter for circles). Garnish with parsley, dill seeds, paprika. (I never do this, but it looks pretty!)

*Nancy McGee*



## EGGPLANT LENTEN APPETIZER\*

<b>3 small ripe tomatoes, chopped</b>	<b>2 ½ Tbsp. red wine vinegar</b>
<b>2 garlic cloves, minced</b>	<b>2 ½ Tbsp. olive or vegetable oil</b>
<b>1 small eggplant, cut into ½ inch pieces and peeled</b>	<b>1 ½ Tbsp. sugar</b>
<b>1 small onion, chopped</b>	<b>¼ tsp. dried basil</b>
<b>¼ c. pimiento-stuffed olives, chopped</b>	<b>½ tsp. salt</b>
	<b>1 French baguette</b>
	<b>Olive oil</b>

Combine first 11 ingredients in a Dutch oven, bring to a boil. Reduce heat and simmer, uncovered, 30 to 40 minutes or until thickened. Remove from heat and cool. Cover and chill up to 24 hours.

Slice a baguette into 36 (1/4 to ½ inch thick) slices. Place slices on an aluminum foil-lined baking sheet. Brush slices with olive oil. Bake at 400° for 5 minutes or until lightly browned

Spread each baguette slice with 1 Tbsp. eggplant mixture; bake at 400° for 5 minutes until thoroughly heated. Serve immediately. Yield 3 dozen.

Note: Serve any remaining eggplant mixture over hot cooked pasta.

*Corinne Elliott*

## MOCK LIVER PATE

<b>8 oz. pkg. cream cheese, softened</b>	<b>8 oz. Braunschweiger, softened</b>
<b>½ tsp. garlic powder</b>	<b>2 Tbsp. minced onion</b>
	<b>1 Tbsp. lemon juice</b>

Combine. Refrigerate for several hours to enhance flavor. Serve with fresh slices of bread or crackers. Can also be served in the middle of a loaf of Hawaiian bread.

*Nanette Hall*

## RANCH OYSTER CRACKERS

Mix 1-ounce packet Hidden Valley Original Ranch Dressing mix with ¼ cup oil. Pour over 12 ounces plain oyster crackers (1 bag). Stir to coat. Bake 15 to 20 minutes at 250°. Stir halfway through. Keep fresh in cookie tins.

Great “food gift” in decorated tins. Good for parties.

*Susan Cushman*

## VEGETABLE PANINI SANDWICHES\*

<b>Portabella mushrooms, sliced</b>	<b>Avocados, seeded and sliced</b>
<b>Red onions, sliced</b>	<b>Tofu sliced cheese Flat bread, focaccio, pita, etc.</b>
<b>Bell pepper, sliced</b>	
<b>Black olives, pitted and sliced</b>	

Sauté mushrooms, red onions and bell peppers in oil until tender. Arrange sautéed vegetables on slices of flat, focaccio or pita bread. Put sliced tofu cheese on top of vegetables. Top with another slice of bread. “Grill” sandwich briefly in skillet, waffle iron, or George Foreman Grill, or warm in microwave until cheese melts. Slice and serve.

*Susan Cushman*

## SAUSAGE BALLS

<b>3 c. Bisquick</b>	<b>10 oz. sharp cheddar cheese, shredded)</b>
<b>1 lb. hot sausage, crumbled</b>	

Mix all ingredients together with hands until well blended together. Pinch off pieces and roll into small balls. Freeze balls in freezer bags. When ready to fix, bake at 425° for 10 to 15 minutes.

*Laura Graham*

## TACO RING

- |  |                                       |
|--|---------------------------------------|
| <b>1 c. Cheddar cheese,<br/>shredded</b> | <b>1 lb. ground beef,<br/>browned</b> |
| <b>2 Tbsp. picante sauce</b>             | <b>1 small tomato, chopped</b>        |
| <b>2 cans Crescent rolls</b>             | <b>1 small onion, chopped</b>         |
| <b>1 pkg. taco seasoning</b>             |                                       |

Preheat oven to 350°. Mix all ingredients together except for Crescent rolls. Set mixture aside. On a baking sheet, arrange Crescent triangles in a circle with bases overlapping in center and the points to the outside. There should be about a 3-inch circle in the center. Spoon filling over bases evenly. Fold points of triangles covered. Bake 20 to 25 minutes or until golden brown.

*Kerry Sneed*

## TOASTED POINTS

- |   |                        |
|---|------------------------|
| <b>Bread of choice, thinly<br/>sliced</b> | <b>Garlic powder</b>   |
| <b>Paprika</b>                            | <b>Parmesan cheese</b> |

Butter bread slices and sprinkle with garlic powder, Parmesan cheese and paprika. Cut across bread at angle. Just before serving, place under the broiler on a cookie sheet until bubbly and becomes crisp.

Suggestions for bread: Baguettes, pumpernickel, or Italian bread.

*Christine Long*

## YOGURT – LABAN

This is really easy and very low tech – I promise!

**Milk (I now use skim or low fat, use whatever one prefers)**      **Small amount of yogurt for the “starter”**

The proportions are a tablespoon of starter or fresh, live yogurt (I use ordinary, commercial plain yogurt if I'm out of my homemade yogurt) for each pint of milk. If you increase the quantity of milk, increase that of the starter accordingly. Too much starter may cause the new batch of yogurt to be sour.

Bring the milk to a boil in a large pan – can be glass. Be careful not to scorch the milk. When the froth rises, lower the heat and let the milk barely simmer for several minutes. Turn off the heat and allow the milk to cool to the point where you can barely dip your fingers in and leave it there while you count slowly to 10. Although 10 is the traditional count, the milk must, however, still be hot enough to sting. If the milk is much cooler or hotter than this, the yogurt is likely to fail.

Remove any skin that has formed on the surface of the milk. Beat the starter or plain yogurt in a large glass or earthenware bowl until it is quite liquid. Gradually add a few tablespoons of the hot milk by stirring it, then add the rest of the milk slowly, stirring until thoroughly mixed.

Cover the bowl with a large plate. Wrap the whole bowl in a woolen blanket or heavy towels and leave it, undisturbed, in a warm place – free of drafts, for at least 8 hours or overnight. It should then be ready, nice and thick. Do not leave the bowl in the warmth too long, or the yogurt will become too sour.

As soon as the yogurt is ready, you can put it in the refrigerator. The yogurt will easily keep for a week. Save a

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bit to “start” your next batch of yogurt. This will ensure a constant supply of sweet, fresh-tasting yogurt.

*Ruth Ann Skaff*

## NOTES

## BEVERAGES

### HOT COCOA MIX

**2½ c. nonfat dry milk powder**                      **½ c. powdered non-dairy cream**  
**1 c. sifted powdered sugar**      **½ c. unsweetened cocoa powder**  
**1½ c. tiny marshmallows (optional)**

In a storage container, stir together all ingredients. Store the cocoa mixture tightly covered, at room temperature for up to 3 months.

Serving: In a mug, add 1/3 cup cocoa mixture to ¾ c. boiling water. Stir well.

*Connie Austin*

### IRISH COFFEE

Works with high octane or decaffeinated.

**1 shot Irish whiskey**                      **1 or 2 tsp. sugar**

Heat in microwave for 20 to 30 seconds. Pour in mug and add coffee to ½ inch of top. Add cold whipped cream on top.

*Dn. James Elliott*

### CAFÉ MEXICANO

Fill coffee mug with 1 ounce Kahlua, ½ ounce brandy and 1 teaspoon chocolate syrup. Fill with hot coffee. Top with whipped cream and dash of cinnamon. Makes 1 serving.

*Charles Ingram*



## CAFÉ VIENNA MIX

**1½ c. nonfat instant milk**      **1 c. powdered sugar**  
**2 tsp. cinnamon**                **1 c. instant coffee**  
**1½ c. non-dairy creamer**      **4 Tbsp. cocoa**

Mix well. Store in tightly closed container. Use 2 or 3 heaping teaspoons per cup of boiling water. Whipped cream or marshmallows may be used as topping if desired.

*Laura Graham*

## CHAMPAGNE FANTASY

**2 qt. Champagne**                    **½ c. lemon juice**  
**1½ c. Southern Comfort**        **1 (12 oz.) can frozen**  
**1 c. sugar**                                **cranberry concentrate**

Mix all together and serve with whole fresh or frozen cranberries.

*Anne Marie McCollum*

## EGGNOG

**1 c. granulated sugar**            **1 pt. bourbon, rye,**  
**1 pt. whipping cream**            **cognac, brandy, or**  
**12 eggs**                                 **Jamaican rum**  
**Nutmeg to taste**

Separate eggs. Beat yolks, adding sugar gradually, until thick and lemon colored. Add liquor of choice slowly, stirring constantly. Fold in the whipped cream and then the beaten egg whites. Chill. Add grated nutmeg when serving. Makes 12 servings.

*Charles Ingram*

## FROZEN FRUIT SLUSH\*

<b>Blueberries, washed</b>	<b>Muskmelon, chunked</b>
<b>Peaches, chunked</b>	<b>Pineapple, chunked or</b>
<b>Banana, sliced or</b>	<b>crushed</b>
<b>chunked</b>	<b>6 oz. orange juice, frozen</b>
<b>Strawberries, fresh or</b>	<b>6 oz. lemonade, frozen</b>
<b>frozen</b>	<b>2 ½ c. water</b>
<b>Green grapes, seedless</b>	<b>¾ c. sugar</b>

Prepare fruit as indicated above (The amounts of the fruit depend on how much you like each fruit. In general use enough fruit to fill a 1-quart blender container. Add orange juice and lemonade to fruit mixture and blend with a blender or mixer until well blended. Boil together water and sugar, cool. Add to blended mixture. Fill paper cups on a cookie sheet and freeze. When you are ready to serve, remove cookie sheet from freezer approximately 10 minutes prior to being served. The drink will be like a slush drink and makes approximately 15 servings.

*Brenda Thomas*

**PUNCH****ALMOND PUNCH\***

<b>4 (2 liter) bottles Sprite</b>	<b>1 oz. almond extract or</b>
<b>1 (46 oz.) can pineapple</b>	<b>little less</b>
<b>juice</b>	<b>4 c. boiling water</b>
<b>2 c. sugar</b>	<b>2 c. cold water</b>
<b>1 c. lemon juice</b>	<b>4 Ziploc.gallon bag</b>
<b>1 (6 oz.) apricot Jell-O</b>	

Dissolve sugar and Jell-O in hot water. Add cold water and extract and mix. Fill each Ziploc with 3½ cups of mix. Freeze 48 hours prior to using it. Remove 2 or more hours before party. Add 1 bottle Sprite for each bag.

*Nancy McGee*

**PARTY PUNCH\***

<b>1 (16 oz.) can frozen</b>	<b>2 qt. ginger ale</b>
<b>orange juice(defrosted)</b>	<b>2 c. Real Lemon juice</b>
<b>2 c. grenadine</b>	

Mix first 3 ingredients. Add well-chilled ginger le just before serving. Add sliced oranges, frozen strawberries, or other frozen fruit. Makes 1 gallon.

This is adapted from “Three Rivers Cookbook.”

*Fran Tylavsky*

**PUNCH 1\***

- |   |                                  |
|---|----------------------------------|
| <b>1 c. lemon juice</b>                         | <b>1 c. sugar</b>                |
| <b>1 large (48 oz.) can<br/>pineapple juice</b> | <b>1 large bottle ginger ale</b> |

Enough water to make a gallon Mix all ingredients except ginger ale. Pour in ginger ale. Serves 30 to 35.

*Nancy McGee*

**PUNCH 2**

- |  |  |
|--|--|
| <b>1 can (46 oz) pineapple<br/>juice</b>             | <b>1 bag frozen raspberries</b>                                    |
| <b>1 container (12 oz) pink<br/>lemonade, frozen</b> | <b>Gingerale to taste<br/>(approximately 1 liter or<br/>quart)</b> |
| <b>½ gallon raspberry<br/>sherbert</b>               |  |

Mix pineapple juice, defrosted lemonade together, mix in sherbert. Add ginger ale to taste. Garnish with frozen raspberries.

*Mindy Williams*

**RECEPTION TEA PUNCH\***

- |   |  |
|---|--|
| <b>2 qt. iced tea</b>                     | <b>2 (28 oz.) bottles ginger<br/>ale</b> |
| <b>2 c. cranberry juice<br/>cocktail</b>  | <b>2 (6 oz.) cans frozen<br/>limeade</b> |
| <b>2 (6 oz.) cans frozen<br/>lemonade</b> |  |

Pour tea into punch bowl and add lemonade, limeade and cranberry juice. Place block of ice or ice cubes into punch bowl. Add ginger ale just before serving.

*Charles Ingram*

## SPRINGTIME PUNCH\*

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <b>2 c. sugar</b>                   | <b>1 can (6 oz.) frozen</b>         |
| <b>2 ½ c. water</b>                 | <b>pineapple juice</b>              |
| <b>1 c. fresh lemon juice (3-4</b>  | <b>concentrate, thawed</b>          |
| <b>lemons)</b>                      | <b>2 quarts ginger ale, chilled</b> |
| <b>1 c. fresh orange juice (2-3</b> |                                     |
| <b>oranges)</b>                     |                                     |

In a saucepan, bring sugar and water to a boil. Boil for 10 minutes; remove from the heat. Stir in the lemon, orange and pineapple juices. Refrigerate. Just before serving, combine with ginger ale in a large punch bowl. Yield: 16-20 servings (3 quarts).

*Urania Alissandratos*

## SOBER SANGRIA\*

In 2½-quart pitcher, combine:

- |                             |                              |
|-----------------------------|------------------------------|
| <b>2 c. cranberry juice</b> | <b>2 c. orange juice</b>     |
| <b>2 Tbsp. lemon juice</b>  | <b>1 qt. strawberry soda</b> |

Chill well. Add 1 lime, lemon and orange (sliced thin) and serve over ice cubes in a tall glass. Makes 14 to 15 servings.

*Charles Ingram*

## FRUITED TEA\*

- |                             |                              |
|-----------------------------|------------------------------|
| <b>8 tea bags</b>           | <b>1 small can lemonade</b>  |
| <b>1 small can limeade</b>  | <b>(frozen concentrate)</b>  |
| <b>(frozen concentrate)</b> | <b>10 c. water (boiling)</b> |
| <b>1½ c. sugar</b>          | <b>1 can pineapple juice</b> |
|                             | <b>(frozen concentrate)</b>  |

Make tea with water, sugar and tea bags. Add all other ingredients and refrigerate. Garnish with lemon.

*Ann Marie McCollum*

## FRUITED TEA COOLER\*

<b>3 c. boiling water</b>	<b>1 lemon, sliced</b>
<b>1 qt. water</b>	<b>1 (12 oz.) can frozen</b>
<b>6 Celestial Seasonings Red</b>	<b>pineapple juice</b>
<b>Zinger tea bags</b>	<b>concentrate</b>

Pour boiling water over tea bags; cover and steep 15 minutes. Remove bags from water, squeezing gently. Stir in pineapple concentrate and rest of ingredients. Chill. Serve over ice.

*Anne Marie McCollum*

## INSTANT SPICED TEA\*

<b>1 lb. 2 oz. jar Tang</b>	<b>1 tsp. ground cloves</b>
<b>2 tsp. ground cinnamon</b>	<b>½ c. instant tea</b>
<b>1 (pkg. lemonade mix</b>	<b>2 c. sugar</b>
<b>(powder – single serving</b>	
<b>size)</b>	

Mix together and store dry. Add 2 teaspoons to 1 cup hot water for tea.

*Anne Marie McCollum*

### MINT TEA\*

**4 tea bags**   **2 large mint leaves**  
**3 c. boiling water**

Let steep. Take out bags.

**1 c. orange juice**                                 **¼ c. lemon juice**  
**1 c. sugar**   **6 c. water**

Add to preceding mixture. Cool. Add Ice. Enjoy!

*Marilyn Elder, Charles Ingram*

### ICED TEA\*

**4 family size tea bags**                         **1 ½ c. sugar**  
**2 c. water**

Place tea bags in water and microwave on high for 4 minutes. Dissolve sugar in tea. Pour hot tea mixture over ice to yield 1 gallon. You can make the tea ahead of time, cool and store overnight. Add to ice and water to make 1 gallon.

*Nancy McGee*

NOTES



## SOUPS

### BLACK BEAN SOUP\*

<b>1 16-oz. package black beans</b>	<b>2 Tbsp. olive oil (or canola)</b>
<b>3 quarts water</b>	<b>1 tsp. dried oregano</b>
<b>1 generous pinch (1 tsp+) House Seasonings (see page 166)</b>	<b>1 tsp. ground cumin</b>
<b>1 box vegetable broth</b>	<b>1-½ tsp. sugar</b>
<b>½ onion</b>	<b>1 tsp. kosher salt</b>
<b>¼ bell pepper</b>	<b>½ tsp. freshly ground pepper</b>
<b>6 cloves garlic, minced</b>	<b>1 can tomato paste</b>

Wash beans; soak beans in water to cover in 6 qt stockpot 8 hours. Rinse and drain (or follow quick soak directions on bean package). Bring beans, 3 quarts water and vegetable broth to boil. Cover, reduce heat to low and simmer 3 hours. **DO NOT DRAIN**

Process onion and bell pepper in blender or food processor until smooth, stopping to scrape down sides. Sauté garlic in hot oil in large skillet over medium-high heat for 1 minute. Add onion mixture and cook, stirring constantly, for 4 minutes. Stir onion and garlic mixture into beans. Add oregano, cumin, sugar, salt, pepper, house seasonings and tomato paste. Simmer, uncovered, for 1-½ to 2 hours or until beans are tender and soup is thick. This is a labor of love recipe. 1 recipe = 10 servings.

For Lenten meal at church – multiply by 6 or 7. Add tomato paste and/or tomato sauce to thicken as needed. If too watery, add some corn starch (just a bit) to thicken.

*Laura Graham*

## BLACK BEANS AND RICE SOUP\*

<b>1 medium onion</b>	<b>1 (14½ oz.) can crushed tomatoes</b>
<b>½ Tsp. Tabasco sauce</b>	<b>½ tsp. ground cumin</b>
<b>3 carrots, thinly sliced</b>	<b>2 (14½ oz.) cans chicken broth</b>
<b>2 (16 oz.) cans black beans, drained and rinsed</b>	<b>1½ Tsp. dried basil</b>
<b>2 stalks celery, thinly sliced</b>	<b>1½ c. cooked rice</b>
<b>4 cloves garlic</b>	<b>½ tsp. chili powder</b>
	<b>½ Tsp. oregano</b>

Combine all ingredients, except rice, in crock-pot. Cover; cook on LOW 8 to 8 hours (HIGH 3 to 4 hours). Add cooked rice before serving. Makes 6 to 8 servings.

This is a Lenten meal if water is substituted for chicken broth.

*Kristi King*

## LENTEN CORN CHOWDER\*

- |  |   |
|--|---|
| <p><b>1 (14.5 oz.) can vegetarian vegetable broth (or 1 veg. bouillon cube &amp; water)</b></p> <p><b>2-3 medium potatoes, peeled and diced</b></p> <p><b>1 carrot, peeled and diced</b></p> <p><b>1 celery rib, diced</b></p> <p><b>1 medium onion, chopped</b></p> <p><b>½ red pepper, diced</b></p> <p><b>2 cloves garlic, crushed</b></p> <p><b>1 (14.75 oz.) can creamed corn</b></p> <p><b>1 10-oz. pkg. frozen corn niblets (or canned corn niblets, drained)</b></p> | <p><b>1 Tbsp. Dijon mustard (may use whatever kind as long as meets Lenten requirements)</b></p> <p><b>1 c. soy milk, plain or vanilla (the sweetness of the vanilla does help bring out the natural sweetness of the corn)</b></p> <p><b>1 Tbsp. margarine</b></p> <p><b>Salt &amp; pepper to taste</b></p> <p><b>2 chopped scallions &amp; imitation (veggie) bacon bits, for garnish</b></p> |
|--|---|

In large saucepan, combine broth, potatoes, vegetables and garlic. Add a little water, if necessary, to cover vegetables. Bring to a boil over medium-high heat. Reduce heat to medium; cover and simmer for 15 minutes, or until vegetables are fork tender. Add corn niblets, creamed corn, mustard, soy milk and margarine. Cook for another five minutes, uncovered on low heat. Add salt and pepper to taste. Ladle into bowls; garnish with chopped scallions (both green and white parts) and imitation bacon bits. Our favorite Lenten soup! Makes 3 quarts.

*Erin Mashburn Moulton*

## LIMA BEAN CORN CHOWDER\*

Soak 1 cup lima beans overnight in cold water. Cook over low heat for 2 hours, or until beans are soft.

<b>2 c. cooked corn kernels</b>	<b>1 (28 oz.) can tomatoes</b>
<b>¼ tsp. dry mustard</b>	<b>¼ c. whole wheat bread</b>
<b>2 onions, thinly sliced</b>	<b>crumbs</b>
<b>¼ tsp. rosemary</b>	<b>½ tsp. paprika</b>

Preheat oven to 350°. Combine cooked lima beans with corn in a 2 quart nonstick baking dish. Combine onions, tomatoes, paprika, mustard and rosemary; spoon over top of beans and corn. Top with bread crumbs. Bake for 30 minutes. Prep time: approximately 2¾ hours, plus the soaking. Serves 6.

*Chuck Ingram*

## DORRIT'S WHITE BEAN SOUP\*

<b>2 cans Great Northern beans</b>	<b>Salt, pepper, basil, oregano,</b>
<b>1 can diced tomatoes with juice</b>	<b>Cavenda's seasonings</b>
<b>1 medium white onion</b>	<b>Celery (optional)</b>
<b>Olive or other oil</b>	<b>1 cup rice (optional)</b>
	<b>water</b>

Dice onion and chop celery; sauté in olive oil. Drain and rinse both cans of beans. Combine beans and tomatoes (with juice) in large soup pot or Dutch oven. Add one can of water and assorted spices. Add sautéed onion and celery. Add in more olive oil to taste. Simmer for 15 minutes or more. Add cup of rice and let simmer 15 more minutes.

*(passed down from Dorrit Varnado, David Varnado's mother)*

*Contributed by Edie Varnado*

## BUTTERNUT SQUASH SOUP\*

<p><b>3 Tbsp. oil</b>  <b>1 medium onion, peeled</b>  <b>and sliced (approx. 3 c.)</b>  <b>¾ c. leeks, finely chopped</b>  <b>3 lb. butternut squash,</b>  <b>peeled</b>  <b>1 tsp. ground cumin</b></p>	<p><b>4 springs fresh thyme,</b>  <b>chopped</b>  <b>2 ½ c. vegetable broth</b>  <b>½ c. white wine (optional)</b>  <b>Salt and black pepper to</b>  <b>taste</b></p>
--	---

In a 6 quart heavy-bottomed soup pot, heat oil over medium heat and stir in onions and leeks. Cover, reduce heat and braise for 15 minutes- checking to make sure onions do not burn. Add squash to onions and leeks. Sprinkle with salt, pepper, cumin and thyme; cover the pot. Braise for another 15 minutes, checking once in a while that the vegetables do not burn. Add broth (and wine if using). Bring to a boil, cover, reduce heat and simmer for 30 minutes or until squash is tender. Puree soup in blender or food processor in batches until smooth; you may strain it if you wish. Reheat the soup; taste for salt and add more cumin to taste. This tastes wonderful with homemade croutons

Home made Croutons:

<p><b>6 slices of white bread</b>  <b>(regular or thick sliced,</b>  <b>about 6 oz.), crusts</b>  <b>removed and slices cut</b>  <b>into ½ inch cubes (about</b>  <b>3 cups).</b></p>	<p><b>3 Tbsp. oil (if not fasting</b>  <b>use melted butter)</b>  <b>Salt and ground black</b>  <b>pepper</b></p>
---	---

Adjust oven rack to upper-middle position and heat oven to 400° F. Combine bread cubes, salt, pepper in a medium bowl. Drizzle with oil or butter and toss well with rubber spatula to combine. Spread croutons in a single layer on a rimmed baking sheet or in a shallow baking dish. Bake the croutons, turning at the halfway mark, until golden brown

and crisp, about 8 to 10 minutes. Cool croutons can be stored in an airtight container or plastic bag for up to 3 days.

## **BEEF STEW**

**1½ lb. stewing beef**  
**4 c. water**

**1 onion, chopped**  
**2 tsp. salt**

Combine preceding ingredients and simmer about an hour. You can brown the meat first if you like, but it's not necessary.

Add:

**1 can condensed tomato  
soup**

**1 lb. carrots, peeled and  
cut into chunks**

**2 stalks celery, sliced  
about 1 inch thick**

**1 lb. fresh green beans,  
broken into 2 or 3 pieces**

**4 or 5 potatoes, peeled and  
quartered**

**2 bay leaves 8 whole  
allspice**

Cover and simmer 30 minutes or until vegetables are tender.

To thicken: mix 2 tablespoons cornstarch with a little cold water and stir into hot stew. I double this recipe for our family of 5.

*Christi Yadron*

## VEGETABLE BEEF STEW

- |  |   |
|--|---|
| <b>2-3 pounds lean stew<br/>meat, diced</b>                  | <b>1 bag frozen okra</b>                              |
| <b>4-5 stalks of celery, diced,<br/>(use the leaves too)</b> | <b>2 bags vegetable sour mix<br/>(16-18 oz. each)</b> |
| <b>4-6 carrots diced</b>                                     | <b>1 bay leaf</b>                                     |
| <b>5-6 potatoes, diced</b>                                   | <b>2 Tbsp. kosher salt</b>                            |
| <b>2 onions, chopped</b>                                     | <b>1 Tbsp. freshly ground<br/>pepper</b>              |
| <b>1 16 oz. can whole<br/>tomatoes</b>                       | <b>2 Tbsp. Worcestershire<br/>sauce</b>               |
| <b>1 can tomato puree</b>                                    | <b>1 tsp. Tabasco</b>                                 |
| <b>1 can tomato paste</b>                                    | <b>1 Tbsp. parsley flakes</b>                         |
| <b>1 can whole kernel corn,<br/>drained</b>                  |   |

Add meat to 10 cups cold water. Bring to a boil; reduce heat and simmer 3 hours. Add vegetables and seasonings. You may need to add some water. Cook for 1 or 1 ½ hour until the vegetables are tender. You may want to add some garlic to the pot.

*Laura Graham*

## LISA PHILLIP'S BROCCOLI SOUP\*

**2 – 1 pound bags of frozen broccoli**  
**12 Tbsp. margarine**  
**10 Tbsp. flour**

**10-12 slices any kind of veggie cheese slices (You will find these in the produce department with tofu)**

Cover broccoli with water and boil until al dente. In another pot, melt margarine in skillet and add flour one Tbsp. at a time with a whisk until fluffy like a soufflé. Add this to the broccoli while it is boiling and stir with wire whisk. Simmer soup while adding veggie slices. Cook slowly for a few minutes. It is so good.

*Sarah Hodges*

## CABBAGE SOUP\*

**2 large onions**  
**1 medium cabbage**  
**1 lb. carrots**  
**1 bunch celery**  
**3 (1 lb.) cans tomatoes**

**3 c. water**  
**Pepper to taste**  
**Salt or beef bouillon cubes**  
**Garlic salt to taste**

Cut vegetables to bite size pieces. Combine all ingredients and cook until vegetables are done!

*Nancy McGee*



## **CABBAGE AND BEAN SOUP\***

<b>4 c. navy beans, soaked 10 hours</b>	<b>Salt pork or bacon (optional)</b>
<b>1 onion, sliced</b>	<b>2 c. carrots, peeled and sliced</b>
<b>1 cabbage, washed and shredded</b>	<b>Salt and pepper (optional)</b>
<b>Seasonings to taste</b>	

Boil beans, cabbage, carrots onions and seasonings together in water for 1 ½ hours. Beat with a whip to a thick soup. If too much water is left, remove excess, then serve.

*Sheila Shaheen*

## **CHICKPEA SOUP \***

<b>2 c. chickpeas, dry</b>	<b>2 carrots</b>
<b>3 ½ c. canned tomatoes</b>	<b>½ green pepper</b>
<b>1 large onion</b>	<b>Bay leaf</b>
<b>1 stalk celery</b>	<b>Salt and pepper</b>

Allow the chick peas to soak overnight, then boil until tender. Dice up all the other ingredients. Add to water, simmer until done – stirring occasionally. Serves 8

*Betsy and Frank Larker*

## **CRAWFISH OR SHRIMP BISQUE\***

<b>3 cans cream of potato soup</b>	<b>2 pkgs. Crawfish tails or shrimp thawed and rinsed (or do 2 seafoods of your choice in equal proportions)</b>
<b>2 cans cream of mushroom soup</b>	<b>8 oz. cream cheese</b>
<b>2 cans Mexican style corn (drained)</b>	<b>2 pints half and half</b>
<b>1-1/2c. chopped onions (sautéed in butter)</b>	<b>Cajun Creole Seasoning to your taste</b>

Place all ingredients in a large crock pot. Cook on High for 3 to 4 hours or until hot-heated thoroughly. **DO NOT BOIL!!!!** Stir occasionally to make sure the cream cheese has melted.

Note: Only thing you have to be concerned about is making sure the cream cheese melts and is not in tiny little lumps. You do not want to liquefy it before you add it (room temperature is good, or softened a TAD in the microwave). But don't melt it to where it will give the effect of curdle (like bad milk). This recipe makes a lot and is easily halved. Serve it by itself or over rice or toast points. Adjust creole seasonings to modulate the spicy hot taste.

*Corinne Elliott*

## CREAM OF CELERY SOUP\*

<p><b>½ onion, chopped</b>  <b>1 garlic clove</b>  <b>1 Tbsp. oil</b>  <b>4 cups water or vegetable broth</b>  <b>2 medium potatoes, diced</b>  <b>½ bunch celery, diced</b>  <b>¼ tsp. celery seed</b></p>	<p><b>¼ head cabbage, chopped, optional</b>  <b>1 ½ tsp. salt</b>  <b>¼ c. finely chopped parsley</b>  <b>¼ tsp. paprika</b>  <b>Dash pepper</b>  <b>2 c. milk or more broth</b></p>
---	--

In a large soup pot, sauté onion and garlic in oil until soft. Add 4 cups stock and bring to boil. Stir in potatoes, celery and celery seed. Cover and simmer for 10 to 15 minutes, until potatoes are very soft. Add cabbage if you want and simmer 5 more minutes. Puree half the soup mixture (if you use a blender, do it in 2 portions of 2 cups each). Add pureed soup, salt, parsley, pepper and paprika to soup pot and reheat. Thin with milk or broth if desire. Makes 4-6 servings, about 8 cups.

## CREAM OF CHICKEN SOUP ON SPAGHETTI

<p><b>1 pkg. pasta</b>  <b>1 can milk</b></p>	<p><b>1 can cream of chicken soup</b>  <b>Cubed chicken (optional)</b></p>
---	--

Cook pasta, any kind, according to directions on package. In a separate pan, combine soup and 1 can of milk. Heat till warm. Pour over pasta. Add chicken if desired.

*Kristi King*

## EASTER SOUP

<b>3 lb. ground lamb</b>	<b>1 Tbsp. dill</b>
<b>1 bunch parsley, chopped</b>	<b>1 onion, chopped</b>
<b>½ stick butter</b>	<b>1c. lemon juice</b>
<b>2 bunches green onions, chopped</b>	<b>Salt and pepper to taste</b>

Brown meat until juices are absorbed. (Drain off fat.) Add ½ stick butter. Add all other ingredients and brown. Add enough water to make soup. Simmer for 1 hour. Before serving, make Avgolemono Sauce.

Avgolemono Sauce: Dissolve 2 tablespoons cornstarch in ¼ cup lemon juice. In large bowl, beat 6 to 8 eggs until fluffy. Add ¾ cup of lemon juice and the cornstarch/juice mixture. Mix well. Slowly add broth from soup so that eggs do not curdle. Add this to pot of soup while constantly stirring pot. Serve immediately.

*Urania Alissandratos*

## FRENCH ONION SOUP

<b>2 cans beef broth and 2 cans of water or 5 instant beef bouillon cubes and 5 c. hot water</b>	<b>Grated Swiss cheese or Mozzarella</b>
<b>2 Tbsp. butter</b>	<b>1 lb. onions, sliced</b>
<b>4 Tbsp. flour</b>	<b>French Bread</b>
	<b>2 cloves garlic (put through press</b>

Melt butter; add onion slices and garlic Cook until golden brown. Add flour and mix well. Slowly add the broth. Simmer slowly for 1 hour. Toast French bread slices. Put hot soup in bowls, then bread and grated cheese on top. Put under broiler until cheese melts or in 500° oven.

*Karen Wells*

## GAZPACHO 1\*

Mix all together:

<b>5 tomatoes, cut up</b>	<b>1 (6 oz.) can sliced olives</b>
<b>1 Tbsp. salt</b>	<b>1½ (46 oz.) cans tomato juice (enough to make 1 gal.)</b>
<b>1 cucumber, cut up</b>	<b>¼ c. olive oil or vegetable oil</b>
<b>1 tsp. lemon pepper</b>	<b>3 Tbsp. Worcestershire</b>
<b>1 green pepper, cut up</b>	<b>1 tsp. garlic powder</b>
<b>1 c. chopped celery</b>	
<b>2 Tbsp. grated onion or 3 or 4 scallions</b>	
<b>3 Tbsp. vinegar</b>	

Refrigerate overnight before serving. Seve cold. A good summertime meal.

*Corinne Elliott*

## GAZPACHO SOUP 2\*

<b>1 can tomato sauce</b> <b>1 can water,</b> <b>1 Tbsp. olive oil</b> <b>2 Tbsp. wine vinegar</b> <b>1 large clove garlic,</b> <b>minced</b>	<b>1 c. chopped cucumber</b> <b>½ c. green pepper,</b> <b>chopped</b> <b>¼ c. green onion</b>
--	--

Blend tomato sauce, water, olive oil, vinegar and garlic. Add cucumber, green pepper and onion, mix well. Chill over night or at least 4 hours

*Urania Alissandratos*

## GOLDEN GATE SOUP

<b>⅔ c. chopped carrots</b> <b>2 cans diluted chicken</b> <b>broth</b> <b>⅓ c. chopped onion</b> <b>2 c. milk</b>	<b>¼ c. oleo</b> <b>1 c. shredded cheese</b> <b>½ c. chopped celery</b> <b>¼ tsp. salt</b> <b>⅓ c. flour</b>
---	--

Sauté carrots, onion and celery in oleo until carrots are soft. Add flour. Cook 1 minute. Add chicken broth and milk. Cook over medium heat until thick. Add cheese and salt.

*Nancy McGee*

## GUMBO\*

<p><b>1 c. oil</b></p> <p><b>1 c. flour</b></p> <p><b>2 onions</b></p> <p><b>1-2 bell peppers, chopped</b></p> <p><b>1 gal. water</b></p> <p><b>5-7 cloves garlic</b></p> <p><b>2 c. okra (optional)</b></p> <p><b>Celery salt to taste</b></p> <p><b>3-5 lb. shrimp</b></p> <p><b>2 lb. crabmeat</b></p>	<p><b>4-6 bay leaves</b></p> <p><b>Salt and black and red pepper (cover surface of water with lots of this)</b></p> <p><b>Tabasco sauce</b></p> <p><b>Magic Chef seafood seasoning</b></p> <p><b>Rice</b></p> <p><b>File (ground sassafras leaves)</b></p>
---	--

Make a roux of oil and flour. Stir until chocolate brown. Add chopped onions, bell peppers and garlic and Sauté . Add water. Add okra if using. Add bay leaves. Season to taste. Add a dash of Tabasco. Cook for 2 hours. Add peeled, deveined and cooked shrimp. Add cooked crabmeat. Cook about 30 minutes longer. Make a pot of rice. Serve over rice with a dash of file on top.

*Susan Meng*

## LENTIL SOUP\*

- |                              |                                  |
|------------------------------|----------------------------------|
| <b>1 c. lentils</b>          | <b>1 large potato diced or ½</b> |
| <b>1 qt. water</b>           | <b>c. broken pasta</b>           |
| <b>½ package spinach (or</b> | <b>1 medium onion, chopped</b>   |
| <b>Swiss chard)</b>          | <b>4 Tbsp. oil</b>               |
|                              | <b>Salt and pepper to taste</b>  |

Clean and wash lentils thoroughly. Add the water and boil until cooked. Brown onions in oil and add to lentils. Add potato and cook 10 minutes. Add spinach and cook 5 minutes longer. Serve with lemon. Serves 4. This doubles easily.

*Patty Harants*

## EGYPTIAN LENTIL SOUP\*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>1 large onion, coarsely</b>    | <b>2 qt. water</b>              |
| <b>chopped</b>                    | <b>½ tsp. dried red peppers</b> |
| <b>1 c. brown lentils and ½ c</b> | <b>(optional)</b>               |
| <b>red lentils or 1-½ c</b>       | <b>1 tsp. ground cumin</b>      |
| <b>brown lentils</b>              | <b>Juice of 1 lemon</b>         |
| <b>1 large carrot, peeled and</b> | <b>1 tsp. fennel seeds</b>      |
| <b>coarsely chopped</b>           | <b>Salt and pepper to taste</b> |
| <b>2 Tbsp. extra-virgin olive</b> |                                 |
| <b>oil or other oil</b>           |                                 |

Pick over the lentils, discarding any small stones. Gently Sauté the onion and carrots in the olive oil in a heavy stock pot until tender, about 15 minutes. Stir in the cumin, fennel, red pepper, lentils and water. Bring to a boil, then simmer over low heat until the lentils are tender, about 30 minutes.

Before serving, add the lemon juice and taste for seasoning. Additional olive oil may be added for flavor. Makes 6 to 8 servings.

*Anne Dugan*



## LENTEN LENTIL SOUP\*

**3 to 4 c. raw lentils, rinsed      8 c. water or stock**

Simmer, partially covered, 3 to 4 hours. You will most likely need to add another 1 to 2 quarts of water during the 3 to 4 hours.

Add the following to lentils after lentils have cooked 3 to 4 hours:

**2 tsp. minced garlic                      1 to 2 c. chopped onion**  
**1 to 2 c. minced celery                1 to 2 c. chopped carrots**

(I jazz it up and get rid of leftovers by chopping potatoes and throwing them in for the last 45 minutes, then a package of frozen chopped spinach and maybe some leftover frozen corn for the last 5 to 10 minutes. Variations depend on what is in the freezer or refrigerator!)

Add the following to soup about 30 minutes before serving:

**2 Tbsp. lemon juice                      1½ Tbsp. brown sugar**  
**1 large can whole                      1 Tbsp. wine vinegar**  
**tomatoes, chopped, with        2 Tbsp. red wine**  
**their juice                                Lots of black pepper**

I also add thyme, oregano, marjoram, ground coriander - whatever I have on my shelf!

Cook notes: During Lent, substitute the meat base with water and leave out wine. I make an 8-quart pot, let it cool and then spoon it into 1-quart containers, freeze and then defrost as Lent progresses.

*Gale Rutan Francis*

## LENTIL-RICE STEW\*

<b>¾ c. chopped onion</b>	<b>½ tsp. dried whole</b>
<b>¾ c. uncooked brown rice</b>	<b>oregano</b>
<b>¾ c. celery</b>	<b>¾ c. dried lentils, washed</b>
<b>1½ tsp. garlic salt</b>	<b>and sorted</b>
<b>2 Tbsp. butter or</b>	<b>¼ tsp. pepper</b>
<b>margarine</b>	<b>2 (16 oz.) cans whole</b>
<b>½ tsp. dried whole basil</b>	<b>tomatoes (undrained),</b>
<b>6 c. water</b>	<b>chopped</b>
	<b>½ c. shredded carrots</b>

Sauté onion and celery in butter in a Dutch oven until tender; add water and lentils. Bring mixture to a boil, cover, reduce heat and simmer 20 minutes. Stir in next 6 ingredients. Cover and simmer 1 hour or until rice is done. Add carrots; cook an additional 5 minutes. Yield: about 2 quarts.

*Nancy McGee*

## MURF SOUP

<b>1 c. French lentil, rinsed and drained</b>	<b>1 diced shallot</b>
<b>2 zucchini, sliced</b>	<b>1 Tbsp. of minced fresh garlic</b>
<b>3 yellow squash, sliced</b>	<b>1 diced green jalepeno pepper</b>
<b>2-3 portabello mushrooms, sliced</b>	<b>1 tsp. curry</b>
<b>6 carrots, slided</b>	<b>1 tsp. cumin</b>
<b>Some fresh broccoli, quartered,</b>	<b>1 tsp. tumeric</b>
<b>A healthy chunk of fresh spinach, sliced without stems</b>	<b>1 tsp. ground fennel</b>
<b>A sprig of diced cilantro</b>	<b>2 fresh squeezed limes</b>
	<b>6 cups vegetable stock or water</b>

Boil Lentils until soft. Sauté e garlic and shallots with jalepeno in a little olive oil; add zucchini, squash, broccoli and carrots, spinach, the mushroom and cilantro. Sauté veggies for a little while. Add spices. Throw all the veggies and lentils in a big pot with 6 cups of boiling veggie stock or water. Then squeeze a couple of limes in the pot. Stir for a little while. Salt and pepper to taste and then you are done. Enjoy!

Note: French lentils can be gotten at Wild Oats.

*Murphy George*

## **LENTIL SOUP - SHORABAT ADDAS (IN ARABIC)\***

<b>2 c. lentils</b>	<b>1 Tbsp. flour</b>
<b>Salt and pepper to taste</b>	<b>¼ c. olive oil (on fast days,</b>
<b>7 c. water</b>	<b>I substitute vegetable oil</b>
<b>Juice of 1 lemon</b>	<b>- it's not quite as good</b>
<b>1 large onion, chopped</b>	<b>but it works)</b>

Place washed lentils and chopped onions in water and simmer, covered, for 1 hour. Mix oil, flour, salt and spices in a small bowl. Add ¼ cup of soup to mixture and stir well. Pour mixture into the soup and let simmer until the lentils are well cooked. Add lemon juice and simmer 5 more minutes.

*Janan Heiseg*

## LENTIL AND VEGETABLE STEW\*

<p><b>1-½ c. dried lentils</b></p> <p><b>3 c. water</b></p> <p><b>1 medium baking potato, cut into 1-inch pieces</b></p> <p><b>1 small acorn squash, peeled, seeded, cut into 1-inch pieces, <i>or</i> carrots</b></p> <p><b>1 small chopped onion</b></p> <p><b>2 c. store-bought marinara sauce</b></p>	<p><b>1 tsp. minced garlic</b></p> <p><b>1 medium green bell pepper, cut into 1-inch pieces</b></p> <p><b>1 (10 oz.) pkg. frozen cut green beans</b></p> <p><b>1 tsp. olive oil</b></p> <p><b>½ c. water (if needed)</b></p>
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Combine lentils and water in a 4-qt. or larger slow cooker. In a large bowl, combine squash (or carrots), marinara sauce, bell pepper, potato, onion and garlic and mix well. Add to slow cooker. Cook on low 7 hours; add green beans and oil. If too thick, stir in water. Cook 1 more hour or until lentils and vegetables are done.

Makes 14 cups (3-½ quarts). Preparation: 15 min. Cooking time: 8-9 hrs. Per cup: 117 calories (8% calories from fat), 6 g. protein, 1 g. fat, 22 g. carbohydrate, no cholesterol, 120 mg. sodium, 5 g. fiber.

*Lori O'Brien*

## **SPINACH LENTIL SOUP\***

<b>1 Tbsp. Italian Classics extra virgin olive oil</b>	<b>1 c. shredded carrots</b>
<b>1¼ c. dry lentils</b>	<b>6 c. water</b>
<b>1 onion, chopped</b>	<b>1 (16 oz.) jar Food You Feel Good About Salsa</b>
<b>1 (10 oz.) pkg. salad spinach, stemmed</b>	

Heat oil in a soup pot on low. Add onion and carrots; cook, covered, on low for 5 minutes. Add salsa, lentils, spinach and water. Bring to a boil, reduce heat to low and simmer, covered, 35 to 45 minutes, until lentils are tender.

*Kim Dzury*

## **TOMATO LENTIL SOUP\***

<b>2 c. chopped carrots</b>	<b>1 clove garlic</b>
<b>1 c. chopped onions</b>	<b>1 Tbsp. salt</b>
<b>1 c. sliced celery</b>	<b>8 c. water</b>
<b>2 Tbsp. margarine</b>	<b>¼ tsp. crushed dill weed</b>
<b>1½ c. frozen corn</b>	<b>1 (6 oz.) can tomato paste</b>
<b>½ lb. (1¼ c.) dried lentils</b>	

Sauté carrots, onions and celery in margarine in soup pot until tender. Add garlic, lentils, water and salt. Simmer 2 hours until lentils are tender. Add tomato paste, dill weed and corn; stir until tomato paste is not clumpy.

*Kim Dzury*

## LENTEN MINESTRONE SOUP\*

- |   |   |
|---|---|
| <p><b>4 garlic cloves, finely minced</b></p> <p><b>2 carrots, peeled &amp; cut into ¼ in. slices</b></p> <p><b>1 onion, peeled and cut into ¼ in. slices</b></p> <p><b>1 leek (white part plus 1 inch green), well-rinsed, quartered lengthwise and cut into ⅓ inch slices</b></p> <p><b>6 cups vegetable broth</b></p> <p><b>2 Tbsp. tomato paste</b></p> <p><b>3 cups finely shredded green cabbage (easiest in food processor)</b></p> <p><b>2 zucchini, quartered lengthwise cut into ½ inch slices</b></p> | <p><b>5 Tbsp. fresh Italian parsley (cilantro), chopped</b></p> <p><b>2 tsp. dried oregano</b></p> <p><b>2 tsp. dried basil</b></p> <p><b>1½ tsp. coarsely ground black pepper</b></p> <p><b>Salt to taste (start with 2 tsp.)</b></p> <p><b>2 cups cooked kidney beans, drained (if using dry kidney beans, start with 1 cup of dry beans. Soak overnight or cook as directed on package.)</b></p> <p><b>4 ripe plum tomatoes, cut into ¼ inch slices</b></p> <p><b>1 cup small pasta (such as tiny shells, bow shapes, or macaroni)</b></p> |
|---|---|

Put about ¼ - ½ inch water in the bottom of stew pot and add the garlic, carrots, onion and leek. Cover and cook, steaming vegetables until they wilt, about 10 minutes. Add the vegetable stock, tomato paste, cabbage, zucchini and potato. Bring to a boil. Reduce heat and add parsley, oregano, basil, pepper and salt. Simmer over medium heat for 15 minutes. Add kidney beans, tomatoes and pasta. Simmer until the pasta is tender, about 10 minutes. Adjust the seasonings to taste and heat soup through. Makes 6-8 portions.

Note to big families: Because of the amount of chopping, consider doubling the recipe and freezing half so

that you can enjoy some later without any of the work. You will need a 12 quart stew pot to make a double recipe.

*Kirsten (Berge) Hall*

### **PASTA BEAN SOUP\***

<b>1 (28 oz.) can stewed tomatoes</b>	<b>1 medium carrot, chopped</b>
<b>1 tsp. dried oregano</b>	<b>1 c. pasta</b>
<b>1 Tbsp. olive oil (vegetable oil during Lent)</b>	<b>1½ c. water</b>
<b>½ tsp. salt</b>	<b>¼ c. parsley</b>
<b>1 small onion, chopped</b>	<b>½ tsp. garlic powder</b>
<b>¼ tsp. black pepper</b>	<b>1 (15 oz.) can navy beans, rinsed &amp; drained</b>

Start water boiling for pasta. Heat oil and sauté onions and carrots. Stir in all but beans and pasta. Simmer 10 minutes. Cook pasta in boiling water for 10-12 minutes. Add pasta and beans and heat 5 to 10 more minutes.

*Sarah Hodges*



## **CREAM CHEESE POTATO SOUP**

<b>8 medium. potatoes, peeled &amp; cubed</b>	<b>6 Tbsp. butter or margarine</b>
<b>1 medium. onion, chopped</b>	<b>½ cup flour</b>
<b>6-8 c. water</b>	<b>16 oz. cream cheese</b>
<b>2 tsp. salt</b>	<b>2 tsp. dill weed</b>

Cook onions and potatoes in water and salt until tender, about 15-20 minutes. In another (larger) pot, melt butter or margarine; stir in flour. Then, take some of the cooking water from the potatoes and add it to the butter/flour mixture a little at a time. Add about 1-2 cups gradually, stirring well to prevent lumping. Cook until smooth and thickened. Add the cream cheese, which has been chunked or cut up to make melting go quicker. Heat until melted and smooth. Gradually add the remaining water and vegetables, stirring, then add dill weed and serve.

*Christi Yadron*

## HUEY'S POTATO SOUP

<b>1 small onion, minced</b>	<b>2 c. water or chicken</b>
<b>½ stalk celery, diced</b>	<b>broth</b>
<b>1 stick butter (the real thing)</b>	<b>2½ medium potatoes, peeled and diced</b>
	<b>2 c. half &amp; half</b>

Sauté onion and celery in butter until tender. Add water or broth and potatoes and boil until potatoes are done. Blend. Add enough of the half & half to make soup the desired consistency. Heat through.

Delicious garnished with crumbled bacon, chopped green onions and grated Cheddar cheese.

This has been my favorite dish at Huey's Restaurant on Madison for several years. I was delighted when the recipe was published in the Commercial Appeal on January 3, 1996.

