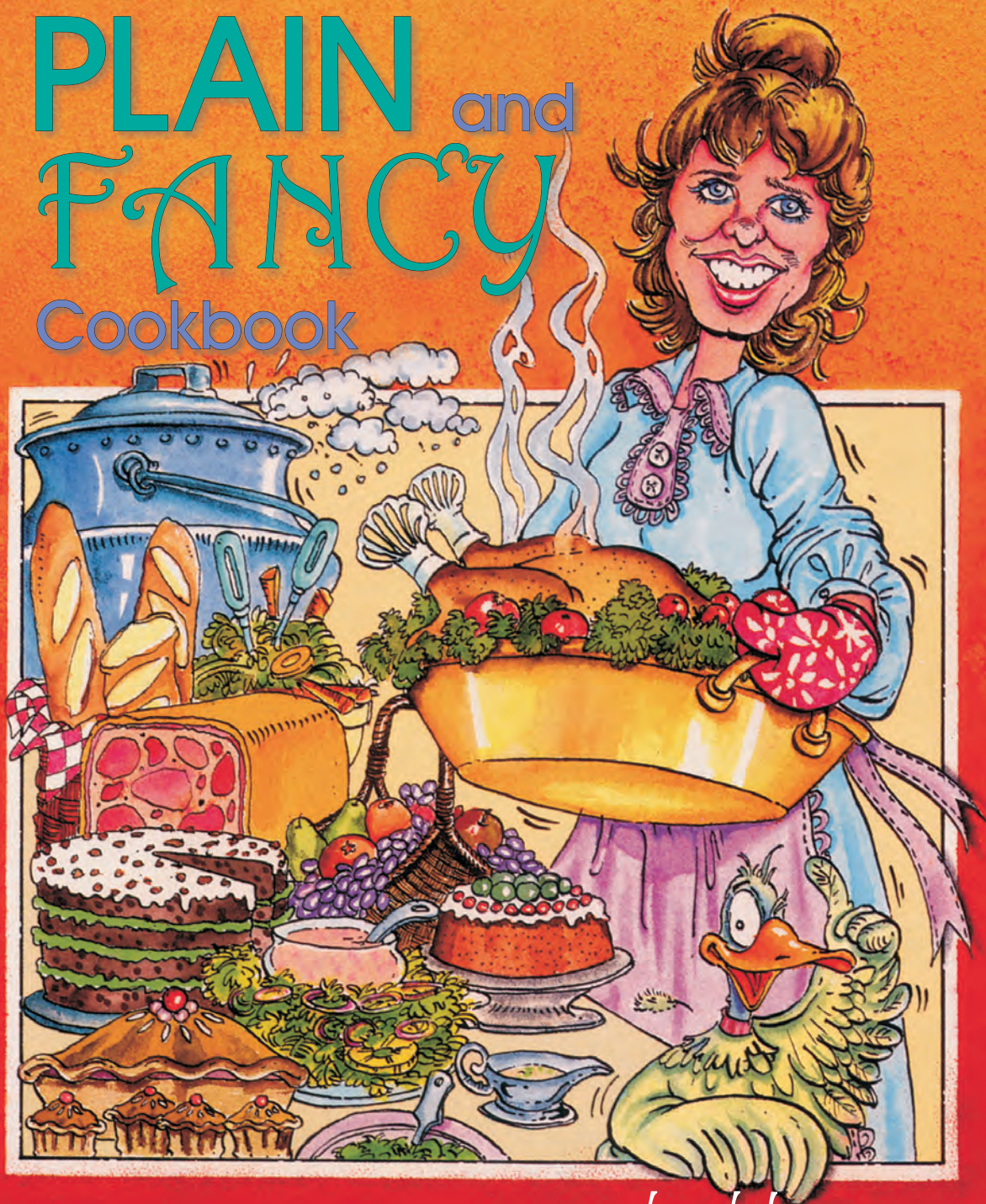


The New
PLAIN and
FANCY
Cookbook



An Adventure in Eating in the Philippines

The New **PLAIN** and *FANCY* Cookbook

An Adventure in Eating in the Philippines

Editor: Shirley Funnell

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Third edition 1978 (print); Fourth edition 1988 (print); Fifth edition 2012 (electronic: PDF, ePub, Kindle)

What's the same? The content remains the same as the 4th edition (1988).

What's different? All versions are searchable (so there is no index), the recipes are hyperlinked, and the PDF version is repaginated so that recipes do not split over two pages.

The PDF version may be

- printed on letter-size paper either on single sheets, or back-to-back; and sidebound if desired. In Acrobat: choose Print > Size Options > Fit
- printed in the original size of the fourth edition (216 mm X 171 mm; 8 1/2 in X 6 3/4 in; half-legal size), and sidebound. In Acrobat: choose Print > Size Options > Actual size
- Note: only the cover is color.



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Preface to the fourth edition

This new expanded edition of the Plain and Fancy Cookbook is now available for your cooking and eating pleasure. We have not only added a number of new recipes, we have also kept all of your old favorites except for a few about which we had complaints. The editor wishes to thank all of those who contributed recipes and those who gave advice on improving certain recipes that had problems. For obvious reasons, some contributors wish to remain anonymous. All of these recipes have been tried by someone or other at some time or other. However, the editor disclaims any credit. I have merely collected them and put them together in book form.

I especially wish to thank Marilou Weaver, the first editor of this cookbook for her work in making the original collection. We have endeavored to maintain the style of recipe presentation.

Any comments good or bad and any additions or corrections will be gratefully accepted and will be incorporated into future editions should the demand be great enough to warrant such.

We have tried to present these recipes in such a way as to make them easy to use. A list of abbreviations follows for your convenience. CAUTION: Unless otherwise specified as *milk powder*, measurements for "milk" indicate the powder recombined with water. We mention this because it came to our attention that one of our cooks attempted to make cookies with milk powder and was mystified when they turned out as little piles of powder instead of the succulent morsels she was expecting. Our story does have a happy ending however. We understand that she scraped together all the little piles of powder, added the required water, and recooked them. (We haven't heard what they tasted like.)

We have also tried to refrain from using the term "butter" because of its ambiguous connotations. We do this on behalf of our member who neglected to tell her cook that when she said, "Fry the cheese sandwiches in butter," she really meant margarine. You can imagine her cook's frustration in searching the house and finding nothing closer to "butter" than "peanut butter." We hasten to add that "Toasted Cheese Sandwiches Fried in Peanut Butter" is not one of the recipes included herein. So have fun and good eating.

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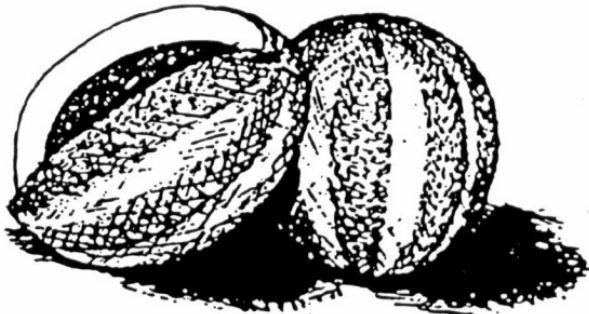
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Fruit Drawings



Santol



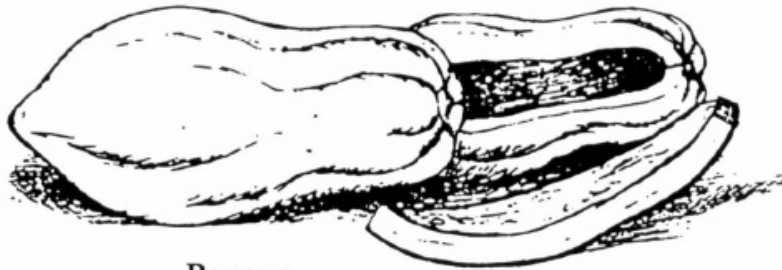
Cantalope — “milon”



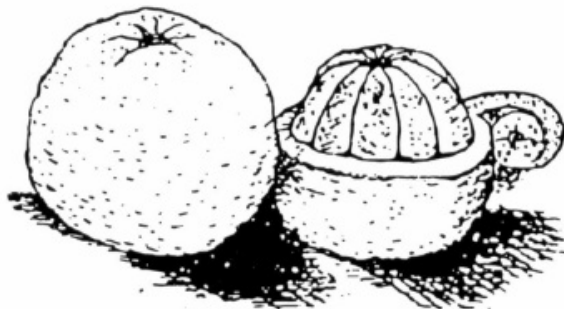
“Kalamansi”



Custard apple — “Atis”



Papaya



Pomelo — “Suha”



Mangosteen



Sour sop — “Guayabano”



Pineapple — “Pinya”

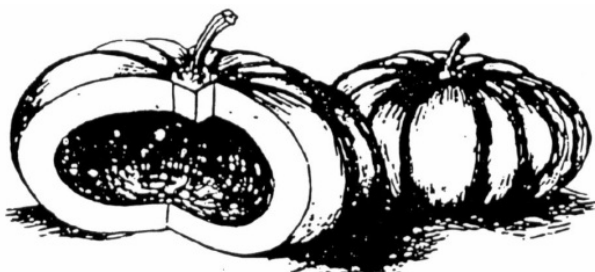


Lime — “Dayap”



Lansones

Vegetable Drawings



Yellow Squash — “Kalabasa”



Sayote



Long beans — “Sitaw”



Ginger — “Luya”



Lima beans — “Patani”



Chinese cabbage — “Baguio patchay”



Chinese peas — “Chicharo”



Swamp cabbage — “Kangkong”

Bean sprouts — “Togue



Singkamas



Eggplant — “Talong”



Sweet potato — “Kamote”



Drawings by Jeanne Whittemore

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Helpful Hints

Abbreviations & Weights - Measures

Abbreviations		Weights - Measures
t	Teaspoon	3 t = 1 Tablespoon
T	Tablespoon	4 T = 1/4 Cup
C	Cup	16 T = 1 Cup
pt	Pint	2 C = 1 Pint
qt	Quart	2 pt = 1 Quart
gal	Gallon	4 qt = 1 Gallon
lb	Pound	1.1 lb = 1/2 Kilo
K	Kilo	1 K = 2.2 Pounds
pwd	Powdered	2 T = 1 Fluid Ounce
lg	Large	2 1/4 C Sugar = 1 lb
sm	Small	4 C Flour = 1 lb
BP	Baking Powder	2 1/3 C Rice = 1 lb
oz	Ounce	3 C Corn meal = 1 lb
chp	Chopped	2 C Fat = 1 lb
opt	Optional	8 oz = 1 C

Uncooked Equals Cooked

Item	Uncooked	Cooked	Servings
Rice	1 Cup	3 1/2 Cups	4 to 6
Noodles	1 Cup	1 1/4 Cups	4
Macaroni	1 Cup	2 Cups	4
Oatmeal	1 Cup	1 1/2 Cups	2

Cooking Terms

Boil - To cook in water or liquid at boiling temperature.

Cream - To mash or mix one or more foods together until creamy.

Knead - To press, stretch, and fold dough or similar mixture to make it smooth.

Roast - To bake in hot air without water or cover.

Scald - To heat liquid to just below the boiling point.

Saute - To brown or cook in small amount of fat in skillet.

Simmer - To cook in liquid just below the boiling point.

Rice

Filipinos rinse their rice a couple of times in the rice pot. Then they add water to the depth of one knuckle (index finger) above the rice (for new rice 1-6 mo.) or 1 1/2-2 knuckles above the rice level for old rice (6 mo.-1 yr. or more). If this is too vague for you, try the following:

Place 2 C rice in rice pot with 2 1/2 C water (use only 2 C if it's new rice). Put lid on saucepan over high flame. When rice comes to a boil, remove lid and let boil rapidly until most of the water is absorbed (no puddles of water are left on top!). Cover tightly, turn fire very low and let steam 10-15 minutes. If desired, remove saucepan from stove, with lid still on, and place on a wet cloth for about five minutes. This keeps the rice from sticking to the bottom of the pan.

Note: Once it starts to boil, DO NOT STIR.

Coconut Milk

Coconut milk as used in the Philippines is extracted from grated coconut and should not be confused with the watery liquid found in the coconut. Coconut milk is easily made by either of the following methods:

Fresh Coconut - Pour 2 C boiling water over 4 C freshly grated coconut. Let stand 20 minutes, stirring occasionally. Strain through a double thickness of cheese cloth (or fine strainer), pressing hard to remove all liquid.

Prepared Coconut - Pour 2 C milk over 1 can or package of coconut. Slowly bring to a boil; remove from heat and let stand 20 minutes, stirring occasionally. Strain through a double thickness of cheese cloth (or a fine strainer), pressing to remove all liquid.

Note: Coconut milk does not keep and will sour overnight in the refrigerator. However, it may be frozen and thawed before using.

Eggs

To separate whites from yolks of eggs easily, break over funnel; the whites pass through, the yolks remain. To prevent eggs from cracking when boiling, add salt to water or prick small hole with straight pin in large end of egg. Egg yolk which by accident gets into white may be removed by touching with corner of damp cloth.

CAUTION: Some international authorities advise against the use of raw eggs or egg whites on the basis that typhoid can be carried in them. However, I have been unable to discover if this holds true for the Philippines and I've talked to many veteran missionaries. If you get your eggs from a doubtful source (i. e. native chickens that have the run of the village) better play it safe and make sure they're cooked.

Miscellaneous

Banana Leaves - Good for wrapping meat to barbecue. May be used for lining baking pans instead of greasing.

Cheese - If cheese is a good brand commercially packed, it will keep as long as it is in the wrapper. Melt some wax (small white candles can be bought almost anywhere) in a small can and spread on cut end with a spoon. Then bring up sides of the wrapping around this. If this is done each time a piece is cut off, it will last for at least six months.

Eggs - When buying eggs, test them by shaking. A bad egg will have a thumping sound.

Egg Stretcher - About 1/2 t baking powder and a little water will make up for the lack of an egg in some cake recipes. A small amount of baking powder (1/8 t) plus a little water may be used in meringue to make it go farther and make it fluffier.

Note: The Filipino term **VETSIN** refers to Monosodium glutamate or MSG. Some people suffer adverse reactions to MSG and some tests show it may be harmful to health. MSG may be left out of recipes that call for it.

Cockroach “Cookies”

Shelley Bailey

1/2 K boric acid powder

1 large onion, grated

1 C flour

2 T sugar

Add enough milk to make a paste. Drop by teaspoonfuls on squares of waxed paper or foil. Put in kitchen cupboards, closets, etc. Effectiveness will last 4-6 months.

Vegetables, Fruits

Sayote (Ways to Serve)

1. Cook in salted water; peel, remove fibrous center, and serve like boiled potatoes. May eat seeds.
2. Cook and remove fibrous center. Fill center with grated cheese. Bake until cheese melts, or broil.
3. Cook, peel, cut up and use in salad similar to bean salad or potato salad. Curry powder and kalamansi spice this up.
4. Cook, peel, cut in quarters, dip in beaten egg, then salted flour or cracker crumbs. Fry until golden.
5. Peel, cut in small pieces, cook till tender, serve as vegetable with salt, pepper, and margarine.
6. Serve with white sauce (see index for recipe) and grated cheese.
7. Peel, boil, and mash. Mix with uncooked oatmeal and egg and fry.
8. Peel grate on large grater or cut up, and fry with onions, salt and pepper, like hash brown potatoes.
9. Peel, cut up and add to sauted garlic, onion, and tomato. Simmer for 15 minutes.