*Susan Cushman*

## POTATO RICE SOUP

<b>2 potatoes</b>	<b>Crumbled bacon</b>
<b>1 Tsp. salt</b>	<b>Grated cheese</b>
<b>¼ c. uncooked rice</b>	<b>2 Tbsp. butter</b>
<b>1 small onion</b>	<b>Milk</b>

Cut up 2 medium size potatoes in small pieces. Put in pan with 3 cups water. Add ¼ cup uncooked rice and 1 small onion (diced). Bring to a boil, then simmer till rice and potatoes are done. Add 2 tablespoons butter, 1 teaspoon salt and some milk to make as thin as you like. Add crumbled cooked bacon and grated cheese before serving.

*Ruth Tapia*

## SHARON'S PORTUGUESE SOUP

<b>2 c. chopped onion</b>	<b>1 lb. sausage (like</b>
<b>1 head cabbage, chopped</b>	<b>kielbasa) cut in bite-size</b>
<b>6 cloves garlic, chopped</b>	<b>pieces</b>
<b>12 new potatoes,</b>	<b>¼ to ½ c. vinegar</b>
<b>quartered</b>	<b>10 c. beef stock</b>
<b>6 Tbsp. oil</b>	<b>Salt and pepper to taste</b>
<b>½ to 1 lb. sliced carrots</b>	<b>16 oz. bottle ketchup</b>

Sauté onions and garlic in oil. Add sausage and brown. Add rest of ingredients. Bring to a boil and simmer 30 to 45 minutes. This tastes better each time you heat it. Freezes well.

Omit potatoes and add when reheating.

*Margaret McKelroy, Corinne Elliott*

## CHRIS' RAMEN NOODLE SOUP

Prepare 1 package Ramen noodle soup per directions on package. Remove from heat and add 3 slices American cheese. Allow time to melt and mix until smooth. Serve in bowls. Makes enough for 1 hungry teenager or 2 adults. Prep time: 6 minutes.

*Chris Buchanan*

## **SPLIT PEA SOUP - ADDAS MAJROUSH (IN ARABIC)\***

<b>1 c. split peas or red lentils (I use green lentils, too)</b> <b>1 medium onion, chopped</b> <b>½ tsp. cumin</b>	<b>¼ c. rice</b> <b>½ tsp. salt</b> <b>2 Tbsp. olive or other oil</b> <b>¼ tsp. pepper</b> <b>6 c. water (about)</b>
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Topping (optional):

**1 medium onion, chopped      3 Tbsp. oil**

Cover lentils and onions with water and bring to boil. Simmer over moderate heat for 1½ hours. Add olive oil, rice, cumin, salt and pepper. Cook for 20 more minutes, or until rice and lentils are tender.

If desired, just before serving, fry an onion in oil until light brown. (I like to burn the onions somewhat - it's delicious). Pour over soup.

*Janan Heiseg*  
)

## TACO SOUP\*

<b>1-2 lbs. ground beef* browned</b>	<b>1 (10 oz.) can Rotel diced tomatoes</b>
<b>1 onion, chopped &amp; browned with meat</b>	<b>1 pkg. dry taco seasoning mix</b>
<b>1 (15 oz.) can Ranch Style beans</b>	<b>3 cans water (use cans beans came in)</b>
<b>1 (16 oz.) can dark red kidney beans</b>	<b>1 small pkg. Hidden Valley Ranch Style Dressing</b>
<b>1 (11 oz.) can shoe peg corn</b>	

Mix all ingredients together. Bring mixture to a boil; reduce heat, simmer for about 15 minutes.

\*Lenten version: Instead of beef, sauté a chopped red pepper and green pepper with the onion and add a can of black beans to the soup. Use Good Seasons Garlic & Herb mix instead of Hidden Valley Ranch Dressing Mix.

*Kim Boone*

**ANDY'S FAVORITE SPICY TOMATO SOUP\***

<b>1(28 oz.) can diced tomatoes</b>	<b>1 tsp. Tabasco sauce</b>
<b>1 (46 oz.) can tomato juice</b>	<b>1 Tbsp. light soy sauce</b>
<b>1 (46 oz.) can V-8</b>	<b>1 Tbsp. Worcestershire sauce</b>
<b>1 medium onion, thinly sliced</b>	<b>Black pepper</b>
<b>Olive or other oil</b>	<b>Grated Mozzarella cheese</b>
<b>1 large clove garlic, minced</b>	<b>(when not strictly fasting)</b>

Sauté onion and garlic in small amount of olive oil until soft. Add all other ingredients. Heat on medium until barely boiling. Ladle into soup bowls. Top with cheese.

*Urania Alissandratos*

## MARILYN GILLQUIST'S TOMATO SOUP

<b>¼ c. butter</b>	<b>5 c. water</b>
<b>5 c. sliced onions</b>	<b>2 tsp. sugar</b>
<b>5 c. sliced tomatoes: can use fresh or canned( more if frozen)</b>	<b>½ tsp. thyme</b>
<b>5 c. sliced potatoes</b>	<b>1 pt. whipping cream (2 small ctn.)</b>
<b>3 Tbsp. instant chicken bouillon mix</b>	<b>½ tsp. basil</b>
	<b>Salt and pepper to taste</b>
	<b>½ c. sour cream</b>

Cook onion in butter until done (not brown). Add all other ingredients except salt, pepper, sour cream and whipping cream. Cover; simmer about 30 minutes or until potatoes are done. Put through a blender or food mill. Add whipping cream, sour cream, salt and pepper and blend. May serve with Parmesan cheese on top. To freeze, leave out sour cream and whipping cream. Thaw and add these ingredients when warming.

The first time we visited Father Peter and Marilyn Gillquist in Grand Junction, Tennessee, in the early 1970's, Marilyn served us this delicious soup. We've been enjoying it for a quarter of a century now!

*Susan Cushman*

## UNIVERSAL EUROPEAN WINTER SOUP \*

<b>1 onion</b>	<b>1 quart vegetable stock or</b>
<b>1 carrot</b>	<b>vegetable bouillon cube</b>
<b>1 potato</b>	<b>per quart of water</b>
<b>2 stalks of celery</b>	<b>Salt and pepper</b>

Dice all vegetables, combine with stock and all to simmer 1 hour, stirring occasionally.

*Betsy and Frank Larker*

## VARIABLE VEGETABLE SOUP\*

<b>1 (1 qt. 14 oz.) can tomato sauce</b>	<b>1 (16 oz.) packet pasta (your choice)</b>
<b>1 (14 oz.) can Niblets corn, drained</b>	<b>2 (14 oz.) cans mixed vegetables, drained</b>
<b>1 (1 qt 14 oz.) can V-8 juice</b>	<b>1 (14 oz.) can English peas, drained</b>

Mix tomato sauce and V-8 juice; add the canned vegetables. Cook over low heat until hot. Cook pasta separately, drain and add to mixture.

This makes a large amount of thick soup, suitable as a meal, especially during Lent. You may add water if you want it thinner, or as a variation, you may fix it with all tomato juice or all V-8 juice. To make a smaller amount, cut recipe in half.

*Betsy and Frank Larker*



## VEGETABLE BEEF SOUP

<b>1 lb. lean ground beef</b>	<b>2 (14½ oz.) cans stewed</b>
<b>1 can mixed vegetables</b>	<b>tomatoes</b>
<b>(Veg-All)</b>	<b>½ tsp. oregano</b>
<b>½ c. onion</b>	<b>2 cans beef broth</b>
<b>½ c. uncooked medium</b>	
<b>egg noodles</b>	

In large pot, brown meat with onion. Cook till onion is tender; drain. Salt and pepper to taste. Stir in remaining ingredients. Bring to a boil, reduce heat, cover and simmer 15 minutes or until noodles are tender. Serve with corn bread and salad.

*Ruth Tapia*

## VEGETABLE SOUP WITH BEEF

<b>½ lbs. ground chuck</b>	<b>1-2 cups cut green beans</b>
<b>6 c. water</b>	<b>Salt &amp; pepper to taste</b>
<b>1 onion, chopped</b>	<b>¼ - ½ head green cabbage,</b>
<b>2 c. beef broth</b>	<b>chopped</b>
<b>1 stalk celery, chopped</b>	<b>2 bay leaves</b>
<b>1 can diced tomatoes</b>	<b>1 can undrained corn</b>
<b>1 carrot, peeled &amp; sliced</b>	<b>1 yellow squash, cubed</b>
<b>3 c. tomato juice</b>	<b>1 potato, peeled &amp; diced</b>

In large pot, cook ground chuck until no longer pink; drain grease. Add onion, celery, carrot, green beans, cabbage and corn. Cover with liquid ingredients (water, broth, diced tomatoes and tomato juice). Heat to boiling; add salt & pepper to taste, plus the bay leaves. Cover and simmer about 45 min. Then add squash & potato and continue to cook about 15 minutes. Remove bay leaves and serve.

Note: This is a hearty soup. You may want to experiment with other vegetables and add more liquid.

*Christi Yadron*

## NOTES

## SALADS

### FRUIT

#### 24 HOUR SALAD

- 1 c. pineapple chunks**
- 1 c. miniature marshmallows**
- 1 can mandarin oranges, drained**
- 1 (8 oz.) sour cream**
- 1 c. Angel Flake coconut**

Mix all together and let stand overnight.

*Nancy McGee*

#### COCA-COLA SALAD

- |  |   |
|--|---|
| <b>1 small pkg. black cherry gelatin</b> | <b>2 c. cold Coke (in place of 2 c. cold water)</b> |
| <b>3 oz. cream cheese, softened</b>      | <b>1 small can crushed pineapple, drained</b>       |
| <b>1 small pkg. strawberry gelatin</b>   | <b>1 can Bing cherries, pitted and drained</b>      |

Mix both packages of gelatin (dry). Add 2 cups boiling water to dissolve. Add 2 cups cold Coke. Add remaining ingredients.

*Nancy McGee*

## **CRANBERRY SALAD\***

<b>2 c. raw cranberries</b>	<b>1 small can crushed pineapple</b>
<b>¾ c. chopped celery</b>	<b>1 small pkg. cherry gelatin</b>
<b>1¼ c. water</b>	<b>½ c. chopped pecans</b>
<b>½ c. diced apples</b>	
<b>1 c. granulated sugar</b>	

Combine cranberries, water and sugar in a saucepan. Cook over medium heat until cranberries pop. Continue cooking 5 minutes longer. Remove from heat. Stir in gelatin until dissolved. Add apples, celery, nuts and pineapple. Pour into mold or casserole dish. Chill until set.

*Fran Tylavsky*

## **FROZEN CRANBERRY SALAD**

<b>1 8-oz. pkg. cream cheese</b>	<b>1 13½ oz. can crushed pineapple</b>
<b>1-2 Tbsp. mayonnaise</b>	<b>1 c. pecan pieces</b>
<b>2-3 Tbsp. sugar</b>	<b>1 8 oz. container Cool Whip</b>
<b>1 lb. can whole cranberry sauce</b>	

Soften cream cheese. Mix with mayonnaise and sugar. Drain and add pineapple. Add nuts and cranberry sauce. Fold in Cool Whip. Spoon into muffin tins (with paper liners for easy serving) or a loaf pan and FREEZE. Cover with Saran Wrap and foil to keep fresh until ready to serve. Very festive dessert/salad for holidays, showers, teas, etc.

*Deborah CallawayFinley*

## FROZEN CRANBERRY BANANA SALAD

- |   |   |
|---|---|
| <b>1 can (20 oz.) pineapple tidbits</b><br><b>1 can (16 oz.) whole-berry cranberry sauce</b><br><b>5 medium bananas, halved lengthwise and sliced</b> | <b>1 carton (12 oz.) frozen whipped topping, thawed (non-dairy)</b><br><b>½ c. sugar</b><br><b>½ c. chopped walnuts</b> |
|---|---|

Drain pineapple juice into a medium bowl; set pineapple aside. Add bananas to the juice. In a large bowl, combine cranberry sauce and sugar. Remove bananas, discarding juice and add to cranberry mixture. Stir in pineapple, whipped topping and nuts. Pour into a 13 x 9 x 2 in. dish. Freeze until solid. Remove from the freezer 15 minutes before cutting. Yield: 12 – 5 servings. Can also be used as a dessert.

*Kathryn Melonas, Urania Alissandratos*

## DUMP SALAD

- |   |   |
|---|---|
| <b>1 can crushed pineapple, drained</b><br><b>Cool Whip (try ½ of 8 oz. container - can add more)</b> | <b>1 can mandarin oranges, drained</b><br><b>1 pkg. orange jello</b><br><b>8 oz. cottage cheese</b> |
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Dump this all together. It turns out great and is very quick.

*Martha Berge*

## FRUIT SALAD\*

- |   |   |
|---|---|
| <p><b>1 large can fruit cocktail<br/>(juice and all)</b></p> <p><b>Red grapes, pitted and cut<br/>in halves (or use<br/>seedless)</b></p> <p><b>1 can small pineapple, cut<br/>up</b></p> <p><b>1 Red Delicious apple (not<br/>peeled), cored</b></p> | <p><b>2 bananas (fresh) and cut<br/>in ¼ inch pieces</b></p> <p><b>3 to 6 navel oranges,<br/>peeled and cut in small<br/>chunks</b></p> <p><b>2 c. chopped nuts (like<br/>pecans)</b></p> |
|---|---|

Fix up the night before except for bananas and nuts. Refrigerate. Add bananas and nuts 3 hours before serving.

*Laura Graham*

## MINTED FRUIT SALAD\*

- |   |  |
|---|--|
| <p><b>½ c. sugar</b></p> <p><b>⅓ c. water</b></p> <p><b>½ c. orange juice</b></p> <p><b>¼ tsp. peppermint extract</b></p> | <p><b>⅓ c. lemon juice</b></p> <p><b>8 c. cut-up assorted fresh<br/>fruits</b></p> |
|---|--|

In medium bowl, combine all ingredients, except fruit; stir until sugar dissolves. Place fruit in large shallow dish; pour juice mixture over. Cover; chill 3 hours or overnight, stirring occasionally. Makes about 8 cups.

*Stephanie Taylor*

## GRAPE SALAD

**8 oz. cream cheese,**                      **1/3 c. sugar**  
     **softened**                                      **2 lb. seedless grapes**  
**2/3 c. sour cream**                              **1/3 c. sugar mixed with**  
**1 tsp. vanilla**                                      **1/3 c. toasted pecans**

Combine in a bowl or dish cream cheese, sour cream, vanilla and sugar; add seedless grapes. Top with sugar and toasted pecan mixture.

*Ellie Moore*

## PRETZEL SALAD

Best if eaten the same day as made.

Mix:

**2 c. stick pretzels, broken**                      **1 tsp. sugar**  
     **finely (not crushed with**                      **3/4 c. melted butter**  
     **rolling pin)**

Spread in 9 x 13 inch baking dish. Bake 8 minutes at 400°. Cool.

Mix:

**8 oz. cream cheese**                              **1 c. sugar**  
**1 small (4 oz.) ctn. Cool**  
     **Whip**

Spread cheese mixture over cooled pretzels.

Mix:

**1 large (6 oz.) pkg.**                              **2 (10 oz.) pkg. frozen**  
     **strawberry Jell-O**                              **strawberries**  
     **2 c. boiling water**

Partially set in refrigerator, then spread over cheese mixture. Serves 12.

*Connie Austin, Kim Dzury*



## STRAWBERRY SALAD

Follow directions on big package strawberry or strawberry banana Jell-O, but in place of 1 cup of cold water, substitute 8 ounces strawberry yogurt. Stir in 1 small can drained crushed pineapple, 2 mashed bananas and 1 can thawed frozen strawberries. Refrigerate until jelled.

*Pamela Mashburn*

## LETTUCE

### AUNT BARBARA JO'S DO-AHEAD SALAD

<b>1 head lettuce, washed and crumbled</b>	<b>½ c. chopped onion</b>
<b>½ c. chopped bell pepper</b>	<b>½ c. chopped celery</b>
<b>1 pkg. frozen English peas</b>	<b>1 pt. mayonnaise</b>
	<b>3 Tbsp. sugar</b>

Layer in rectangular glass casserole or stainless cake pan in this order: ½ the lettuce (crumbled), peas (cooked, drained and cooled), celery, bell pepper and onions and ½ the lettuce. Mix mayonnaise and sugar and spread on top of salad. Refrigerate until ready to serve.

*Susan Cushman*

## **FIELD GREEN SALAD WITH E.D.E. (EASIEST DRESSING EVER)**

Place a couple of big handfuls of mixed baby greens (arugula, corn salad, leafy green and red lettuce, a little endive, perhaps) which have been rinsed and patted dry with paper towels into a large bowl. Keep chilled until ready to eat. Squeeze the juice of 1 lemon over the greens and follow this by cracking pepper and shaking garlic salt over the greens to taste. Shake out some good olive oil (the darker green the better, Nawar taught me) over the salad in a ratio to the lemon juice of 5 or 6:1. Taste the salad: There should be hints of the lemon, salt and pepper in the midst of your tasty olive oil. Do this just before you serve so that the greens don't wilt. A big key to good salad dressing is less acid (e.g. lemon juice or vinegar) and more good olive oil.

*David Romine*

## **GORGONZOLA-WALNUT SALAD**

<b>4 oz. Gorgonzola cheese, crumbled</b>	<b>1 medium head romaine lettuce, torn</b>
<b>¼ tsp. freshly ground pepper</b>	<b>1 Tbsp. red wine vinegar</b>
<b>¼ c. olive oil</b>	<b>1 c. walnut pieces, toasted</b>
	<b>½ tsp. salt</b>

Combine all ingredients and toss.

*Deb Mashburn*

## **CRUNCHY ROMAINE TOSS (SALAD)\***

Sweet and Sour Dressing:

<b>1 c. vegetable oil</b>	<b>1 c. sugar</b>
<b>½ c. wine vinegar</b>	<b>Salt and pepper to taste</b>
<b>3 tsp. soy sauce</b>	

Salad Ingredients:

<b>4 T. unsalted butter (or margarine)</b>	<b>1 head romaine lettuce</b>
<b>1 c. walnuts, chopped</b>	<b>4 green onions, chopped</b>
<b>1 pkg. Ramen noodles, uncooked, broken up (discard flavor packet)</b>	<b>Small can mandarin oranges</b>

Brown walnuts and noodles in butter or margarine; cool on paper towels. Wash lettuce and break into pieces. Combine browned walnuts and noodles with lettuce, onions and mandarin oranges (optional). Other ingredients can be substituted here - One bunch finely chopped broccoli, for example. Pour Sweet and Sour Dressing over and toss to coat well.

This delicious salad was first served to me on a visit to the home of Cathy and Al Lawson, members of Holy Resurrection Orthodox Church in Clinton, Mississippi. Recipe originally appeared in *Come On In*, published by the Jr. League of Jackson, Mississippi.

*Susan Cushman*

## **MICHIGAN SALAD\***

<p><b>Salad greens - i.e. lettuce, spinach, etc.</b></p> <p><b>1/3 cup oil</b></p> <p><b>2 tsp. Dijon mustard</b></p> <p><b>1 Tbsp. sugar</b></p> <p><b>2 chopped green onions</b></p>	<p><b>1 apple - unpeeled but finely chopped</b></p> <p><b>Lightly toasted pecans (roast at 350°• for 5-10 minutes)</b></p>
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In a salad bowl mix together oil, mustard and sugar. Add green onions, apple & salad greens. Toss. Sprinkle with pecans.

Variations: raisins, craisins, blue cheese, etc.

*Corinne Elliott*

## **GREEK SALAD DRESSING - SALATA\***

<p><b>1 c. vinegar (red wine recommended)</b></p> <p><b>2 garlic cloves, pressed fine</b></p> <p><b>1 tsp. oregano</b></p>	<p><b>1 c. olive oil (or vegetable oil)</b></p> <p><b>Pepper</b></p> <p><b>1 Tbsp. sugar</b></p>
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Mix all ingredients in large jar. Cover and shake well. Let stand for 2 days at room temperature. Shake and pour out amount needed for salad.

*Christine Long*

## VEGETABLE COMBINATIONS

### BEAN SALAD\* (ARMENIAN)

<b>½ lb. Great Northern beans (or two 15 ounce canned beans, well rinsed)</b>	<b>1 c. chopped scallions</b>
<b>1 c. chopped parsley</b>	<b>2 large tomatoes, cut into small pieces</b>
	<b>Salt and pepper to taste</b>
	<b>Vinegar and oil to taste</b>

Wash beans and place in saucepan with enough water to cover beans. Cook for 15 minutes and drain. Refill saucepan with fresh water, add salt to taste and simmer till beans are tender. Drain beans and chill. When beans are cold, mix in remaining ingredients.

Lentils may be substituted for Great Northern beans or when short of time, 2 (15 ounce) cans of Northern beans (washed and drained) may be used.

*Rose Nash*

### GREEK SALAD

Cut up several tomatoes and peeled cucumbers. Mix with feta cheese and olives (pitted, if you choose to buy them or spend time pitting them). Toss with olive oil, lemon juice, oregano, salt, pepper and Cavender's spice.

*Nathan Elliott*

## GREEK STYLE PICNIC SALAD

<p><b>2 c. uncooked white rice</b></p> <p><b>1. c. boiling water</b></p> <p><b>¾ c. sun-dried tomatoes, packed without oil</b></p> <p><b>1 ½ Tbsp. olive oil, divided</b></p> <p><b>8 c. bagged, prewashed spinach ( about 8 oz)</b></p> <p><b>2 garlic cloves, minced</b></p> <p><b>2 c.( 8 oz) reduced fat feta cheese, crumbled</b></p> <p><b>¼ c. chopped pitted kalamata olives</b></p>	<p><b>1 tsp. diced oregano (or 1-2 Tbsp. fresh chopped oregano)</b></p> <p><b>½ tsp. salt</b></p> <p><b>½ tsp. freshly ground black pepper</b></p> <p><b>1 (15 ½ oz) can chickpeas, rinsed and drained</b></p> <p><b>3 Tbsp. pine nuts toasted</b></p> <p><b>10 lemon wedges (optional)</b></p>
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Cook rice according to package directions, omitting the salt and fat. Cool to room temperature; set aside. Combine boiling water and sun-dried tomatoes in a bowl: let stand 30 minutes or until soft. Drain and cut into 1-inch pieces. Heat 1½ tsp. oil in a large skillet over medium high heat. Add spinach and garlic; Sauté 3 minutes or until spinach wilts. Combine rice, tomatoes, spinach mixture, cheese and next five ingredients (through chick peas). Drizzle with remaining 1 Tbsp. oil; toss gently to coat. Sprinkle with pine nuts. Serve with lemon wedges, if desired.

Makes 10 servings of 1 cup each.

*Corinne Elliott*

## GREEN BEAN SALAD\*

- |  |   |
|--|---|
| <b>2 (10 oz.) cans cut green beans (undrained)</b> | <b>1 small red onion, sliced</b>                    |
| <b>½ tsp. dried whole oregano</b>                  | <b>1 clove garlic, minced</b>                       |
| <b>½ c. chopped dill pickles</b>                   | <b>½ tsp. dried whole basil</b>                     |
|  | <b>1 c. commercial low-calorie Italian dressing</b> |

Heat beans in medium saucepan for 5 minutes. Drain. Combine beans and remaining ingredients in a medium bowl; toss lightly to coat. Cover and refrigerate at least 8 hours. Serve salad, using a slotted spoon.

*Kathryn Melonas*

## INDIAN BEAN SALAD\*

- |   |                                     |
|---|-------------------------------------|
| <b>1 can each of: pinto beans, English peas, blackeyed peas, white shoepeg corn, niblet corn, lady peas or white acre peas (or garbanzo beans).</b> | <b>1 large purple onion chopped</b> |
| <b>1 jar chopped pimento</b>  | Dressing:                           |
| <b>1 red pepper chopped</b>   | <b>¾ c. sugar</b>                   |
| <b>1 green pepper chopped</b>   | <b>1 ½ tsp. salt</b>                |
|   | <b>¼ tsp. pepper</b>                |
|   | <b>½ c. oil</b>                     |
|   | <b>¾ c. red wine vinegar</b>        |

Mix all ingredients together. Toss with dressing. Chill and serve.

*Kim Boone*

## **COLD LIMA BEAN SALAD\***

<b>1 (3 lb.) pkg. frozen lima beans</b>	<b>1 small bottle Italian salad dressing</b>
<b>½ onion, chopped</b>	<b>½ c. sliced black olives (optional)</b>
<b>1 bell pepper, chopped</b>	

Cook beans as directed on package until tender. Drain. Combine all and chill overnight.

*Corinne Elliott*

## **RED CABBAGE SLAW\***

<b>1½ pounds red cabbage, sliced thinly</b>	<b>4 Tbsp. fresh lemon juice</b>
<b>1 large carrot, grated</b>	<b>¾ tsp. sea salt, or more to taste</b>
<b>⅓ c. minced fresh parsley</b>	

In a large bowl combine the lemon juice and sea salt. Add the red cabbage and carrot and coat the vegetable well. Place a weighted plate on the bowl to “press” the slaw. Allow the cabbage to marinate for at least a half an hour. Stir in parsley before serving. Yield: 6 servings.

*Kerry Sneed*



**OTHER****CORNBREAD SALAD**

Bake one box of Jiffy Cornbread, according to directions, or if you feel up to it make homemade cornbread; (2 large scoops of cornmeal mixed with 1 small scoop of bread flour, 1 egg and a little oil. Cook in 400° F oven until brown)

Cool and crumble cornbread in a large bowl. Add your favorite raw vegetable cut into small pieces: the amount depends on you; add 1 can of whole kernel corn and can of your favorite vegetable-bean/pea (drained). Cool well. Spoon into bowls, add your favorite salad dressing-enjoy.

*Betsy and Frank Larker*

**SID FARHA'S FAMOUS BREAD SALAD\***

<b>1 package pita bread – cubed</b>	<b>Juice of 1-2 lemons</b>
<b>1 cucumber - diced</b>	<b>½ c. olive (or salad) oil</b>
<b>2 med. tomatoes - diced</b>	<b>¼ c. zahtar</b>
<b>½ red onion - diced</b>	<b>(Mediterranean Grocery)</b>
<b>½ c. fresh parsley – chopped</b>	<b>Salt/pepper to taste</b>
	<b>Sprinkle of fresh mint</b>

Mix all ingredients together and enjoy!

*(Sid is Chris Farha's father. He and his wife, Barbara, are members at St. Andrew Antiochian Orthodox Church in Lexington, Kentucky.)*

## ARMENIAN POTATO SALAD\*

<p><b>4 to 5 medium red potatoes or 12 small new potatoes</b></p> <p><b>Fresh mint, chopped, to taste</b></p>	<p><b>1 bunch scallions, chopped</b></p> <p><b>Olive oil, Vinegar, or lemon juice</b></p> <p><b>Salt and pepper to taste</b></p>
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Cook potatoes. Cut into bite-size pieces. Place in mixing bowl. Add scallions, mint, salt and pepper. Mix well. Add olive oil and vinegar to taste. I use a ratio of ½ cup oil to ¼ cup vinegar - but others may like a more tart taste. Mix well. Let stand in refrigerator for several hours before serving.

*Kathy Nash*

## GREEK POTATO & FETA CHEESE SALAD

<b>3 lbs. small new potatoes</b>	<b>2 Tbsp. minced fresh mint</b>
<b>4 scallions chopped (incl. leaves)</b>	<b>½ lb. Feta cheese</b>
<b>½ green pepper, seeded and coarsely chopped</b>	<b>Fresh ground pepper</b>
<b>½ cucumber, peeled and thinly chopped lengthwise</b>	<b>½ tsp. oregano</b>
<b>12 Greek olives</b>	<b>Juice of 1 lemon</b>
	<b>½ c. olive oil</b>
	<b>12 cherry tomatoes</b>
	<b>Leaves of red-tipped lettuce</b>

Scrub potatoes lightly & place in a saucepan with enough salted water to cover. Bring to a boil; reduce heat to moderate and cook 10 min. or until tender. Drain potatoes, cut in half, place in large mixing bowl and let cool. Add scallions, green pepper, cucumber, olives, cheese, mint, oregano & pepper to taste. Toss lightly. Blend olive oil & lemon juice thoroughly in small bowl; pour over salad & toss gently but thoroughly to coat potatoes. Arrange lettuce leaves around large bowl. Mound potato salad in middle and arrange tomatoes along side. Serve at room temperature. Serves 6-8.

*Urania Alissandratos*

## ORIENTAL ORZO SALAD\*

This comes from Linda Rosenweig's "New Vegetarian Cuisine," page 314. As given here, the recipe fills the largest bowl I had. The hardest thing about making this is finding the ingredients. Orzo is a Greek pasta that looks like brown rice. I found 16 ounce packages at Piggly Wiggly (Schnucks also has it) and other things at Wild Oats. The second time I made it, I cut recipe in half, added the shrimp and figured out that "8 cups cooked orzo" meant 8 ounces after cooking, not "cook 8 ounces." That made a big difference in the quantity.

<b>8 oz. cooked orzo</b>	<b>4 tsp. honey</b>
<b>2 Tbsp. chili sauce</b>	<b>4 tsp. sesame oil</b>
<b>2 sweet red peppers, sliced</b>	<b>2 Tbsp. tahini (can</b>
<b>2 Tbsp. low sodium soy</b>	<b>substitute peanut</b>
<b>sauce</b>	<b>butter)</b>
<b>2 c. canned chickpeas,</b>	<b>2 tsp. rice wine vinegar</b>
<b>rinsed and drained</b>	<b>1 tsp. dry mustard</b>
<b>4 garlic cloves, minced</b>	<b>2 tsp. lemon juice</b>
<b>¼ c. minced scallions (can</b>	<b>8 oz. boiled, peeled salad</b>
<b>substitute green onions)</b>	<b>shrimp</b>

In large bowl, mix the orzo, shrimp, peppers and chickpeas. In small bowl, mix the scallions, tahini, chili sauce, soy sauce, garlic, honey, oil, vinegar and mustard. Pour over the stuff in the big bowl, mix and toss well. Cover and refrigerate at least 1 hour. I fix this the day before. When ready to eat, add lemon juice; re-toss. Serves 8. (Again, I cut in half.)

Goes well with eggplant stew.

*Paul Parham*

## SEAFOOD SALAD

**1½ to 2 c. cooked or**                      **¼ c. sliced stuffed olives**  
**canned, cleaned shrimp,**        **1 c. chopped celery**  
**lobster, or crabmeat**            **½ c. mayonnaise**  
**½ c. walnuts**                        **¼ c. French dressing**

Combine all. Chill. Serve on crisp greens. Makes 4 servings.

*Laura Graham*

## SIMPLE PASTA SEAFOOD SALAD

**1 (8 oz.) pkg. Ronco sea**            **2 tsp. prepared mustard if**  
**shells (uncooked)**                    **desired**  
**½ c. chopped celery**                **½ tsp. dried dill weed**  
**1 pkg. fat free Louis**                **1 medium red bell pepper,**  
**Kemp Crab Delights**                **chopped**  
**2 Tbsp. chopped green**            **8 oz. bottled Italian salad**  
**onions**                                    **dressing**  
**2 c. small fresh broccoli**  
**flowerets, steamed**

Prepare shells as package directs. In large bowl, combine all ingredients; mix well. Cover and chill. Stir before serving. Refrigerate leftovers. Makes 4 to 6 servings.

Note: This can be eaten on fasting days when fish is allowed.

Tip: Recipe can be doubled.

*Sheila Shaheen*

## SNOWBALL SALAD

<b>2 c. shredded cabbage</b> <b>6½ oz. miniature</b> <b>marshmallows</b>	<b>1 c. crushed pineapple,</b> <b>drained</b> <b>½ pt. whipping cream</b>
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Chill cabbage and crushed pineapple with whipped cream and marshmallows. Chill well before serving.

Options: Add celery, nuts, raisins, apple

*Sheila Shaheen*

## SURPRISE SALAD\*

<b>3 sm. pkgs. Raspberry</b> <b>Jell-O</b> <b>1 ½ c. boiling water</b>	<b>32 oz. canned tomatoes</b> <b>12 drops hot sauce</b>
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Dissolve Jell-O in boiling water. Add tomatoes and hot sauce. Blend in blender. Refrigerate. Topping: Mix 8 oz. sour cream, 1 tsp. horseradish, salt & sugar to taste.

*Urania Alissandratos*

## **TABOULEH - PARSLEY AND BULGUR SALAD\***

<b>3 bunches parsley</b> <b>2 big tomatoes</b> <b>1/3 c. bulgur No. 1 fine</b> <b>(available at</b>	<b>Mediterranean Grocery</b> <b>on Park)</b> <b>2 lemons</b> <b>¼ c. finely chopped mint</b> <b>3 or 4 green onions</b>
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Place bulgur in a bowl and cover it with cold water. Wait 15 minutes, until bulgur is soft (not crunchy). Chop parsley, tomatoes, mint and onion. Add bulgur on top of other ingredients. Add salt and pepper to taste. Mix together. Add 1/3 cup extra virgin olive or other oil for serving and the juice of the 2 lemons.

*Reem Mansour*

## **WILD RICE SALAD\***

<b>2 5 oz. pkgs. wild rice</b> <b>1 batch chopped green</b> <b>onions</b> <b>1 8 oz. bottle Italian</b> <b>dressing</b>	<b>½ c. chopped pecans</b> <b>2 Tbsp. chopped pimento</b> <b>⅓ c. chopped celery</b>
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Prepare rice as directed Combine all other ingredients. Chill well.

*Urania Alissandratos*





## VEGETABLES, OTHER SIDE DISHES AND SAUCES

### VEGETABLES

#### ARTICHOKES AND FAVA BEANS\*

**¼ c. olive oil (substitute vegetable oil during**

**Lent)**

**½ c. sliced onions**

**Chopped dill and parsley**

**Salt**

**Pepper**

**½ c. water**

**1 can large butter beans**

**1 can cooked artichokes**

**Juice of 1 lemon**

Cook onions and seasonings in olive oil until soft. Add water and bring to a boil. Squeeze lemon juice, drain beans and artichokes and add to onion mixture. Cook for 10 minutes to blend flavors.

*Urania Alissandratos*

## **ARTICHOKES WITH PENNE PASTA\***

<p><b>4 c. penne pasta, cooked</b></p> <p><b>¼ c. olive oil (substitute vegetable oil during Lent)</b></p> <p><b>¼ c. black olives</b></p> <p><b>1 can artichokes, quartered</b></p> <p><b>1 can tomatoes, diced with basil and oregano</b></p> <p><b>1-3 lb. pkg. frozen lima beans</b></p>	<p><b>½ onion, chopped</b></p> <p><b>1 bell pepper, chopped</b></p> <p><b>¾ c. water (if using 1 c. diced fresh tomatoes + 1 Tbsp. fresh basil) or juice in can (if using canned)</b></p> <p><b>½ c. Parmesan (optional during Lent)</b></p>
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Cook pasta (7-9 minutes). Heat olive oil over medium heat. Add artichokes, tomatoes and olives. Simmer 1 to 2 minutes. Add extra juice, basil, salt and pepper, Serve sauce over portioned pasta. Garnish with Parmesan cheese if not fasting.

*Sarah Hodges*

## GRANNY EFFIE'S ASPARAGUS CASSEROLE

<p><b>4 (15-½ oz.) cans long green asparagus spears</b></p> <p><b>3 (10-¾ oz.) cans cream of mushroom soup</b></p> <p><b>1 c. grated mild Longhorn cheese</b></p>	<p><b>½ c. Italian bread crumbs (or Ritz Cracker crumbs)</b></p> <p><b>1 Tbsp. butter or margarine</b></p> <p><b>1.2 oz. jar pimentos</b></p> <p><b>½ c. slivered almonds</b></p> <p><b>1 can water chestnuts</b></p>
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Butter a 3 quart casserole. Preheat oven to 350° .  
 Drain asparagus. Layer in casserole: ⅓ asparagus, ⅓ soup, ⅓  
 cheese. Repeat layering. Add pimentos, almonds and water  
 chestnuts if desired. Sprinkle top with bread crumbs and dot  
 with butter. Bake 35-40 minutes.

This has been my mother's favorite dish at  
 Thanksgiving or Christmas dinner for many years. This past  
 Christmas (1998) she passed the tradition on to my daughter,  
 Beth, who now makes it for our family.

*Susan Cushman*

**BEANS****SOUTHERN-NORTHERN BAKED BEANS**

<b>2 (8 oz.) cans pork and beans (I use Showboat)</b>	<b>¼ c. chopped onions</b>
<b>¼ lb. ground beef</b>	<b>2 Tbsp. dark molasses or</b>
<b>Minced celery</b>	<b>2 Tbsp. brown sugar</b>
<b>Minced green pepper</b>	<b>1 Tbsp. dry mustard</b>

Brown ground beef and drain. Drain beans and place in casserole or bean pot. Add other ingredients to beans and mix well. Bake covered for 30 minutes. Uncover, stir and bake another 30 minutes. Quick method (but not as good): Cook in microwave for 5 to 10 minutes until hot.

This recipe can easily be doubled, tripled, etc. for a crowd. Great with hamburgers!

The "Southern" part of these beans is the ground beef. The "Northern" part is the molasses or brown sugar. Thanks to my mother, Effie Johnson, for the southern part and to my mother-in-law, Ginny Cushman, for the northern part!

*Susan Cushman*

## GREEN BEANS

<b>4 cans green beans</b> <b>Thinly sliced onion</b> <b>2 Tbsp. red wine vinegar</b>	<b>2 Tbsp. brown sugar (can use regular sugar as well)</b> <b>6-8 strips bacon</b>
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Spray a 9 x 13 inch baking dish with Pam. Drop in the cans of green beans and thinly sliced onion. Sprinkle with red wine vinegar and brown sugar. Layer bacon evenly spaced across the top (strips should not be touching each other. Cover with aluminum foil and bake several hours at 350°. Remove aluminum foil and bake the last 30 minutes at 450° to brown.

This is from Jack's mom's family – the Scott family.

*Emily Turner*

## GREEN BEAN BUNDLES

<b>2 cans French cut green beans</b> <b>1 c. brown sugar</b>	<b>2 Tbsp. dry mustard</b> <b>1 pkg. bacon</b>
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Drain beans and pour into a bowl. Sprinkle sugar and mustard mixture over beans. Toss gently. (Beans will break up some.) Wrap several beans in a bundle with ½ slice bacon, holding together with toothpick. Place on cookie sheet. Bake at 325° to 350° for 30 minutes.

*Mrs. Mashburn (Fr. Troy and Dn. Tim's mom)*

## **GREEN BEANS WITH LEMON AND OIL\***

<b>1 lb. green beans, fresh</b>	<b>1 lemon</b>
<b>1 clove garlic or more to taste</b>	<b>2 Tbsp. oil</b>
	<b>Salt</b>

Cut beans in lengths of 2 inches and wash. Boil beans until cooked and drain. Using a small deep dish or custard cup. mince mashed garlic with salt. Add lemon and oil to garlic and add to beans. Garnish with parsley, wedges of tomatoes and diced onion if desired. Serves 4

*Patty Harants*

## **MARINATED GREEN BEAN CASSEROLE**

<b>2 cans French cut green beans</b>	<b>6 strips bacon, cooked and crumbled</b>
<b>¼ c. sliced or slivered almonds</b>	<b>6 Tbsp. sugar</b>
	<b>6 Tbsp. vinegar</b>
	<b>6 Tbsp. bacon grease</b>

Drain beans and place in baking dish. (I use a glass one.) Fry bacon and cool on paper towels. Save grease. Mix sugar, vinegar and bacon grease; pour over beans. Let stand at least 4 hours. (You can do this the night before and put in refrigerator overnight.)

Before baking, crumble bacon and sprinkle this and the almonds on top. Bake, uncovered 40 minutes at 325°. Or you can cook in microwave for 5 to 10 minutes or until hot through. Serves 8. Doubles easily. Do not freeze.

As a newlywed and novice cook, I received this recipe from my neighbor, Ellen Tackett, librarian at Belhaven College in Jackson, Mississippi, in 1970.

*Susan Cushman*

## **LIMA BEANS AND MUSHROOMS\***

<b>2 c. dried lima beans</b>	<b>1 Tbsp. margarine</b>
<b>10 c. water</b>	<b>1 c. sliced fresh</b>
<b>2 cloves garlic, minced</b>	<b>mushrooms</b>
<b>1 tsp. dried basil</b>	

Cover limas in water and soak overnight. Drain limas. Put limas in water in a large pot and bring to a boil, then reduce heat and cook 1-½ to 2 hours until tender. Drain. Meanwhile, cook garlic and basil in margarine over medium-high heat for 30 seconds. Add mushrooms and cook 3-4 minutes or until tender. Stir into cooked beans. Add salt to taste.

*Katherine Thames*

## **CABBAGE**

### **BOHEMIAN CABBAGE - CESKE ZELI (IN CZECH)\***

<b>1½ lb. cabbage, shredded</b>	<b>Salt to taste</b>
<b>(green or red)</b>	<b>1 to 2 tsp. sugar</b>
<b>1 c. water</b>	<b>Juice of 1 lemon (or</b>
<b>1 medium onion, chopped</b>	<b>vinegar to taste)</b>
<b>½ c. margarine/butter</b>	<b>2 tsp. flour ("Wondra"</b>
<b>½ tsp. caraway seeds</b>	<b>works well)</b>

Simmer cabbage in water for 5 minutes. Add onion, browned in margarine, caraway seeds and salt and sauté 10 to 15 minutes. Add sugar, lemon juice and flour; simmer 5 minutes.

Works well as a side dish, especially with meat.

*Luke Heisig*

## CABBAGE-CHEESE CASSEROLE

<b>1 small cabbage</b> <b>¼ c. bell pepper, chopped</b> <b>¼ c. chopped onion</b> <b>2 c. cream</b> <b>8 slices cheese</b>	<b>1 small can sliced mushrooms</b> <b>⅓ c. margarine</b> <b>¼ c. flour</b> <b>1 tsp. salt</b>
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Chop and boil cabbage until tender. Sauté mushrooms, green pepper and onion in margarine in skillet. Blend in flour, cream, salt and cheese in skillet until cheese melts. Layer cabbage and cheese sauce in baking dish. Bake 30 minutes at 350°F.

*Sheila Shaheen*

## CABBAGE PLATE\*

<b>3 c. coarsely chopped cabbage</b> <b>2 c. sliced carrots</b> <b>1 c. chopped celery</b> <b>1 c. chopped onion</b>	<b>1 Tbsp. sugar</b> <b>1 ½ tsp. salt</b> <b>¼ c. oil</b> <b>½ c. hot water</b>
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Combine ingredients and stir. Cook until just tender, 10 to 15 minutes. Book says this makes 8 servings, but that's questionable. I think it's more like 4 - but that may be biased because I liked it so much it didn't last long!

I took this from an Orthodox cookbook Ruth Ann Skaff loaned me. This dish is really easy to fix and I liked the taste.

*Paul Parham*



## UNSTUFFED CABBAGE\*

<b>5 c. shredded cabbage (or 32 oz. jar sauerkraut)</b>	<b>½ Tbsp. lemon juice</b>
<b>1 (12 oz.) pkg. ground vegetarian ‘burger’</b>	<b>Dash sugar</b>
<b>1 (15 oz.) can tomatoes with onions</b>	<b>Dill to taste</b>
	<b>Salt and pepper to taste</b>
	<b>Water to reach desired consistency</b>

Heat cabbage in a large skillet over medium heat for 4 minutes or until wilted and lightly browned. Stir in vegetarian burger crumbles, tomatoes, lemon juice, sugar, dill and salt and pepper. Bring the mixture to a boil, cover, reduce heat to low and let the mixture simmer 5 minutes before serving. (Makes 5 servings).

*-adapted from a recipe from [www.Vegetarianrecipe.com](http://www.Vegetarianrecipe.com)*

## GERMAN HOT SLAW

<b>2 slices bacon</b>	<b>5 or 6 thinly sliced radishes or water chestnuts</b>
<b>1 Tbsp. brown sugar</b>	
<b>½ c. chopped green onions</b>	<b>½ c. thinly sliced celery</b>
<b>1 ½ tsp. salt</b>	<b>¼ c. vinegar</b>
<b>3 c. shredded cabbage</b>	

Cook bacon in skillet until crisp; drain on paper towel. Reserve 1 tablespoon drippings. Add brown sugar, green onions, salt and vinegar to reserved drippings; stir until smooth. Add crumbled bacon and remaining ingredients; toss lightly. Heat through and serve immediately. Makes 4 servings.

*Sheila Shaheen*

## HALUSKI AND CABBAGE

<p><b>½ c. water</b>  <b>1 egg</b>  <b>1 tsp. salt</b>  <b>1½ c. flour</b>  <b>½ head cabbage, chopped</b></p>	<p><b>2 medium onions</b>  <b>Pepper to taste</b>  <b>2 Tbsp. margarine</b>  <b>2 Tbsp. oil (cooking)</b></p>
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Haluski: Add egg to water and beat until well blended. Mix flour and salt together. Add liquid to flour mixture. Mix with fork until elastic smooth dough is formed. The dough will be sticky. Boil 2 quarts of water. Add small spoons of dough to boiling water. Cook for 5 to 8 minutes until all dumplings float. Drain.

Cabbage: Chop cabbage into approximately 2 inch pieces. Peel and chop onions. Melt margarine with oil in large saucepan. Add cabbage and onions to margarine and oil mixture. Sauté until tender. Add haluski to cabbage mix. Season with pepper.

*Fran Tylavsky*

## SKILLET CABBAGE

<b>1 small head cabbage</b>	<b>2 ribs celery, chopped</b>
<b>4 slices bacon (in 1 inch strips)</b>	<b>2 medium tomatoes, chopped</b>
<b>2 carrots, coarsely shredded</b>	<b>1 Tbsp. sugar</b>
<b>1 medium onion, sliced</b>	<b>1 tsp. salt</b>
	<b>1 tsp. pepper</b>

Remove core of cabbage and cut in  $\frac{1}{8}$  inch thick slices; set aside. Cook bacon for 5 minutes or until crisp; remove from skillet and drain on paper towel. In large skillet, add the bacon drippings, cabbage, carrots, onions and celery. Cook, uncovered, stirring occasionally, over moderate heat for 5 minutes or until the vegetables are crisp tender. Mix in the tomatoes and remove from heat. Stir in sugar, salt and pepper. Pour into serving dish and crumble bacon bits over the top.

*Shelia Shaeen*

**CARROTS****CARROT CASSEROLE**

<b>½ c. cooked, mashed carrots</b>	<b>6 crackers, crushed (may use Ritz)</b>
<b>½ c. grated Cheddar cheese</b>	<b>1 c. milk</b>
<b>1 egg beaten</b>	<b>1 Tbsp. butter</b>
<b>1 Tbsp. sugar (optional)</b>	<b>½ tsp. salt</b>

Add cheese and butter to hot carrots. Stir. Mix in other ingredients. Bake at 350° until set. Serves 4 to 6.

*Kitty Gilliland*

**CARROT PUDDING**

**(The vegetable that eats like a dessert!)**

<b>1 lb. cooked carrots, mashed</b>	<b>½ c. sugar</b>
<b>1 c. milk</b>	<b>2 Tbsp. flour</b>
<b>3 eggs</b>	<b>¼ tsp. cinnamon</b>
<b>¼ stick butter</b>	<b>1 tsp. baking powder</b>

Melt butter in casserole in preheated 350° oven. Mix other ingredients and pour into casserole. Bake 45 minutes. If you plan to freeze this, simply melt the butter in a glass measuring cup in the microwave and mix it with the other ingredients before pouring into a casserole.

*Susan Cushman*

## CARROT SOUFFLE

<b>1 egg, well beaten</b>	<b>6 Tbsp. melted butter</b>
<b>1 tsp. salt</b>	<b>1 c. cooked and mashed</b>
<b>½ tsp. pepper</b>	<b>carrots</b>
<b>1 Tbsp. sugar</b>	<b>1 ½ c. milk</b>
<b>⅓ c. grated cheddar</b>	<b>½ c. rolled cracker</b>
<b>cheese</b>	<b>crumbs</b>

Add eggs, salt, pepper, sugar, cheese and 4 tablespoons butter to mashed carrots. Add milk. Bake at 350° till firm. Cover with remaining butter and cracker crumbs. Serves 4.

*Laura Graham*

## MOROCCAN CARROTS IN CHERMOULA SAUCE\*

Peel 2 pounds carrots and cut into 2 inch chunks (chunks may be cut in halves lengthwise if carrots are thick).

Chermoula:

<b>1 crushed garlic clove</b>	<b>¼ tsp. ground cumin</b>
<b>2 Tbsp. minced cilantro</b>	<b>3 Tbsp. extra-virgin olive</b>
<b>2 Tbsp. minced parsley</b>	<b>oil</b>
<b>(preferably flat-leaf)</b>	<b>Juice of 1 lemon</b>
<b>1 tsp. sweet paprika</b>	

Put carrots in saucepan and just cover with boiling water. Cook, partially covered, until carrots are tender, about 15 minutes. Meanwhile, chop garlic and mix with cilantro, parsley, salt, paprika and cumin. Beat in lemon juice and olive oil. Taste and adjust seasoning, adding more salt and lemon juice if desired. When carrots are tender, drain thoroughly and toss with Chermoula Sauce. Allow to marinate for at least 30 minutes before serving at room temperature. Makes 6 to 8 servings.

*Anne Dugan*

**CAULIFLOWER****ROMANIAN CAULIFLOWER**

<b>6 c. water</b>	<b>2 Tbsp. shredded or</b>
<b>1 large cauliflower or 1</b>	<b>Parmesan cheese</b>
<b>bag frozen pieces</b>	<b>1 Tbsp. fine bread crumbs</b>
<b>2 Tbsp. sour cream</b>	<b>¼ tsp. salt</b>

If using fresh cauliflower, cut into pieces and rinse in cold water. Bring water and salt to a boil. Add cauliflower and simmer until tender. Drain. (If using frozen cauliflower follow directions on bag.) Set cauliflower in a lightly greased baking dish. Dot with sour cream. Sprinkle with cheese and bread crumbs. Bake in 350° oven for 5-10 minutes until cheese melts.

*Raluca Casaval*

**CORN****ALIVANCA - MOLDAVIAN CORN MEAL  
CAKE**

<b>1 lb. cottage cheese</b>	<b>4 Tbsp. corn meal</b>
<b>2 Tbsp. sour cream</b>	<b>2 Tbsp. flour</b>
<b>4 eggs</b>	<b>Salt</b>
<b>1 Tbsp. butter</b>	

Stir cottage cheese in a bowl until creamy. Add eggs, flour, corn meal, sour cream and butter. Sprinkle with salt. Stir well. Lightly grease a baking pan. Pour in mixture and cook at 400° for 20 to 30 minutes. Serve immediately (hot!). Cut into pieces. Serve more sour cream on the side.

*Raluca Cascaval*

## CORN PUDDING

**1 can cream-style corn**                      **1 box jiffy corn bread**  
**1 can whole kernel corn**                **2 eggs**  
**1 stick butter, melted**

Mix all ingredients and pour into dish, leaving enough room to rise. Bake at 350° F for 30 to 40 minutes in a shallow dish or 375° F for 45 minutes to an hour in a soufflé dish- until it's cooked in the middle.

*Margaret Elliott*

## BAKED CORN SUPREME

**2 c. canned cream style corn**                      **2 Tbsp. Worcestershire sauce**  
**8 slices bacon, fried and crumbled**                **1/3 c. finely chopped bell pepper**  
**2 Tbsp. bacon drippings**                      **1 Tbsp. grated onion**  
**3 slices bread, cut in 1 inch pieces**                **1/2 tsp. salt**  
**2 eggs**    **1/8 tsp. pepper**

Mix all ingredients together. Turn into greased casserole. Cover top with cracker crumbs and sprinkle with melted butter. Bake at 350° for 30 minutes.

*Nancy McGee*

**EGGPLANT****EGGPLANT CASSEROLE**

<b>2 eggplants</b>	<b>3 eggs</b>
<b>½ c. grated cheddar cheese</b>	<b>1 ½ c. cracker crumbs</b>
<b>4 Tbsp. onion</b>	<b>1 stick oleo, softened</b>
<b>2 chopped green onions</b>	<b>2 tsp. sugar</b>
<b>¾ c. milk</b>	<b>Ritz crackers</b>

Cook eggplant until tender. Mix remaining ingredients. Bake at 350° for 45 minutes. Last 5 minutes of baking, add crushed Ritz crackers with butter.

*Nancy McGee*

**EGGPLANT PARMESAN\***

<b>1 eggplant</b>	<b>Italian style bread crumbs</b>
<b>1 can spaghetti sauce</b>	<b>cheese (optional)</b>

Peel and slice eggplant; soak in salt water 2 hours to remove bitterness. Heat spaghetti sauce in crock pot, approximately ½ hour. Roll eggplant slices in bread crumbs and cook in frying pan (substituting water for oil during Lent). When tender, transfer to crock pot. Allow to cook on LOW 4 to 5 hours. During non-fasting times, break up some cheese and add it to the crock pot at the last minute, stirring it in to allow it to melt. Serve hot.

*Betsy and Frank Larker*



## STEWED EGGPLANT - RATATOUILLE\*

<b>1 (16 oz.) can chickpeas, drained (garbanzo beans)</b>	<b>2 yellow squash</b>
<b>1 clove garlic, chopped</b>	<b>1 zucchini</b>
<b>1 large onion, chopped</b>	<b>1 (28 oz.) can whole tomatoes</b>
<b>1/3 c. oil</b>	<b>1 tsp. salt</b>
<b>1 large eggplant</b>	<b>1 tsp. cumin</b>
	<b>1/2 tsp. pepper</b>

Pour oil into heavy pot. Add chopped onions and garlic and sauté about 10 minutes. While sautéing, start cutting unpeeled eggplant, squash and zucchini into 1/2 to 3/4 inch cubes. When onions turn golden, add chickpeas, cover and reduce heat to simmer about 15 minutes. Continue the cubing. Add the seasonings, the squash, zucchini and eggplant. If you like a watery dish, as I do, just dump the tomatoes in. For a slightly firmly dish, drain about half of the juice before adding the tomatoes. Cover; cook on medium until vegetables are tender, about 30 minutes. Can be served hot or cold. Serves 6 if you have a salad or other entree or 4 if it's the only dish.

*Paul Parham*

## RATATOUILLE\*

<b>3 c. chopped eggplant</b>	<b>Rice or couscous,</b>
<b>2 c. yellow squash</b>	<b>prepared</b>
<b>2 c. zucchini</b>	<b>Chopped garlic</b>
<b>1 red bell pepper</b>	<b>Butter/margarine/oil</b>
<b>1 yellow bell pepper</b>	<b>1 tsp. oregano</b>
<b>1 medium onion</b>	<b>1 tsp. thyme</b>
<b>1½ c. Ragu or Prego sauce</b>	<b>1 tsp. parsley</b>
	<b>1 Tbsp. basil</b>

Zap vegetables, one at a time, in 9 inch pie plate covered with paper towel on HIGH for 4 minutes. Sauté onions and garlic in butter, margarine or oil until translucent. Stir in seasonings. Add Ragu or Prego. Add vegetables, then stir until all is heated, about 5 minutes. Serve over rice or couscous.

*Sarah Hodges*

## LENTILS

### LENTILS AND RICEWHEAT\*

<b>1 c. lentils</b>	<b>½ c. rice or 1 c. cracked</b>
<b>1 onion, cut in slivers</b>	<b>wheat</b>
<b>2 c. water</b>	<b>Salt and pepper to taste</b>
<b>2 Tbsp. oil</b>	

Boil lentils in 2 cups water 20 to 30 minutes. Sauté onions in 2 tablespoons oil. Add onions, rice or wheat, salt and pepper to lentils. Simmer for 15 minutes until rice is done.

*Wes and Becky Kraker*

## LENTILS WITH RICE OR BULGAR\*

<b>1 c. lentils</b>	<b>¼ c. rice or wheat (bulgar)</b>
<b>3 ½ c. water</b>	<b>½ tsp. salt</b>
<b>1 medium onion</b>	<b>¼ tsp. Syrian pepper</b>
<b>4 Tbsp. oil</b>	

Clean and wash lentils thoroughly. Add water and bring to boil for 15 minutes. Brown onions in oil, add to lentils with salt. Cook for about 15 minutes. Stir occasionally. Serves 4

Great left over or serve warm with a great salad or top with yogurt.

*Patty Harants*

## OKRA

### BAMIYES (OKRA)\*

<b>1 bunch scallions, chopped</b>	<b>½ tsp. sugar</b>
<b>8 oz. tomato sauce</b>	<b>4 to 6 coriander, crushed</b>
	<b>1 (16 oz.) box frozen okra</b>

Sauté scallions in olive oil. Add tomato sauce. Add sugar and coriander. Let boil, then add okra and cook until done. The sauce must be thick. Fresh or frozen okra may be used. I like this dish hot. Some people serve it cold.

Vegetable oil may be substituted for olive oil during Lent.

*Kathy Nash*

## OKRA IN TOMATO SAUCE\*

<b>2 lb. okra</b>	<b>½ c. chopped parsley</b>
<b>Juice of 1 ½ lemons</b>	<b>1 can tomato sauce</b>
<b>3 onions, chopped</b>	<b>1 can Italian stewed</b>
<b>¾ c. vegetable oil</b>	<b>tomatoes</b>
<b>Salt and pepper</b>	

Wash okra carefully and trim stems. Dip stem ends in salt. Place in deep bowl. Sprinkle with lemon juice. Let stand 30 minutes or overnight in refrigerator, then rinse.

Sauté onions in oil. Add tomatoes, parsley and dash of pepper. Bring to boil. Add okra, reduce heat and simmer until okra is cooked and sauce has thickened.

Can use vinegar instead of lemon juice and mint instead of parsley.

*Urania Alissandratos*

## ONIONS

### ONION SOUFFLE

<b>2 blocks softened cream cheese</b>	<b>1 c. grated Parmesan cheese</b>
<b>1 c. mayonnaise</b>	<b>1 onion, chopped coarsely</b>

Mix ingredients well. Spread mixture into casserole dish or pie plate. Bake at 365 ° until brown and bubbly - approximately 25 minutes.

*Kerry Sneed*

## POTATOES

### GREEK POTATOES\*

<b>6 scrubbed potatoes, cubed</b>	<b>3 c. hot water</b>
<b>Lemon juice</b>	<b>2 tsp. salt</b>
<b>1/3 c. olive oil (vegetable oil in Lent)</b>	<b>1/2 tsp. black pepper</b>
<b>2 cloves minced garlic</b>	<b>1/2 tsp. oregano</b>
	<b>1/2 tsp. thyme</b>
	<b>Pinch of nutmeg</b>

Stir around in the pan to mix. Bake, uncovered, for 1-1/2 hours. Check occasionally to make sure there is enough liquid. Add more water if necessary, until last 20 minutes of cooking. Let liquid evaporate until only the oil is left. Garnish with 2 tablespoons chopped fresh parsley, Feta cheese or hardboiled egg crumbles. Serves 6.

*Chuck Ingram*

### HASH BROWN CASSEROLE

<b>2 lb. frozen hash brown potatoes</b>	<b>1 tsp. pepper</b>
<b>2 c. sour cream</b>	<b>1/2 c. chopped onion</b>
<b>1 stick margarine</b>	<b>2 c. Ritz crackers or corn flakes crumbled</b>
<b>1 tsp. salt</b>	<b>1 can cream of chicken soup</b>
<b>8 oz. grated cheese</b>	

Defrost potatoes. Melt margarine. Add onion, soup and sour cream. Remove from heat. Add salt. Mix with potatoes. Top with cheese and crackers. Bake at 350° for 1 hour. Don't overbake.

*Margaret McKelroy*

## **NEW POTATOES WITH DILL BUERRE BLANC**

Gittchie a bunch of firm, little new potatoes (enough for 3 to 4 per person). Wash them gently and place in large saucepan with water to cook, along with a little butter, salt and pepper. Bring the whole thing to a rolling boil, then reduce heat to low-medium for about 40 minutes or until done when checked with a fork. When done, remove potatoes to serving bowl; place in warming oven. Toward the end of cooking, in a small saucepan and over medium heat, melt a half stick of butter and sauté half a c. of finely chopped onion until just transparent. Add half a c. of dry white wine and reduce a little to thicken over medium-low heat, being careful not to brown this sauce. Just before serving, snip fresh dill into the sauce, season with salt and pepper and turn off heat. Remember: Heat hurts herbs. Pour this sauce over potatoes and serve. This will hold for a little while. If you need more sauce, then just make some more!

*David Romine*

## **NO FUSS NO MEAT!\***

**Potatoes**

**Creamed Corn**

Bake as many potatoes as needed for your family. When ready for dinner, split open potatoes, add a little margarine and pour creamed corn over each potato.

Great with a vinaigrette salad!

*Christine Long*

## PARSLEY-POTATO CASSEROLE\*

**2 large baking potatoes, thinly sliced**  
**3 cloves garlic, chopped**  
**3 Tbsp. oil**  
**1 large onion, chopped**  
**½ c. parsley, chopped**  
**Salt and pepper to taste**

Chop all ingredients. Sauté chopped garlic in oil. Layer in a buttered casserole dish: potatoes, chopped onion, garlic, parsley and salt and pepper. Pour water around edge until casserole dish is  $\frac{2}{3}$  to  $\frac{3}{4}$  full. Bake at 350° for 1-½ hours removing cover for the last 20 minutes. Serves 6-8.

*Betsy and Frank Larker*

## POTATO CASSEROLE

**6 large potatoes**  
**1 stick butter**  
**1 ½ c. sour cream**  
**⅔ c. green onions (tops and all), chopped**  
**1 c. milk**  
**2 c. sharp grated cheese**  
**Salt and pepper (as needed)**

Boil potatoes in jackets. Chill until cold. Shred on grater. Melt butter in double boiler. Add cheese, a small amount at a time. Mix together sour cream and milk, then add to cheese mixture. Add onions. Stir all together. Add to shredded potatoes. Put in buttered casserole and bake at 350° for 45 minutes. Save small amount of cheese to sprinkle on top for the last 5 minutes of cooking.

*Mrs. Mashburn, (Fr. Troy and Dn. Tim's mom)*

## POTATO CASSEROLE

**2 lb. frozen hash browns**      **1 small onion, grated**  
**1 lb. Velveeta (plain or**      **1 c. margarine**  
**Mexican), cut up**

Defrost potatoes. Velveeta may be melted in top of double boiler or cut in cubes and mixed in without melting. Bake at 350° for 40 to 45 minutes. This is really good, quick and easy. Makes 8 servings.

May be cooked in microwave, but I can't give any directions for that other than cook on "MEDIUM until done."

*Kitty Gilliland*

## POTATO CHOP\*

**5 to 8 potatoes**      **1 Tbsp. self-rising flour**  
**1 c. parsley, finely**      **1/3 c. olive oil**  
**chopped**      **1 tsp. salt (as needed)**  
**1 c. tomatoes, chopped**      **1 tsp. pepper (as needed)**  
**1 c. onions, peeled and**  
**chopped**

Boil potatoes. Allow to cool and peel. While potatoes are boiling, cook chopped onions in 2 tablespoons oil. Add in tomatoes and parsley until partially cooked. Set aside.

After peeling potatoes, mash. Add flour. Mix. Place 1 tablespoon oil in 9 x 9 inch baking dish or larger dish. Spread a layer of potatoes on bottom of dish. Spread filling of onions, parsley and tomatoes. Spread another layer of potatoes on top of filling. Cut potatoes and filling into 9 to 12 portions. Add remaining oil to top and spread evenly. Bake for 45 to 50 minutes at 400°. Can be Lenten using vegetable oil.

*Carla Fahhoum*



## POT-LUCK POTATOES

<b>2 lb. frozen hash brown potatoes</b>	<b>1 tsp. salt</b>
<b>½ c. margarine, melted</b>	<b>2 cans cream of chicken soup</b>
<b>1 tsp. salt</b>	<b>2 c. sour cream</b>
<b>½ tsp. pepper</b>	<b>½ c. chopped onion</b>
<b>½ c. fine egg noodles</b>	<b>10 oz. cheddar cheese</b>

Topping:

<b>2 c. crushed corn flakes</b>	<b>½ c. margarine, melted</b>
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Thaw potatoes and combine all ingredients in large bowl. Mix. Place in 9 x 13 inch casserole dish. Sprinkle with topping. Bake at 350° for 45 minutes.

*Nancy McGee*

## ROASTED CARAWAY POTATOES\*

<b>3 lb. new potatoes, unpeeled and quartered</b>	<b>1 Tbsp. caraway seeds</b>
<b>2 medium onions, sliced</b>	<b>1 ½ tsp. salt</b>
<b>¼ c. olive oil ( or vegetable oil for fasting)</b>	<b>1 tsp. pepper</b>

Combine all ingredients in a large bowl or zip-top plastic bag. Stir mixture in bowl or seal bag and shake well to coat. Place potatoes in an ungreased 13 x 9 x 2 baking pan. Bake 400 for 1 hour or until tender, stirring occasionally.

*Nancy McGee*

## ROASTED RED POTATOES\*

- |   |  |
|---|--|
| <b>1 ½ lb. baby red potatoes,<br/>quartered, not peeled</b> | <b>2 Tbsp. fresh rosemary or<br/>thyme, coarsely chopped</b> |
| <b>2 Tbsp. olive oil (or<br/>vegetable oil for fasting)</b> | <b>Coarse salt and freshly<br/>ground pepper</b>             |

Preheat oven to 425 °. Toss potatoes, oil, rosemary or thyme on a rimmed baking sheet. Spread out potatoes in a single layer; season with salt and pepper. Roast, stirring once halfway through cooking, until potatoes are golden brown and crisp outside and tender inside, about 30 minutes.

*Nancy McGee*

## SPINACH

### ITALIAN SPINACH

- |   |                             |
|---|-----------------------------|
| <b>2 pkgs. (10 oz. each.)<br/>frozen spinach, chopped</b> | <b>½ tsp. black pepper</b>  |
| <b>1 c. water</b>   | <b>2 oz. olive oil</b>      |
| <b>1 tsp. salt</b>  | <b>1 egg, beaten</b>        |
| <b>1 tsp. garlic powder</b>                               | <b>⅓ c. parmesan cheese</b> |

Place spinach and water in skillet over medium heat. Cook until all moisture is removed. Mix all other ingredients and add to spinach. Blend quickly to incorporate egg mixture. Reduce heat and simmer about 10 minutes. This is really good if you like spinach!

*Paul Parham*

## ROMANIAN EASTER SPINACH

<b>4 c. water</b>	<b>1 Tbsp. sour cream</b>
<b>1 bunch fresh spinach or 1</b>	<b>1 tsp. flour</b>
<b>bag frozen cut spinach</b>	<b>¼ tsp. salt</b>
<b>(frozen works better)</b>	<b>½ Tbsp. vegetable oil</b>

Cut spinach leaves and rinse in cold water. Bring water to a boil in a saucepan. Cook spinach until tender. Drain all except ½ cup liquid. Shred boiled spinach leaves with a blender. Heat oil in a small saucepan. Add spinach and salt, stirring frequently.

Combine the ½ c. of saved cooking water with the flour, stirring well. Add to the spinach. Also, add sour cream. Simmer for 5 to 10 minutes.

*Raluca Cascaval*

## SPANAKOPETA - SPINACH PIE

<b>6 boxes frozen chopped spinach</b>	<b>¾ c. olive oil</b>
<b>1 yellow onion, chopped</b>	<b>1 Tbsp. dried dill</b>
<b>2 bunches green onions, chopped</b>	<b>4 eggs, slightly beaten</b>
<b>1 c. chopped parsley</b>	<b>¾ lb. Feta cheese</b>
	<b>Filo (thin pastry sheets)</b>

Drain spinach overnight. Sauté onions in oil. Remove from fire. Add all other ingredients. Mix well. Grease shallow pans (two 2 quart size) with melted butter and line with 9 pastry sheets. Brush each sheet with butter to prevent sticking together. Spread filling evenly over filo. Cover with 6 pastry sheets. Brush top with butter and with the point of a sharp knife trace the crust into sq pieces. Bake in a 350° oven for 45 minutes. When golden brown, remove from oven, cool and cut. Makes 2 (2-qt) Pyrex pans. Can be frozen before cooking. Thaw and then cook.

*Urania Alissandratos*

## SPINACH CASSEROLE

Half cook 3 packages unsalted chopped spinach and drain well. Add 1 (8 ounce) container sour cream and 1 package onion soup mix. Top with Parmesan cheese. Cook at 350° for 20 minutes. A quickie!

*Urania Alissandratos*

## SPINACH CASSEROLE

**1 box frozen chopped spinach**  
**1 c. cooked rice**  
**1 tsp. onion powder**  
**2 Tbsp. butter**  
**¼ lb. Velveeta cheese**

Cook spinach. Drain. Add cheese and butter to hot spinach and stir till cheese and butter melt. Add rest of the ingredients. Mix well. Put in greased casserole dish and cook at 350° for 20 minutes.

*Corinne Elliott*

## SPINACH CASSEROLE WITH COTTAGE CHEESE

**½ lb. cheddar cheese, grated**  
**1 pkg. chopped spinach, thawed and drained well**  
**1 lb. cottage cheese minus 2 Tbsp.**  
**3 eggs, beaten**  
**3 Tbsp. flour, mixed with small amount (about 2 Tbsp.) water or milk for thickening**

.Mix all ingredients together. Bake, uncovered, in a buttered 2-qt casserole at 300° for about 1 hour. Yield: 6 to 8 servings.

Spinach can be thawed in microwave 5 minutes on MEDIUM or MEDIUM LOW. Squeeze it a little to remove excess liquid.

Note: Non-spinach eaters usually love this!

*Kitty Gilliland*

## SPINACH ARTICHOKE CASSEROLE

**2 (14 oz.) cans artichoke**      **2 (10 oz.) pkg. frozen spinach**

Layer drained artichokes in bottom of ovenproof casserole. Squeeze moisture out of spinach and layer on top of artichokes.

Blend with mixer:

**1 (8 oz.) pkg. cream cheese, warmed to soften**      **2 Tbsp. margarine**  
**4 Tbsp. olive oil**  
**6 Tbsp. milk**

Spread cream cheese mixture on top of spinach. Sprinkle  $\frac{1}{2}$  c. Parmesan cheese on top. Bake, uncovered, at  $375^{\circ}$  for 30 to 40 minutes or until top is lightly browned.

*Lynda Spinolo*

## SPINACH-ARTICHOKE CASSEROLE

**2 pkg. chopped spinach, cooked and drained**      **Parmesan cheese (as desired)**  
**1 large pkg. cream cheese**      **1 can artichoke hearts**  
**2 sticks oleo, melted**      **1 lb. spinach**  
**Small amount of milk**      **1 chopped onion**  
**Ritz crackers (as desired)**       **$\frac{1}{4}$  c. olive oil**  
     **$1\frac{1}{2}$  c. water**

Mix cream cheese with melted oleo and small amount of milk. Place spinach in casserole dish. Spread cream cheese mixture over spinach. Place artichokes on top and press down into cream cheese and oleo. Mix Ritz crackers and Parmesan cheese together and sprinkle over top. Cook at around  $400^{\circ}$  until hot through. Serve immediately.

*Nancy McGee*

## SPINACH RICE\*

<b>1 lb. spinach</b>	<b>2/3 c. rice</b>
<b>1 chopped onion</b>	<b>1 Tbsp. chopped dill</b>
<b>1 1/2 c. water</b>	<b>Salt and pepper to taste</b>

Wash spinach several times, drain well and chop. Sauté onions in oil until soft. Add spinach and water. Bring to a boiling point. Stir in rice and seasonings. Cover and simmer until rice is soft and liquid is absorbed. Add juice of 1/2 lemon before removing from fire. Makes 5 servings. Substitute vegetable oil during Lent.

*Urania Alissandratos*

## SQUASH

### KOOSA MAHSHI - STUFFED YELLOW SQUASH

<b>20 squash (koosa) or zucchini (small or medium size)</b>	<b>1 can tomato sauce</b>
<b>1/2 lb. rice</b>	<b>2 med. cans tomatoes</b>
<b>1 lb. ground beef</b>	<b>Cinnamon to taste</b>
	<b>Salt and pepper to taste</b>

Scoop out squash; slice the end from the "bottom" and scoop out the seeds. Combine rice, ground beef, salt, pepper and cinnamon. Mix well and stuff squash nearly full, but do not pack tightly. Arrange squash in pan and add water and tomatoes to cover. Add 1 clove of garlic if desired. Add mint leaves if desired. Cook for about 1 hour over medium heat. Delicious served with plain yogurt on the side.

*Ruth Ann Skaff*

## SQUASH CASSEROLE

- |  |                            |
|--|----------------------------|
| <b>2 ½ to 3 lb. yellow squash</b>                | <b>2 eggs, beaten</b>      |
| <b>2 medium white onions,<br/>finely chopped</b> | <b>1 c. cracker crumbs</b> |
| <b>½ stick butter or<br/>margarine</b>           | <b>½ tsp. nutmeg</b>       |
| <b>½ c. cream</b>                                | <b>2 tsp. salt</b>         |
| <b>2 c. shredded cheddar<br/>cheese</b>          | <b>1 tsp. black pepper</b> |
|  | <b>Dash of paprika</b>     |

Cut up squash and onions and boil for 20 minutes. Drain water. Add butter, cream, 1-½ cups of cheese (save the other ½ c. for the top layer of the casserole), eggs, nutmeg, salt and pepper. Combine together. Pour casserole into baking dish. Sprinkle remaining cheese, then cracker crumbs and sprinkle nutmeg on top. Bake for 35 minutes at 350°. Serves 10 to 12.

*Karen Wells*

## SQUASH DRESSING

- |   |                               |
|---|-------------------------------|
| <b>1 can cream of chicken<br/>soup</b>        | <b>1 small chopped onion</b>  |
| <b>2 c. cooked yellow squash,<br/>smashed</b> | <b>1 c. Bisquick</b>          |
| <b>2 c. cooked, crumbled<br/>corn bread</b>   | <b>4 eggs</b>                 |
| <b>1 stick margarine</b>                      | <b>¼ c. vegetable oil</b>     |
| <b>4 c. unpeeled squash</b>                   | <b>1 small onion, chopped</b> |
|   | <b>2 eggs, mixed</b>          |
|   | <b>Salt</b>                   |
|   | <b>Pepper</b>                 |

Cook onion in margarine till transparent. Mix all ingredients together. Pour into 8x11 inch Pyrex dish. Cook at 350° for 25 to 30 minutes.

*Margaret McKelroy*



## SQUASH OR ZUCCHINI PIE

<b>4 c. unpeeled squash</b>	<b>¼ tsp. dill</b>
<b>1 small chopped onion</b>	<b>¼ tsp. pepper</b>
<b>1 c. Bisquick</b>	<b>2 Tbsp. parsley flakes</b>
<b>4 eggs</b>	<b>¼ tsp. salt</b>
<b>½ c. grated Parmesan</b>	

Trim ends of squash without peeling; cut into ¼ inch slices. Cut slices into quarters or sixths. Mix all ingredients and stir gently until blended. Grease 9 ½ or 10 inch pan. Bake 45 minutes in 350° oven until top is browned.

*Urania Alissandratos*

## ZUCCHINI CASSEROLE

<b>3 to 4 c. sliced zucchini</b>	<b>1 c. soft bread, torn in small pieces</b>
<b>1 c. cut tomatoes (fresh or canned - don't drain canned tomatoes)</b>	<b>2 Tbsp. bread crumbs</b>
	<b>Salt and pepper to taste</b>
<b>1 c. grated cheese</b>	<b>⅓ tsp. marjoram</b>
	<b>1 clove garlic</b>

Cook zucchini and tomatoes until done as desired. Add seasonings and pieces of bread and mix well. Place in 7 x 11 inch baking dish. Spread grated cheese over top, then sprinkle bread crumbs over cheese. Brown under broiler till cheese is bubbly and browned. Careful not to burn.

I used cheddar cheese, but other cheeses, such as Swiss or Muenster could be used.

*Rose Nash*

**SWEET POTATOES****BAKED SWEET POTATO WEDGES\***

Wash and slice sweet potatoes like "home fries." Coat in vegetable oil and arrange in single layer on baking sheet. Sprinkle with salt. Bake 10 minutes at 425; turn over; bake an additional 10 minutes on other side.

*Katherine Thames*

**SWEET POTATO, APPLE, CRANBERRY  
MEDLY\***

**1 can (28 oz.) sweet  
potatoes**

**1 can apple pie filling**

**1 can whole cranberry  
sauce**

Mix all ingredients together and microwave 20 minutes or bake 30 minutes at 350°

*Urania Alissandratos*

## BAKED SWEET POTATOES WITH MARSHMALLOWS

<p><b>8 medium raw sweet potatoes (or two No. 1 cans - equals 5 c. drained and liquid discarded)</b></p> <p><b>1 c. milk</b></p> <p><b>3 Tbsp. sugar</b></p>	<p><b>½ stick butter</b></p> <p><b>¼ tsp. cinnamon</b></p> <p><b>Few dashes of nutmeg</b></p> <p><b>1 Tbsp. orange juice</b></p> <p><b>Marshmallows</b></p> <p><b>1 tsp. vanilla</b></p>
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Bake sweet potatoes in a 350° oven until done. Peel hot potatoes and put through ricer until mashed (no lumps). Scald milk and add vanilla, sugar and butter. To potatoes, add cinnamon, nutmeg and orange juice. Stir. Add milk mixture to potatoes and stir. Bake at 350° until very hot throughout. Add a top layer of marshmallows and brown. Serves 8 to 10. Use a 2-quart casserole.

*Rose Nash*

## CANDIED SWEET POTATOES

Parboil sweet potatoes until half done (or get the sliced sweet potatoes from grocery).

Sauce:

<b>5 c. sugar (4 of white, 1 of dark brown)</b>	<b>5 Tbsp. cornstarch</b>
<b>3 c. water</b>	<b>1 Tbsp. lemon juice</b>
<b>2 sticks butter</b>	<b>1 tsp. cinnamon</b>
	<b>1 tsp. nutmeg</b>

Line 9 x 12 inch pan with sliced sweet potatoes. Combine sauce ingredients and cook until very thick (if using candy thermometer - at least the "soft ball"). Pour sauce over the boiled, sliced sweet potatoes. (May be frozen here for later use.) Bake at 350° about 30 to 40 minutes, until "bubbly." This dish is a tradition in our house!

*Margaret Layman*

## SWEET POTATO CASSEROLE

<b>3 c. sweet potatoes, boiled and mashed</b>	<b>½ c. margarine</b>
<b>Pinch of salt</b>	<b>1 egg</b>
<b>1 c. sugar (or less as desired)</b>	<b>1 tsp. vanilla flavoring</b>

Mix thoroughly and pour into buttered 1 ½ quart casserole dish.

Topping for casserole:

<b>1 c. brown sugar</b>	<b>⅓ c. flour</b>
<b>1 c. chopped pecans</b>	<b>⅓ c. margarine</b>

Mix well and crumble on top of casserole. Bake until light brown, about 20 minutes, at 350°.

*Margaret McKelroy*

## SWEET POTATO PONE

<b>1 c. sugar</b>	<b>Dash of nutmeg</b>
<b>¼ tsp. salt</b>	<b>2 c. raw grated sweet</b>
<b>½ stick butter</b>	<b>potatoes (1 large potato)</b>
<b>1 egg</b>	<b>Grated rind of 1 orange</b>
<b>¼ tsp. cinnamon</b>	<b>Juice of ½ orange (¼ c.)</b>

Melt butter over slow heat. Mix everything, adding sweet potato last (potato tends to turn dark when grated, so blend immediately). Bake in casserole at 325° for 55 minutes.

Good hot or cold. Good with milk, also.

*Rose Nash*

## TOMATOES

### BAKED TOMATOES 1

<b>2 c. tomatoes</b>	<b>¼ tsp. marjoram</b>
<b>16 crackers, rolled and</b>	<b>¼ tsp. pepper</b>
<b>divided</b>	<b>½ stick margarine</b>
<b>¼ tsp. thyme</b>	<b>Parmesan or Romano</b>
<b>¼ tsp. oregano</b>	<b>cheese</b>

Mix tomatoes and 8 crackers with all spices. Place in baking dish. Top with melted margarine and remaining crackers. Sprinkle generously with cheese. Bake 35 to 40 minutes at 350°.

*Nancy McGee, Susan Cushman*

## BAKED TOMATOES 2

<p><b>1 med. onion</b></p> <p><b>1 bell pepper</b></p> <p><b>3 Tbsp. butter or margarine</b></p> <p><b>4 cans diced tomatoes with juice</b></p> <p><b>3 tsp. light brown sugar</b></p> <p><b>2 tsp. Worcestershire sauce</b></p>	<p><b>3 dashes Tobasco sauce</b></p> <p><b>¼ tsp. creole seasoning</b></p> <p><b>2 c. Pepperidge Farm dry stuffing mix</b></p> <p><b>1 c. shredded mild cheddar cheese</b></p> <p><b>Salt &amp; pepper to taste</b></p>
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Chop-onion & bell pepper: sauté in butter. Add remaining ingredients except. cheese. Pour into 9 X 13 casserole dish. Top with cheese. Cook 30 minutes 350°.

*Kerry Sneed*

## BAKED TOMATOES DIJON\*

<p><b>Vegetable spray</b></p> <p><b>1 ripe tomato</b></p> <p><b>1 tsp. finely chopped fresh chives</b></p>	<p><b>½ tsp. Dijon mustard</b></p> <p><b>1 Tbsp. fresh bread crumbs</b></p> <p><b>½ tsp. minced fresh basil</b></p>
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Use 350° oven. Spray shallow baking dish with vegetable spray. Cut tomato in half and place, cut side up, in dish (may need to slice a sliver off bottom so tomato won't roll over).

In a small bowl, combine chives and mustard; spread over tomatoes. Sprinkle with bread crumbs and minced basil. Bake 10 to 12 minutes (till crumbs are brown and tomatoes are tender).

Great for fasting! I love this recipe.

*Anne Marie McCollum*

## **TOMATOES WITH CRACKED WHEAT\***

<b>2 onions, chopped</b>	<b>2 c. water</b>
<b>¼ c. oil</b>	<b>1 c. coarse cracked wheat</b>
<b>1 tsp. salt</b>	<b>1 (17 oz.) can tomatoes</b>
<b>Cinnamon</b>	

Sauté onions in oil until limp. Add tomatoes, salt and cinnamon. Add water and simmer, then add wheat and cook for 20 minutes longer or until water is absorbed.

*Wes and Becky Kraker*

## **MARINATED TOMATOES\***

<b>3 large tomatoes</b>	<b>½ clove crushed garlic</b>
<b>½ c. olive oil (vegetable oil during lent)</b>	<b>1 Tbsp. chopped parsley</b>
<b>¼ c. red wine vinegar</b>	<b>1 Tbsp. fresh basil or 1 tsp. dry</b>
<b>1 tsp. salt</b>	<b>2 Tbsp. chopped onion</b>
<b>¼ tsp. pepper</b>	

Combine ingredients over tomatoes. Marinate for several hours in refrigerator before serving.

*Connie Austin*

## SPICY TOMATO ASPIC\*

<b>3 pkg. unflavored gelatin</b>	<b>1 tsp. dill weed or seed</b>
<b>1 (46 oz.) can V-8 juice</b>	<b>½ tsp. dried basil</b>
<b>½ c. lemon juice</b>	<b>½ tsp. dried oregano</b>
<b>1 Tbsp. grated onion</b>	<b>1 bay leaf, crushed</b>
<b>1 clove garlic, minced</b>	

In Pyrex measuring cup, stir gelatin into ½ c. V-8 juice. When dissolved, set measuring c. into pan of water, then heat and stir until clear. Combine all other ingredients in a large saucepan. Bring to a boil. Reduce heat and simmer 10 minutes. Strain tomato mixture. Add gelatin. Stir well. Yield: 12 servings. When not fasting, serve with cottage cheese or chicken salad scoop on top.

*Urania Alissandratos*

## COMBINATION DOLMA

<b>3 green peppers</b>	<b>½ c. rice</b>
<b>3 firm tomatoes</b>	<b>3 medium onions,</b>
<b>3 medium squash</b>	<b>chopped fine</b>
<b>(summer or zucchini)</b>	<b>3 Tbsp. parsley, chopped</b>
<b>3 long type eggplants</b>	<b>Salt and pepper to taste</b>
<b>1½ lb. ground lamb</b>	<b>Chopped mint leaves</b>
<b>shoulder</b>	<b>(optional)</b>

Wash all vegetables. Scoop out the centers of the green peppers, cut the eggplants and the squash in halves and scoop out the centers. Do the same to the tomatoes, but add the pulp to the meat. Knead the meat with the rice, onions, parsley, mint, salt and pepper to taste. Fill the hollows of the vegetables, not too full, with the meat mixture. Arrange side by side. Add a little water, cover and bake in medium oven for 1½ hours.

*Rose Nash*



## ROASTED VEGETABLES\*

- |  |  |
|--|--|
| <b>2 medium russet potatoes, peeled and cut into 1 inch pieces</b> | <b>¼ tsp. salt</b>                                   |
| <b>2 medium carrots, washed and cut into 1 inch pieces</b>         | <b>¼ tsp. pepper</b>                                 |
| <b>1 Tbsp. oil (vegetable or olive)</b>                            | <b>1 large zucchini, cut into 1 inch pieces</b>      |
| <b>1 tsp. basil</b>  | <b>1 large yellow squash, cut into 1 inch pieces</b> |
| <b>1 tsp. oregano</b>  | <b>1 large red pepper, cut into 1 inch pieces</b>    |
|  | <b>2 cloves garlic, minced</b>                       |

Place potatoes and carrots in 13x9 inch baking dish. Drizzle with oil; sprinkle with basil oregano, salt and pepper. Toss lightly. Cover with foil. Bake at 425° for 20 minutes, then add the other ingredients and bake another 20 to 30 minutes. Add a little margarine if necessary.

*Christine Long*

## VEGETABLE CASSEROLE

- |  |                                     |
|--|-------------------------------------|
| <b>1 (20 oz.) pkg. frozen vegetable combination (i.e. carrots, cauliflower and broccoli)</b> | <b>1 can cream of mushroom soup</b> |
|  | <b>½ c. Hellmann's mayonnaise</b>   |
|  | <b>½ can milk (add last)</b>        |

Microwave frozen vegetable combination 4 minutes; stir. Microwave 4 minutes more. Combine soup, mayonnaise and milk. Add ½ to ¾ c. grated cheese (Colby, Monterey Jack or mild cheddar). Add mixture to vegetables in casserole dish. Top with Pepperidge Farm stuffing mixed with ½ stick melted margarine. Bake, covered, at 350° for 1 hour.

*Kim Dzury*

## VEGETABLE CASSEROLE

- |  |   |
|--|---|
| <b>1 can shoe peg corn,<br/>drained</b>            | <b>¼ c. bell pepper</b>                 |
| <b>1 can French style green<br/>beans, drained</b> | <b>1 c. sour cream</b>                  |
| <b>½ c. chopped celery</b>                         | <b>1 c. grated cheese</b>               |
| <b>½ c. chopped onion</b>                          | <b>1 can cream of mushroom<br/>soup</b> |
|  | <b>Cracker crumbs</b>                   |

Mix and add crumbs. Bake at 350° for 45 minutes.

*Nancy McGee*

## OTHER SIDE DISHES

### GARLIC CHEESE GRITS

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1 c. quick cooking grits</b> | <b>¾ c. milk</b>      |
| <b>2 eggs, beaten</b>           | <b>1 stick butter</b> |
| <b>1 roll garlic cheese</b>     |                       |

Cook grits; add cheese and butter. Cool and stir. Combine eggs and milk together in another bowl. Put grits in 2 quart casserole. Pour eggs and milk mixture over grits. Bake 1 hour, uncovered, at 375° (Can bake ahead.)

*Pamela Mashburn*

## CHEESE SOUFFLE

<p><b>3 eggs</b>  <b>1 pkg. (8 oz.) shredded</b>  <b>cheese</b>  <b>2 c. milk</b></p>	<p><b>6 slices buttered &amp; cubed</b>  <b>bread</b>  <b>½ tsp. salt (cut off crusts)</b>  <b>½ tsp. red pepper</b>  <b>1 tsp. prepared mustard</b></p>
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Beat eggs and milk. Add seasonings, bread and cheese. Stir well & refrigerate overnight. Bake 40 minutes at 350°. When recipe is doubled, cook 50 minutes to 1 hr.

(Makes 1 loaf pan or 9" sq Pyrex dish.) Serve with Honey Puffs & Vasilopita (St Basil's Cake) for a traditional (Greek) New Year's breakfast or Brunch.

*Urania Alissandratos*

## BEST MAC AND CHEESE EVER

- |  |  |
|--|--|
| <p><b>10 Tbsp. butter, unsalted, (plus some for buttering the dish)</b></p> <p><b>1 loaf white bread, crusts removed, torn or cut into ¼ - ½ inch pieces</b></p> <p><b>5 ½ c. milk</b></p> <p><b>½ c. flour, all purpose</b></p> <p><b>2 tsp. salt</b></p> <p><b>¼ tsp. nutmeg, freshly ground</b></p> | <p><b>¼ tsp. black pepper, freshly ground</b></p> <p><b>¼ tsp. cayene pepper or to taste</b></p> <p><b>4 ½ c. white cheddar cheese, sharp grated (about 18 oz.)</b></p> <p><b>2 c. gruyere cheese (about 8 oz.) or 1 ¼ c. grated pecorino romano cheese (about 5 oz.)</b></p> <p><b>1 lb. elbow macaroni</b></p> |
|--|--|

Heat oven to 375°. Butter a 3 quart casserole dish and set aside. Place bread in a bowl. In a small sauce pan over medium heat, melt 4 Tbsp. butter. Pour butter into bowl with bread and toss. Set bread aside.

In medium sauce pan over medium heat, heat milk. Melt remaining 6 Tbsp. of butter in a Dutch oven or large high sided skillet over medium heat. When butter begins to bubble, add flour. Cook, whisking 1 minute.

Slowly pour milk into flour and butter mixture whisking the whole time. Continue cooking, whisking constantly until the mixture bubbles and becomes thick. (This is the longest part, but the payoff is great!)

Remove pan from heat and stir in salt, nutmeg, pepper, cayenne and 3 c. of cheddar and ½ c. gruyere or 1 c. pecorino romano cheeses. Set aside.

Bring a large saucepan of water to a boil and add macaroni; cook 2 to 3 minute LESS than directions on the box. (Outside of macaroni is cooked but inside is underdone). Rinse macaroni in a colander under cold water and drain well. Stir into the cheese sauce.

Pour mixture into prepared casserole dish. Sprinkle remaining cheddar and gruyere or pecorino romano and bread crumbs over top. Bake until browned on top (about 30 minutes). Transfer to wire rack and cool for 5 min. Serve hot.

*Elizabeth Cameron*

## **THE BEST CORN BREAD DRESSING EVER!**

<b>2 to 3 lb. whole fryer chicken</b>	<b>Martha White Cornmeal with Hot Rise (enough for 2 skillet recipes)</b>
<b>2 pkg. Pepperidge Farm herb stuffing mix (or 1 extra large pkg.)</b>	<b>1 to 2 cans chicken broth</b>
<b>Bunch of celery</b>	<b>2 bunches green onions, chopped</b>
<b>1 white onion</b>	<b>Sage to taste</b>
<b>6 eggs to boil</b>	<b>1 stalk celery, chopped</b>
<b>4 raw eggs</b>	<b>Salt and pepper to taste</b>

Boil a 2 to 3 pound whole fryer with 1 stalk celery and 1 white onion. Cool. Save the broth, pull the meat off and chop it. Boil 6 eggs with the fryer; peel them and chop them up.

Make 2 skillets (use cast iron, of course) of corn bread, using Martha White corn meal with hot rise - follow the recipe on the bag - calls for 1 egg per skillet. For best results, heat a little bacon grease or cooking oil in the skillet first, then pour in the corn bread batter and bake. Set aside to cool when done.

Crumble corn bread and mix with stuffing mix (with your hands); add chopped boiled eggs, celery, green onions, sage, salt and pepper and mix well (with your hands). Finally, add raw eggs and continue to mix well (with your hands). (Your kids will love helping mix this with their hands!)

Put in 2 rectangular casseroles - easiest thing is to buy disposable aluminum ones. Pour reserved broth over the

dressing. It should be very moist - if not, open a can of chicken broth and add this. Cook 45 minutes to 1 hour at 400°. Or freeze before cooking and thaw later. Add another can of chicken broth if it seems to have dried out some while frozen.

This recipe can be cut in half for 1 pan of dressing. My aunt, Barbara Nichols, who has served this recipe for many years to our family in Jackson, Mississippi, passed on her tradition of making 2 pans of dressing - 1 for Thanksgiving dinner and 1 to freeze for Christmas. I have followed her advice and am always happy to have that second pan ready during the busy Christmas season!

*Susan Cushman*

### **OYSTER DRESSING\***

**8 c. cubed bread**  
**16 oz. can oysters,**  
**drained & chopped**  
**¾ c. chopped onion**  
**½ c. chopped celery**

**1 c. butter or**  
**margarine**  
**1 tsp. each: salt,**  
**pepper, & thyme**  
**1 ½ tsp. sage**

Sauté onions & celery in butter. Stir in remaining ingredients. Pour mixture into casserole dish and bake @ 350° for 20-25 minutes.

*Kerry Sneed*

## HOT FRUIT\*

<b>1 can pear halves</b>	<b>½ c. butter</b>
<b>1 can peach halves</b>	<b>1 tsp. curry</b>
<b>1 can pineapple chunks</b>	<b>1 tsp. cinnamon</b>
<b>¾ c. light brown sugar</b>	<b>½ tsp. nutmeg</b>

Drain fruit. Melt butter with sugar and spices. Pour over fruit in 3 quart casserole. Bake at 350° for 30 minutes. Serves 10 to 12.

During Lent, substitute margarine for butter.

*Nancy McGee*

## HOT FRUIT CASSEROLE\*

<b>⅓ c. butter</b>	<b>½ c. pecans</b>
<b>¾ c. brown sugar</b>	<b>1 can blue (purple) plums</b>
<b>2 sliced bananas</b>	<b>1 can pineapple chunks</b>
<b>1 bottle maraschino cherries</b>	<b>1 large can applesauce</b>
	<b>1 can sliced peaches</b>

Melt butter; add sugar and applesauce. Drain all canned fruits and cherries and cut up bananas. Add brown sugar mixture to fruit the night before in a 2-quart buttered casserole. Sprinkle with 3 tablespoons brown sugar and ¼ c. pecans before baking. Bake 1 hour at 350°.

During Lent, substitute margarine for butter.

*Susan Cushman*

### ARMENIAN RICE\*

**½ c. fine egg noodle**                      **1½ c. long grain rice**  
**1 tsp. salt**                                      **3 c. rapidly boiling water**  
**3 Tbsp. butter (margarine**  
**during Lent)**

Heat butter in heavy pan. Add rice and cook, stirring, until rice turns a chalky white color. Place egg noodles in saucepan and brown lightly with 1 to 2 tablespoons butter. When brown, place on paper towel to absorb excess fat. Add salt to rice when rice is all "white." Remove rice from stove; slowly and carefully add boiling water. Stir. Add egg noodles. Stir. Cover pan with lid. Cook for 20 minutes (white rice) or 45 minutes (brown rice). Turn heat off. Let stand 15 minutes, then serve.

*Kathy Nash*

### BENEDICTINE ORANGE RICE\*

**¼ c. cooking oil**                              **Enough water to cook the**  
**½ c. chopped celery**                              **rice**  
**½ c. chopped onion**                              **1 vegetable bouillon cube**  
**1 c. uncooked rice, brown**                      **1 Tbsp. grated orange**  
**or white**    **rind**  
**1 ½ c. orange juice**                              **½ c. raisins (optional)**

Sauté celery and onions until tender. Add rice and sauté until all grains are coated and golden brown. Add orange juice and water and bring to a boil. Stir in orange peels, salt and raisins. Cover and bake at 350° for ½ hour if using white rice or 1 hour if using brown rice. (or you can simmer on stove top until rice is cooked).

*Betsy and Frank Larker*



## CHICKPEAS WITH RICE PILAF\*

Rice Pilaf:

<b>1 c. long grain rice</b>	<b>¼ tsp. cumin seeds</b>
<b>1 small onion, chopped</b>	<b>4 Tbsp. oil</b>
<b>½ c. frozen green peas</b>	<b>2 to 2 ½ c. water</b>

Heat oil in saucepan at medium high. Brown cumin seeds in hot oil until light brown. Add onions; cook until light brown, stirring occasionally. Add rice and cook 1 to 2 minutes, stirring to prevent sticking. Add 2 cups water and bring to a boil over high heat. Reduce heat to medium and add the peas. Cover and cook 15 to 20 minutes, stirring every 3 to 4 minutes, until tender. Additional water may be added during cooking if rice appears too dry and is hot yet tender.

Chickpeas:

<b>4 Tbsp. oil</b>	<b>1 to 2 cloves garlic, chopped</b>
<b>¼ tsp. mustard seeds</b>	<b>2 cans chickpeas (garbanzo beans), drained</b>
<b>¼ tsp. cumin seeds</b>	<b>1 to 2 c. water</b>
<b>1 medium onion</b>	<b>1 tsp. chili powder or crushed red pepper</b>
<b>1 medium tomato or 1 can tomatoes, chopped</b>	<b>2 tsp. curry powder</b>
<b>¼ tsp. grated fresh ginger or dried ground ginger</b>	
<b>1 small green hot pepper, chopped fine with seeds discarded</b>	

Heat oil in a skillet over medium heat, about 2 minutes. Add the mustard and cumin seeds and cover. The seeds will crackle, the mustard seeds will turn white and the cumin seeds will turn darker brown. (If the seeds turn black, discard them and start again or the food will taste burnt.) Remove from heat after approximately 15 seconds and remove lid after popping has decreased. Add onions, tomatoes, ginger, garlic and green pepper and cover. Stir occasionally, cooking over medium heat until onions are

light brown. Add chickpeas and water until sauce is desired consistency. Add chili powder/crushed red pepper and curry powder. (Add chole masala, garam masala or tomato paste if desired.) Cover and cook until chickpeas are tender, approximately 10 to 15 minutes. Stir occasionally. Serve over rice pilaf, in pita pockets or rolled in warm tortillas.

Optional: If you want this very hot, add ½ to 1 teaspoon each of chole masala and garam masala Indian spices, available at an Indian or Middle Eastern food store. One small can of tomato paste can be added if more tomato flavor is desired. Green hot pepper can be omitted.

*Jessica Johnson*

### **FRIED RICE\***

**1 onion**

**1 bell pepper**

**1 tomato**

**1 carrot**

**2 Tbsp. oil**

**Water**

**14 oz. box rice, cooked per  
directions on box**

**Salt**

Sauté chopped onion, bell pepper, carrot and tomato. Add 1 c. water. Add cooked rice. Salt to taste. Cover and cook for 15 minutes. Serves 8 to 10.