Scalloped Cauliflower (or Sayote)

Faith Boyce

Cook and drain

1 med cauliflower or 4-5 med sayote

Hard cook and slice

6 eggs

Shred

1 C cheese

Sauce: Cook slowly until just to a boil

3 T margarine

1/4 C flour

1 C milk

1/2 t salt

In a greased pie plate, pour 1/3 of white sauce, add cooked vegetables. Cover with more sauce and sprinkle with half of cheese. Arrange sliced egg on top. Add remaining sauce and top with remaining cheese. Bake at 350 for 30 minutes. If not brown, put under broiler for a couple of minutes.

Baked Carrots

Peel, boil, mash and set aside

5 or 6 lg carrots

In frying pan saute

1 T margarine

1 T chp onion

1 T chp celery (opt)

Cook slightly, then add

1 T flour

Cook, stirring over low heat about 1 minute. Add slowly

1 C milk

1/2 t salt (or 1/4 t salt, 1/2 t celery salt)

1/2 t vetsin

Cook, stirring constantly until mixture thickens. Remove from heat.

Add

carrots

1 or 2 pieces soft bread, cubed

2 beaten eggs

chp parsley (opt)

Pour into greased baking dish and bake at 350 for about 30 minutes, or until light brown.

Carrots And Pineapple

Carol Brock

(A glaze for cooked carrots)

Combine

2 t cornstarch

1/2 t salt

Add and cook 3 minutes, stirring constantly

2/3 C carrot water

1/3 C pineapple juice

Add and pour over cooked carrots

1 T margarine

2/3 C diced pineapple

Serves 6-8 people. May garnish with 1/4 C cashews if desired.

Green Pechay (Swiss Chard)

Peggy Pittman

1. Use in tossed salad with same amount of Baguio pechay (Chinese cabbage).

2. Cook like spinach with a little onion and season with vinegar or kalamansi.

3. Use the stalks as a celery substitute and stuff with peanut butter or Cheese Whiz; or use in jello salad.

4. Good with tuna in salad.

Company Pechay (Swiss Chard)

Peggy Pittman

Cut up

4-5 bunches washed pechay

Cook in 1/8 C water over med heat, covered 4-5 minutes.

Add and cook an additional 3-5 min over low heat

1/2 can cream of mushroom soup*

6-8 servings.

*Or 1/2 pkg soup plus 1 C water

Everyday Pechay (Swiss Chard)

Saute in

1 T oil, bacon fat or margarine

1/4 C chp onion

1 clove garlic, crushed

1 peeled chp tomato (opt)

1 t chp fresh ginger (opt)

Add

a couple of cups of chp green pechay

Simmer covered 7-8 minutes.

Eggplant Au Gratin

Josie Francisco

Slice thin and saute

1 lg white onion

1 T margarine

Add

4 medium eggplant, peeled and sliced very thin

Cook slowly about 4 minutes, stirring occasionally. Add

1/2 t salt

pepper

In greased casserole, make layers alternating

onion-eggplant mixture

1/2 C grated cheese (or more if needed)

Ending with cheese. Bake uncovered at 350 for 20-30 minutes.

Eggplant Casserole

Barb Musgrove

Boil in salted water 15 minutes and drain

6 eggplant, peeled and cut in chunks

Add and boil 5 minutes

1 can tomato soup

1/2 C brown sugar

salt and pepper

2 T white sugar

2 T vinegar

1/4 green pepper, chp

1 med onion, chp

Serve hot or cold.

Eggplant Pie

Anne West

Make a standard recipe for a 2-crust 9" pie adding 1/4 C grated sharp cheddar cheese. Divide into 2 portions. Roll out one portion to a circle 1 1/2" larger than pie pan; fit loosely into pan.

Filling: Pare and cut into 1/8" thick slices

1 med eggplant (about 1 1/4 lbs)

Quarter slices and saute in

1/2 C butter

Add and cook until tender (about 5 min)

1/4 C chp green pepper

2 T chp onion

1 8 oz can tomato sauce

Make a white sauce of*

2 T butter

2 T flour

1 C milk

3/4 t salt

dash of pepper

1/4 C grated sharp cheddar cheese

Place eggplant mixture in pie shell and top with tomato and white sauce. Roll out remaining dough to fit top of pan; place over filling. Seal and flute. Bake at 425 for 30-35 min or until golden brown. Makes 6-8 servings

*If desired, white sauce may be omitted.

Broiled Eggplant With Tomatoes

Broil over live coals

6 med eggplant

When done, remove the skin and place eggplant on platter.

In a bowl mix and pour over eggplant

1/2 C vinegar

1/2 T minced garlic

1 C onions, chp

salt and pepper to taste

Garnish top with sliced tomatoes. Good with fried fish, Daing* or Tapa*.

*Daing is dried salted fish. Tapa is dried salted beef.

Sassy Green Beans

Jan King

Cut French style (lengthwise)

1/4 K green beans

Cook in small amount of water until crispy tender. Melt

2 T butter

Add

1 T vinegar

Pour mixture over drained beans. Season with salt and pepper.

"Super Squash" Pudding**Jan King*

Cut squash, clean out seeds. Place in pressure cooker with 1/2 C water. Pressure for 5 min; let pressure drop. (Or cut in pieces and simmer in small amount of water until soft.) Scoop squash out of peel; freeze what you don't use for the recipe.

Blend or mash until smooth

2 C cooked squash (pumpkin type)

Add

2 eggs

1 C evap milk

1/3 C brown sugar

1 t salt

2 T melted margarine

1 measure of orange or mandarin orange

(Sunquick) marked on bottle

Blend or mix well. Pour into greased baking dish. Top with marshmallows if desired.

Bake at 350 for 45 minutes. Serves 6.

*So named by John Rollo who hates squash but likes this!

Golden Eggplant*Marilyn Smith*

Combine in bowl

15 crackers, crumbled

2 T melted margarine

Toss, reserve 1/4 C. Add to remaining crumbs

3 C cubed eggplant, peeled and cut in cubes

1/4 C shredded sharp cheese

1/4 C chopped celery and/or onions

1/2 t salt

1/4 t pepper

1 C evaporated milk

Turn into greased casserole. Top with reserved crumbs. Bake 45 minutes at 350 Serves 4-6.

Eggplant Burgers*Marlene Villa-Real*

Wash

6 pieces med eggplant

Add and boil 15 min until soft

1 C water and 1 T salt

Drain, peel and mash with fork. Add and mix well

1 C grated cheddar cheese

1 egg

1/4 C dry bread crumbs

Make patties and fry in hot oil. Serve with catsup.

Oriental Stir-Fried Vegetables

Cut up in thin equal-sized strips about 2 C of any combination of the following:

- carrots
- green beans
- sayote
- green pepper
- onion
- shredded cabbage

Add 1/2 t salt and mix well. Let stand 15-20 minutes. When almost ready to eat, heat 1/2 T margarine *very* hot in a heavy skillet. (Star or Sunshine is good because it doesn't smoke.) add vegetables and saute stirring constantly over high heat 1-2 minutes until crispy-tender. Serve at once.

Formosan Fried Cabbage

Marilyn Smith

Brown together in heavy skillet

- 4 strips of bacon
- 1/2 med onion, chp

Drain off some of the fat. Add

- 1/2 med cabbage (other vegetables)

Stir-fry over low heat until cabbage is tender. Add

- 1 T soy sauce

Serve over rice.

Scalloped Corn Supreme

Marilyn Smith

Put in a saucepan

- 1 can cream-style corn

Add, mix well and heat

- 1/4 C milk powder

Add

- 1 well-beaten egg
- 1/4 C minced onion

Add and mix well

- 1 C cracker crumbs *or* dry bread crumbs
- 3/4 t salt
- dash pepper

Pour into greased 8" round pan. Melt

- 1 T butter

Mix with

- 1/2 C cracker crumbs

Sprinkle over the top. Bake at 350 for 20 minutes. Makes 6 servings.

Green Papaya

1. Peel and boil as a vegetable. Add salt.

2. Fry like potatoes.

3. Cut up and simmer with meat, especially tough chicken, beef, or carabao. Acts as a tenderizer.

Upo

(Large, pale green squash, bland in taste)

Fry in a little oil *or* margarine

4 cloves garlic in skin

When skin pops off add

2 med onions, chp

Fry until onions are brown, then add

6 tomatoes, chp

Cook and stir till tomatoes are cooked. Add and cook until tender

1 med upo, peeled and cut

salt and pepper to taste

Serve with rice. (You can add cut-up pork. Fry pork first, then add rest of the ingredients.) Serves 8-10.

Squash Casserole

Combine and cook until tender

3 C sliced squash

1 med onion, chp

1 t salt

1/4 t pepper

1 C water

Mash well. Add and pour into buttered baking dish

2 well beaten eggs

3 T margarine

1/4 C evap milk

1/2 C fine cracker crumbs

Bake at 350 for 30 minutes or until firm. 6 servings.

Family Squash

Faith Boyce

Saute in

1/4 C margarine

1 C onions, chp

Combine with

8 C squash, cooked and mashed

1 1/2 C tomatoes, chp, drained

1 1/2 C cheese, grated

3/4 t salt

dash of pepper

Place in baking dish. Melt in skillet

1/2 C margarine

Add and stir until nicely browned

1/4 C dry bread crumbs

Sprinkle over squash. Bake at 350 for 30 minutes. Serves 8-10.

Squash Casserole With Coconut Milk

Cook until tender in boiling salted water
 2 C sliced squash
 Drain and set aside. Simmer together
 1 1/2 T margarine
 2 T flour
 Add
 2 C coconut milk (see helpful hints for how to make)
 salt and pepper to taste
 Cook, stirring, until smooth and medium thick (Don't overcook!)
 In casserole dish, alternate squash, sauce, and
 1/2 C chp onion
 Top with
 1/2 C bread or cracker crumbs
 Bake at 375 until browned. Serves 6.

Cabbage Casserole

Ramona Milling

Chop and boil until tender (5-7 min)
 1 med head cabbage
 Drain and set aside. Saute in
 1 T bacon fat or margarine
 1 C chp celery
 2 chp green peppers
 2 chp med onions
 1 clove garlic
 Add to cabbage. Pour into greased casserole dish. Mix together
 1 1/2 C grated cheese (Quick melt)
 1 1/2 C evap milk
 1/2 t Worcestershire sauce
 1/2 t salt
 pepper
 Add to cabbage, top with bread or cracker crumbs. Bake 30 minutes at 350 . Serves 8.

Spanish Cabbage

Marge Pierce

Melt in large skillet
 2 T shortening
 Add and mix well
 1 small cabbage, shredded
 1 green pepper, diced
 1 sm red or green hot pepper, diced
 1 onion, chp
 Add and cook, covered for 20 min or until almost tender
 1/4 C cold water
 Drain. Add and mix well
 1 can (1 lb) peeled tomatoes
 1/2 t salt
 1/8 t pepper
 Cook for 10 minutes longer or until tender.

Baked Cabbage

Ramona Milling

Chop or shred

1 med head cabbage

Boil 7 minutes till tender and drain. Add and mix well

3 T margarine

Put into greased casserole. Mix together and pour over cabbage

1 C milk

2 eggs, slightly beaten

3/4 t salt

pepper, paprika

Top with

1/2 C grated cheese

Bake at 350 for 1 hour until knife inserted comes out clean. Makes 8 servings.

Fried Okra

Cut okra into sections. Roll in corn meal. If not sticky enough for meal to cling to, first dip okra in beaten egg. Fry. Serve plain or with kalamansi juice and catsup or with Mafran (banana catsup) sauce.

Note: If slimy okra turns you off, try frying it whole, stem and all.

Variation: Cook with sauted garlic, onions, tomato for about 15 minutes.

Corn Pudding

Marilyn Smith

Beat until thick

2 eggs

Add

1 can creamed corn

Combine dry ingredients in bowl

1 1/2 t flour

1/2 T sugar

1/2 t salt

dash pepper

Stir into dry ingredients

1/2 C milk

Blend in

1/2 t melted butter

Combine with corn mixture and beat well. Put in greased casserole with grated cheese on top, if desired. Bake at 325 for 1 1/2 hours. Serves 5 to 6.

Corn Pudding Casserole

Shirley Cottle

Beat slightly

3-4 eggs

Add

2 C milk

2 T sugar

1 t salt

Mix and add to milk mixture

2 C cream style corn

2 T margarine

1 T minced onion

1/4 C minced green pepper

2 strips bacon, cut and fried almost crisp

Bake in greased casserole 1 hour at 325 .

Kamoteng Kahoy (Cassava)

Ginny Kramer

Remove outer "bark" and cut in pieces. Cook with lots of water. When cool, cut and fry like French fries. Salt to taste.

Variations: Slice raw and fry with sliced onions, or make SUMAN: Cook and mash. Add coconut milk, sugar, and a touch of nangka (jackfruit). Simmer together 10 minutes. When cool wrap in banana leaves and steam for 20 minutes. (Suman can also be made with malagkit--sticky rice.)

Tomato Soup Deluxe

Mix and bring to a boil

1 pkg Knorr tomato soup

3 1/2 C water

1 can tomato sauce (1 C size)

1/2 Knorr chicken cube

Add and stir until mixture thickens and boils

1/2 C water mixed with

2 T cornstarch

Remove from heat. Add

1/2 t Worcestershire sauce

1/2 C milk powder

Serves 4.

Sweet Potato Carrot Soup

Marilyn Smith

Combine in saucepan and bring to a boil

6 C broth or water with bouillon

3 carrots, sliced

1 onion, chp

1 sweet potato, peeled and chp

Add and simmer 40 minutes

1 bay leaf

1/2 t curry powder

Cool and puree in blender. Return to heat, stir in

1/2 t lemon juice

chopped parsley

Cream Of Tomato Soup

Saute in

2 T oil or margarine

1 t finely chp onion

Stir in

3 T flour

2 t sugar

1 t salt (less with margarine)

1/8 t pepper

Cook over medium heat until bubbly, stirring constantly. Remove from heat.

Gradually stir in

2 C tomato juice

Bring to a boil, stirring constantly, and boil 1 minute. Stir hot tomato mixture gradually into

2 C cold milk

Serve warm.

Fried Green Tomatoes

Ginny Kramer

Slice fairly firm green tomatoes. Dip in egg, then in flour. Fry slowly till brown and done. Season with salt and pepper.

Hasty Tasty Stewed Tomatoes

Drain

1 can whole tomatoes, saving liquid

To cut up tomatoes add

1 T onion, chp

1/2 T chp green pepper (opt)

1/2 Knorr chicken cube

1/2 t Worcestershire sauce

1 t margarine

To tomato juice add

1 T cornstarch

Add juice to cut up tomatoes. Bring to a boil and cook stirring about 1 minute. Serves 2-4. Good served with with macaroni and cheese.