*Susan Meng*

## GREEK LEMON DILL RICE\*

<b>1 large onion, chopped</b>	<b>4 c. water</b>
<b>2 c. long grain rice</b>	<b>2 tsp. salt</b>
<b>3 Tbsp. butter or margarine</b>	<b>2 tsp. dill seed</b>
	<b>¼ c. fresh lemon juice</b>

Preheat oven to 350°. Brown onion and rice in butter or margarine in heavy pan. Add remaining ingredients. Bring to a boil. Transfer to 3 quart casserole. Bake 45 min. Top with lemon rind and parsely. Can add artichokes.

*Urania Alissandratos*

## GREEN RICE

Cook;

<b>2 pkg. (10 oz.) broccoli</b>	<b>¼ lb. margarine</b>
<b>1 small onion, chopped</b>	<b>Salt and pepper to taste</b>

Add rice to broccoli mixture; Add soups, then add Cheez Whiz.

<b>3 c. cooked rice</b>	<b>1 can cream of celery soup</b>
<b>1 can cream of chicken soup</b>	<b>8 oz. jar Cheez Whiz (or 1 can cheddar cheese soup)</b>

Combine everything in dish. Bake at 350° till hot and bubbly, about 30 minutes.

Optional: Just before serving, sprinkle with cheese (grated) and put back in oven till cheese melts.

*Laura Graham*

## PARHAM'S CANCUN RICE\*

<b>1 c. raw rice</b> <b>1 tsp. butter (margarine during Lent)</b> <b>2 Tbsp. diced tomato</b> <b>1 tsp. salt</b> <b>¼ tsp. cumin</b>	<b>2 c. cold water</b> <b>2 Tbsp. chopped onion</b> <b>1 Tbsp. chicken broth</b> <b>¼ tsp. garlic powder</b> <b>¼ tsp. turmeric.</b>
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Fry rice and onion in butter in medium skillet (200°) until golden. Reduce heat; add spices and water. Stir until the whole mess takes on the yellow color of the turmeric. Cover and cook until liquid is almost absorbed, stirring occasionally. If you use Minute rice, it will take about 5 minutes. If you use regular rice, it will take about 10 minutes. You'll have to sample a bit to get it to the tenderness you want. Some like it mushy; some like it crunchy. When you're happy, remove the rice from heat, but keep it covered until you are ready to serve. This yields 4 (½ cup) servings.

*Paul Parham*

## YORKSHIRE PUDDING

**1 c. flour**

**½ tsp. salt**

**½ c. warm milk**

**2 eggs, beaten**

**½ c. warm water**

**Hot beef drippings or**

**melted margarine or**

**butter to cover casserole**

**dish ¼ inch.**

The ingredients must be at room temperature in order to "puff up." This is best served immediately, as it "falls" as it cools. I usually forget to plan ahead, so I put the raw eggs (still in the shell) in a small bowl of hot water to warm them up quickly.

Mix flour and salt together. Stir in warm milk. Beat eggs till fluffy. Add to preceding, then add warm water. Beat with a mixer or eggbeater, until bubbles rise to the surface.

Have hot a 9 x 12 inch dish with ¼ inch of hot beef drippings or melted margarine or butter. Pour in batter. Cook at 400° for 20 minutes, then reduce heat to 350° for 10 or 15 more minutes or cook at 350° for 30 to 40 minutes.

My mother-in-law was from Yorkshire, England. She said this American recipe was better than any she ever ate in Yorkshire!

*Corinne Elliott*

**SAUCES AND SEASONINGS:****BEEF HORSE RADISH\***

**8 medium beets or 2 cans whole beets**      **1 c. grated horseradish**  
**¼ c. cider vinegar or less to taste**      **½ c. sugar or less to taste**

Grate beets; add other ingredients. This sauce is made and usually served with ham or kielbassi at Christmas and Easter.

*Maggie Burgan*

**GREEK SALAD DRESSING - SALATA\***

**1 c. vinegar (red wine recommended)**      **1 c. olive oil (or vegetable oil)**  
**2 garlic cloves, pressed fine**      **Pepper**  
**1 tsp. oregano**      **1 Tbsp. sugar**

Mix all ingredients in large jar. Cover and shake well. Let stand for 2 days at room temperature. Shake and pour out amount needed for salad.

*Christine Long*

**LAURA'S HOUSE SEASONINGS\***

**1 c. kosher salt**      **¼ c. garlic powder**  
**¼ c. black pepper**

Mix all seasonings well. Store mixture in a shaker for convenience or in a small Ziplock bag or Glad bowl with lid. Use this seasoning everywhere!

*Laura Graham*

## **POTATO AND GARLIC SAUCE - SKORDALIA\***

<b>6 cloves garlic</b>	<b>Juice of 3 large lemons</b>
<b>¾ c. olive oil (vegetable oil in Lent)</b>	<b>2 large baking potatoes, boiled and mashed</b>

Place mashed potatoes in mixing bowl. Press garlic through garlic press and add to potatoes. Alternate pouring oil and lemon juice in small quantities. Add warm water for soft consistency. Serve with fish, fried zucchini, beets or string beans.

*Urania Alissandratos*

## **SYRIAN PEPPER\***

<b>2 Tbsp. black pepper</b>	<b>½ tsp. cloves</b>
<b>1 Tbsp. allspice</b>	<b>½ tsp. nutmeg</b>
<b>1 Tbsp. cinnamon</b>	

Blend together and put into a small jar. When you prepare most tomato based dishes, this adds a wonderful seasoning. This combination is always used with any dish that has tomatoes, salads with lemon and oil/mint or lentils.

*Patty Harants*

NOTES



## MAIN DISHES

### CHEESE AND EGGS

#### BREAKFAST CASSEROLE 1

<b>1 can Crescent Rolls</b>	<b>¼ c. chopped green</b>
<b>1 tsp. salt</b>	<b>pepper</b>
<b>1 pkg. Jimmy Dean heat</b>	<b>½ tsp. pepper</b>
<b>and serve sausage links</b>	<b>½ c. milk</b>
<b>1 tsp. oregano</b>	<b>1-½ c. Monterey Jack</b>
<b>3 to 4 eggs</b>	<b>cheese</b>

Unroll Crescent Rolls and press into a 9 x 13 inch baking dish (making sure all seams are pressed together - this is the crust). Cut sausage links into small pieces and sprinkle over crust. Mix eggs, milk, salt, pepper, oregano and green peppers together and pour over sausage. Top with final layer of cheese. Bake at 375° for 25 minutes or until done. Serve with salsa.

*Connie Austin*

## BREAKFAST CASSEROLE 2

<b>6 slices bread</b>	<b>1-½ c. grated sharp</b>
<b>2 c. milk</b>	<b>Cheddar cheese</b>
<b>1 lb. sausage</b>	<b>1 tsp. salt</b>
<b>1 tsp. dry mustard</b>	<b>5 eggs</b>
	<b>½ stick margarine</b>

Prepare the night before, cover and refrigerate.

Melt margarine and put in baking dish. (13 x 9 x 2 inches). Slice tear bread and put on margarine Tear up 4 slices of bread. Place in greased baking dish. Brown, drain and crumble 1 lb. sausage. Spoon sausage over bread. Sprinkle with grated sharp Cheddar cheese. Beat eggs; Combine milk, dry mustard and 1 teaspoon salt with eggs. Pour over mixture in baking dish. Refrigerate overnight. Bake at 350° for 45 minutes. Cut into squares and serve hot. Serves 6 to 8.

*Margaret McKelroy, Sheila Shaheen*

## CIRAK

<b>6 eggs</b>	<b>½ tsp salt</b>
<b>1 pt. whole milk</b>	<b>½ tsp vanilla</b>

Using double boiler, mix all ingredients and cook until it looks like scrambled eggs. Pour into cheesecloth and hang to drain; refrigerate.

This is a large egg ball (breakfast food) used at Pascha, in basket to symbolize the sponge which the soldiers used (dipped in vinegar) to give Jesus on the cross. This is a Russian-Slovak tradition handed down in my family.

*Maggie Burgan*

## URANIA'S RED EASTER EGGS

**Red Ritz dye**  
**Oil for polishing**  
**Eggs Soft cloths**

**Water Fine strainer or  
 cheesecloth**  
**1 Tbsp. vinegar**

Put eggs in a deep pot with just enough cold tap water to cover the eggs; let stand for 30 minutes or until the eggs stop making bubbles. (This will keep the eggs from cracking.) Dilute the dye according to the directions on the package, using as little water (hot) as you can to dissolve it really well. Add the vinegar to the eggs and bring the eggs to a boil. Strain the dye (using a fine strainer, cheesecloth or a coffee filter) into the pot with the boiling eggs. Boil the eggs for about 5 minutes. (If you boil the eggs too long, the yolks will turn green.) Remove the eggs from the pot and allow them to cool enough to handle. Polish with any cooking oil, using a soft cloth and then dry them with a dry cloth.

Note: If 1 package of dye doesn't make the eggs dark enough add a second.

*Urania Alissandratos*

## BROCCOLI-CHEESE STUFFED SHELLS

<p><b>½ c. shredded, part-skim Mozzarella cheese (2 oz.)</b></p> <p><b>½ c. part-skim Ricotta cheese</b></p> <p><b>1 (10 oz) pkg. frozen chopped broccoli, thawed and well drained</b></p>	<p><b>2 Tbsp. chopped green onion</b></p> <p><b>¼ tsp. pepper</b></p> <p><b>12 dry jumbo shells, cooked and drained</b></p> <p><b>1 (26½ oz.) can commercial spagehetti sauce</b></p>
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In medium bowl, combine cheese, broccoli, green onions and pepper. Spoon about 2 tablespoons of filling into each cooked shell. In 8 inch sq. baking dish, spread ½ cup spaghetti sauce evenly over bottom. Arrange 32 stuffed shells in single layer over sauce. Pour remaining sauce over shells. Bake at 400° for 25 minutes or until hot and bubbling. Makes 6 servings.

*Kathryn Melonas*

## SPINACH STUFFED SHELL MACARONI

<b>1 c. shredded Mozzarella cheese</b>	<b>12 jumbo macaroni shells</b>
<b>½ tsp. dried oregano leaves</b>	<b>1 (15 oz.) spaghetti sauce</b>
<b>¼ c. grated Parmesan cheese</b>	<b>1 egg, slightly beaten</b>
<b>¼ tsp. salt</b>	<b>1 (10 oz.) frozen chopped spinach, cooked and drained</b>

Mix cheese, spices, egg and spinach together. Cook shells in 4 qt. boiling water for 10-12 minutes. Spread small amount of sauce in bottom of casserole dish. Place 1-2 Tbsp. of cheese mixture in each shell. Place stuffed shells in casserole dish. Top with spaghetti sauce. Bake in 350° for 35-45 minutes.

*Nancy McGee*

## SPINACH LASAGNA

<b>1 (8 oz.) container Ricotta cheese (cottage cheese doesn't work as well)</b>	<b>6 lasagna noodles (uncooked!)</b>
<b>2 c. Mozzarella cheese shredded</b>	<b>4 c. Prego/Ragu/homemade spaghetti sauce</b>
<b>½ c. Parmesan cheese, grated</b>	<b>1 box frozen chopped spinach, thawed</b>

Mix spinach with Ricotta cheese. Layer 2 times: Sauce, noodles, spinach/ricotta mixture, Mozzarella and end with sauce. Top with Parmesan. Bake, covered, in a 350° oven for 45 minutes. Remove cover and continue baking for 15 minutes.

*Sarah Hodges*

## CONFETTI BITES

Press 2 (8 ounce) packages refrigerator Crescent Rolls into a 15 x 10 x 1 inch baking sheet to form a crust. Bake in 350° oven 12 to 15 minutes. Combine 2 (8 ounce) packages cream cheese, 3 tablespoons mayonnaise, ½ teaspoon basil leaves and ¼ teaspoon garlic powder. Spread thinly over cooked crust.

Top with chopped vegetables (squash, broccoli, red bell pepper, etc.). Sprinkle generously with McCormick Salad Supreme.

*Nancy McGee*

## IMPOSSIBLE QUESADILLA PIE

**¾ c. Bisquick**

**½ c. milk**

**3 eggs**

**1 (4 oz.) can chopped**

**green chilis, drained**

**2 c. shredded cheese**

**1 Tbsp. chopped cilantro**

Grease a 9 inch pie plate. Sprinkle on chilis, cheese and cilantro. Stir baking mix, milk and eggs together. Pour over. Bake 30 minutes.

*Corinne Elliott*

## CRESCENT CHEESE AND ONION QUICHE

<p><b>1 egg, beaten</b></p> <p><b>2 c. (8 oz.) Swiss cheese, shredded</b></p> <p><b>1 c. evaporated milk (not condensed)</b></p> <p><b>½ tsp. salt</b></p> <p><b>½ tsp. Worcestershire sauce</b></p>	<p><b>8 oz. can refrigerated Crescent dinner rolls</b></p> <p><b>3 oz. can French fried onions</b></p> <p><b>9 slices (½ lb.) bacon, fried crisp, drained and crumbled</b></p>
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Preheat oven to 325°. In medium bowl, combine first 5 ingredients. Separate Crescent dough into 8 or 9 inch quiche or pie pan. Press dough over bottom and up sides to form a crust. Press perforations to seal. Sprinkle half the onions over dough. Pour egg mixture over onions. Sprinkle with bacon and remaining onion. Bake 50 to 55 minutes, until golden brown. Cool 5 minutes before cutting. Serve warm or at room temperature. Makes 12 to 14 appetizer or 5 to 6 main dish servings.

Tip: Onions must be used as directed for successful results.

*Nancy McGee*

## “YOUR CHOICE” QUICHE

<p><b>9 inch baked pie crust</b></p> <p><b>1 can any flavor “cream of” soup</b></p> <p><b>4 eggs, beaten well</b></p> <p><b>Dash of pepper</b></p>	<p><b>½c. (or more) finely chopped ham and/or turkey</b></p> <p><b>½ to ¾ c. shredded cheese (Cheddar, hoop, Mozzarella, etc.)</b></p>
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Combine eggs, pepper and soup in a bowl. Mix well. In baked pie shell, sprinkle a layer of chopped meat, then cover with cheese. Pour egg/soup mixture over cheese. Bake at 350° for 45 to 55 minutes or until a knife inserted in center comes out clean. Let stand about 5 minutes before serving.

Soups I’ve used - mushroom, celery, chicken, corn, broccoli asparagus. (I usually don’t measure meat - just make a “nice layer”.) Mix meats, cheese and soups!! Make it fun!

Double recipe. Use a jellyroll pan and cut in small squares for party.

*Laura Graham*



## VEGETABLE QUICHE

<b>Deep dish pie shell</b>	<b>½ c. chopped fresh</b>
<b>¾ c. Cheddar</b>	<b>broccoli</b>
<b>¾ c. Monterey Jack</b>	<b>Oregano</b>
<b>½ c. milk</b>	<b>Salt</b>
<b>4 eggs</b>	<b>Pepper</b>
<b>½ c. diced carrots</b>	<b>Celery salt</b>
<b>½ c. diced celery</b>	

Sprinkle both cheeses into pie shell. Sprinkle veggies over. Beat remaining ingredients and pour over. Bake at 400° for 15 minutes, then at 350° for 30 more minutes. Cool 15 minutes before cutting.

*Sarah Hodges*

## PIEROGI

**6 to 10 potatoes, peeled  
and chopped**

**2 Tbsp. cottage cheese or  
cream cheese**

**Water**

**½ onion, chopped**

**Salt and pepper to taste**

Cook potatoes on stove in water until cooked. Sauté onions in margarine. When potatoes are done, mash and add sautéed onions, salt, pepper and cheese. Mash well together.

Crust:

**3 c. flour**

**1 egg**

**Cold water**

Mix and roll out thin.

Use Pierogi cutter or circular cutting object to cut out round shapes. Insert a spoonful of potato mixture in dough in Pierogi shape and smash so that edges are pressed together firm. Pinch edges. Boil in salt water for 15 to 20 minutes, until Pierogis sink to bottom of pan. Drain.

To serve: Drizzle fatback grease (cook fatback grease in pan) over Pierogi.

Freeze uncooked Pierogi until ready to cook.

Alternative Pierogi: Stuff with fruit or cabbage/onion mixtures. Prepare and cook the same way, omitting fatback grease.

This was translated by Dalia Klimkowski,  
Alexandra's daughter.

*Alexandra Klimkowski*

## SAVORY RICE LOAF

<p><b>3 eggs, lightly beaten</b>  <b>1½ c. cooked rice</b>  <b>1½ c. shredded Cheddar cheese</b>  <b>½ c. fine dry bread crumbs</b>  <b>¼ c. chopped celery</b>  <b>2 Tbsp. chopped onion</b></p>	<p><b>2 Tbsp. chopped green onion (optional)</b>  <b>2 Tbsp. chopped fresh parsley, or 2 tsp. dried</b>  <b>¾ tsp. salt</b>  <b>¼ c. melted margarine</b>  <b>1 c. milk</b></p>
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Grease a 9 x 5 x 3 loaf pan. Line bottom with waxed paper, greased on side facing up. Toss all ingredients together in mixing bowl, Pour into prepared loaf pan. Place loaf pan in baking dish that contains 1 inch hot water. Bake at 350° for 1 hour or until loaf is set in center. Allow to cool 15 minutes before removing from pan. Loosen loaf around edge of pan with a spatula and turn out onto a platter. Remove waxed paper carefully.

Serve with tomato sauce:

<p><b>1 c. tomato sauce or juice</b></p>	<p><b>Dash each of garlic salt and onion salt</b></p>
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Pour warmed sauce over sliced loaf.

Note: Depending on the size of your family, you may want to make two loaves.

*Christi Yadron*

## VEGETABLE COMBINATIONS

### BLACK BEANS AND YELLOW RICE\*

<b>1 (5 oz.) pkg. saffron yellow rice</b>	<b>1 tsp. chili powder ½ tsp. cumin</b>
<b>1 (15 oz.) can black beans</b>	<b>2 Tbsp. chopped fresh cilantro, divided</b>
<b>3 Tbsp. fresh lime juice</b>	

Garnishes:

<b>Sour cream</b>	<b>Sliced green onions</b>
<b>Fresh cilantro</b>	

Cook rice. Keep warm. Drain beans, reserving 2 tablespoons liquid. Combine beans, reserved liquid, lime juice, chili powder and cumin in a saucepan. Cook over medium heat until thoroughly heated; stir in 1 tablespoon cilantro. Serve beans over rice; sprinkle with remaining cilantro and sour cream if not fasting. Garnish if desired. Yield: 3 to 4 servings.

*Nancy McGee*

### CABBAGE AND WHEAT\*

<b>1 large onion, chopped</b>	<b>1 can (8oz) can tomato sauce</b>
<b>1 clove garlic, crushed</b>	<b>Salt and pepper to taste</b>
<b>1 small cabbage, chopped</b>	
<b>1 c. wheat, #4 coarse</b>	

Sauté onion in oil; add crushed garlic and sauté a few minutes, then add chopped cabbage, wheat, salt and pepper to taste. Pour tomato sauce over all and cover with water. Cook until thick.

*Chris Farha*

## **GARBANZO BEAN BURGER\***

<p><b>1 Tbsp. extra virgin olive oil</b></p> <p><b>½ c. grated carrots</b></p> <p><b>1 tsp. cumin</b></p> <p><b>½ tsp. sea salt (or regular)</b></p> <p><b>1-½ c. cooked garbanzo beans (or 1, 15-½ oz. can, drained)</b></p>	<p><b>2 Tbsp. arrowroot powder+</b></p> <p><b>½ c. diced onions</b></p> <p><b>2 cloves garlic, minced</b></p> <p><b>1 tsp. celery seed</b></p> <p><b>½ c. walnuts</b></p> <p><b>5 Tbsp. flour+</b></p> <p><b>¼ c. parsley, chopped</b></p>
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Heat oil in a frying pan and sauté the onions, carrots, garlic, cumin, celery seed and salt over medium heat until the onions are transparent. In a food processor, combine the nuts and blend until ½ is a coarse meal and ½ are just cracked. Place in a large mixing bowl and add the nuts. Add flour and arrowroot. Add beans and parsley. Mix everything together well until mixture has enough body to form a patty. If too dry or crumbly add small amount of water. Form mixture into 4 burgers. Lightly oil frying pan and fry burgers over medium heat for 3-4 minutes on each side until lightly browned.

+The flour and arrowroot powder are used as binders. Cornstarch may be substituted for arrowroot powder. If non-fasting period, you may opt to use an egg.

*Kerry Sneed*

## MEATLESS GOURMET CASSEROLE

<b>1 (8 oz.) pkg. wide noodles</b>	<b>½ tsp. dried basil</b>
<b>Pepper</b>	<b>1 c. cottage cheese</b>
<b>1 (26 oz.) can onion and garlic pasta sauce</b>	<b>¼ tsp. sugar</b>
<b>10 slices Swiss or sharp Cheddar</b>	<b>⅓ c. grated Parmesan</b>
	<b>Salt</b>

Cook noodles in boiling salted water according to package directions. Rinse and drain. Combine noodles, cottage cheese, pasta sauce, basil and sugar. Pour half of noodle mixture in greased 9 inch baking dish. Top with 5 slices of cheese and ½ of Parmesan. Repeat layers. Cover lightly. Bake in a 350° preheated oven for 30 minutes. Remove from oven and let stand 5 to 10 minutes before serving. Quicky.

*Urania Alissandratos*

## REEM'S MIJADRA\*

<b>1 c. brown lentils</b>	<b>Salt &amp; pepper to taste</b>
<b>1 lg. chopped, yellow onion</b>	<b>1-½ cups Bulgar wheat</b>
<b>¼ c. vegetable or olive oil</b>	<b>(available from the Mediterranean grocery)</b>

Cook onion in oil until wilted and almost brown. Rinse lentils well and add to onion with 2 cups of water. Boil gently stirring occasionally. Add more hot water if necessary. Rinse Bulgar wheat. When lentils are soft add Bulgar wheat and simmer until done. Add salt and pepper at any point.

*Corinne Elliott*

## QUICK SANDWICH FOR LENT\*

**Soft avocado**  
**Salsa**

**Lemon juice**  
**Lettuce**

Peel and smash avocado. Add salsa to taste (approximately  $\frac{3}{4}$  cup). Add lemon juice (approximately 1 teaspoon). Spread on bread or wrap in warm pita. Add lettuce. Makes 4 to 6 servings.

*Christine Long*

## VEGETABLE PIE\*

**1 box Pillsbury**  
**refrigerator pie crusts**  
**1 large bag frozen mixed**  
**vegetables**

**$\frac{1}{2}$  stick margarine**  
**Salt and pepper**  
**Any spices you have**

Place 1 crust in a pie plate. Pour in bag of vegetables until level with the top. Dot with slices of margarine. Sprinkle a variety of spices, i.e. salt, pepper, onion powder, garlic powder, basil, oregano and whatever else! Place top crust on top. Pinch edges together. Cook at  $350^{\circ}$  till brown on top.

*Corinne Elliott*

## VEGGIE TACOS\*

<p><b>Olive oil or vegetable oil</b></p> <p><b>½ chopped onion</b></p> <p><b>5 chopped or sliced carrots</b></p> <p><b>1 to 2 chopped or sliced zucchini</b></p>	<p><b>1 to 2 chopped or sliced yellow squash</b></p> <p><b>2 to 3 Tbsp. chili powder</b></p> <p><b>1 can drained corn</b></p> <p><b>Flour tortillas</b></p> <p><b>Lettuce</b></p>
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In large skillet add oil and simmer onion, carrots, zucchini and squash until tender to crisp. Adjust quantity according to amount needed. Add chili powder and a few tablespoons of water if needed. Add corn. Heat thoroughly. Fix as you would on tortilla. Add lettuce.

*Christine Long*



**BEEF****BEEF BURGUNDY**

<b>6 strips bacon</b>	<b>2 cloves garlic, crushed</b>
<b>2 Tbsp. oil</b>	<b>(or ¼ tsp. granulated garlic)</b>
<b>18 small white onions</b> <b>(frozen or canned)</b>	<b>¾ c. beef stock (or canned beef bouillon)</b>
<b>3 lb. beef chuck, cut in ½ inch cubes (or stew meat)</b>	<b>2 tsp. tomato paste</b>
<b>2 Tbsp. flour</b>	<b>2 Tbsp. chopped parsley</b>
<b>½ tsp. salt</b>	<b>1 bay leaf</b>
<b>¼ tsp. pepper</b>	<b>½ tsp. thyme</b>
<b>2 c. burgundy (or other dry red wine)</b>	<b>¾ lb. fresh mushrooms</b>
	<b>2 Tbsp. margarine</b>

Preheat oven to 325°. Cut the bacon in ½ inch pieces. In a large heavy casserole, lightly brown bacon and onions in 1 tablespoon oil. Remove bacon and onions with a slotted spoon and drain. Save. Brown meat in leftover drippings. When browned, sprinkle with flour, salt and pepper. Add wine, garlic stock, seasonings and bacon. Bring to a boil. Cover and put in oven. Cook until fork tender. Add onions and mushrooms which have been sautéed in margarine. Serve over rice or noodles.

My family traditionally brings this to festive occasion meals, i.e. Pascha or Christmas.

*Hannah Snowden*

## BEEF-CABBAGE CASSEROLE

<b>1 lb. ground beef</b>	<b>1 can cream of mushroom soup</b>
<b>½ c. chopped bell pepper</b>	<b>1 can cream of chicken soup</b>
<b>¼ c. chopped onion</b>	<b>½ cabbage</b>
<b>1 c. quick-cooking rice</b>	<b>1 c. grated cheese</b>
<b>1 c. water</b>	

Brown ground beef and drain. Add bell pepper and onion; cook until tender. In the same skillet add soup plus 1 can of water and mix thoroughly. Butter large casserole dish. Cover bottom of dish with grated cabbage, then add meat and soup mixture. Bake 1 hour at 350°F. The last 10 minutes, remove casserole; add grated cheese over the top and return to oven.

*Sheila Shaheen*

## BEEF STEFATHO

<b>2 lb. lean beef</b>	<b>1 c. tomato sauce</b>
<b>3 lb. small onions</b>	<b>½ c. red wine</b>
<b>1 tsp. pickling spice, tied in cheesecloth</b>	<b>5 cloves garlic, minced</b>
<b>¼ tsp. allspice</b>	<b>Salt</b>
<b>2 bay leaves, crushed</b>	<b>Pepper</b>

Cut beef into 2 inch cubes; brown in oil. Peel onions and leave whole. Add onions to meat with spices, wine, tomatoes and garlic. Add a little water and cook until meat is tender.

*Urania Alissandratos*

## QUICK BEEF STROGANOFF

<b>1 can roast beef &amp; gravy</b>	<b>1 clove garlic or equivalent</b>
<b>2 c. wide egg noodles</b>	<b>1 Tbsp. margarine</b>
<b>1 c. sour cream</b>	<b>Paprika</b>
<b>½ c. chopped onion</b>	
<b>1 small jar sliced mushrooms</b>	

Cook noodles per directions, in heavy 2 qt. saucepan. While water comes to a boil, chop onion, sauté with garlic in small fry pan. Drain noodles and return to pan. Add roast beef, onions and garlic. Cook over medium heat five minutes or until thoroughly heated. Stir and break up beef chunks while cooking. Remove from heat. Stir in sour cream, mixing thoroughly. Pour in serving bowl and sprinkle lightly with paprika for color. Can also sprinkle with chopped parsley. This is nothing like the real thing, but it's fast, cheap and tastes pretty good!

*Paul Parham*

## BEEF TENDERLOIN

<b>1 Tbsp. lemon juice</b>	<b>2 tsp. garlic salt</b>
<b>Beef tenderloin</b>	<b>1 tsp. Worcestershire sauce</b>
<b>½ c. margarine or butter</b>	

Beat first 4 ingredients and pour over beef. Salt and pepper to taste. Bake in 350° oven for 30 to 60 minutes, depending on size of tenderloin until tender.

*Sarah Hodges*

## CABBAGE BUNS

**1 box hot roll mix**                      **1 small head cabbage,**  
**1 lb. lean ground beef**                **chopped**  
**1 medium onion, chopped**        **Salt and pepper to taste**

Prepare roll mix as directed on box. While dough is rising, brown ground beef and chopped onion in large skillet. Drain off excess fat. Add chopped cabbage, salt and pepper to beef and onion mixture. Steam over medium heat, stirring occasionally, until cabbage is tender (do not overcook). Set aside to cool.

Roll dough out in a rectangle about  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick. Cut into 4 inch squares.

With large slotted spoon, place drained beef and cabbage mixture in center of squares. Pull corners to center; pinch together. Place upside down on greased cookie sheet; let rise about 15 to 20 minutes. Bake at 375°F. for 20 to 30 minutes or until golden brown. Best served warm.

Ketchup and hot sauce are great with Cabbage Buns.

*Sheila Shaheen*

## STUFFED CABBAGE ROLLS

**1 c. water** **8 to 10 cabbage leaves**

Bring water to boil in Dutch oven; add cabbage leaves and steam 5 minutes. Drain, reserving liquids for sauce.

<b>1-½ lb. lean ground beef</b>	<b>1-½ tsp. salt</b>
<b>3 eggs, beaten</b>	<b>½ tsp. garlic salt</b>
<b>½ c. chopped green pepper</b>	<b>3 Tbsp. grated Swiss cheese</b>
<b>¾ c. uncooked rice</b>	<b>½ tsp. pepper</b>
<b>1 large onion, chopped</b>	<b>2 ribs celery, diced</b>
<b>2 carrots, shredded with vegetable peeler</b>	

Combine ground beef, green pepper, onion, seasonings, eggs, rice, cheese, carrots and celery; mix well. Place about ¼ cup meat mixture on cabbage leaf. Roll up and turn edges in; secure with a toothpick. Place rolls in a Dutch oven and cover with sauce. Cover and simmer 45 minutes.

Sauce for cabbage rolls:

<b>⅛ tsp. chili powder</b>	<b>½ tsp. pepper</b>
<b>4 or 5 shakes of celery seed</b>	<b>⅛ tsp. basil</b>
<b>2 (15 oz.) cans tomato sauce</b>	<b>2 Tbsp. flour</b>
<b>1 Tbsp. sugar</b>	<b>Salt to taste</b>
	<b>Reserved cabbage liquid</b>

Mix all ingredients and pour over cabbage rolls arranged in Dutch oven.

*Sheila Shaheen*

## LOWFAT CHILI\*

<p><b>1 medium onion, chopped</b></p> <p><b>¼ c. chopped green pepper</b></p> <p><b>4 c. water, divided</b></p> <p><b>1 (15 to 16 oz.) can great northern beans, rinsed and drained</b></p> <p><b>1 (15 oz.) can navy beans, rinsed and drained</b></p>	<p><b>1 (6 oz.) can salt-free tomato paste</b></p> <p><b>1 (14½ oz.) can low-salt diced tomatoes (undrained)</b></p> <p><b>2 to 4 tsp. chili powder</b></p> <p><b>1 tsp. salt (optional)</b></p> <p><b>½ tsp. pepper</b></p>
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In large saucepan, cook the onion and green pepper in ½ cup water until tender. Add beans, tomato paste and tomatoes. Stir in chili powder, salt (if desired), pepper and remaining water; bring to a boil. Reduce heat, cover and simmer 20 minutes.

*Kathryn Melonas*

## DAD'S CHILI\*

<p><b>1 ½ -2 lbs. ground beef, or</b>  <b>*</b>  <b>“soy beef” for fasting</b>  <b>recipe</b>  <b>3 cans Chili Hot Beans</b>  <b>1 can diced tomatoes</b>  <b>1 can diced tomatoes with</b>  <b>green chilies</b></p>	<p><b>½ small yellow onion</b>  <b>diced/chopped</b>  <b>Liberal amounts of chili</b>  <b>powder</b>  <b>1 small can tomato sauce</b>  <b>Salt &amp; pepper to taste</b>  <b>Dash garlic powder</b></p>
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Brown meat/soy in Dutch oven with salt and pepper. Add enough chili powder to cover completely top of meat. Mix in while cooking until beef is fully cooked. Drain grease. Sauté diced onion in ½ cup vegetable oil or olive oil in skillet. Drain oil & add onion to beef. Add tomatoes, tomato sauce, chili beans & mix. Add dash of garlic powder, dash of sugar and salt, pepper (I prefer white pepper) and chili powder to taste. Mix everything in pan together well and bring to a light boil. Just as chili begins to boil, reduce heat to as low as possible and simmer, partially covered with lid. Stir approximately every 4-5 minutes to keep chili from sticking to bottom of pan. Simmer ½ to 1 hour. Remove from heat and stir. Serve it up!!

*Brent David*

## **THREE BEAN CHILI\***

### Part 1

**3 cloves garlic** **1 Tbsp. olive (or other) oil**

### Part 2:

<b>1 (28 oz.) can Italian style tomatoes</b>	<b>1 Tbsp. Dijon mustard</b>
<b>1 c. water</b>	<b>1 tsp. basil</b>
<b>1 (6 oz.) can tomato paste</b>	<b>1 tsp. oregano</b>
<b>1 Tbsp. chili powder</b>	<b>½ tsp. cumin</b>
	<b>½ tsp. pepper</b>

### Part 3:

<b>1 (15 oz.) can garbanzo beans, rinsed and drained</b>	<b>1 (15 oz.) can great northern beans, rinsed and drained</b>
<b>1 (15 oz.) can red kidney beans, rinsed and drained</b>	

### Part 4:

<b>1 c. chopped zucchini</b>	<b>1 c. chopped carrots</b>
<b>¾ c. Parmesan cheese (optional)</b>	<b>1 c. fresh or frozen corn</b>

Stir garlic in hot oil for 30 seconds. Add parts 2 and 3; simmer, covered, for 10 minutes. Add group 4; simmer, covered, 10 minutes. Serve with pepper sauce and Parmesan cheese.

*Sarah Hodges*



## CHILI CASSEROLE

<b>4 oz. tortilla chips, crushed</b>	<b>1 can corn, drained</b>
<b>1 can chili beans</b>	<b>1 can kidney beans</b>
<b>1 onion, chopped</b>	<b>½ c. sliced olives</b>
<b>1 clove minced garlic (or ⅛ tsp. garlic powder)</b>	<b>3 Tbsp. chili powder</b>
<b>2 Tbsp. oil</b>	<b>¼ tsp. red pepper</b>
<b>1 can tomato sauce</b>	<b>1 tsp. black pepper</b>
	<b>1 Tbsp. basil</b>
	<b>Chopped parsley</b>

Line a 9 x 12 inch pan with chips. In a skillet, cook onion and garlic in oil. Stir in the rest of ingredients. Pour over chips. Bake at 350° for 30 minutes. Serves 6.

*Pamela Mashburn*

## CHOP SUEY

- |   |   |
|---|---|
| <b>1 to ½ lb. beef (I use<br/>chuck steak or roast)</b> | <b>1 4 oz. can mushrooms<br/>(reserve liquid to mix<br/>with 4 tablespoons<br/>cornstarch to thicken)</b> |
| <b>2 c. water</b>                                       |   |
| <b>1 tsp. salt</b>                                      |   |
| <b>1 large onion, chopped</b>                           | <b>6 whole allspice</b>   |
| <b>1 c. celery, sliced</b>                              | <b>1 large bay leaf</b>   |
| <b>2 Tbsp. soy sauce</b>                                | <b>1 (16 oz.) can bean<br/>sprouts, drained</b>   |
| <b>1 Tbsp. bead molasses or<br/>regular molasses</b>    | <b>1 (4 oz.) can mushrooms,<br/>drained</b>   |

Cut meat into small pieces. Brown meat over medium-high heat in heavy saucepan. Add water, salt, onion, celery, soy sauce, molasses allspice and bay leaf. Cover and simmer about an hour, then add the bean sprouts and mushrooms; cover again and allow to simmer 15 minutes longer. Thicken this mixture by stirring in the mushroom liquid combined with cornstarch. Remove bay leaf and allspice. Serve with hot rice.

*Christi Yadron*

## CROCK POT ROAST

<b>Onions</b>	<b>Cavender's Greek</b>
<b>Carrots</b>	<b>seasoning</b>
<b>Idaho or sweet potatoes</b>	<b>Roast</b>

Wash and cut potatoes into chunks. Pare and chop carrots. Cut onions into quarters. Sprinkle roast on both sides with seasoning. Heat on LOW all day (9 a.m. to 5 p.m.).

*Sarah Hodges*

## COMBINATION DOLMA

<b>3 green peppers</b>	<b>½ c rice</b>
<b>3 firm tomatoes</b>	<b>3 medium onions,</b>
<b>3 medium squash</b>	<b>chopped fine</b>
<b>(summer or zucchini)</b>	<b>3 Tbsp parsley, chopped</b>
<b>3 long type eggplants</b>	<b>Salt and pepper to taste</b>
<b>1½ lb. ground lamb</b>	<b>Chopped mint leaves</b>
<b>shoulder</b>	<b>(optional)</b>

Wash all vegetables. Scoop out the centers of the green peppers, cut the eggplants and the squash in halves and scoop out the centers. Do the same to the tomatoes, but add the pulp to the meat. Knead the meat with the rice, onions, parsley and mint and salt and pepper to taste. Fill the hollows of the vegetables, not too full, with the meat mixture.

Arrange side by side. Add a little water, cover and bake in medium oven for 1½ hours.

*Rose Nash*

## GRANDMOTHER'S MEAT LOAF

<b>1-½ to 2 lb. ground beef or chuck</b>	<b>2 eggs</b>
<b>1-½ c. bread crumbs or oatmeal</b>	<b>1 env. onion soup mix</b>
	<b>⅓ c. water</b>
	<b>⅓ c. catsup</b>

Top with 1 strip of bacon and catsup before baking. For treat, put 1 hardboiled egg inside mixture before baking. Mix and bake 1 hour at 350°.

*Judy Perkins*

## GREEK MEAT SAUCE AND NOODLES

<b>1 lb. ground chuck</b>	<b>2 tsp. cinnamon</b>
<b>1 (6 oz.) can tomato paste</b>	<b>Salt and pepper to taste</b>
<b>2 to 3 (6 oz.) cans water</b>	<b>1 lb. thin egg noodles</b>
<b>1 tsp. allspice</b>	<b>Parmesan or dab of sour cream as topping</b>
<b>2 tsp. nutmeg</b>	

Brown meat and drain. Add remaining ingredients and simmer at least 20 minutes. Boil noodles; drain. Pour sauce over noodles. Sprinkle with Parmesan cheese or sour cream. Makes 4 to 6 servings.

*Christine Long*

## GREEN BEANS WITH GROUND MEAT

<b>1 lb. green beans</b>	<b>1 large onion, chopped</b>
<b>½ lb. ground meat (not too lean)</b>	<b>fine</b>
<b>Salt and pepper to taste</b>	<b>½ c. canned tomatoes</b>

Wash and cut beans as desired. Brown meat with onion and place alternately in layers with green beans. Add tomatoes and enough water to cover. Add salt and pepper and cook until tender approximately 40 minutes. Serves 2.

*Rose Nash*

## GROUND BEEF AND CONSOMME RICE CASSEROLE

<b>¼ c. butter</b>	<b>¼ tsp. thyme</b>
<b>1 c. onions, chopped fine</b>	<b>Garlic powder to taste</b>
<b>1 lb. ground steak</b>	<b>1 clove garlic, minced</b>
<b>1 c. uncooked rice</b>	<b>Salt to taste</b>
<b>2 cans beef consommé</b>	

Melt butter in skillet. Add onions and garlic and cook until tender. Add rice and cook over medium heat until light brown, stirring to keep from burning. Transfer to 2 quart covered casserole and pour consommé over rice. Sprinkle garlic powder and salt over meat and brown. Drain off fat. Add meat to casserole and stir to mix all ingredients. You may stir in a little Accent if you like. Bake at 350° for approximately 1 hour.

*Nancy McGee*

## MEATBALLS

<b>1-½ lb. hamburger</b>	<b>¼ tsp. pepper</b>
<b>¼ c. corn flake crumbs</b>	<b>⅓ c. catsup</b>
<b>¼ c. parsley flakes</b>	<b>2 Tbsp. soy sauce</b>
<b>2 Tbsp. minced onion</b>	<b>2 eggs</b>
<b>½ tsp. garlic powder</b>	

Mix all of the preceding and form nickel-size balls. Place in a 9 x 13 inch pan.

<b>12 oz. can chili sauce</b>	<b>1 can jellied cranberries</b>
<b>1 Tbsp. brown sugar</b>	<b>1-½ Tbsp. lemon juice</b>

Mix these 4 ingredients and pour over meatballs. Bake at 350° for 35 to 45 minutes.

*Robin Scherer*

## “MORE”

<b>1 small pkg. noodles, cooked</b>	<b>¼ c. chopped onion</b>
<b>1 can creamed corn</b>	<b>1 Tbsp. chili powder</b>
<b>1 lb. hamburger meat</b>	<b>1 c. tomato sauce</b>
<b>½ c. chopped bell pepper</b>	<b>Shredded Cheddar to top</b>

Brown and drain meat and onion. Add all other ingredients. Top with cheese. Bake at 350° for 30 minutes.

*Sarah Hodges Aunt Jo Halbach*

## NOODLES MARMADUKE

(Beef Stroganoff with a kick)

<b>¼ c. chopped onion</b>	<b>1 (6 oz.) can mushrooms,</b>
<b>1 Tbsp. butter</b>	<b>stems and pieces and</b>
<b>1 lb. ground beef</b>	<b>juice</b>
<b>3 Tbsp. sherry (any red</b>	<b>1 tsp. salt</b>
<b>wine is OK)</b>	<b>¼ tsp. pepper</b>
<b>1 (10-½ oz.) can beef</b>	<b>Dash garlic salt</b>
<b>consommé (I used beef</b>	<b>4 oz. medium noodles</b>
<b>broth)</b>	<b>(curly egg noodles)</b>
<b>3 Tbsp. lemon juice</b>	<b>1 c. sour cream</b>

Sauté onions in butter (or vegetable. oil). Add meat and brown. Stir in wine, consommé, mushrooms and juice, lemon juice, salt pepper and garlic salt. Simmer uncovered for 15 minutes. Stir in uncooked noodles and cook for 10 minutes or until noodles are tender. Stir in sour cream. Serves 6.

(from Southern Sideboards Cookbook of Jr. League of Jackson, MS (1978))

Notes: This is SO EASY because you only mess up one pan! I tripled the recipe in order to have enough to serve 18. To stretch it a bit more, use 16 oz. noodles, which is one package, rather than 12 oz. It can be prepared in advance, frozen, thawed and reheated at 325° until hot, but it's better when made fresh, which only takes about 45 minutes from start to finish.

*Susan Cushman*

## ROUND STEAK

**1 lb. round steak,**  
**tenderized**  
**1 pkg. Lipton onion soup**  
**mix**  
**2 beef bouillon cubes,**  
**dissolved in water**

Brown meat. Dissolve bouillon and soup mix. Pour over meat. Bake at 350° covered 1 hour and uncovered 30 minutes.

*Nancy McGee*

## SAVORY POT ROAST

Brown over medium-high heat in heavy Dutch oven 4 lbs. chuck roast. When nicely browned on both sides add:

**2 c. water**  
**1 tsp. dried dill weed**  
**2 tsp. salt**  
**2 onions, thickly sliced or**  
**8 small whole onions**  
**½ tsp. pepper**

Cover and simmer for about ½ hour while preparing:

**8 carrots, peeled and**  
**quartered**  
**½ c. sour cream**  
**1 tsp. dried dill weed**  
**4 medium potatoes, peeled**  
**and quartered**

Add these vegetables to pot. Cover and simmer gently until tender, about an hour. Remove vegetables and roast to a serving dish or platter and keep warm while preparing gravy as follows: Blend together 3 tablespoons cornstarch and ½ cup cold water. Stir into meat and vegetable juices to make a bubbly, thickened gravy. Add a few tablespoons gravy to ½ cup dairy sour cream and stir until blended. Pour thinned sour cream into gravy slowly, stirring. Add 1 teaspoon dried dill weed. Serve with pot roast and vegetables.

*Christi Yadron*



## **SOUR CREAM MEAT PIE**

<b>2 lb. ground beef</b>	<b>8 oz. cream cheese</b>
<b>1 onion</b>	<b>8 oz. sour cream</b>
<b>2 (8 oz.) cans tomato soup</b>	<b>12 oz. sharp Cheddar</b>
<b>5 oz. pkg. egg noodles, cooked</b>	<b>cheese</b>

Sauté onion. Brown meat and drain. Add tomato soup. Simmer 10 minutes. Cook noodles and drain. Add cream cheese to meat mixture. Add noodles and sour cream. Sprinkle with grated cheese. Bake at 350° for 30 minutes.

*Nancy McGee*

## SPAGHETTI PIE

Shell:

<b>8 oz. cooked spaghetti</b>	<b>1/3 c. grated Parmesan</b>
<b>2 well-beaten eggs</b>	<b>cheese</b>
<b>2 Tbsp. butter</b>	

Sauce:

<b>1 jar Ragu (15-1/2 oz.)</b>	<b>1 lb. ground beef, onion to taste</b>
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Filling:

<b>1 c. cottage cheese</b>	<b>1 c. shredded Mozzarella cheese</b>
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Brown meat and onion; add sauce. Simmer 5 minutes. Cook spaghetti and drain. Add eggs, butter and Parmesan cheese to hot spaghetti. Form shell with this mixture in a large pie dish. Spread cottage cheese over shell. Fill with sauce. Bake 30 minutes at 350°. Top with shredded Mozzarella cheese and return to oven for 5-10 more minutes. Single recipe fills large pie shell or small square casserole. Double or triple to fill a large rectangular pan.

*Kh. Barbara Sorensen' All Saints Orthodox Church,  
Garner, NC*

## TALEARENI

<p><b>1 lb. ground beef</b></p> <p><b>½ lb. mild pork sausage</b></p> <p><b>2 large green peppers, cut fine</b></p> <p><b>2 large white onions, cut fine</b></p> <p><b>1 can mushrooms, drained</b></p> <p><b>1 can tomato paste</b></p> <p><b>1 can cream style corn</b></p> <p><b>1 Tbsp. sugar</b></p> <p><b>1 pkg. noodles, boiled</b></p>	<p><b>1 (14.5 oz.) can ripe pitted olives and juice (sliced olives)</b></p> <p><b>1 Tbsp. salt (or less: I use 1 tsp.)</b></p> <p><b>1 Tbsp. pepper (or less)</b></p> <p><b>1 Tbsp. Worcestershire sauce</b></p> <p><b>1 or 2 garlic cloves, minced</b></p> <p><b>Grated cheese</b></p>
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Brown onion and peppers; set aside. Brown ground beef and sausage in same pan. Combine with all ingredients. Put in casserole dish or 9 x 13 inch pan. Top with grated cheese. Bake at 350° for 1 hour.

*Sheila Shaheen*

**CHICKEN****CHICKEN ALMONDINE**

- |   |                                       |
|---|---------------------------------------|
| <b>1 whole chicken or 6 to 8 chicken breasts, baked, boiled, or grilled</b> | <b>1 can Cheddar cheese soup</b>      |
| <b>1 medium sweet onion</b>   | <b>1 (8 oz.) container sour cream</b> |
| <b>1 (10 oz.) pkg. sweet corn</b>   | <b>1 pkg. Town House crackers</b>     |
| <b>2 (8 oz.) pkg. frozen asparagus or fresh</b>                             | <b>1 pkg. slivered almonds</b>        |
| <b>1 can cream of mushroom soup</b>   | <b>1 stick butter or margarine</b>    |
|   | <b>1 Tbsp. rosemary</b>               |

Cook chicken any way you like. Sauté onion in skillet with butter. Add rosemary. Mix first 7 ingredients together and put in dish. Top with crackers and butter. Bake for 30 minutes at 350°. Take out, top with almonds and continue to bake until almonds are brown.

*Sheila Shaheen*

## CHICKEN AND ARTICHOKE CASSEROLE

<b>2 cans (14 oz.) artichoke hearts, drained and quartered</b>	<b>1 c. mayonnaise</b>
<b>3 c. diced, cooked chicken breasts</b>	<b>1 tsp. lemon juice</b>
<b>2 cans cream of chicken soup</b>	<b>½ tsp. curry</b>
	<b>1-¼ c. grated sharp cheese</b>
	<b>1-¼ c. bread crumbs with</b>
	<b>2 Tbsp. butter</b>

Layer chicken and hearts in 9 x 13 inch dish. Mix all other ingredients but bread crumbs. Pour over chicken and hearts. Top with buttered bread crumbs. Bake at 350° for 25 minutes.

*Nancy McGee*

## CHICKEN AND BROCCOLI CASSEROLE

<b>4 to 6 skinless chicken breasts, cooked &amp; diced</b>	<b>2 cans cream of chicken soup</b>
<b>1 large pkg. frozen broccoli, cooked as directed on pkg.</b>	<b>½ c. mayonnaise</b>
	<b>½ tsp. curry powder</b>
	<b>2 tsp. lemon juice, divided</b>

Sprinkle 1 teaspoon lemon juice over chicken. Butter baking dish or spray with Pam. Layer bite-size chunks of chicken with broccoli. In bowl, mix soup, mayonnaise, curry powder and 1 teaspoon lemon juice. Pour mixture over chicken and broccoli. Dot with dabs of butter; top with grated cheddar or Swiss cheese, or sprinkle with cracker crumbs. Cook at 350° until bubbly about 45 minutes.

*Martha Berge*

## CHICKEN AND CHEESE ROLL-UPS

<p><b>1-¾ c. cooked chicken, cut in small pieces (can substitute canned all white)</b></p> <p><b>1 pkg. Crescent rolls</b></p>	<p><b>½ c. shredded mild Cheddar cheese</b></p> <p><b>1 can cream of chicken soup</b></p> <p><b>1 c. milk</b></p>
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Preheat oven to 375°. In small bowl, mix chicken and 2 tablespoons shredded cheese. Place 3 tablespoons chicken on wide end of Crescent roll and roll up.

In saucepan, heat soup, milk and remainder of cheese until melted. Pour ½ soup mixture in ungreased Pyrex dish. Place rolls in hot soup mixture. Bake for 20 to 25 minutes. When removed from oven, spoon rest of hot soup mixture over rolls and serve.

*Ruth Tapia*

## CHICKEN ENCHILADAS

<b>8 pieces chicken, deboned and cooked (boiled)</b>	<b>Flour tortillas</b>
<b>1 c. rice (uncooked)</b>	<b>¾ c. grated Cheddar cheese</b>
<b>2 cans cream of mushroom soup</b>	<b>¾ c. grated Monterey Jack cheese</b>
<b>19 oz. can enchilada sauce</b>	<b>1 can black olives, pitted</b>

Cook rice. Make a sauce of soup and enchilada sauce. Heat sauce. Fill tortillas with large spoonfuls of rice and pieces of chicken. Roll tightly and place in 9 x 12 inch pan. Pour sauce over. Top with cheese. Sprinkle olives over. Cover. Bake at 350° for 30 minutes.

*Robin Scherer*

## CHICKEN "KAPAMA"

<b>1 fryer or chicken breasts (3 lb.)</b>	<b>1 tsp. cinnamon</b>
<b>⅓ tsp. cloves</b>	<b>2 Tbsp. butter</b>
<b>1-½ c. canned stewed tomatoes</b>	<b>3 Tbsp. olive oil</b>
<b>1 (6 oz.) can tomato sauce</b>	<b>Salt and pepper</b>
	<b>Flour</b>

Wash chicken and cut into serving pieces. Mix lemon juice, cloves, cinnamon, salt and pepper and rub each place of chicken. Dip lightly in flour. Brown chicken in hot butter and oil. Remove from pan, then add tomatoes and tomato sauce. Cook for 10 minutes over low flame. Pour sauce over chicken. Cook until chicken is done. May be served with spaghetti or rice.

*Urania Alissandratos*

## CHICKEN JERUSALEM

- |  |  |
|--|--|
| <p><b>2 Tbsp. olive oil</b></p> <p><b>1 jar (6oz.) marinated artichokes, drained</b></p> <p><b>1 fryer (2-1/2 to 3 lbs.) cut into serving pieces (or use skinless, boneless breasts)</b></p> <p><b>2 cloves garlic, minced</b></p> | <p><b>1/2 tsp. oregano</b></p> <p><b>1/2 lb. fresh mushrooms, cut into pieces</b></p> <p><b>Freshly ground black pepper</b></p> <p><b>1/2 cup sherry</b></p> <p><b>2 cups canned or fresh tomatoes</b></p> |
|--|--|

Heat oil in frying pan. Dredge chicken in flour and brown in oil. Place in a casserole dish with mushrooms and artichoke hearts. Stir garlic and spices with tomatoes; pour over chicken. Bake at 350° for 1-1/2 hours or until tender adding sherry during the last few minutes of cooking. Yield: 4 servings. Good served over brown rice or orzo. 320 calories per serving. Family favorite - great for company, too!

*Lori O'Brien*



## CHURCH CHICKEN

<b>6 chicken breasts</b>	<b>3 Tbsp. lemon juice (I use</b>
<b>1 can cream of chicken</b>	<b>Minute Maid frozen)</b>
<b>soup</b>	<b>Poppy seeds</b>
<b>1 (16 oz.) container sour</b>	<b>Margarine</b>
<b>cream</b>	<b>Ritz crackers</b>

Boil chicken breasts. Cut into bite-size pieces. Mix soup, sour cream and 3 tablespoons lemon juice (to taste). I sprinkle the chicken with lemon pepper.

Mix soup mixture and chicken. Bake at 350° until hot (30 minutes). Meanwhile, crumble crackers and mix with melted margarine and poppy seeds. Sprinkle over hot chicken and brown five more minutes.

*Pamela Mashburn*

## CHICKEN LASAGNA FLORENTINE

<b>6 lasagna noodles, uncooked</b>	<b>1 Tbsp. soy sauce</b>
<b>1 (10 oz.) pkg. frozen spinach, thawed</b>	<b>1 (8 oz.) carton sour cream</b>
<b>2 cups cooked chicken*</b>	<b>1 (10-<sup>3</sup>/<sub>4</sub> oz.) can undiluted cream of mushroom soup</b>
<b>2 cups (8oz.) shredded Cheddar cheese</b>	<b>1 (4.5 oz) jar drained sliced mushrooms</b>
<b>1/3 cup finely chopped onion</b>	<b>1/3 cup mayonnaise</b>
<b>1/3 - 1/2 tsp. ground nutmeg</b>	<b>1 cup freshly grated Parmesan cheese</b>
<b>Salt &amp; pepper</b>	

Butter Pecan Topping (see below) \*To speed this recipe up, use a deli chicken for the 2 cups cooked chicken

Cook noodles & drain. Drain & dry spinach with paper towels. Combine spinach, chicken & next 11 ingredients. Arrange 3 noodles in lightly greased 11 x 7 baking dish. Layer 1/2 of the mixture, noodles & rest of mixture. Sprinkle with Parmesan cheese & Topping.

Topping

<b>2 Tbsp. butter</b>	<b>1 c. chopped pecans</b>
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Melt butter in skillet add pecans, cook & cool.

Bake 350° for 1 hour. Cover loosely with aluminum foil for the last 10 minutes. Let stand 15 minutes before cutting.

It is important to use 11 x 7 dish, a 9 x 13 pan is too large and it will hold it's shape.

This is the "nursing mother's special" everyone loves. . . . omit onion when making for nursing mothers!

*Lori O'Brien*

## CROCK POT SPANISH CHICKEN

<p><b>1 whole fryer (3-4 lbs.)</b>  <b>1 pkg. Lipton Onion Soup Mix</b>  <b>1 (8 oz.) can crushed tomatoes</b></p>	<p><b>1 small can tomato paste</b>  <b>¾ c. chopped green olives with pimentos, with juice</b>  <b>1-2 tsp. garlic</b></p>
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Wash chicken and sprinkle with the soup mix. Put in crock pot, breast side down. Mix remaining ingredients and pour over chicken. Crock pot low 7- 9 hours. Great served over Spinach Fusilli (spiral pasta) with liquid spooned over the chicken and noodles and sprinkled with freshly grated Parmesan.

*Lori O'Brien*

## CHICKEN POT PIE

<p><b>2 pastry crusts (either store bought frozen or made from scratch)</b>  <b>1 can cream of chicken soup</b></p>	<p><b>2 c. cooked, cubed chicken</b>  <b>8 oz. frozen mixed vegetables</b>  <b>Salt and Pepper</b></p>
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Cook pastry crust (bottom of round pie pan or spread into small Pyrex) for about 5 minutes at 350°. Cook frozen vegetables about 7 minutes; drain. Combine vegetables, soup, chicken, salt and pepper. Pour mixture over crust. Top with remaining crust. Bake at 350° for about 30 minutes.

Can be doubled to make a 9 x 13 inch Pyrex serving size. Can use various amounts of vegetables, soup and chicken. Always is good!

*Margaret McKelroy*

## EVERYONE LOVES HOMEMADE CHICKEN POT PIE

<p><b>1 (2-½ to 3 lb.) whole chicken</b></p> <p><b>2 qt. water</b></p> <p><b>1 tsp. salt</b></p> <p><b>1 c. chopped onion</b></p> <p><b>1 c. chopped celery</b></p> <p><b>½ c. frozen peas</b></p> <p><b>½ c. all-purpose flour</b></p>	<p><b>1 c. milk</b></p> <p><b>1 tsp. salt and pepper</b></p> <p><b>1 c. chopped carrots</b></p> <p><b>1 medium potato, peeled and chopped</b></p> <p><b>½ (15 oz.) pkg. refrigerated piecrust</b></p>
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Boil chicken 1 hour (simmer) with a teaspoon of salt. Remove chicken, reserving broth. Skin and bone. Chop chicken; set aside. Simmer onion and next 4 ingredients in large skillet with a little butter (½ cup). Stir constantly for approximately 10 minutes, then add flour, stirring until smooth. Gradually add 2 cups broth and milk and cook over medium heat. Stir constantly until mixture is thickened and bubbly. Stir in chicken and sprinkle with salt and pepper. Pour into lightly greased 11x7 inch baking pan.

Unfold 1 piecrust and press out fold lines; sprinkle with 1 teaspoon flour. Roll pastry into 12x8 inch rectangle; place over filling. Fold edges under and crimp. Cut slits in top to allow steam to escape. Bake at 400° for 30 minutes or until golden brown. Place aluminum around edges to prevent over browning. Serves 6.

*Christine Long*

## IMPOSSIBLE CHICKEN PESTO PIE

<b>2 c. cooked, cut up chicken</b>	<b>2 eggs</b>
<b>½ c. Bisquick</b>	<b>½ c. pesto sauce</b>
<b>1 c. milk</b>	<b>½ c. shredded Mozzarella cheese</b>

Grease a 9 inch pie plate with Pam. Sprinkle chicken in plate. Stir in a small bowl: Bisquick, milk, eggs and pesto sauce. Pour in plate over chicken. Bake 30 minutes or until a knife inserted in center comes out clean. Sprinkle cheese over. Cook 1 or 2 minutes or until cheese has melted.

*Corinne Elliott*

## CHICKEN RED APPLE

<b>Chicken breasts (or tenders), deboned</b>	<b>2 jars dried beef</b>
<b>2 cans cream of chicken soup</b>	<b>1 large pkg. cream cheese</b>
	<b>Bacon slices (thin)</b>
	<b>1 pt. (16 oz.) sour cream</b>

Take breasts (tenders) and wrap with a couple pieces dried beef and then with a piece of bacon. Lay pieces in baking dish. Combine cream cheese, sour cream and soup in a bowl. Beat it very well. Pour over the chicken pieces. Cook, uncovered at 350° for about 1-½ hours (maybe less, depending on oven - don't let top get burnt). The top will brown some and it will get dark at the edges of the dish. Delicious!!

*Laura Graham*

## CHICKEN RICE CASSEROLE

**1-½ c. uncooked rice**                      **1 pkg. dry onion soup mix**  
**2 cans cream of chicken**              **1-½ c. water**  
**soup**    **4 to 6 chicken breasts**

Use 350° oven. Grease pan. Stir rice and water and put in baking pan. Pour 1 can of soup over rice. Place chicken on top. Pour other can of soup over chicken and sprinkle with dry soup mix. Cover with foil and cook 1 hour. Uncover and cook ½ hour more.

*Kim Dzury*

## CHICKEN AND SAUSAGE JAMBALAYA

**4 Tbsp. oil**                                      **(14.5 oz.) can whole**  
**1 lb. smoked sausage, cut**              **tomatoes, chopped**  
**into ½ inch slices**                      **(undrained)**  
**1 c. sliced celery**                          **1 tsp. Tabasco**  
**1 large onion**                                **½ tsp. dried oregano**  
**2 green or red bell**                        **½ tsp. dried thyme**  
**peppers, chopped**                        **¼ tsp. ground allspice**  
**2 cloves garlic, crushed**                **1-½ c. uncooked rice**  
**13 c. chicken broth**                      **1 lb. cooked chicken, cut**  
**2 bay leaves**                                **into cubes**

Heat oil over medium heat. Add sausage, celery, onion, peppers and garlic. Cook 5 minutes or until vegetables are tender. Stir frequently. Stir in broth, tomatoes, bay leaves, Tabasco, oregano, thyme and allspice. Add rice; cook until rice is done. Remove bay leaves; add chicken. Stir well. Serves 6 to 8.

*Connie Austin*

## CHICKEN SKEWERS

<p><b>1-½ lb. boneless, skinless chicken breast</b></p> <p><b>1 tsp. balsamic vinegar (or red wine vinegar)</b></p> <p><b>½ c. white or red wine</b></p>	<p><b>½ c. chopped chutney (optional)</b></p> <p><b>¼ c. olive oil</b></p> <p><b>3 green and red peppers, cut in ½ inch squares</b></p>
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Cut raw chicken into  $\frac{3}{4}$  inch cubes. Place in large bowl and add vinegar, wine, chutney and olive oil. Stir well. Marinate 4 hours (or overnight). Drain chicken and place on bamboo skewers alternating with peppers. Broil or grill 8 to 10 minutes and serve immediately. Makes 2-½ dozen appetizers.

Other possible additions: pineapple, apples, scallions, mushrooms, celery.

Great for having people over; it involves very little work while guests are around.

*Anne Marie McCollum*

## CHICKEN SPAGHETTI

<b>4 to 5 lb. chicken</b>	<b>want real hot, only use</b>
<b>1 lb. spaghetti</b>	<b>½ can)</b>
<b>1 large green pepper</b>	<b>1 small jar pimento</b>
<b>1 large onion</b>	<b>1 can green peas</b>
<b>1 lb. Velveeta cheese</b>	<b>1 can cream of mushroom</b>
<b>1 can Ro-Tel tomatoes, chopped (if you don't</b>	<b>soup</b>
	<b>1 c. chicken broth</b>
	<b>1 stick oleo</b>

Cook chicken and cut into pieces. Reserve 1 cup chicken broth and add enough water to remaining broth to cook spaghetti. Chop green pepper and onion; sauté in 1 stick of oleo. Remove from heat and add cheese which has been cut in large pan. Add mushroom soup, Ro-Tel and pimiento. In a large pan, mix with spaghetti and chicken broth. Add peas last. Place in large casserole dish and bake at 350° for 30 minutes. Serves 12.

*Sheila Shaheen*



## COOL CHICKEN 'N' PASTA SALAD

- |  |  |
|--|--|
| <b>3 c. cooked elbow macaroni (about 1-½ c. dry) or corkscrew macaroni 2¼ c. dry</b> | <b>1-½ c. cherry tomatoes, cut in halves</b>   |
| <b>2 (5 oz.) cans Swanson premium chunk white chicken, drained</b>                   | <b>1 small red onion, chopped (about ¼ c.)</b> |
| <b>1 small cucumber, thinly sliced</b>   | <b>3 Tbsp. chopped fresh parsley</b>           |
|  | <b>¾ c. fat free Italian salad dressing</b>    |

In large bowl, toss until evenly coated. Refrigerate 30 minutes. Serves 4.

*Sheila Shaheen*

## CORNISH HENS AND RICE

- |   |  |
|---|--|
| <b>1 box Uncle Ben's long grain and wild rice (not instant)</b> | <b>1 env. Italian salad dressing mix</b> |
| <b>1 can condensed cream of chicken soup</b>                    | <b>2 Cornish hens, thawed</b>            |

Spread rice in shallow baking dish and bake at 375° for 15 minutes, stirring occasionally, until golden. Combine salad dressing mix with 2½ cups boiling water and chicken soup, then stir into rice. Cut hens in halves lengthwise. Season with salt and pepper. Place hens, cut side down, on top of rice. Cover dish tightly with foil. Bake at 350° for 1 hour. Uncover; bake 30 minutes or until rice and hens are tender.

Garnish with radishes, parsley and/or bell pepper rings if desired.

*Laura Graham*

## DEB'S CHICKEN AND HAM ROLLS

**4 to 6 chicken breasts,  
skinned and boned**                      **1 can cream of mushroom  
soup**  
**1 (8 oz.) sour cream**                      **½ lb. ham, shaved**

Mix sour cream and soup together. Pound chicken breasts a little; place some ham on top, roll and toothpick. Grease pan. Put in a little of the sauce and place rolls on top. Cover with remaining sauce. Cover and cook 1-½ to 2 hours at 250°. Uncover to brown.

*Nancy McGee*

## HOT WINGS-LEGS

**1 tsp. salt**                                      **1 tsp. cayenne (or to taste)**  
**1 tsp. pepper**                                **12 chicken legs or wings**  
**2 tsp. paprika**                                **Water**  
**1 tsp. chili powder**                        **Oil**  
**1 tsp. garlic salt**

Combine seasonings in a baggie. Add chicken and shake to coat pieces. Arrange chicken in a large baking dish in a single layer; drizzle with a small amount of oil and cover the bottom of dish with water. Bake at 375° for 2 hours or until chicken is very tender. Turn once and baste frequently.

*Connie Austin*

## ITALIAN FRIED CHICKEN

Rinse 6 chicken breasts (boned and skinned) under cold water and drain, but leave them damp so the coating will cling better.

Coating mixture:

<b>1/3 c. all-purpose flour</b>	<b>1 tsp. salt</b>
<b>2 tsp. paprika</b>	<b>1 Tbsp. grated Italian</b>
<b>1/2 tsp. oregano</b>	<b>cheese</b>
<b>1/2 tsp. garlic powder</b>	

Combine above ingredients to make coating mixture. Roll each piece thoroughly in coating mixture. Sauté coated chicken pieces in large skillet with:

<b>1/4 c. hot oil</b>	<b>1/4 c. margarine or butter</b>
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Brown on both sides, but not too dark, because it will darken more in the oven. Place in an attractive shallow baking dish or heatproof platter. Add carefully 1/4 cup dry white wine to drippings in pan, stirring and loosening bits of coating mixture that may have stuck to the pan and pour over chicken. Bake in a preheated 350° oven for about 30 minutes. Baste chicken with drippings in pan the last 10 minutes.

*Christi Yadron*

## LEMON CHICKEN FETTUCCHINI

<b>1 (12 oz.) pkg. fettuccini</b>	<b>1-<math>\frac{1}{4}</math> c. chicken broth</b>
<b>1 lb. boneless, skinless chicken breasts, cut in 1 inch pieces</b>	<b>2 Tbsp. lemon juice</b>
<b>1 Tbsp. vegetable oil</b>	<b>1 Tbsp. cornstarch</b>
<b>1 clove garlic, minced</b>	<b><math>\frac{1}{4}</math> tsp. pepper</b>
	<b>2 c. snow peas (fresh or frozen - optional)</b>

Cook pasta according to directions; drain.

Meanwhile, in large skillet over medium high heat. Add oil and chicken; cook 5 minutes or until lightly browned. Stir frequently. Reduce heat to medium; add garlic.

In small bowl, whisk together broth, lemon juice, cornstarch and pepper. Add to chicken. Heat to boiling, then reduce to simmer. Simmer until thickened about 5 minutes. Add hot pasta. Serve immediately. (If adding snow peas, cook 3 more minutes.) Makes 4 to 6 servings.

*Christine Long*

## MARINATED CHICKEN PASTA SALAD

<b>7 to 8 chicken breasts</b>	<b>1 bunch green onions,</b>
<b>3-½ c. water, salted</b>	<b>chopped (including part</b>
<b>1 c. chopped onions</b>	<b>of green tops)</b>
<b>1 c. chopped celery</b>	<b>18 to 20 cherry tomatoes</b>
<b>10 to 12 oz. angel hair or</b>	<b>(optional)</b>
<b>vermicelli pasta, broken</b>	<b>2 heads romaine lettuce,</b>
	<b>washed and dried</b>

Cook chicken in water with onions, celery and salt until tender. Remove chicken from water. Remove bones and chop in medium bites. Break up pasta into chicken broth water and bring to a boil. Cook 2 minutes and pasta will look pasty with all liquid about gone. Dump pasta, chicken and all ingredients, except tomatoes, in a dish. Cover and marinate overnight in the following dressing.

Dressing:

<b>⅔ c. olive oil</b>	<b>6 Tbsp. wine vinegar</b>
<b>6 Tbsp. lemon juice</b>	<b>2 tsp. seasoned salt</b>
<b>3 tsp. dried basil</b>	<b>4 Tbsp. Italian dressing</b>

To serve: Make generous bed of lettuce in large salad bowl. Arrange marinated chicken and pasta on top of lettuce. Add tomatoes. Do not toss.

*Deb Mashburn*

## RO-TEL CHICKEN

<b>2 cans cream of mushroom or chicken soup</b> <b>2 cans Ro-Tel tomatoes</b> <b>1 can chili peppers</b> <b>6 half breasts chicken, boiled and chopped</b>	<b>1 green pepper, chopped</b> <b>1 onion, chopped</b> <b>½ c. chicken broth</b> <b>½ tsp. chili powder</b> <b>½ tsp. garlic powder</b> <b>3 c. Cheddar cheese</b> <b>1 large pkg. flour tortillas</b>
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Cook pepper and onion until tender in broth. Use a large pan. Add chili powder, garlic powder, soups, Ro-Tel and chili peppers and mix. Remove from heat. In a large greased baking pan, layer tortillas, chicken, sauce and cheese. Dip tortillas in sauce for bottom layer. Top with cheese. Cook at 350° for 30 minutes.

*Sheila Shaheen*

## STIR-FRIED CHICKEN

Marinade:

<b>¼ c. soy sauce</b> <b>2 Tbsp. cooking sherry</b> <b>2 Tbsp. orange marmalade</b>	<b>2 tsp. cornstarch</b> <b>½ tsp. ground ginger</b> <b>½ tsp. crushed red pepper</b>
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Additional ingredients:

<b>4 whole chicken breasts, cut into strips</b> <b>1 can mandarin oranges</b> <b>12 oz. snow peas (pods)</b>	<b>5 oz. slivered almonds</b> <b>3 green onions</b> <b>Oil for cooking</b>
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Marinate chicken 4 to 8 hours in refrigerator. Stir-fry peas almonds and onions about 2 minutes in wok. Add chicken. Stir-fry another 5 minutes or until chicken is done. Add oranges. Serve with rice.

*Deborah Byrn*

## TANGY GLAZED CHICKEN

**6 chicken breasts**  
**1 small jar apricot**  
**preserves**

**1 small bottle French**  
**dressing**  
**1 pkg. French onion soup**  
**mix**

Combine salad dressing, preserves and soup mix in a bowl and set aside. Prepare chicken breasts for browning; lightly brown chicken in oil. Remove chicken from skillet and place in baking dish. Pour mixture over chicken. Bake in a 350° oven for 45 to 60 minutes.

*Kerry Sneed*

## THE EASIEST WAY TO COOK A TURKEY

Always buy a Butterball - you know, the kind with the extra fat injected into it! Rub the surface of the turkey with oil, salt and pepper. Place into the cavity of the bird: 1 stick butter, 1 celery stalk and 1 onion. Place in a large roasting pan and cover loosely with aluminum foil, forming a "tent" over the turkey. Bake in the oven, following the directions according to weight at 325° to 350°. Time it to be done 1 hour before dinner so your oven will be free to cook other dishes for the meal. Or ... put in the oven the night before the meal, on 250° and bake overnight. Check for doneness the next morning to determine whether or not to turn the oven up for the final baking time (another tip from Aunt Barbara Jo).

Aunt Barbara Jo's Giblet Gravy: (There is to be no discussion about the correct pronunciation of "giblet" please.) Save giblets and neck from turkey and from hen, if you've boiled a hen for dressing. Boil these along with 2 eggs, together and save broth. Peel and chop eggs. Brown 2 tablespoons flour in 2 tablespoons oil in cast iron skillet. Pour broth in and stir with a whisk until smooth and thick. Add water if needed. Stir in chopped, boiled eggs, salt and pepper to taste.

*Susan Cushman*



## TURKEY CHILI RECIPE

<b>1 lb. browned ground turkey</b>	<b>2 Tbsp. chili powder</b>
<b>2 (28 oz.) cans tomatoes, diced</b>	<b>1 onion, diced</b>
<b>2 (15-½ oz.) cans dark kidney beans</b>	<b>1 stalk celery, diced</b>
	<b>1 clove garlic, minced</b>

This is the recipe for my weird chili. In addition to the basic recipe, I may add sweet red pepper or some green pepper if it's in my refrigerator and I need to use it up. I also use more chili powder than most people. That's what makes it weird.

You have to start this a couple of hours before you want to serve it. Brown the meat, open the cans and dump everything into a 6-quart pot. Cover and allow it to simmer over a low heat for at least an hour. You have to stir this occasionally because even at low heat, it will boil and stick when it's covered. This is low fat because it uses ground turkey meat. It's not low-cal. You can use ground beef if you want. If you want to use this for Lent, cut out the meat and double the beans. Makes 6 quarts and will easily give 4 people 2 bowls.

The most important tool for any recipe in the Parham kitchen is a can opener. Make sure it's sharp and make sure you don't get those little bitty pieces of paper in the stuff.

*Paul Parham*

**LAMB****DOREV DOLMA - GRAPE LEAVES STUFFED WITH MEAT**

<b>1 lb. ground lamb</b>	<b>1 tsp. salt</b>
<b>Mint/parsley to taste, chopped fresh</b>	<b>1/8 tsp. pepper</b>
<b>1/2 c. large bulgur wheat</b>	<b>Juice of 1/2 lemon</b>
<b>1 onion, finely chopped</b>	<b>1/2 c. tomato sauce</b>
<b>1 jar grape leaves (1/2 of 24 oz. jar is used for 1 lb. lamb)</b>	<b>1-1/2 c. water</b>

Combine meat, bulgur, spices and 1/2 tomato sauce in mixing bowl. Knead ingredients until well blended. Wash grape leaves in cold water to remove brine. Take a grape leaf, remove the stem, place on table with smooth side face down and place a tablespoon of meat mixture on stem end of leaf. Fold 2 sides of leaf over filling and fold leaf from stem end to tip. It should resemble a short cigar after rolled. Place in heavy saucepan with tip side of leaf down. Pack in saucepan tightly. Continue filling and rolling leaves; place in pan close together. When bottom of saucepan is filled, start second layer on top of it in same manner. When finished, cover dolmas with a small plate to keep from moving.

Mix lemon juice, water and remaining tomato sauce; pour over dolmas. Cover pan. Bring to boil, then simmer 45 minutes. Serve hot with plain yogurt. This freezes well.

Note: Vegetables may be substituted for meat: tomatoes, green peppers, zucchini.

*Kathy Nash*

## **KIMIONOV KUFTA - AMERICAN MEAT BALLS**

<b>2 lb. ground lamb</b>	<b>1 tsp. cumin</b>
<b>2 Tbsp. salt</b>	<b>1 c. milk</b>
<b>2/3 c. breadcrumbs</b>	<b>6 Tbsp. butter</b>

Combine all ingredients in a bowl. Mix thoroughly. Knead mixture like dough for 2 to 3 minutes. Form meat into small balls, 1¼ inches in diameter. Sauté in butter until brown; serve hot. Makes 35 meatballs.

Also may place in pan and broil, turning as necessary, to cook and brown. If cooked this way, omit butter. May be prepared in advance, frozen and reheated.

*Kathy Nash*

## **ROMANIAN LAMB ROAST**

<b>4 to 5 lb. lamb</b>	<b>Thyme</b>
<b>Oregano</b>	<b>Salt and pepper</b>
<b>3 Tbsp.</b>	<b>Red wine (optional)</b>
<b>vegetable/sunflower oil</b>	

Rinse meat in cold water. Pat dry with paper towels. Sprinkle with salt. Set aside for about ½ hour. Sprinkle lamb with rest of seasonings. Place in a baking pan with oil and wine. Bake at medium heat, basting from time to time with oil and red wine. When nearly done, turn heat to high. Do not baste and meat will have a crispy crust.

Traditionally, this is served as Easter dinner along with mashed potatoes, spinach and fresh green lettuce.

*Raluca Cascaval*

## ROASTED LAMB

For a 35 to 45 lb. whole lamb to be cooked on a spit.

<p><b>2 pkg. stick oregano</b>  <b>(oregano still on the sticks as it is grown)</b></p> <p><b>2 oz. salt</b></p> <p><b>2 oz. pepper</b></p> <p><b>2 heads garlic</b></p>	<p><b>5 (20 oz.) bags charcoal briquettes</b></p> <p><b>2 qt. lemon juice (keep the lemon halves after squeezing)</b></p>
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Start coals 1 hour prior to cooking. Press the oregano off of the sticks and put it into a large (2 quarts or larger) jar. Keep the sticks for use later in basting the lamb while it is cooking. Take each clove of garlic from each head, peel and press into the jar. Mix lemon juice, salt and pepper. If desired, more salt and/or pepper can be added to taste.

After putting the lamb onto the spit place the lemon halves into the chest and abdomen spaces. Close the sides with metal skewers to hold the lemons inside while cooking. Be sure that the lamb is secure around the back, neck and hind leg with fixation from inside as well as outside the lamb.

While the lamb is cooking on the spit, use the oregano sticks to baste the lamb frequently with the previously mixed ingredients.

*George Alissandratos*

## WHOLE ROAST LEG OF LAMB

**1 large leg of lamb**

**Black pepper**

**3 to 4 cloves garlic,  
slivered**

**Oregano**

**Salt**

**Olive oil**

Wipe or wash the leg of lamb clean. Pierce it all over with the point of a sharp knife and insert the slivers of garlic at different depths. Rub generously with olive oil and pepper. Put the prepared lamb, fat side up, on a rack in a large baking pan. Sprinkle if you like with a little oregano.

Have the oven preheated to 450°. Put in the leg of lamb, reduce the heat to 300° or 350° and roast for about 2-½ hours, or until done to your liking, only 1-½ hours if you prefer the meat very rare.

*Ruth Ann Skaff*

## TUNISIAN LAMB

<p><b>1 Tbsp. salad oil</b></p> <p><b>1 lb. lean lamb shoulder,</b> <b>cut in cubes</b></p> <p><b>1 medium onion</b></p> <p><b>2 c. beef broth</b></p> <p><b>½ tsp. cinnamon</b></p> <p><b>¼ tsp. salt</b></p> <p><b>¼ tsp. pepper</b></p> <p><b>¼ tsp. ground ginger</b></p>	<p><b>2 medium apples, pared</b> <b>and diced (2 c.)</b></p> <p><b>1 (16 oz.) can drained</b> <b>sweet potatoes</b></p> <p><b>6 pitted prunes, cut in</b> <b>halves</b></p> <p><b>4 lemon slices</b></p> <p><b>3 Tbsp. honey</b></p> <p><b>Rice</b></p>
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In 12 inch skillet, over medium heat, heat oil. Add lamb and onion and brown well on all sides. Pour off drippings. Add broth, cinnamon, salt, pepper and ginger. Heat to boiling, reduce heat and simmer 1 hour 15 minutes. Add apples, potatoes, prunes, lemons and honey. Cook, uncovered, 15 minutes or until apples are tender. Stir occasionally. Serve over rice. Serves 4 (540 calories per serving).

*Urania Alissandratos*

**PORK****COUNTRY REUBEN**

**Hillshire or Polska  
sausage  
4 slices rye, lightly  
buttered**

**Swiss cheese, sliced  
Sauerkraut, drained  
Thousand Island dressing**

Cut sausage into 6 inch pieces. Split lengthwise. Top bread with Swiss cheese, sauerkraut and Thousand Island dressing (spread on bread). Arrange sausage on top of all. Bake at 350° for 10 to 20 minutes until heated through.

*Christine Long*

**LASAGNA**

**1 lb. Italian sausage  
1 clove garlic, minced  
1 Tbsp. basil  
1-½ tsp. salt  
1 (1 lb.) can tomatoes  
2 (6 oz.) cans tomato paste  
1 box lasagna noodles  
3 c. Ricotta cheese**

**½ c. Parmesan or Romano  
cheese  
2 Tbsp. parsley  
2 eggs, beaten  
1 tsp. salt  
½ tsp. pepper  
1 lb. Mozzarella cheese**

Brown meat; drain. Add garlic, basil, ½ teaspoons salt, tomatoes and tomato paste. Simmer, uncovered, for 30 minutes. Cook noodles. Combine remaining ingredients except Mozzarella cheese. In shallow pan, spread a layer of sauce, then noodles, then cheese filling, then ½ lb.

Mozzarella cheese and half of the meat sauce. Repeat. Bake at 375° for 30 minutes. Let stand 10 minutes before serving.

*Stephanie Taylor*

## **PORK CHOPS IN BEER-TERIYAKI MARINADE**

<b>2/3 c. soy sauce</b>	<b>2 Tbsp. chopped fresh ginger root</b>
<b>1/4 c. cream sherry</b>	<b>2/3 c. beer (not dark)</b>
<b>1/4 c. cider vinegar</b>	
<b>1/3 c. sugar</b>	

Combine all of the preceding and simmer for 20 minutes. Let marinade cool. Put 4 to 5 pork chops in a “Ziploc” bag and pour marinade into bag. Arrange pork chops to lie flat and marinate overnight in refrigerator, turning once. Grill pork chops over medium coals 6 minutes on each side.

*Lynda Spinolo*

## **QUICK HAM DISH**

<b>1 box Kraft macaroni and cheese dinner</b>	<b>1 can mixed vegetables, drained “Bunches” of chopped ham (like left over ham from 1/2 a ham or just sliced ham from deli)</b>
<b>1 can Cheddar cheese soup</b>	
<b>1/2 c. milk</b>	

Fix macaroni and cheese as directed on package. Add soup and 1/4 cup milk. Stir well. Add chopped ham and mixed vegetables, mixing everything together well. Pour in buttered casserole dish. If necessary add 1/4 cup more milk. Cover and bake at 350° for 30 minutes or so. (Can also use most any vegetable combination.)

This casserole is good with green salad and Jell-O dessert.

*Laura Graham*



## PORK TENDERLOIN

Marinade:

<b>½ tsp. pepper</b>	<b>2 Tbsp. Worcestershire</b>
<b>1 Tbsp. seasoned salt</b>	<b>sauce</b>
<b>2 Tbsp. lemon juice</b>	<b>1 tsp. garlic salt</b>
	<b>3 Tbsp. olive oil</b>

Mix and pour over a pork tenderloin. Let stand 3 hours, turning several times. Heat oven to 425° and bake 10 minutes. Place sliced bacon on meat. Cover. Turn oven down to 375° and bake 40 minutes.

*Nancy McGee*

## COUNTRY GRITS AND SAUSAGE CASSEROLE

<p><b>2 c. water</b></p> <p><b>½ c. quick-cooking grits, uncooked</b></p> <p><b>3-½ c. (14 oz.) shredded, extra-sharp Cheddar cheese</b></p> <p><b>4 eggs, lightly beaten</b></p>	<p><b>1 c. milk</b></p> <p><b>½ tsp. dried whole thyme</b></p> <p><b>⅛ tsp. garlic powder</b></p> <p><b>1-½ lbs. mild bulk pork sausage, cooked, crumbled and drained</b></p>
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Garnishes:

**Tomato wedges**

**Fresh parsley sprigs**

Bring water to a boil; stir in grits. Return to a boil; reduce heat to low and cook 4 minutes, stirring occasionally. Add cheese, stirring until melted. Combine eggs, milk, thyme and garlic powder; stir well. Gradually stir about one-fourth of hot grits mixture into egg mixture; add to remaining hot mixture, stirring constantly. Stir in sausage. Pour into a lightly greased 11 x 7 x 1-½ inch baking dish.

To store: cover and refrigerate up to 8 hours.

To serve: Bake, uncovered at 350° for 50 minutes or until set. Garnish, if desired. Yield: 6-8 servings.

*From The Southern Living Complete Do-A Head Cookbook, © 1991 by Oxmoor House. Contributed by Nancy McGree*

**SEAFOOD****JAMBALYA**

<b>1 lb. smoked sausage</b>	<b>1 can beef broth</b>
<b>1 lb. shrimp</b>	<b>8 oz. can mushroom stems &amp; pieces</b>
<b>1 lb. chicken breasts (cut in bite-size pieces)</b>	<b>½ stick margarine</b>
<b>*2 c. Uncle Ben's Converted Rice</b>	<b>¼ tsp. salt</b>
<b>*1 can French onion soup (Campbell's)</b>	<b>Pepper to taste</b>
<b>*1 can Rotel tomatoes &amp; green chilies</b>	<b>1 bunch celery (chopped)</b>
	<b>2 bunches green onions (chopped)</b>
	<b>*buy brands specified</b>

Brown celery & onions in small amount of oil.  
Brown sausage; add chicken & shrimp. Cook about 4-5  
minutes. Add all other ingredients and bring to a boil. (Can  
be frozen at this point.)

Place in 350° oven for 30 minutes (covered). Stir  
after 15 minutes. Let sit out (tightly covered) for thirty  
minutes. (Don't skimp on this time!)

Notes: We use large stock pot for stove top cooking,  
then transfer to ovenware for baking. If serving entire  
amount, we use throw-away aluminum pan (largest size). If  
freezing for several meals, we use 2 or 3 smaller pans (9 x  
13).

Note: You can do 2 lbs. chicken and eliminate 1 lb.  
other meat, but sausage does help flavor. Serves 12-18  
people.

*Susan Cushman's family*

**JAMBALAYA\***

<b>2 onions</b>	<b>½ c. tomato paste</b>
<b>4 cloves garlic</b>	<b>2 lb. shrimp</b>
<b>¼ bell pepper</b>	<b>Salt and black and red</b>
<b>Tabasco sauce</b>	<b>pepper</b>
<b>4 Tbsp. oil</b>	<b>Rice</b>
<b>1 can tomatoes</b>	

Chop onions, garlic and bell peppers and Sauté . Add tomatoes and tomato paste. Season to taste. Add dash of Tabasco. Cook for 30 minutes. Add peeled, deveined and cooked shrimp. Cook 15 minutes longer. Make a pot of rice. Serve over rice.

*Susan Meng*

**STUFFED COD**

<b>1 lb. cod, flounder or sole fillets</b>	<b>1 c. chicken or fish broth</b>
<b>1 pkg. (10 oz) frozen chopped spinach</b>	<b>¼ c. butter</b>
<b>¼ c. pine nuts</b>	<b>1 c. chopped onions</b>
<b>1 tsp. basil</b>	<b>¼ c. Parmesan cheese</b>
<b>½ tsp. pepper</b>	<b>1 tsp. salt</b>
<b>¼ c. white wine</b>	<b>1 egg, beaten</b>
	<b>1 bay leaf</b>

Wash and dry fillets. Cook spinach; drain and set aside. Set skillet to 325° . Melt butter, sauté onions and pine nuts about 3-4 minutes. In large bowl, combine onion mixture, spinach, cheese, basil, salt, pepper and egg. Cut fillets into about 1-½ x 5 inch strips. Put about 2 tsp. of spinach filling on a strip, roll up, pin with toothpick. Simmer wine, broth & bay leaf in 225° skillet. Carefully add fish rolls. Cover. Cook at 225° until fish flakes easily with a fork about 15-20 minutes.

*Paul Parham*

## RED CLAM SAUCE\*

- |   |  |
|---|--|
| <b>1 large can crushed tomatoes</b>         | <b>2 Tbsp. parsley flakes, or fresh minced</b> |
| <b>1 (12 oz.) can minced clams, drained</b> | <b>⅓ tsp. red pepper flakes</b>                |
| <b>2 cloves minced garlic</b>               | <b>1 Tbsp. olive oil</b>                       |
|   | <b>Salt and pepper to taste</b>                |

Sauté garlic in oil. Stir in tomatoes, clams and spices. Simmer low 20 minutes. Serve over linguini.

Variations: Add 1 Tbsp. oregano, 1 Tbsp. chopped green pepper, 3 Tbsp. Parmesan cheese.

*Paul Parham*

## CRAB CASSEROLE

- |  |                                |
|--|--------------------------------|
| <b>2 bunches of green onions, chopped include tops</b> | <b>⅓ tsp. nutmeg</b>           |
| <b>½ c. butter</b>                                     | <b>½ tsp. salt</b>             |
| <b>4 Tbsp. flour</b>                                   | <b>1 c. sour cream</b>         |
| <b>3 oz. vermouth</b>                                  | <b>1 lb. fresh crab meat</b>   |
| <b>1 ½ oz. sherry or brandy</b>                        | <b>1 c. fresh bread crumbs</b> |
| <b>⅓ tsp. curry powder</b>                             | <b>2 Tbsp. butter</b>          |
|  | <b>1 Tbsp. lemon juice</b>     |

Sauté green onions in butter. Add flour and stir well. Add vermouth, brandy or sherry, spices and salt. Simmer 10 minutes. Remove from heat. Add sour cream and crab. Mix well. Place mixture in a casserole or ramekins. (You can refrigerate or freeze the dish at this point.) Sauté bread crumbs in butter and lemon juice until well coated. Sprinkle bread crumbs over crab mixture. Bake 400° for 20 minutes or until bubbly and brown on top. Serves 6.

Note: Alternative use: Appetizer: After baking, place 1 Tbsp. into a phyllo pastry cup. Heat 400° for 5-10 minutes. Makes about 60 appetizers.

From Junior League of Memphis Cook Book  
*Fran Tylavsky*

## CRABMEAT MORNAY

<b>1 can cream of chicken soup</b>	<b>½ lb. grated Cheddar cheese</b>
<b>⅓ c. milk or white wine</b>	<b>½ c. minced onions</b>
<b>1-¼ c. canned crabmeat</b>	<b>Dash of Worcestershire sauce</b>
<b>1 egg, slightly beaten</b>	<b>Bread crumbs</b>

Simmer soup with milk or wine, then add egg. Pour over crabmeat, cheese and rest of ingredients and mix well. Cook over low heat till bubbly (or put in oven). Top with grated cheese and serve with crackers.

*Anne Marie McCollum*

## STUFFED MUSHROOMS WITH CRABMEAT\*

<b>30 to 40 large fresh mushrooms (remove stems)</b>	<b>2 Tbsp. parsley</b>
<b>1 stick margarine</b>	<b>1 Tbsp. tarragon</b>
<b>Pressed garlic clove (large)</b>	<b>¼ c. chopped onion</b>
<b>¼ c. bread crumbs</b>	<b>1 egg (not necessary)</b>
	<b>1 dash of Tabasco</b>
	<b>1 lb. fresh lump crabmeat</b>

Mix all ingredients and stuff large cleaned mushrooms. Bake 40 minutes at 350°. Makes about 30 to 35 mushrooms.

*Christine Long*

## GRILLED FILET OF SALMON

One fresh salmon filet about 2½ to 3 lbs., scales removed, will serve 4 with leftovers for a nice sandwich, or two, the next day. Rub filet gently with olive oil and lightly season with salt and pepper. Spray your wire fish griller with Pam. Get your gas grill nice and hot. Put the filet in the fish griller and grill 4 to 6 minutes per side (you want there to be sort of roasted crust to much of the filet, while being careful not to overcook the inside). When done, open wire griller and gently remove to warmed platter.

Serve with lemon slices.

Serve preceding with a baguette that has been warmed in a 200° oven for 5 to 6 minutes. Wine suggestions: good, basic merlot or dry white like a white burgundy.

*David Romine*

## PALM SUNDAY SALMON\*

<b>1 Salmon filet (3-4 lb)</b> <b>1 bunch of celery,</b> <b>chopped (use the whole</b> <b>bunch including the</b> <b>leaves)</b>	<b>1 leek, sliced thinly,</b> <b>include the edible part</b> <b>of the stalk</b> <b>Fresh dill weed</b> <b>(approximately 2 stems)</b> <b>Salt and pepper to taste</b>
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Mix celery and leeks together and mound in the shape of the filet on a baking tray. Place fresh dill over mound (Sometimes I use dried dill weed and mix it with the leeks and celery.) Sprinkle with salt and pepper. Place salmon filet over mound. Cover with aluminum foil. Bake 350° for 45 minutes. Garnish with parsley and sliced lemon prior to serving.

Note: I learned how to make this dish from a colleague in Finland. I had to modify the recipe. In Finland they buy a whole salmon, gut it, salt the inside and then stick down in the snow overnight or for a few hours to cure. Needless to say Memphis rarely has such weather conditions. You can make this using only a small amount of salmon by scaling the recipe down. This is a good fasting dish when fish is permitted.

*Fran Tylavsky*



## BROILED SCALLOPS\*

<b>1-¼ lb. bay scallops</b>	<b>⅛ tsp. pepper</b>
<b>2 Tbsp. margarine</b>	<b>½ tsp. seasoned salt</b>
<b>¼ c. lemon juice</b>	<b>Parsley</b>
<b>¼ tsp. paprika</b>	<b>Lemon slices (optional)</b>

Divide scallops evenly among 4 individual ovenproof casserole dishes or spread evenly in larger dish. Combine margarine, lemon juice and seasonings. Pour over scallops. Place scallops under preheated broiler; broil for 4 to 5 minutes. Garnish with parsley and lemon slices if desired.

*Laura Graham*

## SEAFOOD CASSEROLE

<b>1 c. crabmeat</b>	<b>¼ to ½ chopped bell</b>
<b>1 c. shrimp (cook shrimp or use canned shrimp)</b>	<b>pepper</b>
<b>1 c. grated cheese</b>	<b>1 or 2 dashes Tabasco</b>
<b>1 c. celery, chopped fine</b>	<b>Salt and pepper to taste</b>
<b>1 c. mayonnaise</b>	<b>Buttered bread crumbs</b>

Mix all together. Put in ungreased casserole. Top with buttered bread crumbs. Bake at 325° for 30 minutes. One cup cooked rice may be added if desired.

*Nancy McGee*

## SEAFOOD MANICOTTI

<p><b>1 qt. whipping cream</b>  <b>½ tsp. salt</b>  <b>¼ tsp. pepper</b>  <b>14 manicotti shells</b>  <b>2 lb. shrimp</b>  <b>3 Tbsp. butter</b>  <b>1 c. chopped onion</b>  <b>1 c. chopped green peppers</b></p>	<p><b>¼ c. chopped celery</b>  <b>1 minced garlic clove</b>  <b>1 lb. flaked crabmeat</b>  <b>½ c. (2 oz.) shredded Cheddar</b>  <b>½ c. (2 oz.) Monterey Jack with peppers</b></p>
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Combine first 3 ingredients in pan. Cook on medium/high for 30 minutes, until thick and equal to 2 cups. Cook manicotti and drain. Peel and chop shrimp. Heat butter and add onion, peppers and celery. Cook, stirring constantly. Add shrimp and cook 5 minutes (until shrimp are pink). Cool 10 minutes, then drain well.

Combine shrimp mix with whipping cream mix and fill shells. Place on greased dish and sprinkle with cheese. Cover with foil and bake at 350° for 15 minutes, then uncover and bake another 10 minutes. Complicated, but worth it!

*Anne Marie McCollum*

## SHELLFISH PASTA\*

<p><b>1 pkg. colored noodles, rotini or any other noodles</b></p> <p><b>½ stick margarine</b></p> <p><b>1 chopped or sliced onion (Vidalia when in season)</b></p> <p><b>Minced garlic (to taste)</b></p>	<p><b>Handful of mushrooms chopped or small can, drained</b></p> <p><b>Parsley</b></p> <p><b>Pepper</b></p> <p><b>Shrimp, cleaned, or scallops or crabmeat</b></p>
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Sauté onion and mushrooms in margarine with garlic to taste. Add shellfish of choice and cook until done (if raw) or heated thoroughly (if canned) adding parsley and pepper (to taste). Fix noodles. Pour shellfish over drained noodles.

Amount of shellfish depends on personal choice: I use at least a pound (if raw) or 1-½ lbs. Can also use imitation crabmeat - large package.

*Laura Graham*

## GREEK SHRIMP\*

<p><b>1 lb. cleaned shrimp</b></p> <p><b>2 Tbsp. butter</b></p> <p><b>2 Tbsp. olive oil</b></p> <p><b>1 (14-½ oz.) can Italian stewed tomatoes</b></p>	<p><b>1 medium onion, chopped, or 1 c. scallions with tops, chopped</b></p>
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Melt butter in skillet and stir-fry shrimp until pink (about 2 minutes). Remove shrimp to casserole. Sauté onions and garlic in olive oil. Add tomatoes. Simmer for 10 minutes. Add shrimp, wine, 1 tsp. brandy, oregano and pepper to taste. Cook 2 minutes. Stir in cheese. Pour into casserole. Heat in 350° oven for 15 minutes. Serve with rice or orzo. Serves 4 to 6.

*Urania Alissandratos*

Note: This is good for a “fish, wine and oil” fasting day.

## SHRIMP CREOLE\*

<p><b>¼ c. margarine</b>  <b>1 small chopped onion</b>  <b>1 c. chopped celery</b>  <b>1 small green pepper, cut  in thin strips</b>  <b>3 c. tomato juice or puree</b></p>	<p><b>¼ tsp. garlic powder</b>  <b>½ tsp. celery salt</b>  <b>1-½ - 2 lbs. uncooked,  shelled shrimp</b>  <b>½ tsp. baking soda</b></p>
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In a large sauté pan, heat margarine. Add onions, celery and green pepper strips and sauté about 5 minutes. Add the tomato juice and all seasonings (except soda). Mix well and simmer about 3 minutes. Now add the raw, shelled and de-veined shrimp. Cover and simmer about 5-8 minutes. Thicken sauce by mixing ¼ c. cornstarch with ½ c. water or tomato juice. Stir this mixture into shrimp sauce. Last add the baking soda and cook 5 more minutes. Serve over hot, white rice.

Note: You may want to add cayenne pepper or Tabasco sauce for zip!