Green Cooking Bananas

Peel and cut in small pieces. Add to boiling stews, soups, etc. cooking until just tender. Bananas take on the taste of whatever they are being added to and are a good substitute for potatoes or vegetables.

Banana Fritters

Marilyn Smith

Put through sifter

1 C flour

2 t BP

pinch of salt

Mash with fork and add to flour

4 large or 8 small ripe bananas

Add

1/3 C sugar

Add a little milk if too stiff. Heat oil in pan. Drop by T into oil. Serves 4 to 6 (If it is to sticky to turn, add more oil so balls will rise.)

Cooking Bananas

Compiled by Jan Allen

1. Cut in half lengthwise and fry in about 1/2" of oil until golden.
2. Fry as above then roll in brown sugar and cinnamon, or roll in brown sugar and cinnamon and fry in about 1" of hot oil. Makes a crisp caramel coating. Serve hot.
3. Fry in lumpia wrappers (see index).
4. Boil in skins about 10 minutes. Serve as is or with milk and sugar.
5. Glazed (see recipe below)
6. Bake whole in skins in oven or on coals. Bananas will "pop" when done.
7. Slice lengthwise, place in buttered baking dish, dot with margarine, sprinkle generously with brown sugar. Add rich milk to half their depth. Bake until tender at 350 .
8. Cook and serve in sugar syrup, sliced.

Glazed Cooking Bananas

Jan Allen

Peel and cut in half lengthwise

8 cooking bananas

Combine

3 T brown or white sugar

1/4 C water

1/2 t salt

1 T oil

1 t kalamansi juice (opt)

Add bananas and cook over low heat while tightly covered until bananas are glazed and tender, about 5-10 minutes.

Banana Crackers (or chips)

Mrs. Dinero

Thinly slice crosswise, green cooking bananas (saba). Sprinkle with brown sugar. Fry in deep oil until golden brown. Drain on absorbent paper.

Pineapple Fritters

Mix

1 C sifted flour
1 t salt
1 t BP

Combine

1 C drained, crushed pineapple
2 eggs beaten
1/4 C milk
1 T melted shortening *or* oil

Add dry ingredients, mixing lightly. Drop from a teaspoon into deep shortening heated to 365 . Fry until brown and cooked in center (about 4-5 minutes). Remove and drain. Sprinkle with powdered sugar if desired. Serves 4.

Salads, Salad Dressings, Pickles

Helpful Hints

To dress up a salad, flute bananas by running prongs of a fork lengthwise down the peeled fruit and then slice. Do the same for cucumbers.

Color can be added to lettuce or pechay leaves by filling a small bowl with water and sprinkling paprika on top of the water and revolving leaves in it. The salad leaves will then be fringed with red.

Golden Glow Salad

Dissolve in

2 C boiling water

1 pkg lemon jello

1 pkg orange jello

Add and chill until set

2 C cold water

3 C shredded carrots

1 can drained, crushed pineapple

1 T vinegar

1/4 t salt

Tuna Rice Salad

Mix together

1 can tuna, drained and cut up

1 C cooked cold rice

1/3 C sweet pickle, chp *or* sweet pickle relish

2 T pimento (opt)

1/2 C minced onion

2 hard cooked eggs, chp

1/2 C salad dressing *or* mayonnais

Serves 4.

Sinkamas-Papaya Salad

Mix together

3 C cut-up papaya

2 C cut-up sinkamas

1 C green pepper, sliced thin

1/2 C red pepper, sliced thin

1/2 C vinegar

1/4 C sugar

salt and pepper to taste

Makes about 7 servings.

Janie Voss' Potato Salad

via Marilyn Smith

Potatoes cut up and marinated overnight in: mustard, vinegar, salt, celery salt *or* nutmeg, and pepper. Add boiled egg (one egg per person), salad dressing, relish (grated onion) just before serving. Carol Fuller makes a macaroni-chicken salad very similarly.

Chicken Salad

Marilyn Smith

Boil, remove bones, and cut up
1 chicken breast
Mix and combine with chicken
1 T oil
1 T lime *or* orange juice
1/2 t salt

Marinate in the refrigerator. Add
1 chopped apple *or* Mandarin orange
3/4 C pineapple tidbits
3/4 C pomelo *or* grapes
3/4 C celery
1/2 C nuts (opt)
Cook and drain
1/2 C rice (1 C cooked)
Add to chicken mixture. Add
1/2 C mayonaise
Serves 4.

Grated Cheese Pineapple Salad

Aunt Sadie Sieker

Dissolve in
3/4 C hot water
1 pkg lemon jello
Chill until thick, then whip. Fold in
1 sm can crushed pineapple
1/3 C grated cheddar cheese
1/2 C well-chilled, whipped evap milk
Pour into mold and chill.

Finger Jello

Jeam Kemp

Combine and set aside
2 env Knox gelatin
1 C cold water
Combine and bring to a boil
1/4 C sugar
2 3 oz pkg jello (any flavor)
1 C water

Add the dissolved unflavored gelatin, then add
1/2 C cold water
Pour into 9" square pan and chill until set. Cut into "bars" and give to kids for snacks after school. They can hold them in their hands.

Avocado Jello

Betty Elkins

Dissolve in

1 C boiling water

1 pkg lime jello

Add and chill until set

1/2 C cold water

1 med well-mashed avocado

1/4 C mayonnaise or salad dressing

1/4 C evap milk

1/4 t salt

1/2 t kalamansi juice

Variation: Add one can tuna, drained and cut up and leave the avocado cut up in chunks.

Tangy Vitamin C Jello

Shirley Cottle

Dissolve in

2 C boiling water

1 pkg orange jello

1 pkg lemon jello

Add

1/2 C Sunquick orange

Drain

1 lg can pineapple chunks

Add water to equal 1 1/2 C. Add to jello and cool until thickened. Add

pineapple chunks

3 sliced bananas

Chill and serve with whipped topping, if desired.

Sweet-Sour Slaw

Ginny Kramer

Fry and drain

4 slices of diced bacon

Saute in 3 T reserved bacon grease

2 T chp onion

Add

1/4 C brown sugar

1 t cornstarch

1 t salt

1/4 C water

1/4 C vinegar

Cook until thick. Cool. Combine in a bowl

4 C shredded cabbage

bacon bits

cooled dressing

Pomelo Salad

Remove thick outer skin and thin inner skin from 1 pomelo. Break sections into small pieces. Add 1 or 2 sliced bananas and a handful of roasted shelled peanuts.

Dressing:

- 1/2 C mayonnaise *or* salad dressing
- 1 t kalamansi juice *or* vinegar
- 1 t sugar
- 1/4 t salt

Kamote Tops Salad

Pour boiling water over washed kamote tops. Cover and let steam. After 5 minutes, drain well and add

- chp onion
- cut up peeled tomato
- chp ginger (the size of a dime or a quarter depending on how well you like it)
- 1 T kalamansi juice
- 1 t soy sauce

Especially good eaten with Sky Flakes crackers.

Marinated Garbanzos

Combine several days ahead

- 4 cans garbanzos
- 1/4 C kalamansi
- 1/4 C vinegar
- 1 C oil
- 1 clove garlic (smashed)
- 1/2 C onion, chp
- 1/2 C celery (opt)
- 4 T chp parsley (opt)

Bean Salad

Mix

- 2 C each: cooked green beans, cooked wax beans (opt), garbanzos (chick peas), kidney beans (rinse if using canned)

Add

- 1/2 C chp onion
- 1/2 C chp green pepper

Marinate 24 hours in

- 1/2 C oil
- 1/2 C vinegar
- 1/2 C sugar
- 1/2 t salt (or more to taste)

Stir occasionally.

Beet Salad

Virginia Kramer

Simmer in water until tender

3/4 C beets, grated or sliced julienne
(or used canned beets)

Add water to beet juice to make 1 1/2 C. Heat to boiling and add to juice
1 pkg lemon jello

Add

1 1/2 T vinegar
1 t salt

Chill until partially set. Stir in

beets
2 T grated onion
2 T finely grated radishes
2 T sweet pickle relish
3/4 C chp celery or pechay stalk

Chill.

Seafood Salad

Inez Lown

(With a loaf of bread!!)

Cut the crust from

1 med loaf (1 lb size) sliced bread (white sandwich)

Spread slices with margarine. Cut each slice into 20 cubes. Combine bread with

1 lg onion, finely chp
4 hard cooked eggs, cut up fine

Refrigerate *overnight*. Then add

1 lb fresh or frozen shrimp cooked and shelled and cut into chunks

1 can tuna, drained and flaked
1 C chp celery

3 C mayonnaise or salad dressing

Mix lightly, cover and let stand 3-4 hours. Serve on lettuce or pechay. Garnish with sliced cucumbers and tomatoes. Serves 12.

Shoestring Potato Salad

Rachel Timmons

Mix

3 C grated carrots
2 C chp pechay
chp celery
1 can tuna
chopped lettuce or cabbage (opt)

Toss ingredients with mayonnaise and add

2-3 C shoestring potatoes

Toss and serve.

Marinated Vegetable Salad

Shelley Bailey

Combine in a bowl and stir to mix well

6 C total of cooked carrots and/or green beans

1 can garbanzo beans, drained

1 chp med onion

2 sm chp green peppers

Mix together in saucepan

3 T flour

2 t sugar

1 t salt

1/8 t pepper

Add and mix well. Bring to a boil stirring constantly.

1 C tomato sauce

1 C water

Add and bring to a boil

1 C sugar

1/2 C vinegar

1/2 C oil

Pour over vegetables. Stir and let marinate on counter for 2 hours, then refrigerate.

Tuna Mousse

Helen France

Dissolve in

1 3/4 C boiling water

1 pkg lemon or pineapple gelatin*

1/2 t salt

Add and chill until thick

2 T vinegar

Fold in

1 sm can cream

1/3 C mayonnaise or salad dressing

Blend well, then add

1 can drained flaked tuna

1 C finely chp celery (or pechay stalk +

a little celery salt if you have it)

1 T chp pimiento (opt)

Pour into 1 qt mold. Chill until firm. Makes 4 cups.

*May add 1 envelope unflavored gelatin dissolved in a little cold water if salad will be served in hot weather.

Mock Applesauce-Jello Salad

Jean Kemp

Heat (don't boil)

2 C mock applesauce (see index for recipe)

Add

2 pkg raspberry jello

1 3/4 C orange juice (Sunquick + water)

1 C crushed pineapple, drained

1/2 t grated orange rind (opt)

Pour into 10 individual molds or 1 lg mold. Chill.

Tuna-Lemon Jello Mold

Marge Moran

Dissolve in

- 1 C boiling water
- 1 pkg lemon jello

Add

- 1 C cold water
- 2 T vinegar
- 2 T pimienta (opt)
- 1 t salt
- 2 cans diced tuna, drained
- 1 C canned peas, drained

Chill and serve.

Edith's Salad

Mary Granaas

Cook in boiling salted water 5 minutes

- about 1 C cut-up green beans
- about 1 C chp cabbage

Drain and cool. Add

- 1/4 C raisins (opt)
- 2 hard cooked eggs, cut up
- 1/4 C celery (opt)
- 1 med cucumber
- 2 or 3 tomatoes
- green onion, chp fine

Dressing:

- 3-4 T salad dressing
- slice of fresh ginger, chp fine
- 1/4 t onion salt (opt)
- 1 T vinegar
- 1 t sugar
- pepper

Pineapple Banana Frosted Salad

Marge MoranLou Hohulin

Dissolve in

2 C boiling water

2 pkg lemon jello

Add and chill until firm

1 C crushed pineapple, drained

3 large bananas, cut up

12 marshmallows (opt)

2 C cold water *or* 2 C 7-UP

Topping: Mix in saucepan

1/2 C sugar

2 T flour

2 T margarine (may omit and add 1 egg + 1 T flour)

1 C pineapple juice*

Add

1 well beaten egg

1/8 t salt

Cook over low heat until thick. Cool. Fold in 1 pkg whipped Dream Whip or 1/2 C thoroughly chilled and whipped evap milk. Pour on jello and sprinkle with 1/4 C sharp grated cheese *or* 3 T parmesan cheese.

*add water to make full cup if necessary.

Cole Slaw

Lauretta DuBois

Grate and blend well

3 lbs cabbage (1 large)

1/2-1 C sugar

1 large bell pepper

3 sm onions

Bring to a boil and pour over cabbage mixture

1/2 C vinegar

1/2 C salad oil

1-2 t salt

1/2 t mustard (prepared or dry)

1/2 t celery seed (opt)

dash garlic salt

Let stand for several hours in refrigerator. Stir occasionally.

Frozen Fruit Salad*Helen France*

Dissolve in

- 1 C boiling water
- 1 pkg gelatin (strawberry, lemon, or orange)
- dash salt

Drain can (8 3/4 oz) of pineapple tidbits and add 1/2 C of juice (add water if necessary) to the jello.

Also add

- 1/4 C kalamansi juice
- 1/3 C mayonnaise or salad dressing

Blend well. Chill until thick. Fold in

- 2 sm cans (1 lg) sour cream*
- 1 med banana, diced
- 2 C canned fruit (a combination of pineapple tidbits and tropical fruit cocktail is nice)
- 1/4 C diced maraschino cherries (opt)

Pour into 2 freezing trays or 1 loaf pan. Freeze until firm--4-5 hours or overnight.

Makes 4 1/2 cups or 8 servings.

*Sour cream may be made by adding 1-3 t kalamansi juice or vinegar to cream. Mix well and let stand 10-20 minutes.

Taco Salad*Jacque Swaney*

Combine

- 1 bunch Chinese pechay, chp
- 1/2 lb grated Kraft cheddar cheese
- 4-6 tomatoes, chp

Fry

- 1/2 K ground beef with onion, etc.

Add and heat

- 2 C cooked kidney beans

Pour over salad, then add and toss

- French dressing

Mix in

- 2 C broken Chippies before serving.

Dely's Salad*Dely Velasco*

- 2 C salad dressing
- 1 C diced cooked carrots
- 1 C diced cooked potatoes
- 1/2 C raisins
- 2 C pineapple tidbits, drained
- 6 boiled eggs, diced
- 1 T pickle relish (opt)
- 1/4 C ground peanuts

Combine all ingredients and refrigerate for 1-2 hours.

Elna's Macaroni Salad*Elna Serbo*

- 4 C cooked macaroni
- 1 C cooked carrots, diced
- 1 C cooked chicken, cut in fine strips
- 1/2 C raisins
- 1 large can pineapple tidbits, drained
- 1 C diced cheese
- 1/2 C ground peanuts
- 1 C pickle relish
- 5 C salad dressing

Mix all ingredients and refrigerate for an hour or two. You may add diced apple to blend the taste.

Macaroni Salad*Hettie Stauffer*

Cook with 1 T salt added to water

3 C macaroni

Rinse with cold water and add

1/2 C sweet pickle relish

1/2 C diced onion

3 hard cooked eggs, chp

Sprinkle of celery seed (opt)

Dressing: Mix the following

2 C mayonnaise

1/3 C plus 1 T sugar

1 1/2 T vinegar

1 t salt

1/4 t pepper

2 T prepared mustard

If preparing ahead, save 1/2 dressing mixture to add just prior to serving to insure moist salad. Serves 10.