*Christi Yadron*

## MARINATED THAI SHRIMP\*

<p><b>1-½ lb. shrimp</b>  <b>½ c. soy sauce</b>  <b>½ c. lite vegetable oil</b></p>	<p><b>2 Tbsp. lemon juice</b>  <b>1 tsp. ginger</b>  <b>3 garlic cloves, minced</b></p>
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Peel, de-vein and wash shrimp. Pat dry. Mix rest of ingredients together; pour over shrimp and marinate 3+ hours. Skewer shrimp and cook over hot coals about 4 to 5 minutes. Serve immediately.

*Anne Marie McCollum*

**SHRIMP C'EST BON\***

<b>3 lb. shrimp</b>	<b>2 onions, chopped</b>
<b>1 loaf French bread, cut in half lengthwise</b>	<b>1 ½ tsp. garlic</b>
<b>1 c. butter</b>	<b>1 tsp. Creole seasoning</b>

Peel and de-vein shrimp. Bake bread 5 minutes at 350° and cut into 3 pieces. Melt butter; add onion, garlic and Creole and cook on medium heat. Add shrimp and cook 8 minutes, covered. Serve over bread.

Can use margarine during Lent.

*Anne Marie McCollum*

## SHRIMP DIANE

This dish is best if made only 2 servings at a time. If you want to make more than 2 servings, do so in separate batches but serve while piping hot.

<b>1-¾ lb. medium shrimp with heads and shells (see note)</b>	<b>¼ tsp. white pepper</b>
<b>6 Tbsp., in all, basic shrimp stock</b>	<b>¼ tsp. black pepper</b>
<b>¾ lb. (1-½ sticks) unsalted butter (in all)</b>	<b>¼ tsp. dried sweet basil leaves</b>
<b>¼ c. very finely chopped green onions</b>	<b>¼ tsp. dried thyme leaves</b>
<b>¾ tsp. salt</b>	<b>⅛ tsp. dried oregano leaves</b>
<b>½ tsp. minced garlic</b>	<b>½ lb. mushrooms, cut into ¼ inch thick slices</b>
<b>½ tsp. ground red pepper (preferably cayenne)</b>	<b>3 Tbsp. very finely chopped fresh parsley</b>
	<b>French bread, pasta, or hot basic cooked rice</b>

Rinse and peel the shrimp; refrigerate until needed. Use shells and heads to make the shrimp stock.

In a large skillet, melt 1 stick of the butter over high heat. When almost melted add the green onions, salt, garlic, the ground peppers, basil, thyme and oregano; stir well. Add the shrimp and sauté just until they turn pink, about 1 minute, shaking the pan (versus stirring) in a back-and-forth motion. Add the mushrooms and ¼ cup of the stock, then add the remaining 4 tablespoons butter in chunks and continue cooking, continuing to shake the pan. Before the butter chunks are completely melted add the parsley, then the remaining 2 tablespoons stock; continue cooking and shaking the pan until all ingredients are mixed thoroughly and butter sauce is the consistency of cream. Serve immediately in a bowl with lots of French bread on the side, or serve over pasta or rice. Makes 2 servings.

Note: If shrimp with heads are not available, buy 1 lb. of shrimp without heads but with shells for making the stock.

*Pamela Mashburn*

## **SHRIMP AND RICE CASSEROLE\***

<b>¼ c. olive oil (or vegetable oil)</b>	<b>1 (16 oz.) can tomatoes (do not drain)</b>
<b>1 medium-size yellow onion, peeled and minced</b>	<b>1 tsp. salt</b>
<b>1 clove garlic, peeled and crushed</b>	<b>¼ tsp. pepper</b>
<b>½ c. green pepper, minced</b>	<b>¼ tsp. oregano</b>
<b>½ c. uncooked rice</b>	<b>1 bay leaf, crumbled</b>
<b>½ c. water</b>	<b>1-½ lb. shelled and deveined raw shrimp</b>
	<b>Louisiana hot sauce to taste</b>

Preheat oven to 350°. Mince onion and green pepper in food processor. In buttered 2 quart casserole, mix all ingredients except shrimp. Cover and bake 1 hour, stirring 2 or 3 times. Add shrimp, pushing well down into the mixture. Recover and bake ½ hour longer or until rice is done. Serves 4.

*Wes and Becky Kraker*

**SHRIMP SCAMPI\***

<b>½ lb. peeled, de-veined fresh shrimp</b>	<b>1 Tbsp. minced garlic</b>
<b>½ c. margarine</b>	<b>½ tsp. basil</b>
<b>¼ c. olive oil (or vegetable oil)</b>	<b>½ tsp. oregano</b>
<b>½ Tbsp. minced parsley</b>	<b>½ tsp. salt</b>
	<b>1 tsp. lemon juice</b>

Melt margarine and add everything except the shrimp. Stir. Add shrimp and microwave 5 minutes on HIGH, stirring halfway through cooking time. Serve over cooked pasta.

*Charli Phillips*



**OTHER****HOMEMADE PIZZA**

(makes two, 12-inch pizzas)

Dough:

<b>1 c. lukewarm water</b>	<b>1 tsp. salt</b>
<b>1 pkg. dry yeast</b>	<b>3-½ c. flour</b>
<b>¼ c. oil</b>	<b>1 tsp. sugar</b>
<b>¼ c. warm water</b>	

Dissolve yeast in ¼ c. warm water.

In another bowl, combine 1 c. warm water, oil, salt & sugar. Blend well; add the dissolved yeast, then the flour one cup at a time, beating well after each addition. When dough becomes too stiff to beat with a wooden spoon, turn onto floured surface and add more flour if very sticky. Knead several minutes adding more flour to prevent stickiness, forming dough that is not too stiff. Divide into 2 balls and knead each ball a few seconds. Place balls on floured surface and cover with clean towel. Let dough rest 20 minutes.

When dough has risen 20 minutes, roll each ball to fit a 12-inch pan. (Grease pans before placing dough on them.) Allow dough to form a rim around the sides. Let dough stand again about 20 minutes.

Preheat oven to 400°. Puncture dough surface well with a fork & bake on center rack in preheated oven 10-12 minutes, or until partially set and very, very lightly colored. Watch pizza shells to make sure they don't puff up. If so, press them down gently to keep them flat

Remove backed shells from oven and slide onto racks to become cold. They can now be filled and baked or wrapped and refrigerated for a day or two. Fill your shells with sauce, cheese and topping of your choice. Then bake in a 400 degree oven for 10-15 minutes. Watch closely.

Pizza Sauce:

<b>14-16 oz. can tomatoes</b>	<b>½ tsp, salt</b>
<b>6-oz. can tomato paste</b>	<b>¼ tsp. pepper</b>
<b>(may use Italian style)</b>	<b>¼ tsp. garlic powder</b>
<b>¼ c. oil</b>	<b>¼ tsp. baking soda</b>

In blender, crush tomatoes into very fine pieces, or completely puree. Add all other ingredients and stir well for about 1 minute. Pour desired amount onto empty shells and add cheese and toppings as desired.

*Christi Yadron*

## **PIZZA FOR FASTING PERIODS\***

You need Martha White pizza crust mix (as many packages as necessary). Read ingredient list on back and follow instructions. Add vegetables as desired, such as mushrooms, bell pepper, onions.

*George Alissandratos*

## **PARTY PIZZA**

Brown and drain:

<b>1 lb. lean sausage</b>	<b>1 lb. lean ground beef</b>
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Shred or chunk 1 lb. Velveeta cheese (so it will melt in meat) and add to meat mixture.

Add:

<b>1 tsp. basil</b>	<b>½ tsp. parsley flakes</b>
<b>½ tsp. garlic powder</b>	<b>1 tsp. oregano</b>

Stir until all the cheese is melted. Spread on rye bread (I like the party rye). Heat in oven at 350° until warm.

*Sheila Shaheen*

## NOTES



## BREADS

### LENTEN APPLESAUCE BREAD\*

<b>1 c. apple juice</b>	<b>4 Tbsp. melted margarine</b>
<b>2 c. applesauce</b>	<b>2 Tbsp. baking powder</b>
<b>1 c. raisins</b>	<b>2 tsp. baking soda</b>
<b>1 c. chopped nuts</b>	<b>2 tsp. salt</b>
<b>2 c. brown sugar</b>	<b>1 tsp. nutmeg</b>
<b>5 c. flour</b>	

Combine all wet ingredients. Add dry ingredients. Makes 2 loaves. Pour into loaf pans and cook at 350° for about 1 hour.

### BANANA BREAD

<b>½ c. shortening</b>	<b>2 eggs, well-beaten</b>
<b>2 c. flour</b>	<b>3 large bananas, mashed</b>
<b>1 c. sugar</b>	<b>1 tsp. baking soda</b>
<b>¼ tsp. salt</b>	<b>1 tsp. vanilla</b>

Combine shortening, sugar and eggs. Blend. Dissolve soda in 3 tablespoons hot water. Mix with preceding sugar mixture. Add 1 c. flour and salt. Beat well. Add remaining flour, vanilla and bananas. Mix till smooth. Pour into greased loaf pan. Bake at 375° for 45 minutes.

*Corinne Elliott*

## CHRISTIE WARDLE'S BEER BREAD

**3 c. self-rising flour**                      **1 (12 oz.) warm beer (not Lite)**  
**3 Tbsp. sugar**  
**½ stick butter or margarine**

Combine dry ingredients, and then stir in beer. Pour into pan sprayed with non-stick spray. Bake 20 minutes at 350°. Slit bread down the middle. Pour ½ stick melted margarine/butter over and bake 20 to 25 minutes more.

*Sarah Hodges*

## FRAN'S PASCHA BREAD

**2 pkg. yeast**                                      **4 Tbsp. melted margarine**  
**½ c. warm water**                              **(cool until warm; hot margarine may kill yeast)**  
**1 c. milk or 1 can evaporated milk**  
**¾ c. sugar**                                      **4-5 c. flour**  
**4 eggs, beaten**

Dissolve yeast in warm water, milk and sugar. Let stand 5 to 10 minutes until yeast begins to grow. Mix in eggs and melted margarine. Add 4 to 5 c. flour, a little at a time, until soft dough is formed. Knead approximately 7 minutes or until a smooth elastic dough is formed. (Air bubbles will be trapped beneath the surface – or it will look like a “bare baby’s bottom”.) Let rise for ½ to 1 hour until double in size. Remove from pan, punch down and knead for a few minutes until most of air pockets disappear. Let dough rest for 5 minutes.

Form into round loaves. (I use a nice round metal or glass bowl so that the loaves will be about 6 to 8 inches in diameter and 4 to 5 inches high. Bowls should be high enough to retain shape of loaf.) Save some dough for decorating top. (Roll small pieces into long strands. Use

strands to make 3-bar cross. Or braid strands to make cross. Or use braid to wrap around loaf like frame with cross in center. Be creative.)

Let dough rise for approximately 1 hour until double in size. To get a nice brown crust, brush bread with egg yolks diluted in water before putting in oven. Bake at 350° for 35 to 55 minutes, till golden brown. Remove from oven and spread Crisco or margarine over top to produce a shiny glaze.

For best results, make a sign of the cross over dough when adding new ingredients and say the Lord's Prayer before putting it in the oven.

Variation: Add raisins or other dried fruit to dough after small amount of flour has been added.

This recipe was handed down from my mom. I have fond memories of eating Pascha after sunrise services every Easter. My typical meal on Easter morning was a Pascha sandwich, which consisted of 2 pieces of Pascha bread, honey, sliced tomatoes, ham and a spread of grated beets and horseradish. It may sound awful to many, but to this day it does not seem like Easter until I have my favorite sandwich.

*Fran Tylavsky*

**FRENCH BREAD WITH GARLIC SWISS****1 egg white****1 clove garlic, pressed****1 c. grated Swiss cheese****6 slices French bread,****slightly toasted**

Combine egg white, garlic and Swiss cheese. Spread mixture on toasted bread, then place in oven until melted and lightly browned (400° for approximately 7 to 10 minutes).

*Christine Long*



## MACHINE-MADE BLUEBERRY-LEMON BREAD

For 1 pound loaf:

<p><b>½ c. milk</b>  <b>2 tsp. sugar</b>  <b>1 large egg</b>  <b>1½ tsp. finely shredded  lemon peel</b></p>	<p><b>1 Tbsp. butter or</b>  <b>½ tsp. Fleischmann's</b>  <b>bread machine yeast</b>  <b>2 c. bread flour</b>  <b>⅓ c. dried blueberries</b></p>
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For 1½ pound loaf:

<p><b>¾ c. + 2 Tbsp. milk</b>  <b>1 Tbsp. sugar</b>  <b>1 large egg</b>  <b>2 tsp. finely shredded  lemon peel</b></p>	<p><b>1 Tbsp. butter or</b>  <b>margarine</b>  <b>2 tsp. Fleischmann's</b>  <b>bread machine yeast</b>  <b>3 c. bread flour</b>  <b>½ c. dried blueberries</b></p>
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Use the 1 pound recipe if your machine pan holds 10 c. or less of water. Add ingredients to bread machine pan in the order suggested by manufacturer, adding dried blueberries with flour. If dough is too dry or stiff or too soft or slack, adjust dough consistency, adding 1 teaspoon of liquid if dough is too dry; add flour in 1-teaspoon increments to get proper consistency.

Recommended cycle: Basic/white bread; light or medium/normal setting.

Note: I use ½ teaspoon lemon extract instead of lemon peel.

*Rose Nash*

## MAVIS' BREAD/SOURDOUGH BREAD\*

When a friend gives you 1 c. starter in a quart jar with 6 to 8 holes punched in top, keep in refrigerator 3 to 5 days before you feed it.

Feed - take starter out of refrigerator and add:

<b>¾ c. sugar (I use a little less)</b>	<b>1 c. warm water</b>
	<b>3 Tbsp. instant potatoes</b>

Stir gently with a wooden spoon. Keep out of refrigerator on counter 8 to 12 hours. Any time after 8 hours you can work it.

Bread dough – In large bowl, add:

<b>¼ c. sugar</b>	<b>1-½ c. warm tap water</b>
<b>6 c. bread flour</b>	<b>1 tsp. salt</b>
<b>½ c. cooking oil</b>	<b>1 c. starter</b>

Mix well by hand or dough hook. Grease a large plastic bowl well with solid shortening. Put dough in bowl and press down to grease the dough. Turn dough over so greased side is on top. Place a folded tea towel over and let it rise 8 to 12 hours. (Do not put in metal pan to rise).

Knead: Lightly dust counter with flour, pour dough out on flour and fold over several times, kneading well. Divide in 3 equal parts and grease all over with melted oleo. Spray bread pans with Pam and place dough in pans. Set aside and cover with a towel. Let rise 8 to 12 hours. Bake 30 to 35 minutes at 350°. Have oven preheated.

Bread freezes well. Put in a sealed plastic bag after it is cooled.

General instructions: You must feed starter every 3 to 5 days. If you want to share starter with a friend, divide after you feed it and use a cup. Put 1 c. in a quart jar with 6 to 8 holes punched in top of the jar. The starter does not rise – it only bubbles. If you do not want to make bread or share with

a friend, pour a c. of starter out anyway. After feeding several times, you will have 3 c. in the jar. Pour out 1 cup when it reaches 3 cups. You may want to mark a jar at 1, 2 and 3 c. levels.

You do not have to use the same rising time on each step. I prefer the last step in pans to rise almost 12 hours. (Yeast dough does all of its rising before you bake it. If dough rises to top of pans or above in less time, it's okay to bake.) You need to count up before you begin to make sure you won't have to get up at midnight to bake. (I usually feed at 8 a.m.) Make bread dough at 8 p.m. Knead and put in pans at 8 a.m. Bake at 6 p.m.

If you have any questions, please call me. Good Luck!

P.S. Handle with care when putting pans in the oven. A jar to the pan will make dough fall. If it does, throw it away.

I'll give starter to anyone. Once my starter died, while away on vacation. I guessed at it and it worked!

Starter:

**1 pkg. yeast**

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

**1 c. warm water**

**4 Tbsp. potato flakes**

Mix the preceding and put in a glass jar with holes in the top. Let stand at room temperature for 24 hours, and then put in refrigerator for 3 to 5 days.

On fourth day, feed with:

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

**1 c. warm water**

**3 Tbsp. potato flakes**

Stir and set out at room temperature for 24 hours. Use 1 c. starter to make bread or discard if not making bread that day. Put rest in refrigerator.

My schedule: Feed Saturday a.m. Make bread Saturday p.m. Punch down and put in loaves Sunday a.m. Bake Sunday p.m.

Note: Starter can be obtained from Christine or Corinne Elliott. Both families use this bread as a staple for fasting and non-fasting seasons.

*Judy Perkins, Christine Long*

## **ORANGE GLAZED CRANBERRY PUMPKIN BREAD**

<b>3½ c. flour (all-purpose)</b>	<b>1 (16 oz.) can whole cranberry sauce</b>
<b>¾ c. pecans, chopped</b>	<b>4 large eggs</b>
<b>1-⅔ c. sugar</b>	<b>1 (16 oz.) can pumpkin</b>
<b>1 tsp. baking powder</b>	<b>1 c. powdered sugar</b>
<b>2 tsp. baking soda</b>	<b>⅛ tsp. allspice</b>
<b>¾ tsp. salt</b>	<b>¼ c. orange juice concentrate</b>
<b>2 tsp. pumpkin pie spice</b>	
<b>⅔ c. oil</b>	

In large bowl, mix flour, sugar, baking powder, baking soda and pumpkin pie spice. In a separate bowl, mix the cranberries, pumpkin, pecans and oil. Combine all ingredients and mix well. Pour mixture into 2 prepared loaf pans. Bake at 350° for 65 minutes. After bread has cooled slightly, glaze with the mixture of powdered sugar orange juice concentrate and allspice. Makes 2 loaves.

*Kerry Sneed*

## POPPY SEED BREAD

<b>3 c. flour</b>	<b>1½ Tbsp. poppy seeds</b>
<b>2¼ c. sugar</b>	<b>1½ tsp. almond flavor</b>
<b>1½ tsp. baking powder</b>	<b>1½ tsp. butter flavor</b>
<b>1½ tsp. salt</b>	<b>1½ tsp. vanilla flavor</b>
<b>1½ c. milk</b>	<b>3 eggs</b>
<b>1½ c. oil</b>	

Mix dry ingredients. Add rest. Pour into loaf pans and cook 45 minutes.

Glaze:

<b>¼ c. orange juice</b>	<b>½ tsp. vanilla flavor</b>
<b>½ tsp. butter flavor</b>	<b>½ tsp. almond flavor</b>
<b>¾ c. sugar</b>	

Heat glaze until sugar dissolves. Poke holes in top of bread when it comes out of the oven. Pour glazer over the hot bread.

*Laura Graham*

## LENTEN PUMPKIN BREAD\*

<b>4 c. sugar</b>	<b>1 tsp. cinnamon</b>
<b>30 oz. canned pumpkin</b>	<b>1 tsp. cloves</b>
<b>1 c. oil</b>	<b>2 c. walnuts, raisins or</b>
<b>5 c. flour</b>	<b>both</b>
<b>1 tsp salt</b>	

Mix all together. Bake at 350° for 1 hour. Makes 3 large loaves.

*Corinne Elliott*

## PUMPKIN BREAD

<b>3½ c. flour</b>	<b>2 tsp. cinnamon</b>
<b>4 eggs</b>	<b>½ tsp. cloves, ground</b>
<b>3 c. sugar</b>	<b>2 tsp. nutmeg</b>
<b>2 c. pumpkin</b>	<b>½ tsp. ginger</b>
<b>⅔ c. water</b>	<b>2 tsp. baking soda</b>
<b>1 c. oil</b>	<b>Broken pecans (optional)</b>

Mix together with mixer. Grease pans. Dust with flour. Bake at 350° until it springs back when touched. Makes 2 large loaves.

*Laura Graham*

## STRAWBERRY BREAD

<b>2 (10 oz.) pkg. frozen strawberries thawed and pureed in blender</b>	<b>1½ c. sugar</b>
<b>4 eggs</b>	<b>3 tsp. cinnamon</b>
<b>⅔ c. oil</b>	<b>1 tsp. baking soda</b>
<b>3 c. plain flour</b>	<b>1 tsp. salt</b>
	<b>1 c. nuts, chopped</b>

Puree strawberries in blender or food processor. Mix berries, eggs and oil. Add dry ingredients. Stir with spoon until mixed. Pour into 2 loaf pans sprayed with Pam. Bake for 1 hour at 350°.

*Ruth Tapia*

## SWEET BREAD

<p><b>20 to 22 c. flour</b>  <b>3 c. scalded milk</b>  <b>2 sticks margarine</b>  <b>1 c. cold water</b>  <math>\frac{2}{3}</math> c. sugar  <b>2 tsp. sugar</b></p>	<p><b>4 tsp. salt</b>  <b>10 to 12 eggs, depending</b>              <b>on size</b>  <b>1 c. warm water</b>  <b>4 pkg. dry yeast</b></p>
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Egg Wash:

<b>1 egg beaten</b>	<b>1 to 2 Tbsp. water</b>
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Scald milk; add cold water, margarine,  $\frac{2}{3}$  c. sugar and salt. Pour into pan being used for mixing and kneading bread. Mix yeast, warm water and 2 teaspoons sugar and let proof. Beat eggs and add to milk mixture that has cooled slightly along with yeast. Add half of flour and mix well. Add remaining flour and knead well until bubbles form. Put into oiled pan and cover. Let rise until double in size. Punch down and let rise again. Put into baking pans, which have been sprayed with vegetable cooking spray and let rise until double in size or 1 to 1½ inches above pans. Wash with egg mixture. Bake at 350° until golden brown, about 30 to 35 minutes. Place on rack to cool. Rub with margarine to soften crust and give a shine. Recipe may be cut in half. Makes 6 to 7 (7 inch) round breads.

*Maggie Burgan*

## UNLEAVENED BREAD\*

Preheat oven to 400°. Lightly grease a small (10 inch) pizza pan.

Combine in a small bowl the following ingredients:

<b>1 c. whole wheat flour</b>	<b>¼ c. vegetable oil</b>
<b>¼ c. honey</b>	<b>¼ c. plus 1 Tbsp. water</b>

Pour mixture onto pizza pan and spread it out so it's relatively smooth. Bake for 10 to 15 minutes.

*Christi Yadron*

## WHOLE WHEAT BREAD

<b>2 pkg. yeast</b>	<b>2 Tbsp. shortening</b>
<b>¼ c. water</b>	<b>2 eggs, well beaten</b>
<b>1 tsp. sugar</b>	<b>5 c. whole wheat flour</b>
<b>2 c. milk</b>	<b>2 tsp. salt</b>
<b>½ c. sugar</b>	

Dissolve yeast in water with 1 teaspoon sugar. Scald milk. Add ½ c. sugar and let cool completely. Add 2 tablespoons shortening to yeast mixture, eggs, flour and salt. Place in greased bowl and let rise 1 hour. Punch down dough and let set 10 minutes. Divide into 2 balls. Roll up. Place in pans, seam side down, with ends turned under. Let rise 1 hour. Bake at 350° for 40 minutes.

*Nancy McGee*



## KULICH

<p><b>2 c. milk, scalded and cooled (lukewarm)</b></p> <p><b>1½ c. sweet butter, melted</b></p> <p><b>1 tsp. salt</b></p> <p><b>7 c. sifted flour</b></p> <p><b>1 c. sugar</b></p> <p><b>1 c. sifted flour</b></p> <p><b>1 Tbsp. Baker's fresh yeast or 1 envelope yeast, dissolved in ¼ c. luke warm water</b></p> <p><b>¼ lb. raisins</b></p>	<p><b>¼ lb. ground blanched almonds</b></p> <p><b>¼ lb. candied fruits</b></p> <p><b>Vanilla bean seeds, pounded to a powder</b></p> <p><b>12 cardamon seeds, pounded to a powder</b></p> <p><b>6 egg yolks</b></p> <p><b>3 egg whites</b></p> <p><b>½ c. sugar</b></p> <p><b>Spray of saffron soaked in 2 Tbsp. brandy</b></p>
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In a large mixing bowl, combine first 5 ingredients. Set the batter in a warm place to rise for 1 hour, until it is very light. Beat the egg yolks with sugar and mix in the risen batter. Add little by little the melted butter and sifted flour alternately.

Combine raisins, fruit and almonds. Soak a spray of saffron in 2 tablespoons brandy. Add the fruits, both powdered seeds and strained saffron into dough and knead. Work it until it is smooth and elastic and no longer sticks to your hands. This may take as long as 1 hour. Beat egg whites stiff and work them into the batter.

Line a tall cylindrical pan with buttered paper (or paper bag) and put dough in, about halfway filled. Let dough rise to top of pan (about 3 hours). Bake Kulich in 350° oven for 1 hour. Cut slices horizontally, saving the top piece for the "lid." (Can be baked in a 1 pound coffee can.)

This is traditional Russian-Slovak recipe that I got from my mother.

*Maggie Burgan*

**ZUCHININI BREAD\***

<b>3 tbsp water</b>	<b>½ tsp. salt</b>
<b>½ c. oil</b>	<b>¼ tsp. nutmeg</b>
<b>1 c. sugar</b>	<b>½ tsp. cinnamon</b>
<b>1 c. chopped zucchini</b>	<b>1 ½ tsp. vanilla</b>
<b>1 ½ c. flour</b>	<b>¼ c. chopped nuts or</b>
<b>½ tsp. baking soda</b>	<b>raisins (or both)</b>

Mix together water, oil and sugar. Mix zucchini. Add remaining ingredients and mix well. Bake in a greased 9 x 5 loaf pan for 1 hour at 350°. Cool 10 minutes and remove from pan.

*Patty Harants*

**BISCUITS****BUTTERMILK BISCUITS 1**

<b>2 c. flour</b>	<b>¼ tsp. baking soda</b>
<b>½ tsp. salt</b>	<b>6 Tbsp. Crisco</b>
<b>2 tsp. baking powder</b>	<b>¾ c. buttermilk</b>

Sift dry ingredients. Cut in shortening. Add wet ingredients. Bake 10 minutes at 400°.

Note: Buttermilk can be made by adding 1 Tbsp. vinegar to 1 c milk.

*Corinne Elliott*

## BUTTERMILK BISCUITS 2

<b>2 c. sifted flour</b>	<b>½ tsp. baking soda</b>
<b>½ c. shortening</b>	<b>4 Tbsp. melted butter or</b>
<b>1 tsp. salt</b>	<b>shortening</b>
<b>2 tsp. baking powder</b>	<b>¾ c. buttermilk</b>

Sift flour, salt, baking powder and soda together into mixing bowl. Cut in shortening until mixture resembles coarse meal. Add buttermilk all at once and stir just until dough follows fork around the bowl. Pat dough out ¼ or ½ inch thick on lightly floured board and cut with a biscuit cutter. Place on a greased baking sheet and brush with melted butter or shortening and bake in a hot oven (450°) about 15 minutes. Makes about 16 medium biscuits.

*Charles Ingram*

## FREEZER YEAST BISCUITS

<b>2 pkg. dry yeast</b>	<b>4 Tbsp. sugar</b>
<b>½ c. warm water</b>	<b>2 tsp. salt</b>
<b>5 c. flour</b>	<b>1 c. shortening</b>
<b>1 tsp. soda</b>	<b>2 c. buttermilk</b>
<b>4 tsp. baking powder</b>	

Dissolve yeast in warm water. Sift dry ingredients together. Cut in shortening. Add yeast and buttermilk to dry ingredients. Mix well. Knead 20 or 30 times. Roll out and cut into biscuit shapes. Place on cookie sheets and place in freezer. When biscuits are frozen you can remove them from the freezer and put them in plastic bags. When ready to bake, take frozen biscuits and place on cookie sheet and bake in a 400° oven until lightly browned (approximately 16-20 minutes). Biscuits will rise from heat of cooking.

*Corinne Elliott*

**CORNBREADS****CORNBREAD**

<b>1 c. flour</b>	<b>1½ c. buttermilk or 2% milk with 1 Tbsp. vinegar or lemon juice added and allowed to sit a few minutes</b>
<b>1 c. corn meal</b>	
<b>2 Tbsp. baking powder (yes, Tbsp.!)</b>	
<b>½ tsp. salt</b>	
<b>1 Tbsp. sugar</b>	<b>1 egg</b>

Mix dry ingredients. Add milk and egg. Pour some vegetable oil into a cast iron skillet and allow to get hot on the stove. Pour batter into hot oil. Bake at 450° till lightly browned on top (approximately 30 minutes).

*Corinne Elliott*

**SHERYL'S CORNBREAD**

<b>1 c. corn meal</b>	<b>1 tsp. salt</b>
<b>1-⅓ c. buttermilk</b>	<b>1 tsp. sugar</b>
<b>½ c. whole wheat flour</b>	<b>½ tsp. baking powder</b>
<b>1 egg</b>	<b>2 Tbsp. liquid shortening</b>

Mix all ingredients except shortening. Heat shortening in skillet. Pour hot shortening into mix. Pour mix into skillet. Bake at 400° for 30 minutes.

*Nancy McGee*

## LOUISE'S CORNBREAD

<b>¾ c. margarine</b>	<b>4 beaten eggs</b>
<b>1 medium onion, chopped</b>	<b>Jiffy cornbread mix</b>
<b>1 box frozen chopped broccoli (thawed and drained)</b>	<b>2 c. shredded sharp Cheddar cheese</b>

Melt margarine in an 8 x 12 pan. Mix all other ingredients. Put into pan with margarine. Bake 15 to 20 minutes at 425°. May take longer.

*Judy Perkins*

## SOUTHERN HOMESTYLE CORN BREAD

<b>1 c. sifted flour</b>	<b>3 Tbsp. sugar</b>
<b>1 c. corn meal (yellow preferred)</b>	<b>1 egg</b>
<b>2 tsp. baking powder</b>	<b>1 c. sour milk or buttermilk</b>
<b>½ tsp. baking soda</b>	<b>4 Tbsp. melted shortening</b>
<b>½ tsp. salt</b>	

Sift flour, corn meal, baking powder, soda and salt together in mixing bowl. Combine sugar and egg; beat until light. Add sour milk or buttermilk and shortening. Combine slowly with dry ingredients. May need to add more milk to thin the batter if too thick. Stir ingredients only until mixed. Grease 9 x 9 x 2 inch pan and bake in a hot oven (425°F.) 25 minutes or until browned.

*Charles Ingram*

## YUMMY CORNBREAD

- |  |   |
|--|---|
| <b>1 (8½ oz.) pkg. Jiffy Corn Muffin</b><br><b>3 eggs</b><br><b>1 (8 oz.) can cream style corn</b> | <b>1 (8 oz.) carton sour cream</b><br><b>⅓ c. vegetable oil</b><br><b>½ tsp. salt</b> |
|--|---|

For variation add:

- |                                     |                                |
|-------------------------------------|--------------------------------|
| <b>1 c. shredded cheddar cheese</b> | <b>3 Tbsp. diced Jalapenos</b> |
|-------------------------------------|--------------------------------|

Combine all ingredients and bake at 350° for 45 minutes. Works in 10" square or 7 x 11 rectangular dish. Add cheese and jalapenos to batter for variation that is great with chili!

*Lori O'Brien*

## DIXIE SPOON BREAD

- |  |  |
|--|--|
| <b>3 c. milk, scalded</b><br><b>1 c. white corn meal</b><br><b>1 tsp. melted butter or margarine</b> | <b>1 tsp. sugar</b><br><b>1 tsp. salt</b><br><b>3 egg yolks, beaten</b><br><b>3 egg whites, beaten stiffly</b> |
|--|--|

Add scalded milk gradually to corn meal and cook for 5 minutes while stirring constantly. Add butter or margarine, sugar and salt. Add beaten egg yolks; beat well, then fold in beaten egg whites. Turn into greased baking dish and bake in moderate oven (350°) 45 to 50 minutes. Serve hot from the baking dish with plenty of butter.

*Charles Ingram*

**ROLLS****ALMOST YEAST ROLLS\***

Melt 1 stick margarine in a 9 x 13 inch pan.

Mix:

**2 c. self-rising flour**

**2 Tbsp. sugar**

**1 c. milk or soy milk**

Drop by spoonfuls into pan. Bake at 450° for 15 minutes.

*Corinne Elliott*

**ONE-HOUR BUTTERMILK ROLLS**

**2 pkg. yeast**

**3 Tbsp. sugar**

**¼ c. lukewarm water**

**4½ c. flour**

**1½ c buttermilk**

**½ tsp. baking soda**

**½ c. melted shortening**

**1 tsp. salt**

Sprinkle yeast in ¼ c. lukewarm water. Add buttermilk, shortening and sugar. Sift flour, soda and salt into liquid mixture. Beat till smooth. Let stand for 10 minutes. Roll and shape as desired or drop by large spoonfuls into a 9 x 12 inch pan sprayed with Pam. Let rise for 30 minutes in a warm place. Bake at 400° for 15 minutes or until lightly browned. Makes 2 dozen rolls.

*Corinne Elliott*

## CHARLOTTE'S HOMEMADE YEAST ROLLS

<b>1 yeast cake or pkg. dry yeast</b>	<b>4 c. sifted flour</b>
<b>1 c. lukewarm water</b>	<b>1 egg</b>
<b>¼ c. sugar</b>	<b>1 tsp. salt</b>
<b>½ c. butter (the real thing), melted</b>	<b>½ c. butter (the real thing, again), melted</b>

Dissolve yeast in water. Add sugar, ½ c. melted butter, 2 c. flour and egg. Mix well. Add remaining flour and salt, mixing well after each addition. Place dough in bowl and cover. Cool in refrigerator at least 2 hours (overnight is best). Roll out and cut in 2 inch diameter circles. Dip in ½ c. melted butter until completely covered. Fold over in half. Place snugly in pan. Let rise in warm place 2 hours. Bake 12 minutes at 400°. To freeze, cover pan with foil and freeze before rolls rise. Thaw and let rise 2 hours before baking.

Some of my happiest childhood memories are of flour-covered afternoons helping my grandmother make homemade yeast rolls in Meridian, Mississippi. Unfortunately, Mamaw didn't have a recipe that was written down. Years later, I discovered one that tasted just like Mamaw's, from my friend, Charlotte Algood, at St. Peter Orthodox Church in Jackson, Mississippi. Thanks Charlotte!

*Susan Cushman*



**SUSAN ELLIOTT'S YEAST ROLLS****2 c. milk****½ c. sugar****½ c. shortening****1 pkg. yeast****¼ c. lukewarm water****4½ c. flour****2 tsp. salt****1 tsp. baking powder****½ tsp. baking soda**

Scald milk with sugar and shortening in a double boiler. Cool to lukewarm. Dissolve yeast in ¼ c. lukewarm water and add to double boiler milk mixture. Save 1 c. flour. Add milk mixture to remaining flour and beat thoroughly. Let rise until double. Beat the saved cup of flour, salt, soda and baking powder into risen dough. Grease surface of dough and cover. Refrigerate overnight. Roll out and cut into circles. Dip in butter. Fold in halves. Place on greased jellyroll pan with sides. Let rise 30 minutes. Cook at 425° till golden.

*Corinne Elliott*

## HONEY BUNNIES

<b>4½ to 5 c. flour</b>	<b>½ c. water</b>
<b>1 tsp. salt</b>	<b>½ c. honey</b>
<b>2 pkg. yeast</b>	<b>½ c. butter</b>
<b>⅔ c. evaporated milk</b>	

Honey Glaze+

In large bowl, combine 1½ c. flour, undissolved yeast and salt. Heat evaporated milk, water, honey and butter together until very warm (120° to 130°). Gradually add to dry ingredients. Beat 2 minutes with a mixer at medium speed. Add eggs and ½ c. flour. Beat 2 minutes at high speed. With spoon, stir in enough flour to make stiff dough. Place in greased bowl and coat top of dough with oil. Cover tightly with plastic wrap and refrigerate 2 to 24 hours.

On floured board, divide dough into 30 pieces. Roll each into 10 inch rope. Cut 3 small pieces off each rope. Put a mark about ⅔ of the way from the end of the rope. Coil 1 end of the rope clockwise to the mark and the other end counterclockwise to the mark to form the head and body of the bunny. Attach the small pieces as ears and tail. Place on greased baking sheets. Let rise until doubled in bulk. Bake at 350° until golden. Cool on rack. Brush with Honey Glaze while still warm.

We eat this for breakfast on Pascha (Easter) morning.

+To make Honey Glaze, melt ½ c. honey and ½ c. butter together over low heat.

*Charli Philips*

## PULL-APART CINNAMON BREAD

**3 cans buttermilk biscuits**      **1 stick of butter or**  
**3 tsp. cinnamon**                      **margarine**  
**1 c. sugar**

Cut biscuits into fourths. Put sugar and cinnamon in a bag, shake biscuit pieces, a few at a time, in the mixture and place in a Bundt pan. Heat butter or margarine with leftover mixture and add enough sugar to fill 1 cup. Boil sugar and butter for 1 minute. Pour over biscuits. Bake at 350° for 30 minutes.

*Charles Ingram*

## MUFFINS & SCONES

### HONEY APPLE BRAN MUFFINS

**2 c. raisin bran**                              **½ tsp. salt**  
**¾ c. orange juice**                              **2 tsp. cinnamon**  
**1 egg, beaten**                                      **½ c. sugar**  
**¼ c. oil**    **1 c. flour**  
**2 Tbsp. honey**                                      **1 peeled, cored and grated**  
**2½ tsp. baking powder**                      **apple**

Combine bran, orange juice, egg, oil and honey in one bowl. Combine dry ingredients in separate bowl. Add the dry mixture slowly to the other mixture until moistened and even. Don't over mix or your muffins will be tough. Add the grated apple. Turn into muffin pan. Bake at 400° for 20 to 25 minutes. Makes 12 muffins.

*Christine Long*

## MAGGIE'S BANANA BRAN MUFFINS

<b>1 c. sifted flour</b>	<b>1 well beaten egg</b>
<b>3 Tbsp. sugar</b>	<b>1 c. mashed banana</b>
<b>1 Tbsp. baking powder</b>	<b>¼ c. milk</b>
<b>½ tsp. salt</b>	<b>2 Tbsp. melted shortening</b>
<b>1 c. whole bran</b>	

Stir dry ingredients. Mix wet ingredients. Moisten together. Fill greased muffin tins. Bake at 400° for 20 to 25 minutes. Makes 1 dozen.

Optional ingredients: Can add 1 c. raisins and/or 1 c. chopped nuts.

*Corinne Elliott*

## BLUEBERRY MUFFINS

<b>1 c. flour</b>	<b>¼ c. oil or melted</b>
<b>½ c. quick oatmeal</b>	<b>margarine</b>
<b>¼ c. sugar</b>	<b>¾ c. milk</b>
<b>2 tsp. baking powder</b>	<b>¾ c. fresh or frozen</b>
<b>½ tsp. salt</b>	<b>blueberries</b>
<b>1 egg</b>	

Combine dry ingredients in a bowl. Mix egg, oil and milk together. Add egg, oil and milk mixture to dry ingredients. Mix slightly until all ingredients are combined. Dust blueberries with flour. Add blueberries to batter and stir until blueberries are well distributed. Fill muffin tins ¾ of the way full. Bake in preheated 400° oven for 20 to 25 minutes.

*Fran Tylavsky*

## SCONES

**2 ½ c. packed Bisquick**

**¼ c. sugar**

**1 beaten egg**

**½ c. peach yogurt (or  
preferred flavor)**

**2 Tbsp. melted butter**

Combine Bisquick and sugar in bowl and set aside. In a separate bowl, blend egg, yogurt and melted butter.

Combine with dry ingredients and stir only until ingredients cling together. Knead 8 to 10 strokes on floured surface. Pat or mold into 6-inch circle. Cut into 10 wedges. Sprinkle with sugar. Bake at 425° on ungreased cookie sheet until golden. Serve warm with jam.

*Christine Long*

## ALMOND SCONES\*

<b>2 c. unbleached all- purpose flour</b>	<b>2½ tsp. baking powder</b>
<b>½ c. sugar</b>	<b>⅛ tsp. salt</b>
<b>½ c. almonds or almond meal</b>	<b>6 Tbsp. cold margarine</b>
	<b>½ c. soymilk or water</b>
	<b>1½ tsp. almond extract</b>

Makes 8 to 10 scones, depending on size of cutter.

Preheat oven to 425°. In a food processor or blender, combine ½ the flour, sugar and almonds. Process until almonds are very finely ground. If you do not have a food processor, use almond meal, which can be purchased in most supermarkets. Combine this mixture with remaining dry ingredients. In food processor or by hand, cut margarine to consistency of corn meal. Add soymilk or water and almond extract. Mix gently to combine. Turn dough out onto a lightly floured work surface. Knead gently a few times until dough coheres. Roll out with a rolling pin or pat gently with hands to a thickness of ½ inch. Cut with a large biscuit cutter. Place scones on a baking sheet and bake 10 to 14 minutes, until they are a light golden brown. Serve hot plain or with jam. Freezes well.

Variations: Add ½ c. of one of the following: currants or raisins, chopped apple, blueberries, dried cranberries, dried cherries.

## FRUIT COFFEE CAKE

**4 Tbsp. sugar**  
**4 Tbsp. butter**  
**2 tsp. vanilla**  
**1 egg**  
**½ c. milk**

**1 ½ c. flour**  
**2 tsp. baking powder**  
**Apples or peaches or**  
**plums**

Streusel:

**2 Tbsp. flour**  
**2 Tbsp. butter**

**¾ c. sugar**  
**2 Tbsp. cinnamon**

Cream butter and sugar. Add egg and vanilla; beat well. Add milk and the flour (to which baking powder has been added). Mix well before placing batter in a well greased 10x13 inch pan. Place thinly sliced, peeled apples over top and press down gently before covering with Streusel. Bake at 375° for 30 to 40 minutes.

You may use fresh peaches or sliced fresh plums.

*Elaine Skaff, Ruth Ann Skaff*

**NICK'S COFFEE CAKE\***

Cream together:

**½ c. margarine**

**2 c. sugar** Add: **½ c. water,**

**2 tsp. cornstarch,**

**3 c. flour,**

**4 tsp. baking powder**

**½ tsp. salt,**

**1 ½ c. water.**

**Optional: 1 c. nuts and/or raisins**

In a small bowl, mix topping:

**4 tsp. melted margarine,**      **2 tsp. sugar**

**1 tsp. cinnamon**

Pour batter in a 9 x 12 pan (greased). Pour topping over. Bake 40 minutes. (I don't know who Nick was, but he sure makes a great coffee cake!)

*Corinne Elliott*



## SOUR CREAM COFFEE CAKE

<b>1 c. butter, softened</b>	<b>1 tsp. vanilla</b>
<b>2 c. sugar</b>	<b>2 c. sifted cake flour</b>
<b>2 eggs</b>	<b>1 tsp. baking powder</b>
<b>1 c. sour cream</b>	

Topping:

<b>2 tsp. cinnamon</b>	<b>½ c. pecans, chopped</b>
<b>4 Tbsp. brown sugar</b>	

In large bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Fold in sour cream and vanilla. Sift dry ingredients and add to mixture. Put ½ of the batter in a greased and floured 10 inch tube pan. Sprinkle ½ the topping over the batter. Add remaining batter. Add remaining topping. Bake at 350° for 55 to 60 minutes. Sprinkle with powdered sugar; cool before removing from pan. Makes 12 servings.

*Kerry Sneed*

NOTES

## DESSERTS

### CAKES

#### APPLE CAKE

<b>2½ c. plain flour</b>	<b>Mix dry ingredients. 1 c.</b>
<b>2 c. sugar</b>	<b>nuts</b>
<b>½ tsp. salt</b>	<b>3 c. apples, chopped and</b>
<b>1 tsp. cinnamon</b>	<b>peeled</b>
<b>¼ tsp. soda</b>	<b>1 c. raisins</b>
<b>¼ tsp. nutmeg</b>	

Mix into dry ingredients until coated.

<b>2 whole eggs, beaten</b>	<b>1 ¼ c. cooking oil</b>
<b>⅛ c. water</b>	<b>1 tsp. vanilla</b>

Add to preceding mixture. Bake at 275° for 30 minutes, then at 350° till done (about 1 hour).

*Connie Austin*

#### GRANDMOTHER'S APPLE CAKE

<b>1 ½ c. cooking oil</b>	<b>2 tsp. baking powder</b>
<b>2 c. sugar</b>	<b>2½ c. flour</b>
<b>2 eggs</b>	<b>1 c. chopped nuts (pecans</b>
<b>1 tsp. vanilla</b>	<b>or walnuts)</b>
<b>1 tsp. salt</b>	<b>3 c. chopped, peeled raw</b>
<b>1 tsp. baking soda</b>	<b>apples</b>

Combine sugar, oil and eggs. Beat. In separate bowl, mix salt, baking powder, flour and soda. Combine mixtures gradually. Add apples and nuts. Bake at 350° for 55 to 60 minutes in a 9 x 13 inch greased pan.

## MOLASSES APPLE CAKE\*

<b>1 ½ c. thinly sliced apples, peeled</b>	<b>½ c. sugar</b>
<b>¾ c. molasses</b>	<b>1 tsp. cinnamon</b>
<b>⅓ c. shortening</b>	<b>½ tsp. cloves</b>
<b>½ c. hot water</b>	<b>¼ tsp. nutmeg</b>
<b>2 ½ c. flour</b>	<b>1 Tbsp. baking powder</b>
	<b>¼ tsp. salt</b>

Slowly cook apples in molasses until tender, allow to cool. Melt shortening in hot water. Sift dry ingredients and gradually add the hot water mixture stirring constantly to keep smooth. Stir in molasses and apple mixture. Pour into greased oblong 8 x 12 inch pan. Bake at 350° for about 30 minutes. Serve warm.

*Betsy and Frank Larker*

## BUTTERFINGER CAKE

<b>1 box Duncan Hines Butter Recipe or Yellow Cake Mix</b>	<b>2 egg yolks</b>
<b>½ c. melted margarine or butter</b>	<b>2 c. powdered sugar</b>
	<b>16 oz. Cool Whip</b>
	<b>6 large Butterfinger candy bars, crushed</b>

Bake cake according to box directions and bake in 2 9inch round pans.

Mix melted margarine, egg yolks and powdered sugar in that order. Fold in Cool Whip.

Spread ½ Cool Whip, egg and sugar mixture on one layer of cake. Sprinkle ½ of the crushed Butterfingers on top. Place the other layer on the frosted bottom layer. Spread remaining Cool Whip mixture and remaining crushed Butterfingers. Store in refrigerator.

*Kim Boone*

## CARROT CAKE

<b>1 ½ c. Wesson oil</b>	<b>2 tsp. cinnamon</b>
<b>2 c. sugar</b>	<b>¼ tsp. salt</b>
<b>4 eggs</b>	<b>1 tsp. Vanilla</b>
<b>2 c. sifted flour</b>	<b>3 c. grated carrots</b>
<b>2 tsp. baking soda</b>	

Combine sugar, oil and eggs and “cream” with mixer. Add sifted flour, soda, cinnamon and salt. Add carrots and vanilla. Beat 1 or 2 minutes. (It’s important to mix thoroughly). Bake at 325° for 25 to 30 minutes for 2 layer pans.

Frosting:

<b>1 (8 oz.) pkg. cream cheese</b>	<b>1 tsp. vanilla</b>
<b>1 ½ sticks margarine</b>	<b>1 box confectioner’s sugar</b>
	<b>1 c. chopped pecans</b>

Put everything together except nuts. Blend slowly, and then beat well until fluffy. Put nuts in last and beat 2 or 3 times. Spread on cake.

For fun ... if you’re not pooped after carrot grating ... can toss in a handful of raisins and/or some crushed, drained pineapple and/or some coconut. Yummy!

*Laura Graham*

## LENTEN CARROT CAKE\*

<b>1 ⅓ c. sugar</b>	<b>2 carrots, large finely grated</b>
<b>1 ½ c. water</b>	<b>1 c. nuts, chopped</b>
<b>1 c. raisins</b>	<b>2 tsp. baking powder</b>
<b>1 Tbsp. shortening</b>	<b>½ tsp. baking soda</b>
<b>1 tsp. cinnamon</b>	<b>2 ½ c. flour</b>
<b>1 Tbsp. nutmeg</b>	

Combine sugar, water, raisins, shortening, cinnamon, nutmeg and carrots in a sauce pan. Bring mixture to a boil over medium heat; simmer for 5 minutes. Cover and let sit for 12 hours or overnight. Add nuts, flour, baking powder, baking soda and salt to carrot mixture. Bake in 2 greased loaf pans or 1 tube pan at 275° for 2 hours.

*From St. George Orthodox Cathedral, Worcester, MA.  
Patty Harants*

## CHARLOTTE RUSSE

<p><b>2 envelops Knox gelatin, unflavored</b></p> <p><b>¼ c. cold water</b></p> <p><b>1 c. boiling water</b></p> <p><b>6 eggs, yolks and whites separated</b></p>	<p><b>1 ½ c. sugar</b></p> <p><b>1 quart whipping cream</b></p> <p><b>1 Tbsp. vanilla, sherry or rum</b></p> <p><b>Lady fingers</b></p>
---	---

Soften unflavored gelatin in cold water. Stir in boiling water. Set aside in a bowl of warm water to keep soft.

Beat egg yolks with sugar until lemony in color. Stir in gelatin mixture.

Beat egg whites until they reach a stiff peak. Whip whipping cream and vanilla until light and fluffy. Fold everything else into the whipped cream.

Place ladyfingers around edge and bottom of dish. Pour mixture into dish. Let set overnight.

The trick is to mix egg and whip cream thoroughly, making sure to pull from the bottom of the dish.

*Emily Turner*

## CHEAP CAKE

(Polish)

**1 c. milk**

**1 c. sugar**

**1 stick margarine  
(unsalted)**

**1 Tbsp. cocoa**

Heat until melted together. Stand until cool, 10 to 15 minutes.

**2 c. flour**

**1 egg**

**3 Tbsp. jam (any flavor)  
or cranberry sauce**

**1 tsp. baking powder**

Mix everything together. Put in 9 x 12 inch greased pan. Bake at 350° for 30 minutes.

This was translated by Dalia Klimkowski,  
Alexandra's daughter.

*Alexandra Klimkowski*



## SUE'S CHOCOLATE CHEESECAKE

<b>1 ½ c. flour</b>	<b>1 c. water</b>
<b>1 c. sugar</b>	<b>½ c. oil</b>
<b>¼ c. cocoa</b>	<b>1 Tbsp. vinegar</b>
<b>1 tsp. baking soda</b>	<b>1 Tbsp. vanilla</b>
<b>½ tsp. salt</b>	

Stir together flour, sugar, cocoa, soda and salt. Add liquid mixture & stir. Batter will be thin. Pour into a cake pan. Stir together topping ingredients (below) and drop by tablespoons over batter in pan. It will sink though. Bake 50 min. at 350°

Topping:

<b>1 8 oz. pkg. cream cheese (not fat free)</b>	<b>1 egg</b>
<b>6 oz. semi-sweet chocolate chips</b>	<b>⅛ tsp. salt</b>
	<b>½ c. sugar.</b>

*Judy Perkins*

## INDIVIDUAL CHEESE CAKES

<b>5 vanilla wafers, crushed</b>	<b>2 eggs</b>
<b>½ c. melted butter</b>	<b>1 tsp. vanilla flavoring</b>
<b>1 ½ pkg. (8 oz.) cream cheese</b>	<b>Sour cream</b>
<b>½ c. sugar</b>	<b>Frozen sliced strawberries</b>
	<b>Cupcake papers</b>

Line muffin tins with cupcake papers. Mix together vanilla wafers and butter. Press mixture into each to make crust. Cream the cream cheese; add sugar, eggs and vanilla. Beat until smooth. Put into crust. Best if made day before. Garnish with sour cream and strawberries when ready to serve.

Tip: Frozen sliced strawberries work best.

*Nancy McGee*

## LEMONY CHEESECAKE

**1 (9 inch) graham cracker crust**      **1 can (14 oz.) Eagle Brand Sweetened Condensed Milk**  
**1 pkg. (8 oz.) cream cheese, softened**      **¼ c. lemon juice**  
**1 tsp. vanilla**

Beat cream cheese until fluffy. Gradually beat in condensed milk until smooth. Stir in lemon juice and vanilla. Pour into Graham cracker crust and chill.

Make lemony topping:

In a small saucepan, combine

**⅓ c. sugar**      **2 ½ tsp. cornstarch**

Next add:

**½ c. water,**      **3-4 Tbsp. lemon juice**  
**1 egg yolk**

Mix well. Over medium heat, cook and stir until thickened. Remove from heat and stir in 1 Tbsp. margarine until melted. Pour lemony topping on cheesecake and chill entire cake at least 3 hours before serving.

*Christi Yadron*

## LINDY'S CHEESE CAKE

(Lindy's in New York)

<b>3 pkg. (8 oz.) cream cheese</b>	<b>1 c. sugar</b>
<b>Pinch of salt</b>	<b>1 tsp. almond extract</b>
	<b>5 eggs</b>

Topping:

<b>½ pint sour cream</b>	<b>3 Tbsp. sugar</b>
<b>Juice of 1 lemon</b>	

Mix first set of ingredients slowly with an electric mixer, so as not to foam. Grease and lightly flour an 8 inch cake pan. Pour batter to the brim. Bake at 300° for 1 hour. Remove from oven and cool 15 minutes.

Mix topping and pour over cake. Cook 15 minutes longer. Cool. Refrigerate.

*Kathryn Melonas*

## NO BAKE REFRIGERATED CHEESE CAKE

	(Polish)
<b>4 c. milk</b>	<b>2 (3 oz.) pkg. Jell-O (any</b>
<b>16 oz. sour cream drained</b>	<b>flavor)</b>
<b>3 eggs</b>	<b>Graham crackers or</b>
<b>2 sticks + 1 Tbsp.</b>	<b>animal crackers</b>
<b>margarine, softened (not</b>	<b>20 oz. canned fruit (any</b>
<b>melted)</b>	<b>flavor)</b>
<b>½ c. sugar</b>	

Heat milk in pan until it starts boiling. Mix well sour cream and eggs. After milk has reached boiling point, add sour cream and eggs. Continue stirring mixture on stove, taking care not to burn, until cheese becomes very lumpy. Strain mixture and discard liquid. Mix margarine and sugar. After all liquid is drained from cheese/milk mixture, mix with margarine and sugar.

Prepare Jell-O according to package; refrigerate until slightly set. Layer 9 x 12 inch pan with graham cracker crumbs or animal crackers. Wet animal crackers in water before lining pan. Layer in pan: Crackers, cheese mixture, fruit and Jell-O. Refrigerate until ready to serve.

This was translated by Dalia Klimkowski.  
Alexandra's daughter.

*Alexandra Klimkowski*

**LENTEN CHOCOLATE CAKE\***

<b>3 c. flour</b>	<b>1 Tbsp. vinegar</b>
<b>2 c. sugar or brown sugar</b>	<b>2 tsp. vanilla</b>
<b>2 tsp. baking soda</b>	<b>1 tsp. salt</b>
<b>6 Tbsp. cocoa (Ghirardelli is the best)</b>	<b><math>\frac{3}{4}</math> c. corn oil</b>
	<b>2 c. cold water</b>

Mix dry ingredients. In a separate bowl, mix wet ingredients. Mix wet and dry ingredients together and pour into 9 x 12 inch pan (greased). Bake at 350° for 45 minutes. You may add chocolate chips and/or nuts. Dust with powdered sugar before serving.

*Corinne Elliott*

## COCA-COLA CAKE

This is Marty's favorite dessert and a very easy one, too. The icing for this cake can be used on a Lenten cake as well as this one.

<b>2 c. unsifted flour (all-purpose)</b>	<b>3 Tbsp. cocoa</b>
<b>2 c. sugar</b>	<b>½ c. buttermilk</b>
<b>1 c. cola (any type dark cola drink, even diet cola will do)</b>	<b>1 tsp. baking soda</b>
<b>2 sticks margarine</b>	<b>2 beaten eggs</b>
	<b>1 tsp. vanilla</b>
	<b>1 ½ c. miniature marshmallows</b>

Combine flour and sugar. Heat butter, cola and cocoa to boiling, stirring. Pour over first mixture and mix well. Add buttermilk, eggs, soda, vanilla and marshmallows. Beat well. Bake at 350 for 30 to 40 minutes in a greased and floured 9 x 13 inch cake pan. Batter is thin.

Icing:

<b>1 stick margarine</b>	<b>1 box powdered sugar</b>
<b>3 Tbsp. cocoa</b>	<b>1 c. pecans, chopped</b>
<b>6 Tbsp. cola</b>	

Combine first 3 ingredients and heat to boiling. Sift powdered sugar. Pour hot liquid over powdered sugar and stir well. Add pecans. If icing is too thick, add a little water. If icing is too thin, add more powdered sugar. Pour icing over cake while still hot. Let cake cool and serve to your favorite chocoholic!

*Candy Watt*

## DIRT CAKE

- |   |   |
|---|---|
| <p><b>½ stick butter or<br/>margarine, softened</b></p> <p><b>1 (16 oz.) pkg. Oreo<br/>cookies, crushed</b></p> | <p><b>1 (8 oz.) pkg. cream<br/>cheese, softened</b></p> <p><b>1 (8 inch diameter) plastic<br/>flowerpot</b></p> <p><b>½ c. powdered sugar</b></p> |
|---|---|

Cream butter, cream cheese and powdered sugar. In another bowl, mix milk, pudding and whipped topping. Combine mixtures. Put ⅓ of cookies in bottom of the flowerpot. Add half of the filling mixture. Top with ⅓ of the cookies. Add remaining filling. Top cake with remaining cookies. Sprinkle on your gummy worms and add your flowers on top. Refrigerate overnight. Serve with trowel. Enjoy dirty cake.

*Sheila Shaheen*

## DUMP CAKE\*

- |  |   |
|--|---|
| <p><b>1 can crushed pineapple,<br/>large</b></p> <p><b>1 can cherry pie filling,<br/>large</b></p> <p><b>1 box yellow cake mix</b></p> | <p><b>1 bag (14 oz) coconut</b></p> <p><b>1 to 2 c. chopped pecans<br/>or walnuts</b></p> <p><b>2 sticks butter, melted</b></p> |
|--|---|

Grease 9 x 13 inch pan. Dump in undrained pineapple and swirl around to fill the corners of the pan. Dump in cherry pie filling and push around until layer of fruit is even. Dump in cake mix, sprinkling around evenly so the fruit is covered. Sprinkle nuts around. Drizzle butter over last layer. Bake 350° for 70 minutes.

Note: Cake does not rise, has cobbler texture. Can use light pie filling. Serve with ice cream or whipped cream or non-dairy topping. For fasting recipe, use margarine and top with non-dairy topping.

*Sarah Hodges, Urania Alissandratos*

## FUDGE CAKE

<b>2 ½ sticks butter</b>	<b>½ tsp. salt</b>
<b>12 Tbsp. cocoa</b>	<b>2 Tbsp. vanilla</b>
<b>2 c. sugar</b>	<b>1 c. flour</b>
<b>4 eggs</b>	<b>1 c. pecans (optional)</b>

Melt cocoa, butter and sugar in double boiler. Cool. Add other ingredients (eggs, one at a time) and stir till well blended. Bake in 7 x 11 inch glass pan at 325° for 30 minutes.

Chocolate Frosting:

<b>½ c. melted butter</b>	<b>1½ tsp. vanilla</b>
<b>⅓ c. milk</b>	<b>¼ tsp. salt</b>
<b>½ c. cocoa</b>	<b>3 ½ c. confectioner's sugar</b>

*Deborah Byrn*



## ITALIAN CREAM CAKE

<b>½ c. Crisco</b>	<b>1 c. chopped pecans</b>
<b>2 c. granulated sugar</b>	<b>7 oz. coconut (canned or fresh)</b>
<b>5 egg yolks</b>	<b>5 egg whites, beaten to stiff peaks</b>
<b>1 stick butter</b>	
<b>2 c. sifted plain flour</b>	
<b>1 tsp. baking soda, dissolved in 1 c. buttermilk</b>	

Mix ingredients in the order given. Fold in egg whites. Bake in 3 greased and floured (9 inch) pans at 350 for 20 to 25 minutes. Cool before icing.

Icing:

<b>1 (8 oz.) cream cheese</b>	<b>1 lb. powdered sugar (or enough to reach desired consistency)</b>
<b>¼ c. whipping cream (optional)</b>	<b>1 tsp. vanilla</b>
<b>1 stick butter</b>	<b>¼ c. granulated sugar</b>
	<i>Anne Marie McCollum</i>

**JAM CAKE**

Beat together well:

<b>1 c. butter or margarine</b>	<b>2 c. sugar</b>
<b>6 yolks</b>	<b>1 c. buttermilk</b>

Sift together.

<b>2 tsp. soda</b>	<b>1 tsp. cinnamon</b>
<b>1 tsp. allspice</b>	<b>1 ½ c jam</b>
<b>3 c. flour, sifted</b>	<b>6 egg whites</b>
<b>1 tsp. cloves, ground</b>	

Add sifted dry ingredients to butter sugar mixture slowly and then really beat well. Beat 1 ½ cups jam into batter. Add in egg whites on high speed; beat well. Bake at 350° for 1 to 1 ¼ hours. (I love strawberry jam best! Can use any jam. Also, neat to bake in smaller loaf pans and give as gifts to friends and neighbors.)

*Margaret Layman, Laura Graham*

## NO BAKE JELL-O CAKE

(Polish)

<b>6 eggs</b>	<b>¾ c. cool water per 2</b>
<b>9 Tbsp. sugar</b>	<b>envelopes of gelatin</b>
<b>2 Tbsp. cocoa</b>	<b>16 oz. whipped cream</b>
<b>4 individual envelopes of</b>	<b>1 pkg. Jell-O (any flavor)</b>
<b>Knox gelatin</b>	<b>gelatin</b>

Mix with mixer 3 eggs, 3 tablespoons sugar and 1 gelatin mixture (2 envelopes of gelatin + ¾ cup water). Put in pan. Mix with mixer 3 eggs, 3 tablespoons sugar, 2 tablespoons cocoa and 1 gelatin mixture (2 envelopes of gelatin + ¾ cup water). Put in pan on top of first layer. Mix with mixer whipping cream, 3 tablespoons sugar and 1 gelatin mixture (2 envelopes of gelatin and ¾ cup water). Put in pan on top of second layer. Make Jell-O according to recipe and put on top as final layer. Refrigerate. Makes 3 layers.

This was translated by Dalia Klimkowski,  
Alexandra's daughter.

*Alexandra Klimkowski*

## KAHLUA CAKE

<b>Yellow cake mix with</b>	<b>1 tsp. cinnamon</b>
<b>pudding</b>	<b>4 eggs</b>
<b>Small instant chocolate</b>	<b>¼ c. vodka</b>
<b>pudding</b>	<b>¾ c. water</b>
<b>1 c. oil</b>	<b>¼ c. Kahlua</b>

Mix cake mix and chocolate pudding with a fork. Add rest of ingredients and beat well. Bake 45 minutes to 1 hour at 350° in greased and floured Bundt pan. Cool in pan 10 minutes.

*Nancy McGee*

## LEMON POPPY SEED RING CAKE

**Cake: 1 (16 oz) pkg. golden pound cake mix**      **3 Tbsp. poppy seeds**  
**1 Tbsp. lemon peel, grated**

Grease and flour a 9 c. Bundt or ring pan. Prepare cake mix as directed on package, adding poppy seeds and lemon peel into batter. Pour batter into prepared pan (greased and floured). Bake in preheated 325° oven for 40-45 minutes or until cake springs back when touched lightly in center (or inserted toothpick comes out clean). Cool on rack 10 minutes, and then remove from pan. Drizzle with lemon glaze.

Lemon Glaze:

**2 Tbsp. butter or margarine**      **1 c. powdered sugar**  
**½ tsp. grated lemon peel**      **1-3 Tbsp. fresh lemon juice**

Heat butter in 1 quart sauce pan until melted and removed from heat. Stir in lemon peel and powdered sugar. Stir in lemon juice 1 Tbsp. at a time until the glaze is smooth and of desired consistency. Serves 10.

*Anne Dugan*

**LENTEN CAKE\***

<b>1 c. brown sugar</b>	<b>½ tsp. salt</b>
<b>1 c. water</b>	<b>½ tsp. nutmeg</b>
<b>⅓ c. shortening</b>	<b>2 c. flour</b>
<b>1 c. raisins</b>	<b>1 tsp. baking soda</b>
<b>1 tsp. cinnamon</b>	<b>1 ¼ tsp. baking powder</b>

Combine sugar, water, shortening, raisins, salt and spices in a medium saucepan bringing to a boil over moderate heat. Cook 3 minutes, stirring constantly. Combine together flour, baking soda, baking powder. Individually stir dry ingredients into raisin mixture. Beat well. Pour into an 8 x 4 x 3 greased and floured pan. Bake at 325° for about an hour.

From: St George Orthodox Cathedral, Worcester,  
MA

*Patty Harants*

## MANDARIN ORANGE CAKE

- |   |  |
|---|--|
| <b>1 box Duncan Hines<br/>Butter Cake mix</b> | <b>1 tsp. vanilla extract</b>                      |
| <b>1 can mandarin oranges,<br/>undrained</b>  | <b>1 large can crushed<br/>pineapple,</b>          |
| <b>¾ c. vegetable oil</b>                     | <b>1 large box instant vanilla<br/>pudding mix</b> |
| <b>3 eggs</b>                                 | <b>1 large tub Cool Whip</b>                       |

Beat together cake mix, oranges, oil and eggs until mixed thoroughly. Pour batter into a greased and floured 13 x 9 x 2 inch baking pan. Bake 350° for 25 minutes.

Note: drain pineapple really well, Mix pudding per directions on box and refrigerate while cake bakes. When cake is done pike holes in it with a fork and spread pineapple juice over it. When cake is cool, mix pineapple into pudding, fold in Cool Whip and spread onto cooled cake.

*Crystal Winney Eastman*

## PHANOURIPITA

- |                           |                                   |
|---------------------------|-----------------------------------|
| <b>1 c. sugar</b>         | <b>4 c. flour</b>                 |
| <b>1 c. vegetable oil</b> | <b>1 tsp. vanilla</b>             |
| <b>1 tsp. baking soda</b> | <b>¾ c. light or dark raisins</b> |
| <b>2 c. orange juice</b>  | <b>¾ c. chopped walnuts</b>       |

Beat sugar and oil together until creamy yellow. Dissolve baking soda in orange juice and pour slowly into sugar mixture. Add other ingredients and pour into a 9 x 13 inch greased pan. Bake at 350°F. for 45 to 50 minutes or until an inserted toothpick pulls out cleanly. Cut into squares for serving.

This is an example of a cake made to honor St. Phanourios, the saint of lost items. If you find something after praying to this saint, make a cake and give it away.

*Corinne Elliott*

## PINEAPPLE CREAM CAKE

- |   |  |
|---|--|
| <b>1 box “Jiffy” yellow cake mix</b>          | <b>1 (20 oz.) can crushed pineapple, drained</b> |
| <b>1 (3 oz.) pkg. vanilla instant pudding</b> | <b>1 (16 oz.) container Cool Whip, thawed</b>    |
| <b>1 (8 oz.) pkg. cream cheese softened</b>   | <b>Chopped nuts</b>                              |

Use a 9 x 13 inch floured and greased pan. In it, bake the “Jiffy” cake mix according to package directions. Allow to cool. Next, make pudding according to package directions. Beat cream cheese into pudding until smooth. Spread this pudding mixture atop the cooled cake. After draining the crushed pineapple, spread evenly atop pudding mixture. Chill until serving time.

Shortly before serving, spread Cool Whip over pineapple and sprinkle with chopped nuts.

*Christi Yadron*

## POUND CAKE

- |                             |                                       |
|-----------------------------|---------------------------------------|
| <b>3 c. flour</b>           | <b>1 c. milk (or more if needed)</b>  |
| <b>1 tsp. baking powder</b> | <b>1 tsp. vanilla</b>                 |
| <b>2 sticks butter</b>      | <b>1 tsp. lemon flavor (optional)</b> |
| <b>½ c. Crisco</b>          |                                       |
| <b>3 c. sugar</b>           |                                       |
| <b>5 eggs</b>               |                                       |

Add baking powder to flour. Cream butter, Crisco and sugar. Add eggs one at a time. Add flour mixture and milk alternately. Add flavoring and beat until creamy. Bake at 325° for 80 minutes in greased pans.

*Margaret Elliott*

**AUNT ELSIE'S POUND CAKE**

<b>2 c. sifted (twice) cake flour</b>	<b>1 c. cooking oil oil</b>
<b>2 c. sugar</b>	<b>6 whole eggs</b>
	<b>2 tsp. vanilla</b>
	<b>Pinch of salt</b>

Beat all together 5 minutes and bake in a greased tube pan at 325° for 1 hour (or a few minutes more) until done. Take out of pan while hot and cover with cloth or cool before taking out of pan.

*Judy Perkins*



## CHOCOLATE CHIP POUND CAKE

<b>1 box Duncan Hines</b>	<b>1 c. sour cream</b>
<b>yellow cake mix</b>	<b>1 small pkg. chocolate</b>
<b>½ c. water</b>	<b>instant pudding</b>
<b>4 eggs</b>	<b>6 oz. chocolate chips</b>
<b>½ c. oil</b>	

Blend water, oil, cake mix, eggs, sour cream and pudding. Fold in chocolate chips. Bake in greased tube pan at 350° for 45 to 50 minutes.

## SOUR CREAM POUND CAKE

<b>3 c. flour</b>	<b>6 eggs</b>
<b>¼ tsp. baking soda</b>	<b>1 c. sour cream</b>
<b>2 sticks butter</b>	<b>1 tsp. vanilla</b>
<b>3 c. sugar</b>	

Sift flour before measuring. Add baking soda and sift twice more. Cream sugar and butter well. Add eggs, one at a time and beat after each is added. Stir in sour cream. Add flour, ½ at a time. Mix well. Add vanilla. Pour into a well greased and floured spring mold pan (tube pan). Bake at 350° for 30 minutes. Reduce to 325° for another hour. Serve warm with Whiskey Sauce:

<b>1 c. sugar</b>	<b>2 c. boiling water</b>
<b>2 Tbsp. plus 1 tsp. corn</b>	<b>6 Tbsp. butter</b>
<b>starch</b>	<b>2 tsp. vanilla</b>
<b>⅛ tsp. salt</b>	<b>Whiskey to taste (2 Tbsp.)</b>

Combine sugar, cornstarch and salt in pan. Add boiling water gradually. Simmer over low heat, stirring till clear and thick, and then cook for 5 minutes. Add butter and vanilla. Remove from heat. Let butter melt. Add whiskey to taste (if desired). Serve hot over cake.

*Kathy Nash*

## BABY FOOD PLUM CAKE

<b>2 c. self-rising flour</b>	<b>2 jars junior baby food</b>
<b>1 c. cooking oil</b>	<b>plums</b>
<b>2 c. sugar</b>	<b>3 eggs</b>
<b>2 tsp. cinnamon</b>	<b>1 tsp. cloves</b>

Mix all ingredients and pour into a greased and floured tube or Bundt pan. Bake 45 minutes to 1 hour at 350°.

Good topped with whipped cream or Cool Whip.

*Susan Cushman*

## GRAMMY'S POPPY SEED CAKE

<b>1 pkg. Moist Deluxe</b>	<b>1 c. oil</b>
<b>Duncan Hines yellow</b>	<b>4 eggs</b>
<b>cake mix</b>	<b>1 c. water</b>
<b>1 large pkg. instant</b>	<b>¼ c. poppy seeds</b>
<b>vanilla pudding</b>	

Mix and beat 2 to 3 minutes, everything except poppy seeds. Add poppy seeds. Spray tube pan with Pam. Pour in pan. Bake at 375° for 45 minutes to 1 hour. Test for doneness.

*Deb Mashburn*

## SISSY YERGER'S LENTEN TOMATO SOUP CAKE\*

Cream together:

<b>½ c. Crisco</b>	<b>1 can tomato soup</b>
<b>1 tsp. baking soda</b>	<b>(undiluted)</b>
<b>1 c. sugar</b>	

Sift together and add to the preceding:

<b>2 c. flour</b>	<b>1 tsp. cinnamon</b>
<b>1 tsp. nutmeg</b>	<b>1 c. raisins (optional)</b>
<b>2 tsp. baking powder</b>	<b>1 tsp. ground cloves</b>
<b>1 c. nuts (optional)</b>	

Cook at 300° in a tube greased or loaf pans. Can be served with Cool Whip topping if desired.

Don't knock it until you've tried it! This is one of my family's favorites!

*Corinne Elliott*

## SOUR CREAM CAKE

<b>1 Deluxe II yellow cake mix by Duncan Hines</b>	<b>½ c. sugar</b>
<b>¾ c. oil</b>	<b>½ pt. sour cream</b>
	<b>4 eggs</b>

Mix it. Beat well. Put in a greased and floured square or 9 x 12 in pan. Pop in oven at 350° till it tests “clean.” (Time depends on size of pan.)

*Laura Graham*

## SPICE CAKE\*

<b>1 c. water</b>	<b>½ tsp. allspice</b>
<b>2 c. raisins</b>	<b>⅛ tsp. nutmeg</b>
<b>1 c. brown sugar</b>	<b>2 c. flour</b>
<b>⅓ c. margarine</b>	<b>1 tsp. baking powder</b>
<b>½ tsp. salt</b>	<b>1 tsp. baking soda</b>
<b>½ tsp. cinnamon</b>	

Boil water, raisins, brown sugar, margarine, salt and spices in a saucepan using moderate heat. Cool this mixture and stir in flour, baking powder and baking soda until batter is smooth. Bake in a greased tube pan 325° for 1 hour.

*From St. Georges Orthodox Cathedral, Worcester, MA*  
*Patty Harants*

## YOGURT CAKE

<b>½ c. butter or margarine</b>	<b>1 tsp. baking soda</b>
<b>1 c. sugar</b>	<b>1 tsp. baking powder</b>
<b>2 eggs</b>	<b>1 c. thick yogurt</b>
<b>½ tsp. cinnamon</b>	<b>1 c. chopped nuts</b>
<b>2 c. sifted flour</b>	<b>1 tsp. vanilla</b>

Cream butter and sugar until fluffy. Add eggs and blend thoroughly. Sift dry ingredients and add alternately with yogurt to creamed mixture. Mix in nuts and flavoring. Pour in greased 9 x 13 inch pan. Bake at 350° 40 to 45 minutes or until done.

Prepare a medium syrup by boiling together for 15 minutes:

<b>1 ½ c. sugar</b>	<b>¾ c. water</b>
<b>1 tsp. lemon juice</b>	<b>3 Tbsp. brandy or rum</b>

Cool. Pour syrup over warm cake. Let stand 30 minutes. Cut in squares. Makes 35.

*Urania Alissandratos*

## VASILOPETA (ST. BASIL'S CAKE)

<b>1 c. butter</b>	<b>1 tsp. salt</b>
<b>½ c. vegetable oil</b>	<b>¼ c. sugar</b>
<b>2 ½ cups sugar</b>	<b>7 eggs, separated</b>
<b>3 cups flour</b>	<b>1 tsp. almond extract</b>
<b>2 teaspoons baking powder</b>	<b>2 tsp. vanilla extract</b>
<b>½ tsp. baking soda</b>	<b>1 c. crushed almonds, slightly toasted</b>

Preheat oven to 325°. Melt 1 teaspoon butter in a small pan. Stir in crushed almonds. Toast in oven for 5 minutes or until slightly amber in color. Stir often. Cool.

Cream butter & oil with 2 ½ cups sugar for 10 minutes. Add egg yolks and flavorings, beating until fluffy. Sift dry ingredients and add to batter alternating with yogurt. Fold in crushed almonds. Beat egg white gradually adding ¼ cup sugar until a stiff meringue forms. Carefully add to cake batter, blending lightly. Pour into a floured, greased baking pan about 16" X 11" or a round 14" pan. Drop a sterilized coin into batter, and decorate the top with slivers of almonds. Bake in 325 degree oven for 35-40 minutes. For a smaller cake, prepare half of recipe and bake in a 9" X 13" or 10" round pan for 25 minutes. The tradition is that whoever gets the piece with the hidden coin will have good luck for the New Year!

Serve with Cheese Souffle, Honey Puffs, spanokopeta and ham or smoked turkey breast for a traditional Greek New Year s Breakfast or Brunch

*Urania Alissandratos*

## WAKY CAKE\*

<b>1 ½ c. flour</b>	<b>1 tsp. baking powder</b>
<b>1 c. sugar</b>	<b>1 c. warm water</b>
<b>3 Tbsp. unsweetened cocoa</b>	<b>1 tsp. vanilla</b>
<b>1 tsp. baking soda</b>	<b>1 tsp. cider vinegar</b>
	<b>2 Tbsp. oil</b>

Combine flour, sugar, cocoa baking soda and baking power in a greased 9 x 8 inch baking pan. Make 3 holes in the mixture: Pour vanilla in one, vinegar in another and oil in the third. Pour the water over the mixture and stir until moistened. Pour into 8 x 8-inch greased pan. Bake at 350°F. oven for 25 to 30 minutes or until it springs back when touched lightly.

*From St. Georges Orthodox Cathedral, Worcester, MA  
Patty Harants*

## APPLESAUCE CUPCAKES\*

<b>½ c. vegetable oil</b>	<b>2 c. flour</b>
<b>1 c. sugar</b>	<b>1 tsp. cinnamon</b>
<b>1 c. unsweetened applesauce</b>	<b>½ tsp. cloves</b>
<b>1 tsp. baking soda</b>	<b>¼ tsp. nutmeg</b>
<b>¼ c. raisins</b>	<b>¼ tsp. salt</b>
	<b>½ c. chopped nuts</b>

Cream oil and sugar until fluffy. Blend in applesauce to which soda has been added. Stir in raisins and dried ingredients and blend until smooth. Turn into greased and floured cupcake pans. Bake at 350° for 15 minutes. Makes 12.

*Urania Alissandratos*

## TOASTY COCONUT CHIFFON CUPCAKES

<b>2 ¼ sifted flour</b>	<b>1 ½ tsp. vanilla</b>
<b>1 c. sugar</b>	<b>2 egg yolks</b>
<b>3 tsp. baking powder</b>	<b>2 egg whites</b>
<b>1 tsp. salt</b>	<b>½ c. sugar</b>
<b>⅓ c. salad oil</b>	<b>1 ¼ c. flaked coconut</b>
<b>1 c. milk</b>	

Beat whites until soft peaks form. Gradually add ½ cup sugar and beat until very stiff peaks form. Set aside. In a large bowl, add sifted dry ingredients and make a well in the middle. Add oil, half the milk and vanilla. Mix until smooth. Add remaining milk and egg yolks. Beat 1 minute. Fold in beaten egg whites. Place cupcake liners in cupcake pans. Fill ½ full. Sprinkle with coconut. Bake at 400° for 12 to 15 minutes. Makes 36.

*Elaine Skaff, Ruth Ann Skaff*

## ELAINE SKAFF'S LEMON HI-HATS

<b>3 egg yolks, beaten until fluffy</b>	<b>3 egg whites, beaten until stiff</b>
<b>1 c. sugar</b>	<b>1 large pkg. lemon pie filling pudding mix</b>
<b>c. water</b>	<b>Powdered sugar</b>
<b>1 tsp. baking powder</b>	
<b>1 c. flour, sifted</b>	

Add sugar to fluffy beaten egg yolks. Add baking powder to flour and add flour and water alternately to sugar-yolk mixture. Beat well before folding into stiffly beaten egg whites. Fill cupcake cups about ¾ full. Bake at 350° for 20 to 25 minutes. Cook lemon pudding and cool well. When cupcakes are cooked, cut out a cone-shaped piece from center of each. Fill hollow center with cooled pudding. Place cut out piece over this and sprinkle tops with powdered sugar. My favorite recipe!

*Ruth Ann Skaff*



**CANDY****CREAMY FAILURE PROOF FUDGE**

<b>2 Tbsp. butter</b>	<b>½ c. chopped nuts</b>
<b>1 small can evaporated milk</b>	<b>1 ½ c. mini marshmallows</b>
<b>1 ⅔ c. sugar</b>	<b>9 oz. semi-sweet chocolate chips</b>
<b>½ tsp. salt</b>	<b>½ tsp. vanilla extract</b>

Combine butter, evaporated milk, sugar and salt in 2½ quart heavy saucepan over medium heat. Bring to boil. Cook 4 or 5 minutes, stirring constantly. (Start timing when mixture starts to bubble around edges.) Remove from heat. Stir in marshmallows, chocolate chips, vanilla extract and nuts. Stir vigorously for 1 minute or until marshmallows are completely melted and blended. Pour into 9 inch square buttered pan and allow to cool. Cut into squares. If need be, it may be put in freezer for an hour to harden. Makes about 2 pounds.

*Clint Nash*

**FOOLPROOF FUDGE**

<b>3 (6 oz.) pkg. chocolate chip semi-sweet morsels</b>	<b>Dash of salt</b>
<b>1 (14 oz.) can sweetened condensed milk</b>	<b>1 ½ tsp. vanilla</b>
	<b>½ c. chopped nuts (optional)</b>

In a heavy saucepan, over low heat, melt morsels and sweet milk. Remove from heat. Stir in remaining ingredients. Spread evenly into a waxed paper lined 9 x 13 inch pan. Chill 2 to 3 hours or until firm. Turn over onto a cutting board. Remove wax paper and cut into squares. Makes ¼ pounds.

*Christine Long*

## REDUCED FAT FUDGE

**1 ½ c. Hershey's reduced fat semi-sweet chocolate chips**      **⅔ c. low fat sweetened condensed milk**  
**Dash of salt**  
**¾ tsp. vanilla**

Line a 9 x 5 inch loaf pan with foil. Stir together chips, milk and salt in a microwave bowl. Cook 1 minute. Stir in vanilla. Immediately spread in pan. Refrigerate till firm, a couple of hours. Remove onto cutting board. Peel off foil. Cut into squares. Makes 1 pound.

Eighteen pieces equals 2.5 grams of fat per piece. Only make 1 batch at a time. Doubling doesn't work! This fudge really is good!

*Corinne Elliott*

## NINA'S PECAN PRALINES

**1 c. sugar**      **1 tsp. vanilla extract**  
**1 c. brown sugar (light or dark your choice)**      **3 Tbsp. butter**  
**Pinch salt**      **1 c. miniature marshmallows**  
**⅔ c. condensed milk**      **1 c. pecans**

Combine sugars, salt and condensed milk; cook until it reaches the softball stage on candy thermometer. Remove from heat and add vanilla, butter and marshmallows. Beat with spoon until marshmallows are melted. Stir in pecans. Drop by tablespoon onto parchment paper and cool. Store in airtight container. Makes 1 to ½ doz.

*This recipe was given to me by Nina Gustin of Morganz  
 LA  
 Crystal Winney Eastman*

## MICROWAVE PRALINES

Mix:

**1 ctn. whipping cream**                      **1 box light brown sugar**

Microwave for 12 minutes.

Stir and add:

**2 Tbsp. butter**                                      **2 c. pecans**

Stir and spoon quickly onto wax paper. Allow to harden before lifting.

*Corinne Elliott*

## PEANUT KRACKLE\*

**2 lb. white chocolate**                      **1 c. salted peanuts**  
(vanilla)    (cocktail)

**1 c. peanut butter**                              **2 c. miniature**  
**3 c. Rice Krispies**                              **marshmallows**

Melt chocolate. Add other ingredients. Line 10x15 inch pan with foil. Pour in mixture and score before it hardens.

*Stephanie Taylor*

## SUGARED PECANS

**1 c. sugar**    **6 Tbsp. milk**  
**¼ tsp. salt**    **1½ tsp. vanilla**  
**½ tsp. pumpkin pie spice**                      **3 c. pecan halves**

Combine sugar, salt, spice and milk and cook to a soft ball stage (235°), stirring frequently. Remove from heat; add nuts and vanilla and stir until grainy and all nuts are coated. Turn out on buttered pan or waxed paper immediately.

*Clint Nash*

**COOKIES****AHLADDAKIA (PEAR COOKIES)****1 c. vegetable oil****1½ c. sugar****2 eggs****½ tsp. baking soda****1 orange (juice & rind)****2 tsp. baking powder****4 c. sifted flour (approx.)****Whole cloves**

Syrup:

**2 c. water****1 c. sugar****Juice of 1 lemon**

Cream oil & sugar. Add eggs one at a time, beating constantly. Dissolve soda in orange juice and add to creamed mixture. Sift baking powder and flour. Add enough to make a soft dough. Pinch off small piece of dough size of a walnut and shape into small ball. Pinch one side to resemble a pear and press a clove into wider end of cookie. Continue with rest of dough.

Place on greased baking pan & bake 20-25 mm. at 350°. Remove & Cool.

Combine water and sugar to bring to a boil. Add lemon juice. Reduce heat and keep warm,

Dip cookies quickly one by one in warm syrup. Sprinkle immediately with mixture of granulated sugar & cinnamon. Syrup should coat - not penetrate - cookies to keep it from becoming soggy.

*Urania Alissandratos*  
*(my mother's recipe)*

## ALMOND COOKIES

**2 c. sifted flour**                      **1 tsp. almond extract**  
**1 c. almonds, ground fine**        **3 Tbsp. powdered sugar**  
**2 sticks butter**

Mix flour, butter, sugar, almonds and extract. Mix it all in bowl with a pastry blender. Pinch off small pieces of dough and roll into Crescent shape. Arrange on greased cookie sheet. Bake at 350° for 15 to 20 minutes. Let cool a little, and then roll in powdered sugar.

*Margaret Layman*

## LENTEN APPLESAUCE COOKIES\*

Beat:

**1 c. oil or margarine**                      **1 ½ c. sugar**

Add:

**1 c. applesauce.**

In another bowl, mix:

**3½ c. flour**                                      **1 tsp. cinnamon**  
**¼ tsp. nutmeg**                                  **1 tsp. baking soda**  
**½ tsp. salt**

Combine oil, sugar and applesauce with the dry ingredients. Chill for 1 hour. Drop by teaspoonfuls on a lightly greased cookie sheet. Bake at 400 for 8 to 10 minutes.

*Corinne Elliott*

## **BANANA, DATE AND OATMEAL JUMBLE\***

**3 large bananas, mashed**      **1/3 c. oil**  
**2 c. quick oats**                      **Dash of salt**  
**1 c. chopped dates**                  **1 tsp. vanilla extract**

Preheat oven to 350°. Combine bananas, oats, dates, oil, salt and vanilla. Allow to rest 15 minutes to let flavors mingle. Drop by teaspoonfuls onto a greased cookie sheet and bake for 20 minutes or until brown. Makes 2 dozen jumbles

*Katherine Thames*

## **KURABIA – ARMENIAN BUTTER COOKIES**

**1 lb. butter with**                      **2 c. confectioner's sugar**  
**water/salt removed**                  **3 c. flour**  
**1 oz. whiskey or brandy**

To clarify butter, melt butter. Remove top white foam. (This is the salt.) Cool in freezer. Remove the hardened butter and leave the water at the bottom of the pan. It may take several heatings to remove all the salt and milk products.

Cream butter. Add sugar; whiskey and mix well. Gradually add flour and mix till becomes pliable. Roll dough into desired shape. (I usually make an "S".) The smaller the cookie, the larger the yield. May top with blanched almonds. Bake at 300° for 20 minutes. This cookie is white, not brown, when done! Place on counter to cool. Dust with powdered sugar. Doesn't freeze well. Makes 2 to 3 dozen.

*Kathy Nash*

## DIAGONAL BUTTER COOKIES

Sift together:

**2 c. flour**

**$\frac{2}{3}$  c. sugar**

**$\frac{1}{2}$  tsp. baking powder**

Blend in:

**$\frac{3}{4}$  c. soft butter or oleo**

**1 unbeaten egg**

**2 tsp. vanilla**

Place dough on board or pastry cloth that has been floured. Divide into 4 parts. Shape each into a long roll, 13 inches long and about  $\frac{3}{4}$  inch thick.

Place on ungreased baking sheet 4 inches apart and 2 inches from side of pan. Make depression lengthwise down center of roll, using handle of knife. Fill depression with jelly (strawberry or orange). Bake at 350° for 15 to 18 minutes. Cut diagonally while warm.

I have made these cookies many, many times since the recipe first appeared in the 1955 Pillsbury Bake-Off book. The winner won \$1,000 in 1955! I make 3 or 4 batches at Christmas and other special occasions and they are enjoyed by all.

*Margaret Layman*

## **KOURABIEDES - SUGAR COATED BUTTER COOKIES**

<b>1 lb. butter</b>	<b>½ tsp. almond extract</b>
<b>6 Tbsp. powdered sugar</b>	<b>1 c. toasted and finely</b>
<b>1 jigger Jack Daniels (or</b>	<b>chopped almonds</b>
<b>use 1 miniature bottle)</b>	<b>6 to 8 c. sifted cake flour</b>
<b>1 egg, beaten</b>	<b>(about 2 lb.)</b>
<b>½ tsp. vanilla</b>	<b>1 lb. powdered sugar</b>

Melt butter and allow to cool completely. Beat butter and sugar until light and fluffy (takes awhile). Add bourbon. Beat in egg. Add extracts. Beat. Add nuts and flour alternately. Continue adding flour until it forms a soft dough (soft but not sticky). Take a small amount of dough and press into a ball. Put on cookie sheet. Bake at 350 for about 15 to 20 minutes.

On waxed paper, sift a box of powdered sugar. Remove cookies from oven and place on sugar. Generously sift additional sugar over top of cookies or roll cookies around in sugar. Place individual cookies in small paper baking cups. Let cookies cool thoroughly before storing. Makes about 7 to 8 dozen.

*Laura Graham*



## MOTHER'S CHESS SQUARES

Mix together and press into a greased 9 x 13 inch pan:

**1 yellow cake mix**                      **1 egg**  
**1 stick melted margarine**

Combine:

**8 oz. cream cheese (not**              **1 tsp. vanilla**  
**low or nonfat)**                      **2 eggs**  
**1 box confectioner's sugar**

Pour over mixture in pan. Bake at 350° for 30 to 40 minutes.

*Judy Perkins*

## SHERYL'S CARMALINI

(Caramelene)

**14 oz. caramels**                      **¾ stick melted margarine**  
**individually wrapped**              **or butter**  
**(usually)**                      **1 c. chopped nuts**  
**⅔ c. evaporated milk**              **16 oz. pkg. chocolate chips**  
**1 pkg. German chocolate**  
**cake mix**

The only tedious job in this recipe is unwrapping the caramels! Melt caramels and ⅓ cup evaporated milk in microwave or top of double boiler. Allow to cool. Grease 9 x 15 inch pan. Combine cake mix, margarine, ⅓ cup evaporated milk and nuts. Press ½ of dough in pan. Bake at 350° for 6 minutes. Sprinkle chips on this crust. Spread caramel mixture over the chips. Crumble remainder of dough over caramel mixture. Bake at 350° for 15 to 18 minutes. Allow to cool before cutting.

*Margaret McKelroy, Corinne Elliott*

## CHOCOLATE BROWNIE COOKIES\*

<b>½ c. shortening</b>	<b>¼ tsp. salt</b>
<b>1 c. sugar</b>	<b>¼ tsp. baking powder</b>
<b>1 tsp. vanilla</b>	<b>¼ tsp. baking soda</b>
<b>1 ½ c. flour</b>	<b>3-6 Tbsp. water</b>
<b>½ c. Nestle's Quik or ¼ -½ c. cocoa</b>	

Cream shortening and sugar. Add vanilla. Add dry ingredients and just enough water to moisten the mixture. Form into balls and press down with a floured glass. Bake at 350° for 8-10 minutes.

*From St. Georges Orthodox Cathedral, Worcester, MA  
Patty Harants*

## CHOCOLATE LENTEN COOKIES\*

<b>1 c. margarine</b>	<b>1 Tbsp. cinnamon</b>
<b>1 c. brown sugar</b>	<b>3 c. oats</b>
<b>1 c. white sugar</b>	<b>Raisins/nuts - optional</b>
<b>1 tsp. vanilla</b>	<b>½ c. soy milk</b>
<b>2 ¼ c. flour</b>	<b>12 oz. semi-sweet chocolate chips</b>
<b>½ tsp. baking, soda</b>	
<b>1 tsp. salt</b>	

Mix together and drop by teaspoonfuls on cookie sheets. Bake at 375° 'til done.

*Pamela Mashburn*

## CHOCOLATE OATMEAL COOKIES

<b>3 c. rolled oats</b>	<b>½ c. milk</b>
<b>5 Tbsp. cocoa</b>	<b>¼ c. margarine</b>
<b>1 tsp. vanilla</b>	<b>¼ c. peanut butter</b>
<b>2 c. sugar</b>	

Mix cocoa and oats together. Mix vanilla, sugar, milk and margarine together in a saucepan. Heat until boiling. Boil for 2 minutes. Remove liquid from heat. Mix in peanut butter. Add dry ingredients. Drop by spoonfuls onto wax paper to cool.

*Fran Tylavsky*

## CHOCOLATE PIXIES

<b>2 c. flour</b>	<b>4 squares baker's</b>
<b>2 tsp. baking powder</b>	<b>chocolate</b>
<b>½ tsp. salt</b>	<b>2 c. sugar</b>
<b>¼ c. butter or margarine,</b>	<b>4 eggs</b>
<b>melted</b>	<b>½ c. walnuts or pecans,</b>
	<b>chopped</b>

Sift together flour, baking powder & salt. Add this to butter & chocolate, which has cooled slightly. Blend in sugar and eggs, one at a time. Beat for 1 minute. Add nuts & above mixture. Shape into balls and roll in powdered sugar. Place on greased cookie sheet. Bake 18-20 min. at 300. These cookies crack open while baking and are very attractive. They are one of my favorite cookies! Makes about 3 dozen.

*Margaret Layman*

## COCOA PUFFS TREATS\*

<b>1 c. sugar</b>	<b>1 c. creamy peanut butter</b>
<b>½ c. Karo Syrup</b>	<b>5 c. Cocoa Puffs cereal</b>
<b>¼ c. honey</b>	

On stove, combine sugar, Karo syrup and honey bring to a boil. Add peanut butter and mix well. Pour over Cocoa Puffs and drop by spoonful onto waxed paper or foil.

*From Amanda Jordan of Christ the Saviour, McComb,  
MS  
Margaret Elliott*

## COCONUT BALLS

<b>½ lb. (2 sticks) sweet butter</b>	<b>2 c. flour</b>
<b>¼ c. powdered sugar</b>	<b>¼ tsp. salt</b>
	<b>2 c. sweetened coconut</b>

Cream butter and sugar; add flour and salt just until combined. Stir in coconut. Form dough into teaspoon sized balls. Bake until beginning to brown on edges. Roll warm balls in powdered sugar. Cool.

Note: Pressing the dough in to a ball before rolling produced a rounder cookie than just rolling the balls in the palm of your hand.

*Ellie Moore*

## CONGO SQUARES

**1 lb. brown sugar (light or dark)**      **2 ¼ c. flour**  
**1 stick oleo**                                      **2¼ tsp. baking powder**  
**3 eggs**    **6 ounce pkg. chocolate or butterscotch bits**

In a large bowl, pour melted oleo over sugar. Add eggs, one at a time. Beat or stir until thoroughly mixed. Add flour which had baking powder added when sifted. Last, add chocolate bits. Bake at 350° for 18 to 20 minutes. Use jelly roll greased (10 x 13 x 1 inch). When cool, cut into squares of desired size.

*Margaret Layman*

## COW PIES

**2 c. (12 oz) milk chocolate chips**      **½ c. raisins**  
**1 Tbsp. shortening**                              **½ c. almonds, chopped, skins removed**

In a double boiler over simmering water, melt chocolate chips and shortening. Remove from heat; stir in raisins and almonds. Drop by tablespoons onto waxed paper. Chill until ready to serve.

*Urania Alissandratos*

## COWBOY OR COWGIRL COOKIES

<b>1 c. butter</b>	<b>1 tsp. baking soda</b>
<b>1 c. brown sugar</b>	<b>1 c. flour</b>
<b>2 eggs</b>	<b>2 c. rolled oats (oatmeal)</b>
<b>1 tsp. vanilla</b>	<b>1 small pkg. semi-sweet chocolate chips</b>
<b>½ tsp. baking powder</b>	<b>½ c. chopped nuts (pecans)</b>
<b>½ tsp. salt</b>	
<b>1 c. white sugar</b>	

Cream sugars, butter, eggs and vanilla until fluffy. Sift dry ingredients and stir into creamed sugar mixture. Add oatmeal, chocolate chips and nuts. Drop by a teaspoon on a cookie sheet. Bake at 350° for 12 minutes. Makes 8 to 9 dozen.

*Missy Meng*

## MOTHER'S DATE SQUARES\*

<b>1 stick margarine</b>	<b>1 tsp. vanilla</b>
<b>1 c. sugar</b>	<b>2 ¼ c. Rice Krispies cereal</b>
<b>3 Tbsp. cold water</b>	<b>½ c. pecans or walnuts</b>
<b>1 lb. chopped dates</b>	<b>1 bag coconut</b>

Melt margarine. Add sugar and 3 Tbsp. cold water. Let boil. Add dates and cook 5 more minutes. Add vanilla. Add date mixture to cereal and nuts and spread in large greased Pyrex dish (8 x 8 is OK). Sprinkle coconut on top. Cut into squares while warm. As dates are added, it will become thick and almost roll into a ball.

*Judy Perkins*

## THE ELLIOTT GIRLS' YUMMY COOKIES

Mix:

**4 ½ c. all-purpose flour**

**1 ½ c. sugar**

**½ tsp. salt**

**4 Tbsp. Nestle Quick**

**2 tsp. baking powder**

Beat:

**3 sticks melted butter**

**1 tsp. vanilla extract**

**1 c. brown sugar**

**½ c. milk**

**2 eggs**

**12 oz. bag chocolate chips**

**12 oz. bag white chocolate morsels**

Preheat oven to 350°. Grease cookie sheet with Crisco or corn oil spray. Spread mixture evenly on baking sheet with 1 inch clear round perimeter of sheet. Bake in center of oven on 350° for 10 to 15 minutes. Let cool and cut into squares.

*Sally, Esther and Rebecca Elliott*

## FINIKIA - HONEY COOKIES

(See Lenten Finikia)

<b>1½ c. Mazola oil</b>	<b>8 c. flour</b>
<b>1 c. sugar</b>	<b>1 tsp. soda</b>
<b>½ lb. butter</b>	<b>1 tsp. cinnamon</b>
<b>1 c. orange juice</b>	<b>7 tsp. baking powder</b>
<b>1 jigger whiskey</b>	

Beat oil and sugar. Add softened butter and beat well. Add orange juice and whiskey. Sift ½ of flour with baking powder, soda and cinnamon. Add to liquids. Add remainder of flour to make soft cookie dough. Pinch off pieces of dough size of a small egg and flatten in palm of hand. Place half of pecan in center and bring sides to cover, pinching ends slightly to form oval cookie. Bake in 375° oven for 20 to 25 minutes or until golden. Cool.