Fumi Salad*Jean Kemp*

Brown in oven

8 T slivered almonds (cashews or even peanuts)

8 T sesame seeds *or* the oil packets from Nissen's ramen noodles

Mix in large bowl

1 head of cabbage, chp

8 green onions, chp

At last minute add sesame seeds, almonds, and

2 pkg crushed ramen noodles, uncooked (Use pkg. of flavoring in something else!)

Pour dressing over and mix lightly.

Dressing:

4 T sugar

1/2 C salad oil

2 t salt

1 t pepper

6 T rice vinegar (regular vinegar OK)

Mix well, pour over cabbage mixture just before serving.

Young Coconut (Buko) Jello

Marilou Weaver

Soften in

- 1/4 C water from young coconut (buko)
- 2 envelopes unflavored gelatin

Add

- 1 C boiling buko water

When dissolved, add

- 1/2-3/4 C sugar
- 1/8 t salt
- 1/2 C whole milk powder

sliced coconut meat

2 1/2 C cold water

Chill.

Note: When buying young coconut (called buko) ask vendor for ones suitable for "buko salad."

Cherry Banana Salad

Shelley Bailey

Stir together to dissolve jello

- 2 3 oz. pkg cherry Jello
- 2 C boiling water

Stir in

- 1/2 C cold water

Stir in

- 1 20 oz can crushed pineapple with juice
- 3 mashed bananas
- 1/2 C chp nuts

Put half of this mixture in a 9"x9" Pyrex pan. Chill until set. Spread over set jello

1/2 C thick yoghurt or sour cream

Put remaining jello mixture on top and refrigerate.

Canadian Pickled Beans

Kay Pittman

Cut up and boil in salted water until tender

- 4 qt green or yellow string beans

Drain. Boil until thick

- 3 C sugar
- 1/2 C flour
- 1/3 C mustard
- 1 T celery seed
- 1 T tumeric
- 3 C vinegar

Pour over beans, put in sterilized jars.

Cold Pickled Beets

Jacque Swaney

Cook until tender

2 qts beets

Skin, slice, and put in jars. Mix

3 T mustard

3 T salt

1 1/4 C brown sugar

1 1/2 C vinegar

1/4 C cold water

Pour over beets. Refrigerate. Ready to eat after 24 hours. Keeps well for several weeks in refrigerator.

Pickled Pineapple

Mix

1 C water

2 C sugar

1 1/4 C white vinegar

2 T whole cloves*

1/3 t cinnamon

Boil about 15 minutes. Add

12 C fresh pineapple

Cook until tender or add cooked pineapple. Seal in jars or keep in refrigerator.

*If pickles are to be stored a long time, tie cloves in cheesecloth and remove to prevent darkening.

Frozen Pickles

Donna Kipp

Combine

2 qts sliced cucumbers

1 med onion

Cover with 2 T salt and let sit for 2 hrs. Mix

1 C vinegar

2 C sugar

Heat and melt sugar. Cool for 2 hrs. Drain pickles and pack in jars. Pour vinegar and sugar solution over them, then freeze.

Cucumber Pickles

Combine and mix well

4 qts sliced cucumbers (3 kilos)

6 med onions, sliced

2 green peppers, sliced

3 cloves garlic, sliced

1/3 C coarse salt

Cover with cracked ice, let stand 3 hours; drain. Combine and bring to a boil

5 C sugar

1 1/2 t tumeric

1 1/2 t celery seed

2 T mustard seed

3 C vinegar

Add cucumbers and bring to a boil. Put in sterilized jars. Makes 8 pints.

Pickled Mangoes

Peel and cut into 1" chunks

5-6 qts green mangoes

Make brine with

2 qt water

10 T salt

Change brine every three days for nine days and keep stirring them about in the brine. Boil for 10 minutes in

2 qt vinegar

4 T peppercorns

6 T fresh ginger, chp

6 T whole cloves

4 T mustard seed

few flakes of mace

Strain and pour over mangoes in pickle jars.

Refrigerator Pickles

Margaret Rhoads

Combine

7 C thin sliced cucumbers

1 C thin sliced onions

1 C sliced green peppers

Heat and stir until dissolved

1 T salt

2 t celery seed

1/2-1 C vinegar

2 C sugar

Pour over cucumber mixture. Cool, then place in refrigerator. Leave 24 hours before serving.

Atsarang Kapayas (Pickled Papaya)

Dely Velasco

Peel, wash and remove seeds from

5 green papayas (med size)

Grate papaya on fine grate. Sprinkle with

1/4 C coarse (native) salt

Squeeze it well by handfuls so the water is pressed out. Set aside.

Cut in long very thin pieces

3-4 thumb-size pieces ginger

3 med carrots

5 green and red peppers (total)

Mix, and to ginger, carrots, and pepper, add

1/4 C sugar

1 C vinegar (coconut is good)

1 C water

Boil a few minutes; then remove from heat and add grated papaya. Mix well and put in clean jars. Cool before refrigerating.

Mongo Bean Sprouts

Wash dry mongo beans and cover with water. Place in a dark place. Add a little water occasionally to keep damp. Check at least two times a day, and change the water to prevent souring.

Beans should be ready in two or three days. Pour into a basin of water. Agitate and pour off skins. Cook in viand or chop suey or use raw in salads. Start small with only a tablespoon or two or you'll have beans sprouting all over the place! 1 T dry beans is enough for one person for two meals. Bean sprouts are very high in protein, vitamin C, and iron.

Sayote Sauce (Mock Applesauce)

Faith Boyce

Simmer in *very little* water until soft

6 med sayote, grated

1 green mango, grated

Beat with blender or beater until the consistency of applesauce.

Add

1/4 C kalamansi juice

Add sugar and cinnamon to taste

Note: May omit green mango if not available, or may omit kalamansi juice and use 2 green mangoes for 6 sayote, or may omit mango and add 1 1/2 t citric acid (available in drug or grocery stores). Do not use too much water in cooking or sauce will be too thin.

Green Papaya "Applesauce" (see Applesauce Cake)

Mix together

1 med papaya, cut fine

4 cooking bananas (opt)

3/4-1 C sugar (1/2 C sugar to 2 1/2 C sauce)

1/2 t cinnamon

1/4 t nutmeg (opt)

1 t kalamansi juice

Add enough water to cover. Cook until soft.

Banana Sauce (Mock Applesauce)

Put in heavy pan

2 C grated or finely cut cooking bananas

3 C boiling water

1/8 t salt

Cook slowly, stirring frequently, until bananas are tender.

Add and cook a few more minutes until of sauce consistency

1/2 C sugar

3/4 t cinnamon

few drops kalamansi juice

Use as applesauce.

Avocado-Yoghurt Dip

Combine

- 1 med ripe avocado
- 1/2 C plain yoghurt
- 1/2 t salt
- 1 t Worcestershire sauce

Serve with vegetables or Chippies.

Avocado Guacamole

Linda Pittman

Mash

- 2 ripe avocados, peeled and pitted

Add and beat until creamy

- 1 med onion, finely chp
- 1-2 green peppers, finely chp
- 1 red pepper, finely chp
- 1 T kalamansi juice
- 1 t salt
- 1/2 t pepper

Gently fold in

- 1 med tomato, finely chp

Cover and refrigerate until served. Can be used as a a salad dressing or dip.

Summer Salad Dressing

Shirley Cottle

Drain juice from

- medium size can of pineapple chunks

Add water to = 1 C if necessary. Mix together

- 1 T flour
- 1/3 C sugar

Add and cook until mixture comes to a boil

- 1 beaten egg
- pineapple juice
- 1/2 t kalamansi juice (opt)

Cook and add to fruit salad of any sort.

Fruit Salad Dressing

Mix

- 1 1/2 T cornstarch
- 2 T sugar

Add

- 1 C milk

Bring to a boil; remove from heat. Add

- 1/8 t almond extract

Cool before using. Especially good with young coconut and pineapple or as dressing on cubed jello.

Etta Nyman's French Dressing

Kay Pittman

Mix together

- 1 C oil
- 1/3 C vinegar
- 1 T Worcestershire sauce
- 1/4 C sugar
- 3 T catsup
- 1 t salt
- 1/2 T grated onion
- 1/2 t prepared mustard

This mixes best in a blender or use a tightly covered jar and shake well.

Batad Salad Dressing

Mix together

- heaping 1/2 C mayonnaise
- 3 T vinegar
- 1 T sugar
- 1/2 t garlic salt
- 3 cloves garlic, crushed
- 1/4 t each of curry, sage, pepper, oregano, paprika

Papaya Seed Dressing

(I haven't tried it but this is supposed to be good on fruit salads, green salads, or as a meat marinade! Good also on spareribs.)

Mix together

- 1 C coconut or cane sugar vinegar
- 1/2 C sugar
- 1 t dry mustard
- 1 t seasoned salt*

Put in blender and as it blends, gradually add

- 2 C salad oil
- 1 sm minced onion

When smooth, add

- 2 T fresh papaya seeds

Blend only until seeds are the size of coarsely ground pepper.

*or 3/4 t salt, 1/4 t onion salt, 1/8 t garlic salt, 1/2 t vetsin

Garlic Salad Dressing

Marge Moran

Mix together

- juice of 5 cloves garlic
- 4 T oil
- 4 T vinegar
- 4 T catsup
- 1 T sugar
- 1 T soy sauce
- 4 T chp onion

Thousand Island Dressing

Mix together

- 1/2 C salad dressing
- 1/4 C catsup
- 1 t sugar
- 1 t grated fresh onion
- 1 t vinegar
- 1 T milk
- 2 T pickle relish
- pepper to taste

Salad Dressing Or Mayonnaise (In Blender)

Arlette McGrigg

Blend or stir

- 1 C evaporated milk
- 2 t salt
- dash of pepper
- 2-3 t mustard

Add and blend

- 2 1/2 T vinegar
- 2 1/2 T kalamansi juice

Add (When adding oil, mix with plastic spatula first in blender by hand.)

- 2 C corn oil 1/2 C at a time

Adding 1/4 C evaporated milk as needed. Blend or mix until smooth. (Add more milk if too thick and blend again, stirring with spatula also.) Pour into jars, let cool, and refrigerate. Makes 1 quart.

French Dressing

Bev Bergstedt

Blend

- 1 C sugar
- 1 C salad oil
- 1/2 C vinegar or kalamansi juice
- 1 can tomato soup or 1 sm can tomato sauce
- 2 t grated onion or 1/2 t instant onion
- 1 t paprika
- 1 t salt
- 1 t dry mustard
- 1 t Worcestershire sauce
- 1/4 t pepper

Makes 1 quart.

Russian Dressing

Barb Musgrove

Combine and beat until well blended

- 1 C salad oil
- 1/2 C catsup
- 1/3 C vinegar
- 2 T sugar
- 1 t salt
- 1/2 t grated onion

Good to use blender but may be made without one. Makes 1 3/4 C dressing.

Yoghurt Dressing

Anne Pallesen

Blend till sugar dissolves
1 1/2 t kalamansi juice
1 t vinegar
1/4 t salt
2 T sugar
1 t mustard

Stir into
3/4 C yoghurt

Oil And Vinegar Dressing

Blend in blender or shake well
1/2 C vinegar
4 T water
2 t sugar
2 t salt
1 t vetsin (MSG)
1/2 T onion, chp fine
1 clove garlic, minced or smashed and put
in whole (remove to serve)
1 C oil (Lady's Choice corn oil best)

Avocado Dressing

Blend
1 T kalamansi juice
4 T evap milk

Add
1/2 t salt
1 t mustard
6 drops hot sauce
1 C strained avocado

Yield: about 1 1/3 C. Good with tomato or vegetable salads.

Filipino Dishes

There are so many really good Filipino cookbooks available on the market at reasonable rates that we have not tried to include all the good recipes we have sampled. In fact, we have included only a few. May we urge you to purchase a separate Filipino cook book.

Sotanghon Guisado

Dely Velasco

Soak in cold water 5-10 minutes

1/2 Kilo Sotanghon/Cellophane Noodles

Cut into desired length. Set aside. Cook in

3 C water

1 C chicken meat

1 C pork meat

Boil until tender. Cut chicken and pork into strips. Reserve the broth.

Saute until brown, in

3 T cooking oil (hot)

1 cloves garlic, minced

1 med chp onion

Add

1 t salt

chicken and pork strips

1 C shelled shrimp, cut into halves

1 C carrots, cut into strips

Stir and cover for 5 minutes until shrimp color has changed. Add

1 C cabbage cut into strips

1/2 C chinese peas cut into strips

3 C broth

Stir and cover for 5 more minutes until vegetables are done. Add

1 T patis

1 T soy sauce

MSG (to taste)

Garnish with

1/4 C kinchay leaves

Serve hot over noodles.

Rellenong Bangus (Stuffed Milkfish)

1 large deboned Milkfish (now available in the supermarket.) If you cannot buy deboned, follow these instructions. Clean 1 large bangus, removing the scales and gills, leaving the head and tail. Gently pound body of fish with rolling pin until soft. Break spine near the tail and just below the head. Carefully pull out skeletal bones from head opening (they will come off easily if the fish has been pounded thoroughly). Turn fish shell inside out carefully, remove as much meat as possible from skin without breaking it. Return shell to right position, marinate in 2 T soy sauce, 3 T kalamansi juice. Set aside. Boil the fish meat for 5 minutes and remove the bones (if you are cooking a boned bangus).

Heat

2 T cooking oil

Saute in the oil

1 clove chp garlic

2 T chp onions

2 T chp tomatoes, peeled

IN THAT ORDER

Add

1/4 C cooked pork, finely cut

When brown, add and cook for 10 minutes

Bangus meat

1/2 C frozen peas *or* canned peas without juice

1 sm box raisins

2 t soy sauce

salt to taste

Put all mixed ingredients inside the bangus skin passing it through the neck. Fry in deep hot oil until brown. Garnish it with celery, sliced tomatoes and onion rings. Slice the bangus for serving.

Special Baked Chicken

Dely Velasco

1-1 1/2 K chicken

2 pkg of Knorr Mushroom *or* Asparagus Powdered Soup

1 C mango juice (concentrate)

1 can mushroom pieces

Drain and cut chicken into desired size. Remove all chicken fat. Roll pieces one by one with powdered soup. Place it in a large pan with mushrooms and pour the mango juice on top of the chicken. Bake it for an hour at 300 , turning upside down after 30 minutes.

Note: If you don't have an oven, you may use the skillet and follow the same procedure.

Pancit Molo (Dumpling Soup)

Combine for Filling

- 1/2 K ground pork
- 1 C chp shrimp
- 3 beaten eggs
- 1 t chp green onions
- 1 T patis
- 1/2 t salt

Place 1 tsp of this mixture in the center of
30-50 wonton wrappers (available at the supermarket)

Wrap and cover with a dry kitchen towel.

For Soup saute until light brown in

- 1 T margarine
- 1 clove garlic, minced
- 1 small chp onion

Add and bring to a boil

- 1 C cooked chp chicken meat
- 2 T patis
- 1 1/2 t salt
- 8 C chicken broth

Drop stuffed wontons in boiling broth. Add

- 1 C evaporated milk

Let simmer for 15 minutes and add

- 1/8 t pepper
- 1/2 t MSG
- 3 chp green onions (less the 1 t in filling)

Serve hot as a soup or merienda dish.

Barbecue Special

Dely Velasco

Mix

- 1 K Lomo (loin) or Pigue cut into 2"x1" 1/2" strips
- 3 cloves minced garlic
- 1 t salt
- 1/8 t MSG
- 1/2 C Mother's Best Barbecue Marinade Sauce

Marinate for 12 hours or overnight. Grill over live charcoal and glaze with

3 T catsup mixed with the remaining marinade sauce
until done. Serve hot.

Escabeche (Pickled Fried Fish)

Rub all over with 6 sliced kalamansi

1 med size fish (talakitok, maya-maya or lapu-lapu)

Sprinkle fish with

1 t salt

Let it stand for 10-20 minutes. Fry fish until brown in

1/2 C cooking oil

Transfer to a serving dish and set aside.

Pour into pan

2 T cooking oil

Saute

2 cloves minced garlic

1 small sliced onion

1 T salt

1 T ginger strips

Add

1 small green pepper, seeded and cut into strips

5 pieces green beans, cut into strips

1 small carrot, cut into strips

Cook for 2 more minutes and then add

1/4 C vinegar

1/2 C water

1/4 C sugar

1 T soy sauce

2 T catsup

Bring to a boil and stir in

1 t cornstarch, dissolved in

2 T water

Cook until thick as gravy. Pour sauce over fish and serve.

Escabecheng Isda (Fish)

Soak

1 K white tuna fish (lapu lapu, etc.)
for 30 minutes in
1 T kalamansi juice
2 T soy sauce
1 T salt

Fry the fish in oil until it is browned. Remove the fish from the pan.

Saute the following

3 cloves of garlic, mashed
2 onions, sliced
4 med tomatoes, sliced
3/4 of piece of med size ginger, sliced
1 med green pepper, diced

Mix, pour into pan and stir until mixture becomes thick

1 C water
1 T vinegar
1 T brown sugar
1 T soy sauce
1 T cornstarch
1 T kalamansi juice
1 t salt

If you like the sauce thin, reduce the cornstarch to 2 tsp. Add the fish and continue to heat until the fish is warm. Serve over rice.

Broccoli Sauteed With Ginger

Dely Velasco

Peel skin from

1 K fresh broccoli

Diagonally cut stems thinly and also cut flowerettes. Discard tough ends of stems.

Saute

1 T minced garlic (remove when brown) in
2 T cooking oil

Add and cook for 2 minutes

2 T fine strips of ginger root
1 med chp onion

Add, cover and cook for 5 minutes

broccoli
dash of pepper
1 C diced cooked chicken
1 C diced cooked pork
1/2 t MSG

Add

1 T cornstarch

Mixed with

1/2 t Worcestershire sauce
1 C chicken broth

Add to vegetables and meat. Cook until broccoli is done. Serve hot.

Menudo

Marinate

- 1 1/2 K pork, cut in small pieces in
- 1/3 C vinegar
- 1/4 C soy sauce
- 2 T sugar

When ready to cook add

- 1/2 clove garlic, crushed
- 3-4 fresh tomatoes, chp
- 1 bay leaf
- 1 t peppercorns
- 1 onion, sliced

Simmer until meat is tender. Add and simmer 2 minutes

- 4-5 sweet green peppers, cut in strips

Then add

- 2 C cooked peas, drained

Heat thoroughly and serve. Serves 6-8.

Buko Salad

Dely Velasco

Scrape with a 4-5 holed scraper (available in market)

- 20 Buko* (soft, young coconut)
- 1 can oranges, drained

Add

- 1 can fruit cocktail, drained
- 1 can pineapple tidbits with juice
- 1 lg box raisins
- 1 sm can Nestle cream
- 2 C Magnolia sweetened condensed milk

Mix well. Refrigerate at least 30 minutes before serving. Serves 10-15.

*When buying buko, tell the vendor you want it for salad. Ask him to cut if for you so you can see it, if you wish.

Pork Adobo

Lois Kyle

Use either pork roast by the rib bone or pork shoulder roast. A little bone adds to the flavor. Cut it in about 1" cubes. The following will flavor about 2 lbs (1 K) of pork. Filipinos like to combine pork and chicken. Saute in hot fat

- 2 lbs pork, cut in cubes
- 2 lg cloves garlic, cut in fourths

When browned, add

- 1/4 C cane or coconut vinegar
(pineapple vinegar is stronger but may be used)
- 1 lg bay leaf
- 1 whole peppercorn, crushed
- 1/2 t salt
- 1 T soy sauce
- 1 t brown sugar

Add and simmer until all is tender

- 1 1/2 C water

Add more water if necessary. A bit of juice left is nice to go on rice. Taste it. If too sour, add more sugar; if too flat, more vinegar. May add 1 or 2 T flour to juice to make gravy. Serves 6-8.

Pancit

Linda Pittman

Brown

- 1/2 to 1 K cubed pork, dipped in flour
- 4 cloves garlic
- 1 med onion, chp

Add and cook until tender

- 1-2 t salt
- 1/2 t pepper
- 2 C water

Add

- 4 T soy sauce
- 4 T vinegar
- 1/2 K green beans, cut up in long strips
- 1 carrot, cut up in long strips
- 3 leaves cabbage, cut up

Cook 5 minutes adding more water if needed. Add 1 med pkg canton noodles or use bihon noodles*. Stir constantly until heated through. Serve garnished with kalamansi cut in half to be squeezed on top as desired.

*These must first be soaked in water about 5 minutes.

Special Fried Lumpia

Dely Velasco

Combine

- 1 K ground pork
- 1/2 C shelled shrimp, finely cut into strips (opt)
- 1 large finely chp onion
- 1/2 C finely chp carrots
- 1/2 C frozen green peas
- 1/8 t black pepper
- 3 T Worcestershire sauce
- 2 T patis

Place a tablespoon of this mixture in

- 30 lumpia wrappers (available in the supermarket)

Roll it into desired size. Fry it in deep boiling oil for 10 minutes. Serve hot with Sweet Sour Sauce (see recipe below).

Sweet Sour Sauce

- 1 T cider vinegar
- 3 T white sugar
- 1/2 t salt
- 1 T catsup
- 1 T cornstarch
- 1 T oyster sauce
- 1 C water

Mix all ingredients and boil it for 10-15 minutes, stirring occasionally until thickened.

Lumpia

Mix together

- 1/2 K ground beef
- 1/2-1 t salt
- 1/4 t pepper
- 1/2 t Vetsin (MSG)
- 1/2 C chp onion
- 1 C chp cabbage *and/or*
- 1/4 C chp sinkamas *and/or*
- 1/4 C bean sprouts

Steam covered until meat is cooked. Cool. Wrap in lumpia wrappers in small rolls and fry in deep fat (at least 1/2-1" deep in frying pan).

Banana Lumpia

Cut in half lengthwise ripe saba (cooking bananas). Dip each half in a mixture of brown sugar and cinnamon. Wrap each half in one lumpia wrapper. Fry until crisp. Nice to serve on bamboo barbecue sticks.

Lumpia Shanghai

Loida Torres

Chop

- 1/2 K shrimp (shelled and deveined)

Add

- 1/2 K ground pork
- 1/4 K water chestnuts (apulid), cut up
- 1/2 C dried cut up mushrooms, (or canned)
- 1 small onion, chp
- 2 cloves garlic, minced
- 1 T soy sauce

Saute mixture. Add salt and pepper to taste. Wrap small amounts in lumpia wrappers and fry. Serve with sweet and sour sauce.

Sweet Sour Sauce (for Lumpia)

Mix together and boil until thick

- 2 T vinegar
- 3 T sugar
- 1 T soy sauce
- 1 T cornstarch
- 1 C water

Serve hot.

Siopao

Dissolve

- 1 t sugar in
- 1 1/2 C lukewarm water

Add and set aside to soften

- 3 t dry yeast

Sift together

- 3 1/2-3 3/4 C flour
- 3 T BP
- 1/2 t salt
- 1/4 C sugar

Add softened yeast to half of flour mixture and blend well. Add

- 4 T shortening and remaining flour

Blend well. Knead on floured board until smooth. Divide dough in half and roll into 1 1/2" wide strips. Cover with a damp cloth and let rest for 10 min. Prepare 2" squares of brown paper. Set aside. Cut dough into desired pieces. Roll out or flatten each piece and fill with prepared meat filling. With thumb and forefinger, gather edges into pleats and seal at the center. Place a piece of brown paper under each siopao to prevent sticking to the steamer. Let rest for 15 minutes. Cover each layer of steamer with cheesecloth and steam for 15-20 minutes, depending on size of siopao.

Siopao Filling

Mix together

- 2 C pork, cut up
- 4 T soy sauce
- 2 T Worcestershire sauce
- 2 bay leaves, crumbled
- 2 t sugar
- 1/4 t pepper
- 1/4 t cinnamon
- 2 1/2 C water

Bring mixture to a boil. Lower heat and simmer until pork is tender (about 30 minutes). When pork is tender, add

- 1 T flour dissolved in
- 1/2 C water

Continue to cook until mixture is thickened.

Eggplant Scramble

Mrs. Martinez

Roast 4 med eggplant over the fire (or boil about 5 min until tender). Peel and mash slightly but don't remove the stem.

Beat together

- 4 eggs
- 1/4 C milk or water
- 1/2 t salt
- 1/4 C flour
- pepper to taste

Dip eggplant into egg mixture soaking thoroughly. Cook two at a time in hot oil or margarine, pouring 1/2 of egg mixture onto eggplant, reserving the rest for the last two eggplant. Serves 4.

Guisado Corned Beef

Saute until light brown

1 T garlic in

2 T shortening

Add

1 C onions, chp

1 C peeled and chp tomatoes

salt and pepper to taste (remember, corned beef is quite salty!)

Cover and cook 5 min over moderate flame. Add

1 sm can corned beef, broken up into small pieces

Cook a few minutes. Serve with rice.

Mongo Bean Soup

Cook together

1 C mongo beans in

3 or more C of water

When soft (hours later) add

2 boullion cubes (or one Knorr chicken cube)

chp onions and tomatoes (opt)

Fried Mongo Beans

Cook until soft

1 C mongo beans in

2 C water (or more)

(Start early, it takes an hour or more) Drain and set aside. Fry

1 or 2 cloves garlic in

1 T oil or shortening

Add

1 med onion, chp fine

1 tomato, peeled and cut up (opt)

Add mongo beans and fry, slightly mashing the beans. Add to taste

salt and pepper

Basic Viand

Saute in about

- 1 T fat or oil
- 1 clove garlic, mashed
- 1 med onion, chp

Add and brown slightly

- 1/2 K ground beef, cut-up beef, pork, or chicken

Add

- 1/2 to 1 C water, depending on how much juice you like
- 1 med tomato, peeled and cut up (opt)
- 1 beef boullion cube or 1/2 Knorr chicken cube (opt)

Cover and simmer until the meat is tender, adding water as necessary. When meat is tender, cut up 1/2 to 1 C of whatever vegetables you have on hand--cabbage and green beans are good; you can also add carrots or green pepper or leftover vegetables or pechay or kangkong, or okra, or sayote, or whatever. Add

- salt and/or soy sauce to taste

Serve with rice.

Note: Add any leafy vegetables last as they cook more quickly and need only be steamed about 5 minutes.

Sardine Viand

Follow recipe for basic viand above. Except omit chp tomato and add 1/2 to 1 small can sardines (depending on how much you like them!) in place of the meat. You can add the vegetables right away since the sardines are already cooked.

Chicken With Cashew Nuts

Eileen Ortega

Toast and set aside

- 1/2 C cashew nuts in 2 T oil

Add to skillet

- 3 to 4 T oil

Dip

- 2 raw chicken breasts, boned and diced

In the following mixture before frying

- 1 T cornstarch
- 1 t sugar
- 1/2 t salt
- 1 t vetsin

Fry chicken until cooked (about 10 min). Add

- 1 spring onion (scallion), cut up
- 1/2 t ginger juice or ginger, chp fine
- Season with a little soy sauce

Add cashew nuts to chicken mixture and mix well. Serve with rice.

Egg And Garlic Soup

Fry until golden brown*

2-3 cloves garlic in

1/2 T oil or margarine

Add and bring to a boil

2 C water

salt to taste

Turn down heat. To simmering liquid add one at a time

2 whole raw eggs (minus shell)

Simmer 3-4 min and serve. Serves 2.

*You may remove the fried garlic before adding the water.

Variation: Scramble the eggs slightly with a fork. Add to hot liquid stirring constantly.

Main Dishes, Casseroles, Sauces

Hawaiian Sweet 'N Sour Pork

Atchie Lawless

Dip in

1 beaten egg plus 1 t water

1 lb pork, cut in chunks

Then dip in mixture of

1/2 C flour

1/2 t salt

1/4 t pwd ginger*

Brown meat in

3 T oil

Remove from pan. Drain

1 sm can pineapple chunks reserving liquid

Add enough water to juice to = 1 C and stir into drippings. Mix and add

1/4 C brown sugar

2 T cornstarch

1/4 C vinegar

1 T soy sauce

Boil sauce 3 minutes. Add pork, pineapple chunks and 1 large green pepper cut in rings or strips. For a more elegant touch, add the meat, fruit, and green pepper in separate piles in the sauce. Simmer 10 minutes. Put in **separate piles** in serving dish or put the meat in the middle and ring it with the pineapple and green pepper.

Serve with rice.

*Or add 1/4 t crushed or finely chopped ginger to beaten egg.

Harvest Medley

Mix and shape into 1" balls

- 1 1/2 lbs ground beef
- 1/2 C minced onion
- 3/4 C dry bread crumbs
- 1 T minced parsley (opt)
- 1 1/2 t salt
- 1/4 t crushed basil (opt)
- 1/8 t pepper
- 1 t Worcestershire sauce
- 1 egg
- 1/2 C milk

Brown in

- 1/3 C margarine

Remove from pan. Cook in margarine

- 1 med onion, sliced

Remove from pan. Repeat with each of the following and cook separately

- 1 green pepper, cut in 1/2" pieces
- 3 eggplant, peeled and cubed
- 1/2 med squash, peeled and cubed

(For squash add small amount of water, cover till tender). Lightly mix vegetables, meatballs, and

- 4 (or less) tomatoes, peeled and cut into 8ths

Pour into 2 qt casserole. Top with

- 1/4 C grated cheese
- 1/4 C bread crumbs (opt)

Bake 20-25 min at 350 . Great with corn bread. Serves 4-6.

Favorite Rice Casserole

Prepare and put in greased baking dish

- 3 C fluffy boiled rice (1 C uncooked)

Carefully stir in

- 2 eggs, well beaten
- 1 C milk
- 1/4 C cooking oil
- 1/4 C grated cheese
- 1 T grated onion
- 1 t Worcestershire sauce
- 1 1/4 t salt

Other possible additions

- parsley
- peas
- green beans
- sliced tomatoes

Bake in 350 oven about 45 min.