Dip in simmering syrup, a few at a time, for a few minutes, turning several times. Roll in ground nuts and cinnamon. Makes 80 large or 100 small to medium cookies.

Syrup:

<b>2 c. sugar</b>	<b>3 Tbsp. honey</b>
<b>1 c. water</b>	<b>2 Tbsp. lemon juice</b>

Combine sugar and water. Cook 20 minutes. Add honey and juice. Simmer 5 minutes.

*Urania Alissandratos*



## LENTEN FINIKIA - HONEY COOKIES\*

**2 c. vegetable oil**

**½ c. sugar**

**2 tsp. cinnamon**

**¼ tsp. nutmeg**

**7 c. flour**

**4 tsp. baking powder**

**½ tsp. baking soda**

**½ c. orange juice**

**2 c. chopped pecans**

Blend vegetable oil, sugar and seasonings. Sift flour, baking powder and soda. Add flour until smooth dough is formed. Knead gently, and then add nuts. Pinch off small portions of dough and form into little oblong rolls. Place on greased pan and bake in 375 oven for 20 to 30 minutes until golden. Remove from oven.

Dip into syrup made as follows:

**2 c. honey**

**1 c. water**

Or use syrup from other Finikia recipe. Keep syrup warm during dipping process. Place on large platter and allow to cool.

*Urania Alissandratos*

## **SHERYL'S GRAHAM CRACKER GOODIES\***

**2 sticks margarine**

**1 c. sugar**

**1½ c. chopped pecans**

**1 box Graham crackers**

Line a pan that has edges with graham cracker halves so that they touch continuously. Boil first 3 ingredients for 2 minutes while stirring constantly. Drizzle over Graham crackers. Bake 5 minutes at 350°. Take out of pan before they cool, otherwise they stick!

*Corinne Elliott*

## **BEBE'S GINGER SNAPS**

**¾ c. butter**

**2 to 3 tsp. ginger**

**3 ¾ c. flour**

**½ c. molasses**

**2 c. sugar**

**½ tsp. cinnamon**

**1 ½ tsp. baking soda**

**2 tsp. vinegar**

**2 eggs**

**¼ tsp. cloves (optional)**

Mix all ingredients together. Form into 1 inch balls. Place on cookie sheet and bake at 350° for 9 minutes.

*Nancy McGee*

## GINGERBREAD MEN

<b>1 ½ c. whipping cream</b>	<b>1 Tbsp. ground ginger</b>
<b>2 ½ c. firmly packed brown sugar</b>	<b>2 Tbsp. baking soda</b>
<b>1 ½ c. dark molasses</b>	<b>9 c. all-purpose flour</b>

Whip cream. Add sugar, molasses, ginger and soda. Stir and beat for 10 minutes. Add flour (slowly) and work the mixture until smooth. Cover and put in a cool place overnight. Roll out portion on lightly floured board and cut with cookie cutter. Brush flour off. Lightly brush each cookie with water. Bake at 250° for 15 minutes. Yields 3 dozen.

*Laura Graham*

## GHRABEE

<b>1 c. rendered butter</b>	<b>1 c. sugar</b>
<b>2 c. flour</b>	<b>Blanched almond halves</b>

Beat butter on full speed of electric mixer until very fluffy, about 20 minutes. Blend flour and sugar in bowl. Add flour mixture gradually to butter and beat until it becomes too heavy for mixer. Add remaining flour to mixture and blend with wooden spoon; complete mixing by hand. Chill for 10 minutes. Shape dough in small balls in palm of hands. Place on ungreased cookie sheet. Press center of each cookie gently with small finger and place an almond half in each indentation. Bake 30-35 minutes in 325° F oven. DO NOT OVERBAKE. Cookies should be WHITE. Do not remove from cookie sheet until completely cooled.

*Barbara Farha*

*(Chris's mother, who lives in Lexington, Kentucky)*

## HONEY PUFFS (LOUKOMEDES)

<b>2 c. yogurt</b>	<b>1 tsp. baking soda</b>
<b>Grated rind from 1 orange</b>	<b>3 Tbsp. brandy</b>
<b>¾ tsp. salt</b>	<b>3 c. sifted flour</b>

Combine yogurt orange rind and salt. Dissolve soda in brandy. Add enough flour to make a thick pancake type batter. Cover and set aside in warm place for 1½ hours or until raised and bubbly. Stir batter.

Drop in spoonfuls into hot oil to which 1 teaspoon white vinegar has been added. Deep fry until golden brown, turning once.

Drain and serve with diluted honey, cinnamon, chopped nuts or toasted sesame seeds. Serve warm.

*Urania Alissandratos*

## ROMANIAN LENTEN COOKIES\*

**4 sticks margarine**  
**(Fleischman's "no**  
**whey" for fasting)**

**1 c. sugar**

**2 c. flour**

**3 c. oatmeal (instant**  
**makes smoother**  
**cookies)**

**1-2 grated peels of lemons**

**2-3 Tbsp. vanilla**

**Semi-sweet chocolate**  
**chips**

Preheat oven to 350°. Beat margarine and sugar well. Add other ingredients (except for chocolate chips) and mix well. Refrigerate 2 hours to overnight. Roll into small balls with your hands and flatten slightly on ungreased cookie sheets, using the bottom of a lightly floured juice glass. Place a chocolate chip in the center of each cookie. Bake 20-25 minutes at 350°.

Mother Irene, the cook at Holy Dormition Monastery in Rives Junction, Michigan, made these cookies on one of my visits there and they were so good that I asked her for the recipe. Enjoy!

*Susan Cushman*

## OUR FAVORITE LENTEN COOKIE\*

Beat:

**1 c. margarine, melted**                      **1 c. sugar**  
**1 c. brown sugar**

Add:

**1 c. oil**    **1 c. corn flakes or Rice**  
**3 ½ c. flour**    **Krispies**  
**1 c. oats**    **1 tsp. salt**  
**1 tsp. baking soda**                                      **½ c. pecans**  
**1 tsp. vanilla**

Drop by teaspoonfuls on a cookie sheet. Bake 12 minutes at 325°.

*Corinne Elliott*

## SUGARLESS OATMEAL COOKIES

**3 bananas, mashed**                                      **½ c. margarine, melted**  
**2 c. uncooked quick**                                      **¼ c. skim milk**  
**cooking oats**    **1 tsp. vanilla**  
**½ c. raisins**

Combine all ingredients, beating well. Let stand 5 minutes so that oats will absorb moisture. Drop dough by heaping teaspoonfuls onto an ungreased cookie sheet. Bake at 350° for 15 to 20 minutes. Let stand 1 minute on cookie sheet. Transfer to wire racks to cool completely. Makes 2 dozen.

*Kathryn Melonas*

## ORIGINAL TOLL HOUSE COOKIES

<b>2 ¼ c. flour</b>	<b>1 tsp. vanilla</b>
<b>1 tsp. baking soda</b>	<b>2 eggs</b>
<b>1 tsp. salt</b>	<b>1 c. butter</b>
<b>¾ c. packed brown sugar</b>	<b>12 oz. chocolate chips</b>
<b>¾ c. sugar</b>	<b>1 c. nuts</b>

In a small bowl, set aside flour, soda and salt. in a large bowl, combine butter, sugars and vanilla. Beat. Add eggs. Add flour mixture. Mix. Add nuts and chocolate chips. Drop by spoonfuls on an ungreased sheet at 375° for 10 minutes.

## MAPLE NUT BARS

<b>2 eggs</b>	<b>½ tsp. baking powder</b>
<b>⅔ c. oil</b>	<b>1 c. flour</b>
<b>1 c. sugar</b>	<b>2 tsp. maple flavoring</b>
<b>½ tsp. salt</b>	<b>1 c. pecans, optional</b>

Mix and spread in a greased 9 x 9 pan. Bake 30 minutes at 350. Cool. Sprinkle with powdered sugar.

*Sarah Hodges*

## PAXIMADIA - TEA COOKIES

<b>¼ c. sifted flour</b>	<b>½ tsp. almond extract</b>
<b>½ tsp. baking powder</b>	<b>2 eggs</b>
<b>¾ c. sugar</b>	<b>1 c. whole blanched</b>
<b>6 Tbsp. butter</b>	<b>almonds, coarsely</b>
<b>1 tsp. vanilla extract</b>	<b>chopped</b>

Adjust rack  $\frac{1}{3}$  down from top of oven. Preheat oven to 400°. Line 14x16 inch cookie sheet with wide aluminum foil. Sift together flour and baking powder. Set aside.

In electric mixer, cream butter; add 2 extracts and sugar. Beat 2 minutes. Beat in eggs, one at a time. On lowest speed, gradually add sifted dry ingredients. Beat only until smooth. Remove from mixer and add nuts. Using 2 teaspoons, place the batter, 1 teaspoon at a time, to form 3 long narrow strips across the width of the prepared cookie sheet. Each strip should be about 12 inches long and  $\frac{1}{2}$  inches wide. Leave about 3 inches between strips. It is not necessary to smooth the tops and sides, as batter will run slightly in baking.

Bake 15 minutes or until strips are golden colored and tops spring back when lightly touched. Remove from oven. Reduce oven to 300°. Using spatula or small cookie sheet, transfer baked strips to a large rack to cool. Transfer cooled cakes to a cutting board. Use a finely serrated knife to slice cakes into slices about  $\frac{3}{4}$  inch wide. Replace cut strips on cookie sheet, top side up. Bake at 300° for 15 minutes. Turn off heat. Open oven door slightly. Let cookies dry in oven for about 10 minutes before removing. Cool on racks. Makes 36.

These are also traditionally served with Greek coffee after a funeral.

*Urania Alissandratos*



## PIZZELLES

<b>6 eggs</b>	<b>3 c. flour (all-purpose)</b>
<b>1 ½ c. sugar</b>	<b>4 tsp. baking powder</b>
<b>1 c. oil</b>	<b>½ tsp. anise oil</b>

Mix eggs, sugar and oil together. Mix flour and baking powder together and add to egg mixture. Beat until smooth and well combined. Add anise oil. Drop by tablespoons on a pizzelle iron. Bake until steam quits.

A waffle iron can be used in place of a pizzelle iron, but they will be thicker like a waffle instead of thin and crisp.

*Fran Tylavsky*

## “PLAKOANTIO” - ZWIEBACK DELIGHT

<b>6 eggs</b>	<b>1 qt. milk</b>
<b>2 c. sugar</b>	<b>1 tsp. vanilla</b>
<b>1 box Zwieback crumbs</b>	<b>Butter for greasing pan</b>

Beat eggs and sugar thoroughly. Add Zwieback crumbs and mix well. Add milk and vanilla and mix. Pour into well greased 8x12 inch pan. Bake in 375° oven, 30 to 35 minutes, until golden brown. Cut into diamond shapes. Garnish each piece with ½ of cherry. Serves 20. Quickie.

*Urania Alissandratos*

## RICE KRISPIES TREAT\*

**¼ c. margarine** **6 c. Rice Krispies cereal**  
**10 oz. fresh marshmallows**

Melt margarine. Add in marshmallows. Stir until melted. Add cereal. Stir till well coated. Press into 9 x 13 inch greased pan. Cut in squares when cool.

*Sara Huggins*

## SHORTBREAD

Cream:

**1 c. butter** **½ tsp. salt**  
**¾ c. light brown sugar**

Blend in 2¼ to 2½ cups flour. Divide into 4 parts. Shape into balls. Flatten into 5 or 6 inch circles. Flute edges with a fork. Perforate into 12 wedges. Bake at 300° till golden brown. Cut while still warm.

*Pamela Mashburn*

## OUR FAVORITE SPICE COOKIES

**½ c. shortening** **2 tsp. cinnamon**  
**2 eggs** **4 tsp. baking soda**  
**2 c. sugar** **1½ tsp. powdered cloves**  
**½ c. molasses** **½ tsp. salt**  
**4 to 5 c. flour** **1 ½ tsp. ginger**

Cream shortening, eggs and sugar together. In a separate bowl, mix the remaining dry ingredients. Mix all together. Roll into balls and put on greased cookie sheets. Bake at 375° for 10 to 12 minutes.

*Corinne Elliott*

## SUGAR COOKIES

<b>2 c. flour</b>	<b>1 c. sugar</b>
<b>¼ tsp. salt</b>	<b>1 large egg</b>
<b>½ tsp. baking powder</b>	<b>1 tsp. vanilla or 1 tsp.</b>
<b>1 stick unsalted butter or</b>	<b>fresh lemon juice</b>
<b>margarine</b>	

In a large bowl, mix salt, flour and baking powder. Set aside. Cream butter and sugar till fluffy. Beat in egg. Add flour mixture and mix on low speed till thoroughly combined. Stir in vanilla or lemon juice. Wrap dough in plastic. Chill for 30 minutes.

Heat oven to 325°. On a well floured board, roll dough to ⅛ inch. Cut into desired shapes. Place on ungreased baking sheets and chill till firm (about 15 minutes). Bake 8 to 10 minutes or until edges start to brown. Cool on wire racks.

*Margaret McKelroy*

## BEBE'S OLD-FASHIONED TEA CAKES

<b>2 c. sugar</b>	<b>2 tsp. nutmeg</b>
<b>2 sticks margarine</b>	<b>1 Tbsp. baking powder</b>
<b>6 eggs, minus 4 whites</b>	<b>1 tsp. soda</b>
<b>2 tsp. vanilla</b>	<b>4 c. flour</b>

Cream butter and sugar. Add eggs, vanilla and nutmeg. Mix in a small cup the soda and vinegar. Add to mixture, and then add baking powder and flour. Grease a jellyroll pan (cookie sheet with edges). Spread out in pan. Cook at 350° until starts to turn golden. Do not overcook. Cut into squares. Can be done as "drop cookies" but we like the soft chewiness of bars best.

**Corinne Elliott**

**WEDDING BELLS\***

<b>4 c. ground walnuts</b>	<b>1 jigger whiskey</b>
<b>2 c. Zwieback crackers</b>	<b>1 ½ tsp. cocoa</b>
<b>½ c. sugar</b>	<b>1 tsp. vanilla</b>

Combine all ingredients and moisten with syrup. Knead to blend well, adding enough syrup to shape easily. Pinch off pieces as large as a walnut and shape into tiny bells. Roll in granulated sugar. Makes 50.

Syrup:

<b>2 c. sugar</b>	<b>Juice of ½ lemon</b>
<b>1 c. water</b>	<b>Juice of ½ orange</b>

Dash of allspice Combine ingredients and simmer until mixture reaches consistency of medium light syrup. Optional: for weddings, tie small white bows on tip of tooth pick and stick on top of each bell. Colored ribbons can be used for baptisms.

*Urania Alissandratos*  
(my mother's recipe)

**PIES****BRENDA'S SWEET POTATO PIE**

<b>2 c. sugar</b>	<b>1 (8 oz.) container sour cream</b>
<b>½ c. margarine</b>	
<b>2 c. cooked, mashed sweet potatoes</b>	<b>1 tsp. lemon flavoring</b>
	<b>3 eggs</b>

Mix and pour in an unbaked pie shell. Bake in 350° oven for 45 minutes or until edges brown.

*Corinne Elliott*

## IRENE HARDIN'S CHESS PIE

<b>1 stick margarine or butter</b>	<b>1 tsp. vanilla</b>
<b>1½ c. sugar</b>	<b>2 Tbsp. vinegar</b>
	<b>4 eggs</b>

Melt butter. Add sugar, vinegar and vanilla. Stir till well combined. Add eggs last so mixture won't be too hot and cook them. Mix until well blended. Bake at 350° for 45 to 55 minutes.

*Sarah Hodges*

## CHOCOLATE CHESS PECAN PIE

Combine:

<b>2 c. sugar</b>	<b>2 heaping Tbsp. flour</b>
<b>1 heaping Tbsp. corn meal</b>	<b>2 Tbsp. cocoa</b>

Add:

<b>¾ stick margarine</b>	<b>1 c. pecans</b>
<b>2 tsp. vanilla</b>	<b>½ c. buttermilk</b>
<b>3 beaten eggs</b>	<b>1 unbaked pie shell</b>

Pour into two unbaked pie shells. Bake at 325° for 45 minutes.

*Laura Graham*

## CREAMY COCONUT DELIGHT

<p><b>1 ½ c. flour</b></p> <p><b>1 c. pecans, chopped, divided</b></p> <p><b>½ c. butter, melted</b></p> <p><b>8 oz. cream cheese, softened</b></p>	<p><b>⅔ c. milk</b></p> <p><b>1 6 oz. instant vanilla pudding</b></p> <p><b>⅔ c. coconut (save ⅔ c. for topping)</b></p> <p><b>8 oz. whipping cream</b></p>
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Preheat oven to 350°. Combine all flour, ½ c. pecans and butter in a medium bowl: Mix well. Press mixture into a greased 9 x 13 inch baking pan. Bake for 15 minutes or until golden brown. Remove from oven: set aside.

Beat cream cheese in a large bowl with an electric mixer on medium speed until smooth, approximately 1 minute. Beat in ½ c. milk. Add remaining milk and pudding mix, beating until smooth. Add 2 c. of coconut to pudding; mix well. Pour pudding mixture over crust. Spread whipped topping over pudding layer. Refrigerate. Spread remaining coconut and remaining pecans on a baking sheet. Toast until coconut is golden. Sprinkle toasted coconut and pecans over whipped cream. Refrigerate until ready to serve.

*Brenda Thomas*

## DIRT PIE

<p><b>1 c. cold milk</b>  <b>1 (4 serving size) pkg. Jell-O chocolate flavor instant pudding and pie filling</b>  <b>3/2 c. (8 oz.) Cool Whip, thawed</b></p>	<p><b>20 chocolate sandwich cookies, with filling scraped off (I use Oreos crushed)</b>  <b>1 pkg. graham cracker pie crust</b></p>
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Pour milk into medium bowl; add pudding mix. Beat with a wire whisk until well blended, 1 to 2 minutes. Let stand 5 minutes. Fold in whipped topping and ½ of chocolate cookies crushed. (Optional: Stir in extra goodies, i.e. granola chunks, chocolate chips, peanut butter chips, gummy things!). Spoon into pie crust (or other type of serving container).

Sprinkle remaining cookies on top. Freeze until firm, about 4 hours. Garnish as desired before serving.

Note: I have served this in a large (clean and never used before) flowerpot.

This required the recipe to be at least tripled to fill the container. As decoration an artificial flower arrangement was in the center of the flowerpot. Leftover cookie crumbs finish off the “affect.” Result: A center piece that you can really enjoy!!

*Connie Austin*

## GRANDMOTHER'S COBBLER

Mix:

**1 stick margarine, melted**      **2 c. sliced fresh peaches**  
**¾ c. sugar**

Mix separately:

**¾ c. milk**                                      **2 tsp. baking powder**  
**1 c. flour**                                      **Pinch of salt**  
**1 c. sugar**                                      **1 tsp. vanilla**

Place peach mixture in baking pan. Pour batter over peaches. Bake at 350° for 1 hour. Other fruit may be used. (For blackberries, only mix with ½ cup sugar.)

*Judy Perkins*

## LEMONADE PIE

**1 gallon vanilla ice cream**      **2 Graham cracker pie**  
**12 oz. frozen lemonade**              **crusts**

Blend ice cream and lemonade. Pour into pie crusts, freeze. Serve Frozen. A great summer treat.

*Urania Alissandratos*



## HOT FUDGE PIE

(A la Downtowner Restaurant in Oxford, Mississippi)

<b>1 stick butter or margarine</b>	<b>2 eggs</b>
<b>2 sq. unsweetened chocolate</b>	<b>1 c. sugar</b>
	<b>¼ c. flour</b>

Unbaked pie shell Melt butter and chocolate. Beat eggs. Add sugar and flour to eggs. Add this mixture to melted chocolate and butter mixture. Pour into unbaked pie shell and bake in preheated 350° oven for 25 minutes. Serve hot with a scoop of vanilla ice cream. Makes 2. If there's any left over, warm 1 slice at a time in microwave.

*Susan Cushman*

## MARGARET'S PEANUT BUTTER PIE

<b>12 oz. crunchy peanut butter</b>	<b>8 oz. Cool Whip</b>
<b>1 qt. vanilla ice cream, softened</b>	<b>Graham cracker pie crust</b>

Mix together. Put in Graham cracker crust and freeze. Let thaw a little before serving.

*Corinne Elliott*

## PINEAPPLE SOUR CREAM PIE

<b>1 box instant vanilla pudding</b>	<b>2 c. sour cream</b>
<b>1 can (8 oz.) crushed pineapple, undrained</b>	<b>1 Tbsp. sugar</b>
	<b>1- 9 inch baked pie shell</b>
	<b>Whipped cream</b>

Combine all 4 ingredients. Beat at low speed for 1 min using a mixer. Pour into pie shell. Chill 3 hours. Serve with whipped cream.

*Urania Alissandratos*

## NAN'S BUTTERMILK PIE

<b>3 eggs</b>	<b>1 c. buttermilk</b>
<b>2 c. sugar</b>	<b>3 Tbsp. flour</b>
<b>1 stick melted butter</b>	<b>1 tsp. vanilla</b>

Beat eggs. Mix with other ingredients. Put in unbaked pie shell. Cook 45 minutes or till done at 350°.

*Corinne Elliott*

## QUICK, NO FUSS COBLER

<b>½ stick margarine</b>	<b>1 c. milk</b>
<b>1 c. sugar</b>	<b>1 tsp. vanilla</b>
<b>1 c. flour</b>	<b>1 (16 oz.) can peaches</b>

Grease a 2 quart casserole with the margarine. Cut the rest into small pieces. Mix with rest of ingredients except peaches. Pour drained peaches over all. Don't stir. Just bake at 350° for 1 hour or till done.

*Christine Long*

**SUSAN'S PECAN PIE**

<b>1 c. sugar</b>	<b>1 Tbsp. flour</b>
<b>1 c. white Karo syrup</b>	<b>Pinch of salt</b>
<b>4 Tbsp. melted butter</b>	<b>1 tsp. vanilla</b>
<b>4 eggs</b>	<b>1 or 2 c. pecans</b>

Beat eggs, Mix with other ingredients. Put in unbaked pie shell. Cook 45 minutes or till done at 350°.

*Corinne Elliott*

## THELMA'S PEACH PIE – 9 INCHES

Mix:

<b>1 stick butter</b>	<b>2 Tbsp. flour (white)</b>
<b>1 c. sugar (¾ when very sweet)</b>	

Add:

<b>1½ Tbsp. corn starch</b>	<b>1 egg</b>
<b>Pinch of salt (⅛ tsp.)</b>	<b>1 yolk</b>
<b>Vanilla (if you like)</b>	

Place the preceding ingredients over 4 cups of sliced peaches in the pie pan that is lined with the pastry. Bake at 350° for about 1 hour.

Cook 10 minutes at 425° and 50 minutes at 325°.

Pastry:

<b>1 ¼ c. flour</b>	<b>½ tsp. salt</b>
<b>⅓ c. Crisco</b>	

Mix salt and flour. Add 3 Tbsp. of water. Roll dough between wax paper. Place in pie pan.

*Madeleine Boiles*

**MRS. SNEED'S PECAN PIE**

<b>1 Tbsp. butter</b>	<b>3 eggs, beaten</b>
<b>1 c. brown sugar</b>	<b>1 tsp. vanilla extract</b>
<b>2 Tbsp. flour</b>	<b>1 c. pecans*</b>
<b>1 c. light corn syrup</b>	<b>1 unbaked pie shell</b>
<b>¼ t. salt</b>	

Cream butter with sugar and flour mixture. Add syrup and eggs. Beat until frothy. Add salt, vanilla & pecans. Pour into 9" pie shell. Bake at 325° for 40 minutes.

\*The key to this award-winning pecan pie is to toast the pecans prior to adding them to the pie mixture. Toast in a 200 degree oven for 5-7 minutes or until shiny. The final product is well worth this extra effort!

*Kerry Sneed*

**PUDDING****BANANA PUDDING**

<b>5 to 6 bananas</b>	<b>3 eggs, separated</b>
<b>1 box vanilla wafers</b>	<b>1 tsp. vanilla</b>
<b>2 c. milk</b>	<b>¼ tsp. cream of tartar</b>
<b>1 c. sugar</b>	<b>⅓ c. sugar</b>
<b>⅓ c. flour</b>	

Layer sliced bananas and vanilla wafers alternately in ovenproof dish, ending with bananas. Mix milk, 1 cup sugar, flour and egg yolks together and cook over low heat or in double boiler until it begins to thicken. Stir to prevent sticking. Add 1 teaspoon vanilla and cook until mixture is at desired consistency. Pour over bananas. Beat egg whites until soft peaks form. Add cream of tartar and ⅓ cup sugar. Beat until stiff peaks form. Spread over pudding. Vanilla wafers may be lined around sides of bowl if desired. Brown meringue in 350° oven until golden.

*Jessica Johnson*

## BREAD PUDDING

<b>2 c. half and half</b>	<b>1 ½ tsp. ground cinnamon</b>
<b>1 15 oz. can pure pumpkin</b>	<b>1 ½ tsp. vanilla extract</b>
<b>1 c. plus 2 Tbsp. dark brown sugar</b>	<b>10 c. ½ -inch cubes of bread (about 10 oz) (stale is best)</b>
<b>2 large eggs</b>	<b>½ c. raisins (options)</b>
<b>1 ½ tsp. pumpkin pie spice</b>	

Preheat oven to 350°. Whisk half and half, pumpkin, brown sugar, eggs, pumpkin pie spice, cinnamon and vanilla extract in large bowl to blend. Fold in bread cubes. Stir in golden raisin, if using. Transfer mixture to 11 x 7 inch class baking dish. Let stand 15 minutes. Bake pumpkin bread pudding until tester inserted comes out clean, about 40 minutes

This can be cooked in a crock pot on high for 1 ½ to 3 hours or low from 5 to 6 hours or more.

Caramel sauce:

<b>1 ¼ c. dark brown sugar</b>	<b>1 c. whipping cream</b>
<b>½ c. unsalted butter</b>	<b>Powdered sugar</b>

Prepare caramel sauce: Whisk brown sugar and butter in heavy medium saucepan over medium heat until butter melts. Whisk in cream and stir until sugar dissolves and sauce is smooth, about 3 minutes. You can place in a smaller warming dish (soup warmer works great).

Sift powdered sugar over bread pudding serve warm with caramel sauce.

Modified from Bon Appetit 2000

*Emily Turner*

## CREMA KAMELA - CAMEL CUSTARD

**1¾ c. sugar**

**8 eggs**

**1 qt. milk**

**1 tsp. vanilla**

Caramelize 1 cup sugar over medium heat and spread around 8 cup aluminum pot. Set aside. Heat milk with remaining ¾ cup sugar. Beat eggs lightly with vanilla. Avoid over beating. Mix eggs slowly into milk. Pour into caramelized pot. Place into pan of hot water. Bake for 1 hour or until firm when tested with knife. Cool. Refrigerate overnight. When ready to serve, unmold on serving plate with a rim.

*Urania Alissandratos*

## SILK CHOCOLATE PUDDING\*

**⅓ c. cocoa**

**3 c. Silk Soymilk (Plain,  
Vanilla or Chocolate)**

**¾ c. sugar**

**3 Tbsp. margarine**

**¼ tsp. salt**

**1 ½ tsp. vanilla**

**¼ c. cornstarch (⅓ c. if  
making pie, see  
directions)**

Combine cocoa, sugar, salt and cornstarch, mix well. Add soymilk, whipping constantly. Bring this mixture to a boil over medium heat, still whipping constantly, then lower heat and cover. Let boil gently for 5-10 minutes. Remove from heat and whip in margarine and vanilla. Pour into a bowl or individual dishes (or a baked pie crust) and chill.



## HALVA - SPICED WHEAT PUDDING

Syrup:

**2 c. milk**

**1 c. sugar**

**2 c. water**

Additional ingredients:

**1 stick butter**

**1 c. Cream of Wheat**

**Dash of salt**

**½ c. finely chopped nuts**

**1 tsp. vanilla or ½ tsp.**

**Cinnamon**

**orange extract**

In saucepan, bring water, milk and sugar to a boil. Reduce heat and cook for 5 minutes. In deep saucepan, melt butter and stir in Cream of Wheat over medium heat. Stirring constantly, cook until golden brown. Remove from heat. Pour liquids into Cream of Wheat using a wooden spoon, stir until Halva begins to thicken. Add nuts. Cover and let stand 8 to 10 minutes. Press into a greased 9 x 9 inch pan, and then turn out onto serving dish. Sprinkle with cinnamon.

*Laura Graham*

## SAINT BARBARA'S WHEAT PUDDING\*

Traditionally served on December 4, St. Barbara's Day in Lebanon and Syria, this is also a good, basic recipe for boiled wheat for the Memorial Prayers for the Dead. It was "adjusted" from a recipe which appeared in The Holiday Dessert Book.

**6 c. whole grain wheat (2 24-oz. pkgs. if you use pelted hulled it cooks faster and has a white color.**

**Non-pelted takes longer to cook and has a brown color.)**

**4 c. water**

**½ tsp. salt**

**1 lg. box golden raisins**

**½ c. slivered almonds**

**½ c. chopped walnuts**

**1 c. granulated sugar**

**1 c. honey ½ tsp.**

**rosewater**

**Graham cracker crumbs**

**Powdered sugar**

**Chocolate chips, M & Ms,**

**or whatever you would**

**like to use to decorate**

**the top of the bowl or**

**mound of wheat.**

Rinse wheat with boiling water. Place in a saucepan and cover with boiling water. Simmer 3-4 hours (if not pelted, only simmer 1-2 hours, depending upon how "mushy" you like the texture to be). Add water while cooking as needed. Water should be absorbed when grain is done. Pour off excess water.

Add salt, raisins, nuts, sugar, honey, rosewater, and or any other ingredients of your choosing. (Traditionally "seeds" are added to the wheat, signifying the grain of seed which must fall into the ground and die before it is resurrected.) Stir until well mixed and place in a large serving bowl. Chill thoroughly overnight is fine if memorial service is the next day. When ready to serve at the memorial, either leave in the bowl, or shape into a "mound" on a platter. Cover first with a thin layer of graham cracker crumbs, then with powdered sugar. Candies or raisins may be used to

decorate with a cross or other decoration, (In some traditions, the initials of the deceased are drawn with the candy on either side of a cross.)

*Erin Moulton and Susan Cushman*

## **SLIMMING STRAWBERRY PUDDING**

<b>2 envelopes Knox gelatin</b>	<b>½ c. sugar or 6 tsp. sugar substitute</b>
<b>½ c. cold water</b>	<b>1 tsp. almond extract</b>
<b>1 c. skim milk, heated to boiling</b>	

1 qt. strawberries In 5 cup blender, sprinkle gelatin over water. Let stand 3 to 4 minutes. Add hot milk and process at low speed (about 2 minutes). Add remaining ingredients. Process at high speed until strawberries are pureed. Pour in dessert dishes. Chill until set. Serves 8.

*Urania Alissandratos*

## **OTHER**

### **CARIBBEAN JUMBLE**

<b>1 banana, sliced</b>	<b>1 (10 oz.) frozen sliced strawberries, thawed (or 2 c. sliced fresh berries)</b>
<b>1 (8.5 oz.) can crushed pineapple</b>	<b>1 oz. dark rum</b>

Mix banana, strawberries, pineapple (with syrup). and rum. Cover and refrigerate until ready to serve. Serves 6 (110 calories).

*Rose Nash*

## **CARAMEL CORN (LENTEN)\***

<b>1 c. light brown sugar</b>	<b>1 pinch baking soda</b>
<b>1 stick margarine</b>	<b>Plain popped corn</b>
<b>2 Tbsp. white corn syrup</b>	<b>(homemade, not</b>
<b>1 tsp. vanilla</b>	<b>microwave type)</b>

Combine sugar, margarine and corn syrup in a small saucepan and bring to a boil; boil 1 minute. Remove from the heat and add soda and vanilla. Stir well and quickly pour over popped corn.

*Margaret Elliott*

## **DAVID'S DESSERT**

Grate some fresh orange peel and set aside. In the bottom of each dessert bowl, crumble up an almond macaroon and douse each with a shot of rum or Amaretto (I like the rum better because it is less obviously sweet than the liqueur, unlike everything else about this). Put a couple of scoops of fairly pedestrian vanilla ice cream on top of this (No Hagen-Daz or Briers). Grate fresh nutmeg on top of each mound of ice cream followed by garnishing each with some of the grated orange peel. Judiciously drizzle this thang with honey and complete by pouring a handful of salted, dry-roasted peanuts on top. Serve. Enjoy. Take a walk.

*David Romine*

## LEMON LUST DESSERT

Crust:

<b>½ c. flour</b>	<b>½ c. chopped nuts</b>
<b>1½ sticks melted</b>	<b>(optional)</b>
<b>margarine</b>	

Mix preceding ingredients; spread in 9 x 13 inch baking pan and bake at 350° for 15 minutes or until done. Cool.

Filling:

<b>8 oz. softened cream</b>	<b>1 c. confectioner's sugar</b>
<b>cheese</b>	<b>1 c. Cool Whip</b>

Beat with mixer. Fold in 1 cup Cool Whip: spread on cooled crust.

Mix with beater:

<b>2 regular size instant</b>	<b>3 c. milk</b>
<b>lemon pudding mixes</b>	

Pour over cream cheese mixture. Spread remaining Cool Whip over top. Refrigerate.

*Kim Dzury*

## STRAWBERRY JELL-O DESSERT

<b>3 oz. pkg. strawberry Jell-</b>	<b>12 oz. strawberry yogurt</b>
<b>O</b>	<b>1 c. frozen or fresh</b>
<b>1 c. boiling water</b>	<b>strawberries</b>

Combine Jell-O and boiling water and cool. Add strawberry yogurt. Whisk to blend. Add strawberries and place in refrigerator to set the Jell-O.

*Ellie Moore*

## HOT FUDGE SAUCE

<b>4 1 oz. squares of unsweetened chocolate</b>	<b>3 Tbsp. butter</b>
<b>2 c. powdered sugar</b>	<b>¼ tsp. salt</b>
<b>⅔ c. evaporated milk</b>	<b>½ tsp. vanilla extract</b>

Melt chocolate squares using a double boiler. Add powdered sugar, milk and heat stirring constantly until smooth. Add butter and salt. Stir until butter is melted. Remove from heat and add vanilla. Serve warm. Makes 1 pint.

*Crystal Winnery Eastman*

## NUT ROLL 1

(Great for Pascha basket)

Dough:

<b>1 pkg. dry yeast</b>	<b>1 c. sugar</b>
<b>½ tsp. sugar</b>	<b>3 egg yolks</b>
<b>¼ c. warm water</b>	<b>4 c. flour</b>
<b>1 stick butter</b>	<b>½ tsp. salt</b>
<b>⅛ c. sugar</b>	<b>1 c. milk</b>

Dissolve yeast in warm water and add some of the sugar. Scald milk, salt, butter and sugar; let cool. Blend in eggs; blend in yeast mixture. Add flour and mix. Let stand on greased and floured sheet in refrigerator overnight. Cut into 3 rolls; roll out to ¼ to ½ inch rectangle, spread nut or poppy seed filling over dough, roll up like a jelly roll, brush tops with egg yolks and set for ½ hr. Bake for 45 minutes in 350° oven.

Nut Filling:

<b>1 lb. ground walnuts</b>	<b>5 egg whites beaten until stiff</b>
<b>1 stick butter</b>	<b>Coconut to taste</b>
<b>Dash of salt</b>	<b>Fresh lemon peel to taste</b>
<b>1 tsp. vanilla or ½ tsp. orange extract</b>	

Poppy seed filling:

<b>Canned poppy seed</b>	<b>1 ripe banana, mashed</b>
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Mix all together.

*From my Russian-Slovak mother and grandmother  
Maggie Burgan*

## NUT ROLL 2

<b>3 pkg. dry yeast</b>	<b>¾ c. milk</b>
<b>1 lb. frozen margarine</b>	<b>½ c. sugar</b>
<b>1 c. warm water</b>	<b>¼ tsp. vanilla</b>
<b>6 egg yolks</b>	<b>1 tsp. salt</b>
<b>8 c. flour</b>	

Nut Mixture:

<b>2 lb. ground walnuts</b>	<b>1 c. sugar</b>
<b>½ c. honey</b>	<b>6 egg whites, beaten till frothy</b>
<b>½ c. milk</b>	
<b>½ lb. margarine</b>	
<b>1 tsp. vanilla</b>	

Combine honey, sugar and milk in a saucepan. Bring to a boil. Remove from heat. Add margarine to hot mixture. Stir till melted. Add nuts and vanilla. Let cool slightly and mix in egg whites. Divide into 8 portions. Let cool.

Mix yeast in 1 cup warm water. Set aside. In large bowl, mix flour, sugar and salt together. Grate frozen margarine into flour mixture. Mix margarine and flour together. Should form a crumbly mixture. Mix egg yolks, warm milk and vanilla together. Add egg yolk mixture to dry ingredients. Mix well. Knead 3 or 4 times. Cut dough into 8 pieces. Roll out each piece of dough into an oblong shape. Spread ⅛ of nut mixture onto dough. Roll up like a jelly roll. Repeat for each. Place, seam side down, on cookie sheet. Poke holes in each roll with a fork. Let rise 1 hour. Bake at 350° for ½ hour or until light brown.

This is a traditional Russian recipe. These are made and served at special occasions like weddings, baptisms, Christmas and Easter (Pascha). This came from my mother and grandmother.

*Fran Tylavsky*



## NOTES

## LITURGICAL OFFERINGS

### HOLY BREAD FOR EUCHARIST\*

Oven temperature: 350°. Time: Approximately 3 to 4 hours.

**10 ½c. white all-purpose flour**

**4 c. warm water**

**1 to 2 pkg. yeast**

**1½ tsp. salt**

**Have ready:**

**Stamp of seal**

**Measuring cup and spoons**

**Large mixing bowl**

**Rolling pin**

**Mixer**

**Toothpick**

**Cloths to cover rising dough**

**Waxed paper or parchment paper**

**Cooling racks**

**5 large round bread pans**

**Aluminum foil**

In large mixing bowl, dissolve yeast in warm water. Mix salt in with 1 cup of flour and add to yeast mixture. Combine adding flour, 1 cup at a time, mixing well after each addition. Knead for 7 minutes, adding flour to work surface as needed to prevent dough from sticking. Dough should be “stiff,” not at all sticky. Rest dough in bowl for 20 minutes. (Cover bowl with cloth.) Divide dough into 5 balls.

Line pan with waxed paper cut to size; shape 1 ball by flattening it to fit the pan and smoothing the top and sides. (Note: Do this on work surface, not in the pan.) Roll it and shape it until the air is punched out and it is smooth and flat. Flour stamp lightly before pressing, but make sure no flour is clogged in seal. Lay the pressed out dough in the pan and press the seal firmly into the center of the dough. Push it just enough to impress the seal clearly and prick around the edges with a wooden spoon or toothpick. Hold it there for a few seconds, then lift it carefully. Repeat shaping and stamping for each of the remaining balls, doing only 1 ball at a time. Let loaves rise in warm place for about 1 hour or until the

dough is about doubled in size. Cover rising dough with cloths.

About 10 minutes before baking, preheat oven to 350°. Bake loaves for approximately 25 minutes until lightly browned. If using convection oven, bake at 330° for 18 minutes.) Remove loaves from pans and cool on racks (several hours) before wrapping. (Bread should be thoroughly cooled.) Wrap each loaf in aluminum foil to make it mouse and bug proof. (Be sure the foil covers all the bread.) Take the loaves of bread to Vespers on Saturday evening and give to one of the acolytes, deacons, or priests. Remember to get one loaf to take home with you before going home after the Divine Liturgy. Makes 5 loaves.

## ARTOS – BREAD (FOR ARTOKLASIA SERVICE)

<b>3 c. milk</b>	<b>5 pkg. yeast</b>
<b>5 eggs</b>	<b>1 Tbsp. Masticha (a</b>
<b>½ lb. margarine or butter</b>	<b>    Greek spice, optional)</b>
<b>1 Tbsp. cinnamon</b>	<b>2 Tbsp. grated orange</b>
<b>2 c. sugar</b>	<b>    rind</b>
<b>1 jigger cognac</b>	<b>¾ c. warm water (if</b>
<b>4 tsp. salt</b>	<b>    necessary</b>
<b>5 lb. all-purpose flour</b>	<b>½ c. orange juice</b>

Scald milk; add butter, sugar, salt, rind and orange juice. Stir. Heat should be between 120° and 130°. In a very large bowl\*, mix ½ the bag of flour, all yeast, cinnamon and Masticha. In a small bowl, beat eggs and add cognac. Add all liquids to flour mixture and mix well. Add rest of the bag of flour, mixing well. Knead till smooth and elastic. Place dough in an oiled bowl and let rise in a warm place until doubled (approximately 45 minutes). Punch dough down. Knead a little.

Divide into 5 loaves, or as many as you desire, cutting into sections with a knife. Retain a small portion for decorations. Grease pans. Place bread in pans. Place decorations on each loaf, i.e. a cross on each. Let rise until doubled in a warm place for 30 to 40 minutes. Brush tops with beaten egg yolks and a little water. Do not let run down the sides into the pans because it will cause the bread to stick to the pans. Bake at 350° for 20 minutes. Reduce to 325° and bake for approximately 45 more minutes. If the bread browns on top too quickly, lay a paper bag or aluminum foil on top. To check to see if bread is done, remove 1 loaf from the pan, turn it over and thump it. If hollow sounding, it is done.

When done and loaves are still hot, brush top and sides lightly with honey and dust with powdered sugar. Do

not use so much honey that it drips off during the Artoklasia Service onto the Priest's vestments and church carpet!

\* Urania uses an old baby bathtub to mix the dough. Corinne uses a turkey roasting pan.

*Urania Alissandratos, Corinne Elliott*

### **ARTOKIASIA \* (LENTEN RECIPE)**

<b>2 pkg. yeast</b>	<b>1 tsp. salt</b>
<b>½ c. water</b>	<b>¾ c. sugar</b>
<b>5 c. flour, all purpose</b>	<b>1 tsp. cinnamon</b>
<b>1½ c. warm water</b>	

Dissolve yeast in ½ cup warm water. Add sugar, salt, more water and oil. Beat in 3 cups flour until smooth. Add cinnamon. Add remaining flour, 1 cup at a time, until firm. Knead several minutes. Divide into 5 parts. Place in round pans; let rise until doubled, about 45 minutes to 1 hour. Bake 20 minutes at 375°. Remove and cool on racks 10 minutes. Brush with honey and powdered sugar when cool.

When making this recipe for the service of Litia and Artoklasia to be offered at church, it is recommended that you double or triple the recipe to make larger loaves.

*Urania Alissandratos*

## **BOILED WHEAT FOR REQUIEM LITURGY –QILBEE OR RUHMEE\***

An old rite of the Orthodox Catholic Church is the requiem liturgy. In this service, it is customary to distribute portions of Qilbee (cooked whole wheat) in memory of the deceased on the fortieth day after a death, as well as on the first anniversary.

The boiled wheat symbolizes the resurrection. The Lord said, “Verily, verily, I say unto you, except a corn of wheat fall into the ground and die, it abideth alone; but if it die, it bringeth forth much fruit.” (John 12:24.) Sugar added to the Qilbee indicates the sweetness of everlasting life.

Today in America, as well in parts of Europe and the Middle East, the wheat offering in church by the family of the deceased symbolizes the act of charity.

<b>5 lb. whole wheat</b>	<b>3 oz. silver dragees</b>
<b>3 boxes raisins</b>	<b>4 tsp. cinnamon</b>
<b>4 c. chopped walnuts</b>	<b>1 lb. candy-coated</b>
<b>1 box powdered sugar</b>	<b>almonds</b>
<b>2½ c. granulated sugar</b>	

Pour wheat in large kettle and cover with water. Allow to stand overnight. In the morning, drain and cover with fresh water. Cook about 4 hours or until tender. Stir often with wooden spoon to keep from sticking. Drain and spread on a large cloth to absorb excess moisture. Mix with walnuts, sugar, cinnamon and raisins. Mound slightly on serving trays lined with wax paper and edged with paper doilies. Sprinkle powdered sugar over top and press down with wax paper to make a smooth compact top. Cut out a large cardboard cross and make an impression with it in sugar. Fill space with the silver dragees. On either side of the cross, form initials of the deceased with raisins. Border the tray with almonds. Yield: 1 medium and 1 small serving tray.

*Ruth Ann Skaff*

## BOILED WHEAT\*

Preparations should start 2 days in advance of the day of the memorial.

<b>4 c. (2 lb.) shelled wheat*</b>	<b>2 c. powdered sugar</b>
<b>½ c. granulated sugar</b>	<b>2 c. bread crumbs</b>
<b>1½ c. finely chopped walnuts</b>	<b>2 tsp. coriander</b>
<b>1½ c. slivered almonds</b>	<b>2½ tsp. cinnamon</b>
<b>2 c. white raisins</b>	<b>1½ tsp. cumin</b>

Cover the wheat completely with water in a large bowl and let it soak overnight.

The following day, drain and rinse the wheat. Place the wheat into a large heavy pot and cover with water so that there is about 1 to 2 inches over the top. After bringing the water to a boil, reduce heat to keep the wheat constantly simmering, adding more water as needed. (You want to make sure that the wheat is adequately covered with water so that you can skim off the film that will form on the surface of the water. Otherwise the film will mix in with the wheat and will be difficult to remove.) Simmer wheat, stirring occasionally, until the wheat is puffy and tender. (About 3 to 4 hours, depending on the amount of time that it was presoaked and how hard it simmers.) Drain, rinse and spread the wheat out on a smooth towel to set overnight. (This will help to take out the excess water in the wheat. I also keep it completely covered with a towel so that the sides and top kernels of wheat do not dry out.)

Prepare all other ingredients but do not assemble until right before going to church to prevent a mushy texture.

On the day of the memorial, mix all of the ingredients together into the wheat except the powdered sugar and bread crumbs. (I mix the sugar, cinnamon, coriander and cumin together first in a small bowl. Then mix all the ingredients together in layers i.e. first put ½ of the sugar and spices, nuts

and raisins, completely stirring the ingredients together.) Put the combined mixture onto a large platter, gently pressing it into a mound. Cover the wheat thoroughly with the bread crumbs (this will prevent the moisture from the wheat mixture from bleeding through to the powdered sugar). Sift the powdered sugar over the mound to cover it. (If you wish, you can leave the mixture in the bowl and decorate it accordingly.)

Using silver dragees, slivered almonds, candy sprinkles, raisins, or other decorations, make a cross in the center of the mound. Put the deceased's first initial on the left of the cross and the initial of the last name on the right of the cross, using the decorations of your choice.

Put 3 candles into the decorated boiled wheat and place the platter on the table on the solea.

After the memorial service, take the boiled wheat to the place where it will be served. You can bring a picture of the deceased and have a small votive candle burning in front of it where the boiled wheat is to be served if so desired.

\* This is sometimes called "wheat berries" at health food stores.

*Rick and Christi Yadron*



## **WHEAT FOR MEMORIAL SERVICES\***

<b>5 lb whole wheat kernels</b>	<b>2 lb walnuts, broken</b>
<b>2 box white raisins</b>	<b>2 lb Jordan almonds</b>
<b>½ c ground anise, using whole anise seeds, put into blender til fine</b>	<b>100 cellophane bags (2 x 4 inches)</b>

Wash wheat and place in large kettle and cover with water. Bring to a boil. Lower heat, stirring occasionally; add water as needed until cooked. This will take a couple of hours. As ½ c. ground anise to wheat and mix together. Spread onto a tablecloth to dry for 3-4 hours. Change cloth if it gets too wet.

Add raisins and walnuts to wheat. Fill bags half full and add 1 Jordan almond to each bag and place on tray. Wheat should be taken to church before the start of Divine Liturgy.

*From St. George Orthodox Cathedral, Worcester, MA  
Patty Harants*

## **KOLIVA (BOILED WHEAT)\***

This is the recipe I basically use for Koliva. Of course, there are always a few changes here and there according to what ingredients are around, and whether it's a fasting or non-fasting day. When preparing for a large parish (over 100 people) you might want to multiply these ingredients X 4. (Double recipe for a smaller crowd.)

<p><b>1 cup shelled wheat OR wheat berries (unshelled)</b></p> <p><b>5 tsp. vanilla extract</b></p> <p><b>5 tsp. almond or rum extract (real rum is used by "purists")</b></p> <p><b>1 cup ground walnuts</b></p>	<p><b>Raisins and/or chocolate chips</b></p> <p><b>Honey and/or powdered sugar</b></p> <p><b>Graham cracker, cookie or soda cracker crumbs</b></p> <p><b>Almonds, candy, etc.</b></p>
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Cook 1 cup shelled wheat approximately 1 hour, until soft. (If wheat berries are used, soak overnight and cook longer.) Drain WELL after rinsing in cold water to clean off starch.

Mix with an equal volume of ground nuts (usually walnuts). Add 5 tsp. vanilla and 5 tsp. almond or rum extract (or real rum). Add raisins and/or chocolate chips if desired. You may also add honey and/or powdered sugar (I use a little honey). Mold on a plate and CHILL UNTIL COLD. Cover with graham cracker, cookie, or soda cracker crumbs and CHILL AGAIN UNTIL COLD.

Do the final steps just before you take the Koliva into church, as the powdered sugar usually soaks into the Koliva if done ahead of time. Have a thick layer and press down, then add more and press again. Decorate with almonds, candy, etc.

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