Curried Rice

Natalie Earp

Melt in heavy skillet
 3 T margarine
 Add and cook slowly until tender
 1 C chp onion
 1/2 C chp green pepper
 1/2 C raisins (opt)
 Stir in and brown slightly
 2 C uncooked rice
 1 t salt
 1/2 t pepper
 1 t curry pwd

Add, mix well and bring to a boil
 1 qt chicken broth (4 C water plus 2 Knorr cubes)
 Cover with tight fitting lid and simmer about 14 min. This mixture may also be put in a casserole dish, covered, and baked at 350 for 30 min.

Shepherd's Pie

Pat Macleod

Chop and fry
 2 onions in
 2 T oil
 Add and cook until no longer red
 1/2 K hamburger
 Add
 1/2 pkg (with 1 C water added) or 1/2 can
 mushroom soup*
 1/2 t salt
 pepper

Place hamburger mixture in a greased casserole dish and cover with mashed potatoes (about 6 large potatoes). Bake at 350 for 45 minutes. May top with grated cheese before baking (use Quick Melt).

*1 can tomato sauce may be substituted for mushroom soup.

Encore Casserole

Brown together
 1 med onion, chp
 1 lb ground beef
 Add and simmer
 1 can tomato sauce
 3/4 C water
 1/2 t salt
 1/2 t chili powder
 1/8 t garlic powder or 1 clove, crushed
 Cook and mix with meat in casserole
 3/4 C noodles
 Add
 3/4 C corn or kidney beans (opt)
 Top with
 1/2 C grated cheese
 Bake 30 minutes at 350 .

Macaroni Soup

Dely Velasco

Heat in a medium saucepan

1 T hot oil

Saute until light brown

1 clove garlic, minced

1 med onion, sliced

Add and bring to a boil

1 cup diced cooked chicken meat

1/2 cup diced cooked pork meat

1/2 cup diced carrots

1 T salt

1 T patis

8 C chicken broth

Add and bring back to a boil

1 C elbow or shell macaroni

10 hard-boiled quail eggs

1/4 C chp celery

Cover and lower heat to medium. Cook for 15-20 minutes, stirring occasionally until macaroni is done. Stir in

1 cup evaporated milk

1/8 tsp white pepper

1/2 tsp MSG

Remove from heat. Garnish with

2 stalks green onions, minced

Serve hot as a soup or merienda dish.

Dinner-In-One Hamburger (Or Tuna) Pie

Marilou Weaver

Cut up

2 med onions

1 clove garlic

Saute in

1 T margarine or oil

Cut up and add

4 med potatoes

3 sm, 2 med or 1 lg carrot

1/2 C green beans

1 T green pepper (opt)

2 or 3 med tomatoes, peeled

2 C water

2 bouillon cubes or 1 Knorr chicken cube

1/2 t onion salt*

1/4 t garlic salt*

1/2 t vetsin (MSG)

salt to taste

Simmer until almost cooked. Pour into unbaked pie shell.

Top with

1/2 lb cooked and seasoned hamburger.

Top hamburger with grated cheese. Cover with foil and bake at 400 for 20-25 minutes. (Uncover for last 5 minutes.)

Note: May substitute for water and fresh tomatoes

1 C water

1 sm can of tomatoes

Note: May also substitute tuna drained and flaked for ground beef.

*Substitute a little extra salt for the onion and garlic salt.

Hamburger-Potato Casserole

To

1/2 K hamburger

Add

1 bouillon cube dissolved in

1/2 T boiling water

1 egg

1/2 t onion salt (opt)

pepper

Shape into thin patties. Brown lightly. Slice very thin

4 large (or 5 medium) peeled potatoes

Slice thin

3 med onions

Cook until almost done

3 slices of bacon

In greased baking dish, alternate hamburger, potatoes, and onions. Top with bacon; pour 1 C bouillon (1 C boiling water with 1 cube) and 1/2 t salt over casserole. Bake covered 1 1/2 hours at 350 . Uncover last 15 minutes.

Beef Stew*Marilyn Smith*

Saute in hot oil

2 cloves garlic, minced

1/2 t ginger, minced

Add and brown

2 lb beef (1/2 C per person minimum)

Salt and pepper

Add

1 chopped onion

2 t brown sugar

2 t vinegar

1/3 C soy sauce

Add water to cover meat and cook for an hour/pressure 15 minutes. Add potatoes, beans, and carrots--cut up. No need to make gravy.

Beef Curry Stew*Shirley Cottle*

Cut into cubes

2 lbs beef

Dredge beef in mixture of

1/4 C flour

1 1/2 t salt plus 1/4 t pepper

1 t curry pwd (or more if you like)

Brown meat in

2 T oil or shortening

Reduce heat and cook until tender. Add

1/2 C celery or pechay stalk

1 cut-up onion

1/2 C cubed carrots

1/2 C cubed potatoes

1 pint canned tomatoes

1/2 C water

Cook until tender and serve with rice or hot rolls.

Beth's Baked Beans (with hamburger)*Beth Sundberg*

Family Size Company Size

(4 servings) (12 servings)

Mix

2 lg cans pork & beans 6 cans

1 1/4 t Worcestershire Sauce 1 1/4 T

1/3 C chp onion 1 C

1/3 C chp celery (opt) 1 C

1/3 C chp green pepper 1 C

1/3 C catsup 1 C

1/3 C brown sugar, packed 1 C

1/4-1/2 lb cooked ground beef 3/4-1 lb.

Pour into baking dish. Dice 2-4 slices cooked bacon and put on top. Bake at 350 for 1 hour. Good served with rice.

Hamburger-Corn Casserole

In ungreased 2 qt casserole place
3/4 C uncooked rice

Add

1/2 Knorr cube dissolved in
1 C boiling water
1/2 t salt
8 oz can tomato sauce

Add a layer of

1 C chp onion
1/2 C chp green pepper

Then add a layer of

1 lb hamburger

Sprinkle with

1 t salt
1/2 t MSG (vetsin)

Top with

1 can drained whole kernel corn

Add and pour over corn

2-3 t chili powder to
1 8 oz can tomato sauce

Top with 4 bacon slices; cover and bake in 375 oven for 1 hour. Uncover and bake 15 minutes longer or until rice is done. Makes 5-6 servings.

Jumbo Cornburger

Mae Zook

Combine

1 1/2 lbs ground beef
2 slightly beaten eggs
1 8-oz can tomato sauce
3/4 t salt
dash of pepper
1 t Worcestershire sauce

Spread half of mixture in 8" round or 8" square ovenware dish.

Combine and spoon over meat

1 12-oz can whole kernel corn
1/2 C medium-coarse cracker crumbs
1 slightly beaten egg
1/4 C diced green pepper
1/4 C chp onion
2 T chp canned pimiento
1/2 t salt
1/4 t rubbed sage

Cover with remaining meat mixture. Bake at 375 for 1 hour. For last 5 minutes arrange on top

1 med tomato, peeled and cut in wedges

Sprinkle with

2 oz sharp process American cheese, shredded (1/2 C)

Serves 6.

Pork And Noodle Casserole

Lou Hohulin

Cut in small pieces and brown in a little oil

1 K pork

Add and cook in water to cover 1 hour

1 minced onion

salt and pepper to taste

Cook and drain

1 pkg noodles

Add and pour into greased casserole

meat mixture

1 T chp green pepper

1/2 C chp celery or pechay stalk

1 can chicken rice soup or 2 C thin white sauce

1 can corn

Mix

1/2 C bread crumbs

2 T grated cheese

Top casserole with bread and cheese. Bake at 350 for 30-40 minutes

Chinese Pork And Vegetables

Marilou Weaver

Cut into small chunks

1 lb lean pork

Add

1 C water

1/2 Knorr chicken cube

Simmer until pork is cooked. Drain broth into cup, add water if necessary, to equal 1

C. Add salt if needed. Add to broth

1 1/2 T cornstarch

Set aside. Cut up in thin, equal-sized pieces about 1 C of any combination of the following:

carrots

green beans

sayote

green pepper

scallions or onions

cabbage

Chinese peas

When almost ready to eat, heat heavy skillet with 1 T salad oil. When very hot, add vegetables and cook over hot fire stirring constantly for 3-5 minutes (taste for desired crispness); add broth and cornstarch mixture. Cook stirring constantly until broth thickens; add pork and heat through another minute or so. Serve at once.

Note: If using cabbage with other vegetables, cook other vegetables 2-3 minutes first before adding cabbage.

Chinese Style Hamburger Hash

Lily Sutherland

Brown

- 1 lb hamburger in
- 2 T oil or shortening

Add

- 2 med onions, chp
- 1 C sliced celery (or pechay stalk or sinkamas)
- 1 10 oz can cream of mushroom soup
- 1 10 oz can cream of chicken soup
- 1 1/2 C warm water

Stir in

- 1/2 C uncooked rice
- 1/4 C soy sauce
- 1/4 t pepper

Pour into greased casserole and bake covered 30 minutes at 350 . Remove cover and continue baking 30 minutes. Top with crisp chow mein noodles and bake 15 minutes more. (You may substitute crisp toasted pancit noodles for the chow mein noodles but add only at the last minute or they get soft.)

Greek Moussaka-Eggplant Casserole

Marianne Lambert

Cut diagonally into 1/2" slices

6-8 eggplant

Dip in flour and fry on both sides in oil. Drain on absorbent paper. Use some of the cooked slices to line a 3 qt shallow casserole or a 9"x13" pan. Saute in

- 2 T oil
- 1 clove garlic, chp
- 1 onion, chp

Add and fry until crumbled and cooked

1 1/2 lbs hamburger

Add and simmer 10 minutes

1 8 oz can tomato sauce

Melt in separate pan

6 T margarine

Add and let bubble a minute

6 T flour

Add and bring to a boil, stirring constantly

3 C milk

Beat hot sauce slowly into

3 eggs, well beaten

Season with salt and pepper

Spoon half of the meat sauce over bottom of eggplant lined casserole.

Spoon 1/3 egg sauce, sprinkle with

1 C grated cheese, then

1/3 of 1 C bread crumbs

Top with layer of eggplant slices and continue layering: meat, egg sauce, 1 more C grated cheese, 1/3 C bread crumbs, remaining eggplant. Spoon remaining egg sauce over eggplant and sprinkle with remaining bread crumbs. Bake at 350 for 30-40 minutes till top is lightly browned.

Hearty Leftover Soup

Mary Granaas

Saute in

1 T margarine *or* oil

1 med onion, chp

Add and cook over low heat

1-2 cloves garlic

Add

1-2 peeled chp tomatoes (opt)

Pour onions, garlic, tomatoes into

4 C boiling water

Add

1 pkg chicken noodle soup* *or* 4 boullion cubes (2 if using

Knorr)

1 t Worcestershshire sauce

1/2 t onion salt (opt)

salt and pepper to taste

Add any or all of the following leftovers: cut-up beef, pork or chicken, gravy, spaghetti, cooked vegetables, coleslaw (without pineapple of course), vegetable salad, viand. In fact, you can add anything except leftover eggs or fish. If you add all of the preceding in large amounts, you'd better double the first part of the recipe. Simmer 15-20 minutes.

*pork or beef noodle OK too.

Marc And Lee's Favorite Soup

Margaret Rhoads

Cook in pressure cooker until well done

Ox-tail *or* beef

Remove meat from bones and add

small amount of chp onion

rice

corn

tomato juice *or* sauce

dry vegetable soup *or* vegetable with noodles

Boil until thick, or the consistency you prefer. Season to taste.

Corned Beef Casserole Au Gratin

Mix together

1 can mushroom soup

1/2 C evap milk

1 12 oz can corned beef, cut up

1 C grated cheese

1/3 C minced onion

1 1/2 C cooked macaroni *or* noodles

Pour into greased baking dish. Top with cracker crumbs. Bake at 425 for 20 minutes. Makes 4 servings.

Hamburger (Or Tuna) Roll

Anne Pallesen

Brown and cook

1/2 K hamburger*

1/2 t salt

Add

4 T salad dressing

1 T Worcestershire sauce

1 T catsup

2 T finely chp pickles

3 T finely chp celery or other vegetable

Pastry: Cut in together

2 C flour

3/4 C margarine

Add enough water to make a stiff dough. Roll pastry out to 2 rectangular sheets. Spread meat mixture over and roll up; seal ends. Glaze with milk. Bake at 450 for 10 minutes. Reduce heat to 350 and bake 20 minutes more.

*May substitute 2 cans tuna, drained and flaked for the hamburger.

Tuna Boats (From the Manila House)

via Marilyn Smith

Combine

1 C grated cheese

1 can tuna

2 hard boiled eggs

2 T chp pepper

2 T chp onion

2 T pickle relish

1/2 C salad dressing

Line muffin tins with slices of buttered bread. Put mixture in bread lined tin. Bake in oven a few minutes until edges of bread are toasted.

Tuna Burgers

Marilyn Smith

Mix

1 can tuna

1 C celery

1 sm onion, chp

1/2 C cheese

1/4 C mayonnaise

salt and pepper

(Hard-boiled eggs, chopped and substituted for part of celery.)

Split 6 buns and butter. Spread tuna mixture on buns. Cover with foil and heat at 350 for 15 to 20 minutes or broil for 5 minutes.

Tuna Puff Sandwiches

Marilyn Smith

1 6 1/2 oz can tuna
1 t Worcestershire sauce
1 T green pepper, chp
1/2 t mustard
1 t chp onion
1/4 c salad dressing
Mix together and spread on
6 half hamburger buns
Place on top of each spread bun
tomato slice
Top with a mixture of
1/2 C salad dressing
1/2 C shredded cheese
Broil until top mixture is slightly brown or in 350 oven 1/2 hour.

Jackie Maier's Apricot-Sweet Potato Casserole

Marilyn Smith

Slice in greased baking dish
cooked sweet potatoes
Drain
large can of apricots or peaches
Cook until mixture thickens
1 C apricot/peach juice
1 1/2 t cornstarch
1/8 t cinnamon
1 C brown sugar
Add
apricots
1 t margarine
1/4 C walnuts
1 t shredded orange rind
Pour mixture over sweet potatoes. Bake at 350 for 25 minutes.

Tuna Noodle Casserole

Ramona Milling

Mix and pour into buttered casserole
1 pkg cooked noodles
1 can tuna, drained and flaked
1 can cream of mushroom soup or cream of chicken
1 sm can tomatoes
Top with cracker crumbs. Bake at 375 for 30 minutes. Makes 6 servings.

Tuna Cracker Casserole

Mix and heat to boiling, stirring constantly
1 can cream of chicken soup
1 soup can milk
1/8 t pepper
In baking dish put
3 C crushed crackers
Pour in hot mixture, add and mix well
1 can tuna, drained and flaked
Top with grated cheese. Bake at 400 until cheese melts. Serves 6.

Chicken Enchilada Casserole

Carol Kuiken

Combine

- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1/2 C milk
- 1 sm onion, chp

Grease a 9"x13" baking dish. Spread 1/2 soup mixture on bottom. Layer the following

- 12 flour tortillas*, cut in strips
- 4 chicken breasts, cooked and cut up
- 1 can diced chilies**
- remainder of soup mixture
- 6 tortillas

Top with

- grated cheddar cheese

Bake at 350 for 1 hour, covered. Serve with sour cream.

*Recipe in cookbook

**I use 1 green pepper and just "a few" hot peppers for taste.

Simple Simon Tuna Pie

Louise MacGregor

Mix together and place in bottom of casserole

- 1 can mushroom or chicken soup*
- 1 can tuna
- 1 chp onion

Lay on top of tuna

- 3 sliced hard-cooked eggs

Cover with

- mashed potatoes.

Place on top of potatoes a layer of

- grated cheese

Season with salt as desired. Bake at 350 for 45 min-1 hour until heated through.

*May substitute cream sauce with chicken boullion cube (see index) but increase flour to 1 1/2 T.

Sweet-Sour Tuna

Drain

1 #2 can pineapple chunks (save liquid)

Combine

1/4 C sugar

2 T cornstarch

Stir in

1/2 Knorr chicken cube dissolved in

1 C hot water

Add and cook until mixture thickens

reserved pineapple juice

2 T vinegar

2 t soy sauce

1/2 t salt

1 sm piece finely chp ginger (opt)

Add

pineapple chunks

2 C green pepper strips

2 cans drained tuna, broken in chunks

2 T margarine

Heat for 5 minutes stirring occasionally. Serves 6-8.

Tuna Rice Casserole

In buttered casserole put

1 1/4 C cooked rice

Saute in

2 T margarine

1 med onion, chp

2 T green pepper (opt)

Add and mix well

2 T flour

1/2 t salt

1/4 t pepper

Add and cook to medium thickness

1 1/4 C milk

Add and heat well

1 can tuna, drained and flaked

Pour over rice. Top with grated cheese. Bake at 450 until cheese browns.

Sardine Savory*New Zealand*

Beat well

2 eggs

Add

1 small can sardines in oil, drained

1 t margarine

2 t Worcestershire sauce

1/2 t kalamansi juice

1/2 t nutmeg

pinch of salt

Cook slowly till mixture thickens. Cool slightly. Add

1 T evap milk

Serve on hot toast.

Tuna Eggplant Loaf*Marilou Weaver*

Boil until soft, peel and mash

6 med eggplant

Add and mix well

1 can tuna, drained and flaked

1/2 med onion, chp

1 t salt

1 egg

1/4 C cornmeal and 1/4 C cracker crumbs*

1/4 C milk

Bake in greased loaf pan for 45-60 min at 325 .

*1/2 C cracker crumbs plus 1 T flour

Onion Quiche*Heidi Pfeifer*

Prepare a pizza pie crust. Cut in fine slices

2 C onions

Saute until tender in

1/2 T shortening

Spread onions on pizza crust. Mix together and then pour over onions

1 T flour

1 T salt

1 C milk

2 eggs

Bake at 450 for 30 min.

Mexican Corn Pie*Suzanne Jacobson*

Combine and pour into greased 9" pie pan

2 C leftover raw or cooked corn, cut from ears

2 eggs

3/4 C milk

Top with

1/4 K cooked ground beef

1 diced green pepper

1 diced onion

(1 C grated cheese sprinkled on top is also good.) Bake 30 min (or until crust is set) at 350 . Serve with favorite taco sauce and salad.

Eggplant And Tomato Casserole

Diane Morren

Peel and cut into 1/2" slices

1 1/2 lbs eggplant

Peel and slice

1 lg onion

2 med fresh tomatoes

Dip eggplant, onion, and tomato slices in flour seasoned with salt and pepper. Saute quickly until browned on both sides in hot oil *or* oil and margarine mixed. In greased casserole, place a layer of eggplant, top with a layer of onion and then a layer of tomatoes. Season with salt, pepper and 1 t basil. Repeat layers until all are used up.

Top with mixture of

1/2 C fine toasted crumbs *or* wheat germ

1/2 C grated cheese (Parmesan or other)

Add a little water if it seems too dry. Bake at 350 for 20-30 minutes or until browned on top.

Browned Rice

Jan King

Clean rice (the amount you wish to serve) but do not wash. Place dry rice in a large heavy skillet over medium high heat. Stir until evenly browned. Add liquid. Cook as usual with butter and salt or dissolved Knorr beef or chicken cube. When done, add chopped pimento.

Tamale Loaf

Reka France

Mix and cook together 15-25 minutes

2 cans RAM corn with juice

2 cans RAM tomatoes

1/2 lb cooked meat, cut up

2 onions, chp

6 sm cloves garlic, chp

1 C ripe olives (opt)

1 T chili pwd

3 t salt

Add

1 C cornmeal

3 beaten eggs

1 C milk

2 T sugar

Add grated cheese on top. Bake in 13"x9" pan 30-45 minutes at 350 . Serves 12.

Baked Macaroni And Cheese

Linda Pittman

Cook until tender in salted water

2 C macaroni

In the meantime, prepare

1 1/4 C cheese, diced or grated

Beat

2 eggs

Add to eggs

3 C milk

In a greased casserole, put layers of macaroni and cheese. Sprinkle each layer with salt and pepper. Dot with 2 T margarine or oil. Pour milk mixture over casserole. Sprinkle with paprika, if desired. Bake at 350 until golden. (To speed things up, use hot milk.)

Skillet Macaroni And Cheese

Saute in

2 T margarine

2 T chp onion

2 T chp green pepper (opt)

Add and cook slowly 1 minute over low heat

3 T flour

Add, stirring constantly until mixture boils

2 C milk

1 Knorr chicken cube

Then add

1 C grated cheese

1 pkg regular-size cooked macaroni

Top with sliced hard boiled egg, if desired.

Tuna Macaroni Casserole

Jean Kemp

Cook and drain

8 oz pkg elbow macaroni

Add and mix well

1 onion, chp

1 green pepper, chp

1 can cream of chicken soup

1/2 C mayonnaise

1 can tuna, drained

1/2 C grated cheese

Put in greased casserole. Top with

1/2 C grated cheese

Bake 20 minutes at 400 .

Special Spaghetti

Dely Velasco

Cook according to directions and drain

1 small pkg spaghetti

Blend together

2 C shredded cooked chicken

2 C grated cheese

1/4 C whole tomatoes, chp

1 C tomato sauce

salt and pepper to taste

4 hard boiled eggs, chp

1 1/2-1 3/4 C chicken stock

2 T onion, chp

Add spaghetti. Put in greased baking dish. Sprinkle top with

3/4 C grated cheese

Bake in 350 oven 20-30 minutes until cheese melts. Serve with garlic bread.

Lasagne Noodles

Combine and mix well

1 C flour

2 egg whites

1/4 t salt

Add small portions of water until dough forms a soft ball. Divide dough into 2 sections. Roll each half into a rectangle 1/4" thick on a floured board. Cut into strips 2" wide and 4-6" long. Cook noodles in 2 qts salted water 3-5 minutes. Use as you would regular lasagne noodles. For a 9"x13" pan you will need a double recipe.

Lasagne

Bobie McKaughan

Brown

1 lb ground beef

Add

1 t MSG (vetsin)

3/4 t salt

1/8 t pepper

1 t basil

1/2 t oregano

1 small onion, chp

Mix together and add

2 8 oz can tomato sauce

Water may be added if sauce is too thick or needs to be stretched further. Bring to boil. Reduce heat and simmer 20 minutes.

Cook according to package directions

1 8 oz pkg lasagne noodles

Prepare if necessary

1 lb cheese (any or all of the following: cottage, parmesan, sliced mozzarella, grated cheddar)

In a 9"x13" baking dish alternate layers of

beef mixture

noodles

cheeses

Begin and end with beef mixture. Bake in 375° oven for 20 minutes.

Opt: During the last 5 minutes arrange slices of mozzarella or cheddar cheese on top. Heat until cheese is slightly melted. Makes 6-8 servings.

Note: Sauce tends to get soupier as lasagne bakes.

Note: Allowing lasagne to cool for 5-10 minutes before serving will result in neater servings.

Acapulco Casserole

Jean Kemp

Brown and drain off fat

1/2-1 lb ground beef

Add

1 C onion, chp

1 C celery or pechay stalk, chp

1 clove garlic, pressed

1 1/2 t Worcestershire sauce

1 t chili powder

2 C red kidney beans

1 can cream style corn

1 8 oz can tomato sauce

Cook and stir 3 minutes. Place one tortilla (see tortilla recipe) in bottom of 2 qt casserole and top with one cup of meat mixture. Using 5 more tortillas, alternate meat sauce and tortillas. Top with remaining meat sauce and sprinkle with 1/2 C shredded cheese. Bake, uncovered, at 350° for 30 minutes. Serves 6-8.

Tortillas

Jean Kemp

Combine

- 1 C flour
- 1/2 C corn meal
- 1 egg
- 1/3-1/2 C water
- 1 T shortening
- 1/2 t salt
- 1/4 t BP

Mix ingredients together until they clean the bowl. Divide into 12 pieces and roll out very thin on floured board. (Use lots of flour.) Pre-cook on a moderately hot ungreased griddle for about 30 seconds on each side.

Tortillas

Combine together

- 1 C flour, sifted
- 1/2 C corn meal
- 1/4 t salt
- 1 egg
- 1 1/2 C cold water

Beat until smooth. Spoon 3 T batter onto a mod hot ungreased griddle to make a very thin 6" pancake. Turn tortillas when edges begin to look dry, not brown. Bake other side; keep warm in covered pan. Makes 12 tortillas.

Flour Tortillas

Steve Burgess

Mix together in bowl

- 2 C white flour
- 1 t baking powder
- 1/4 t salt

Add

- 1/4 C shortening

Cut into flour mixture, like mixing pie dough, until shortening is size of small peas. Gradually add 1/2 C hot, but *not* boiling water. Work together with your hands, kneading the dough. Do not add extra flour. Dough will be soft and elastic. Pinch off a piece of dough the size of a walnut. Work into ball in your hand. Then roll out on a wooden cutting board, with rolling pin. Fry on an ungreased skillet at medium high heat for 30-60 seconds per side. Makes approximately 18-6" tortillas.

Enchiladas

Jean Kemp

Take pre-cooked tortilla (see tortilla recipe) and dip it in hot fat (if you are in a hurry or on a diet you can skip this. If you do, the tomato sauce will soak into the tortilla making it more like a tamale but it is still very good.) Next dip into Enchilada sauce. Fill and roll. (or, if your tortillas are too crisp, lay flat in layers.) Place in greased baking dish. Pour remaining sauce over Enchiladas and top with cheese. Bake at 375 for 20 minutes.

Filling: Any combination of

- cheese
- chp onions
- cooked ground beef
- cooked brown beans

Enchilada Sauce

Jean Kemp

Heat
 2 T fat *or* drippings
Brown in fat
 2 T minced onion
Stir in
 1 T flour
Add and let simmer until thickened
 2 8 oz cans tomato sauce
 1 clove garlic, minced
 2 t chili powder
 1 t salt
 1/2 C water
Enough for 6 tortillas.

Tacos

Jean Kemp

Take pre-cooked tortilla (see tortilla recipe) and cook in hot fat, fold over, holding sides apart with tongs, until tortilla is stiff. Fill immediately as they will be hard as soon as they cool, or toast flat and add filling on top.

Filling: Brown

 1 lb ground beef
Add
 1 sm onion, chp
 1 t chili powder *or* hot sauce
 1 8 oz can tomato sauce *or* 1 C catsup
Cook at least 10 minutes or until ready to use.

Fried Rice-Mexican Style

Heat in frying pan
 3 T oil
Add and stir until slightly golden brown
 2 cloves garlic, sliced
 1 med onion, sliced
 1 C uncooked rice
Add and cook until rice is tender, without stirring
 2 boullion cubes (or 1 Knorr chicken cube) dissolved in
 2 C hot water

Rice Pilaf

Jean Kemp

Saute in
 2 T melted butter
 1 C raw rice
 1 med onion, chp
Stir in
 1 envelope chicken noodle soup
 2 1/2 C water
Bring to a boil. Cover and simmer over low heat 25-30 minutes or until liquid is absorbed. Remove from heat and stir in 2 T parsley. Makes 4-6 servings.

Texas Hash

Saute in large, deep, covered skillet or rice pot
 2 onions, chp
 1 C diced green pepper (less if you don't like it!)
 3 T fat or oil

Add and stir to break meat
 1/2 K ground beef

Add
 1 #2 can whole tomatoes
 1 1/4 t chili pwd
 1/8 t pepper
 1 C water
 1 C rice
 1 T salt (1 t salt plus 1 Knorr cube)

Dissolved in
 1 T boiling water

Cover and simmer about 20 min or until rice is tender.

Spicy Chili Corn Chip Casserole

Joyce Hoff

Cook together
 1 1/2 lbs ground beef
 1 C coarsely chp onions
 1 clove garlic

Add and simmer 25-30 minutes
 2 t salt*
 2 t chili pwd
 2 t paprika
 1/2 t oregano
 1/4 t pepper
 1 lg can tomatoes
 1 can tomato paste

Stir in
 2 C shredded cheddar or American cheese

Allow cheese to melt. Stir in about 2 C Chippies. Serves 6.

*or 1 t salt plus 1 Knorr cube dissolved in 1 T hot water

Cheese And Egg Bunwiches

Virginia Kramer

Combine and mix well
 4 hard-cooked eggs, chp
 1 C process cheese, grated
 1/2 C chp celery (or pechay stalk plus celery salt)
 1/4 C salad dressing
 1/4 C pickle relish

Spread toasted halves of hamburger buns or hot dog rolls (or bread) with margarine. Top with mixture and broil for 5 minutes. Or fill buttered rolls or buns with mixture, arrange in baking pan, cover with foil and bake at 350 for 15 minutes. Also good with tuna, ground bologna, etc.

German Pizza*Jacque Swaney*

Slice

4 potatoes (boiled in skins, cooled and peeled)

Fry with

1/4-1/2 C chp onions

Add, cover and heat through over low heat

1 lb pre-cooked hamburger (or leftover roast) salted to taste

Add, cover and keep cooking until eggs are set

3-4 beaten eggs

salt to taste

Then add, cover and cook until cheese melts

1/4-1/2 C grated cheese.

Serve hot.

Quick Pizza Dough (Yeast)

Dissolve until foamy in

1/4 C warm water

1 T dry yeast

Mix together in a separate bowl

2 T oil

2-3 T sugar

1/8 t salt

1/2 C boiling water

When the oil mixture is just warm, add yeast. Add and knead together until no longer sticky, about 2 1/2-3 1/2 C flour. Pat the dough 1/4" thin on lightly greased pizza pans or cookie sheets. Press up around the edges to make a slight rim. Yields enough for 2 tins.

Quick Pizza Dough (Baking Powder)

See index for Stir 'N Roll Biscuits.

Barbecue Sauce For Chicken*Donna Kipp*

Mix

1/2 C honey (or sugar if necessary)

1/3 C vinegar

1 1/2 t Worcestershire Sauce

1/2 t onion salt

1/4 t garlic powder

1/8 t pepper

dash of paprika

1 T tomato paste

1/2 C melted shortening

Allow 45 minutes for broiling.

“A-1” Barbecue Sauce

(Good with meats, lumpia, etc.)

Mix together and bring to a boil

- 1 C catsup
- 1/4 t cloves
- 1 T vinegar
- 2 t Worcestershire Sauce
- dash pepper
- 2 t hot chili sauce or 1/4 t hot sauce
- 1/4 C onion, chp fine

Remove from heat. Keeps well in refrigerator.

Tangy Barbecue Sauce

Cook until golden

- 1 minced onion in
- 2 T margarine

Stir in

- 2 T vinegar or 3 T kalamansi
- 1 C catsup
- 1 C water
- 1/2 C minced celery (opt)
- 1/2 T dry mustard
- 2 T brown sugar
- 1/8 t cayenne or few drops hot sauce
- 1/2 t chili powder
- 2 T Worcestershire sauce

Simmer 20 min until sauce is thick. Makes 2 cups.

Basic White Sauce

Cook slightly while stirring

- 1 T margarine
- 1 T flour

Add slowly and cook until thick

- 1 C milk
- 1/2 t salt or 1/2 Knorr chicken cube
- 1/2 t vetsin (Accent)
- pepper to taste

Variations: Add

- 2 T minced onion
- 1 T minced green pepper

Cheese sauce: Add to thickened sauce and stir until melted

- 1/2 C grated cheese

Cheese Sauce (for baked potatoes)

Jean Kemp

Soften to room temperature

1/2 C margarine

Add and beat only enough to mix

2 C grated cheddar cheese

Add and beat slightly

1/2 t salt

1 C yoghurt or sour cream

2 T chp chives or minced onion

Catsup Plus Sauce

Mix together

1/2 C catsup

juice of 1-2 kalamansi or 1 t vinegar

1 T pickle relish

1/2 T minced onion

few drops hot sauce if you like

Spaghetti Sauce

Saute in

3 T oil

1/2 C chp onion

1 clove minced garlic

Add

1 can whole tomatoes

1 can tomato sauce

1 can tomato paste

1 C water

1 t Worchestershire sauce

1 med bay leaf (opt)

1/2 t oregano

2 t salt

1/4 t pepper

Simmer over low heat 1 hour. If desired, 1 lb ground beef may be added to onions and garlic and browned before tomatoes, etc. are added.

Pizza Sauce

Saute in

- 2 T oil
- 1 med onion, chp

Add

- 3 C tomato sauce
- 1/2 t sugar
- 1 1/2 t brown sugar
- 1/2 t salt
- 1/4-1/2 t oregano
- 1 Knorr cube dissolved in
- 1 T boiling water
- 3-4 cloves of garlic, minced

Simmer sauce until thick. Cool thoroughly before spreading on pizza dough. Bake pizza.

Tartar Sauce

Mix together

- 1/2 C salad dressing *or* mayonnaise
- 1 T pickle relish
- juice of 1-2 kalamansi *or* 1 t vinegar
- 1/2 T minced onion (opt)

Kamote Sauce

Linda Venable

Mix

- 1 T cornstarch
- 1/3 C brown sugar

Add and cook until thick and clear

- 1 C pineapple juice

Stir in

- 1 T butter

Pork B-B-Q Sauce

via Gayle Worley

Enough for 1 1/2 K pork cut in small, thin slices

- 1/4 C vinegar
- 1/4 C soy sauce
- 1 onion, chp
- a few drops of hot sauce
- 1/2 C brown sugar
- 1 clove garlic chopped or crushed
- 2 sm. bottles UFC banana catsup

Marinate overnight. Arrange meat on bamboo sticks and bar-b-que over charcoal.

Meat, Poultry, Fish

Tough Meat??!!

If you have a very tough piece of meat, cook with a little green papaya to tenderize it. If you have no papaya, cut up a stalk of papaya leaf and cook with the meat. Don't eat the stalk, but remove before serving.

CAUTION: Whatever method is used, pork should always be cooked until well done; therefore low or moderate temperature should be used. The flavor is best when the meat is thoroughly cooked, and prolonged heat kills any trichina organisms.

Tangy Tender Coffee Beef (or carabao)

Take any 1-2 K chunk of beef (or carabao) with a large knife, cut slits completely through the meat. In these slits insert slivers of garlic and onion (opt). Put the meat in a bowl and pour 1/2-1 C vinegar over it making sure it runs down into the slits. (This will tenderize the meat.) Refrigerate for a day or two.

To Cook: Discard vinegar, thoroughly brown meat on all sides in heavy pan. Pour over the meat

1-2 C strong black coffee

1-2 C water

Cover and simmer 6 hours. Do not season until last 20 minutes, then add salt and pepper. If you need to add extra water, don't add more than 1 C at a time. The drippings make yummy gravy.

Barbecued Meat

Margaret Rhoads

Cut meat into serving pieces, season to taste and place in single layer in baking dish. Combine in saucepan

1 1/2 t salt

1 t pepper

1 t mustard

2 C catsup or tomato sauce

1/2 C vinegar

1/2 C brown sugar (or more)

Pour heated sauce over meat to almost cover. Cover with tinfoil and bake 1 hour and 30 min at 350 . Remove foil about 5 min before serving. Suggested meat: pork-ribs, chicken, beef. This can also be done in pressure cooker: cook meat until done then add your favorite barbecue sauce and cook down until sauce coats meat. The secret is in using enough brown sugar.

Meatball Stroganoff

(A meat extender recipe)

Grind in meat grinder using fine cutter

1 C cooked soybeans

Combine with and mix completely

1/2 K ground beef

Add and form into balls

1/2 C bread crumbs

1 t oregano leaves

1 T parsley flakes

1 clove minced garlic

1 t salt

dash pepper

2 eggs, beaten

Makes about 30 walnut size. (Without soybeans makes about 20.) Brown meatballs in oil on all sides in a large, heavy skillet. Remove from pan into serving dish.* Saute

1 onion, sliced in rings

4-6 pieces mushrooms, sliced

1 clove minced garlic

Remove from pan and place on top of meatballs. Dissolve

1 Knorr beef cube in

1 C boiling water

Add and pour into skillet with pan drippings

2 T tomato paste

Bring to boil. Shake together in jar

3 T flour

1 C cold water

Pour quickly into skillet and stir until thickened. Add and stir until heated through

1/2-2/3 C sour cream *or* yoghurt

Pour over meatballs and vegetables. Serve over parsleyed rice, browned rice with pimento, or noodles with caraway seed.

* May be done ahead. If so, add meatballs to sauce to reheat before adding yoghurt.

Remove meatballs, then add yoghurt.

Beef Stroganoff

Carolyn Dale

Marinade

- 2 T soy
- 2 T honey
- 2 T vinegar
- 1 T fresh grated ginger *or* 1/2 t pwd. ginger
- 1/4 t garlic pwd. *or* 2 cloves fresh, minced
- 1/4 C salad oil

In the morning: Put 1/2-3/4 K beef*, sliced thin, in marinade. If time is limited marinate at least 1 hour.

Then brown meat in a little oil and add

- 1 C water
- 1 beef Knorr cube

Cover and let simmer 1 hour. Then add

- 2 C of white sauce *or* 1 pk of Knorr cream of mushroom soup prepared as directed on package

Stir and simmer 10 minutes. Add

- mushrooms (opt)

Add just before serving

- 1 C sour cream**

*top round *or* Sukiyaki style sliced beef

**1 sm. Nestle cream and 2 t vinegar. Let stand 20 minutes.

Chicken Tetrzzini

Marilyn Smith

Cook with enough water to cover

- 1 chicken
- 1 bay leaf
- 1 stalk celery
- salt and pepper

When chicken is tender, remove chicken from bones and cut up.

Cook in chicken stock, adding some water

- 1/2 lb spaghetti

Saute

- 1 onion, chp
- 1 green pepper, chp

Make white sauce of

- 4 T butter
- 1/3 C flour
- 2 C milk

Cook until thick. Cut in cubes and add to white sauce while stirring

- 1/2 lb cheese

Add and stir until cheese is melted

- 1 can/pkg mushroom soup

Heat and serve *or* heat in the oven topped with bread crumbs at 350 for 30 minutes *or* until lightly browned.

India Chicken

Marilyn Smith

Coat with flour and brown in oil or just put in pot
chicken pieces

Add and saute until transparent
chp onion
minced garlic

Add
1 can tomatoes or tomato sauce
1 C sour milk or yoghurt

Add
1 t salt
1/2 t ginger
1/8 t pepper
1/8 t chili pwd

Cover and cook over low heat until done. If desired, remove chicken and thicken
sauce with flour. Stir in
1/2 C coarsely chopped cashew nuts (opt)

Serve over cooked rice.

Ernie Lee's Turkey (Part 1)

Marilyn Smith

For about 9-10 lb turkey
Cook in salted water to cover (1/2")
giblets from turkey

Chop giblets very small. Chop in 1/2" cubes
6-7 pieces of bread

Soak in salted broth. When bread is quite moist, but dry enough to maintain shape,
mix with

1 1/2 C chp apple
celery or celery seed
2 eggs
1/2 t pepper
1/4 C brown sugar

1 C raisins (opt)
2 1/2 T poultry seasoning (or to taste)

Ernie Lee's Turkey (Part 2)

Marilyn Smith

Stuff turkey 2/3 full with dressing (it will swell). Roast in aluminum foil
securely sealed to prevent dripping. Place breast up in shallow pan in
450 oven. Add the remaining dressing to pan placing around the turkey only the last
hour of baking or dressing will be very hard. Before adding this dressing drain off
juices for gravy. Last 15 minutes take off foil. Done when leg joint moves: 8-10 lb for
2 hours; 10-12 lb 3 hours; 14-16 lb for 3 1/4; 18-20 lb 3 1/2 hours.

Barbecued Pork

Marilyn Smith

Cook in water until done

- 1 lb pork
- 1 chp onion

Shred meat and keep enough broth to make sauce thin. Add

- 1/4 C brown sugar
- 1 can tomato sauce or 1/2 C catsup
- 2 T mustard
- 2 T vinegar
- 1 t cinnamon
- 1/2 t salt or 2 T soy sauce
- pinch of allspice

Cook until sauce and meat are well blended. Can add more broth.

Pork Meal-In-A-Dish

Marilyn Smith

Dredge with flour and brown in oil

- 1/2 lb pork, cut in cubes or 1/2 lb beef

Add water and simmer until tender. Put meat in bottom of a casserole or heat all on stove. Add

- 1/2 pkg cooked noodles or spaghetti
- 1 can cream-style corn
- 1 can chicken soup or white sauce

Top with

- 1/2 lb grated cheese
- 1 1/2 C cracker crumbs

Bake at 350 for 30 minutes.

Island Broiled Chicken

Jan King

Combine in jar and shake until well blended

- 1 C salad oil
- 1/4 C kalamansi juice
- 1/4 C soy sauce
- 2 cloves garlic, minced
- 1 t oregano leaves
- 1/2 t salt
- 1/4 t pepper

Pour over and marinate at least 4 hours

- 2 chickens (1 K each), cut in pieces

Stir often. Remove from marinade and place chicken in large pan. Cover with foil and bake at 350 for 1 hour. Place under broiler or cook on grill until well browned.

Serves 6.

Alice Maryott'S Chicken*Marilyn Smith*

Fry in oil

2 cloves garlic

Flour and brown chicken in oil (opt)

Place in pot with water

chicken

onion

celery leaves

1/4 C soy souce

bay leaf

curry powder

salt

Good gravy without adding anything. Simmer 1/2 hour or so.

Sesame Baked Chicken*Carol Brock*

Combine

2/3 C fine cracker crumbs

1/4 C toasted sesame seed*

Dip

1 cut up chicken in

1/3 C evap milk

Roll in cracker mixture. Pour in 11"x7" baking dish

1/2 C melted margarine

Dip skin side of chicken pieces in margarine. Turn over and arrange skin side up in baking dish. Bake uncovered at 350 for 1 1/2 hours or till done.

Toast** in oven in shallow baking dish. Stir and be careful not to burn.**Walnut Chicken (Cashew)Carol Kuiken*

Mix and let sit

1 lb chicken

1 T soy sauce

1 t cornstarch

Cook 1 1/2 min before adding chicken

3 T oil

1/2 C walnuts (cashews)

Add chicken and remove from pan when cooked. Cook alone

1 green pepper

1/2 t ginger

Mix and cook with all of the above

1/2 t cornstarch

dash hot pepper

3/4 t sugar

3/4 t red wine vinegar *or* just vinegar

1 T soy sauce

Serve over rice. Vegetables can be added.

Mother Smith's Swiss Steak

Marilyn Smith

Cut into serving pieces

round steak

Flour and brown in oil. Add

1 chp onion

1-2 C water

Cook two hours *or* 15 minutes in pressure cooker. Add some soy sauce.

John Miller's Meatloaf

Marilyn Smith

1 lb minced beef

6-8 crackers

1 med to large onion, diced

salt and pepper

1 egg

brown sugar

2 T catsup

Worchestershire sauce

1/4 t mustard

Bake in 350 oven for 1 hour.

Dot's Eye Of Round Roast

Marilyn Smith

Put in tight pan or wrap in foil

frozen roast

Sprinkle on top

1 pkg dry onion soup

Cook for at least 2 hours in 325 oven. Make gravy without adding water, slice and enjoy. 1 K serves 6.

Pepperette Steak

Ramona Milling

Mix together

1 beef boullion cube dissolved *in*

1/2 C boiling water

2 lbs gr beef

1 T Worchestershire sauce

2 t soy sauce

1/4 t salt

Shape into six patties about 1" thick. Sprinkle each side generously with freshly ground black pepper, pressing it into the meat slightly with hands. Pan fry over medium heat 8 minutes on each side, or until meat is done.

Swiss Steak

Judy Carlson

Using mallet, pound
1/2 C flour
1 t salt into
2 lbs thinly sliced beef
Brown meat in
3 T oil or shortening
Reduce heat and add
1 boullion cube in 1/2 C hot water
1 C tap water
1/4 C catsup
1 t prepared mustard
1 med onion, sliced
Simmer, covered 1 1/2 hours adding water as necessary.

Beef Stroganoff

Shirley Funnell

Cut into thin strips
1 1/2 lb beef (preferably round steak or hamburger)
Dust with
1/4 C flour
dash pepper
In a large skillet, brown meat in
1/4 C margarine
Add and brown lightly
1 4 oz can sliced mushrooms, drained
1/2 C chp onion
1 sm clove garlic (or 1/4 t garlic salt or 1/8 t instant garlic powder)
Stir in
1 C beef boullion (or 1 C boiling water, 1/2 Knorr beef cube)
Cover and cook slowly about 1 hour until meat is tender, stirring occasionally. (You may have to add more water now and then.)
Gradually stir in
1 C sour cream*
Serve over
3 C cooked noodles
Serves 4.
*or 1 can Nestles thick cream plus 1 t vinegar. Let stand 10 minutes before using.

Gourmet Ground Beef

To improve the flavor of almost any ground beef recipe.

To

1/2 K gr beef

Add the following before cooking

1 egg

1/2 Knorr cube dissolved in a little

boiling water

1 T Worcestershire sauce

1/2 t vetsin

1/4 t pepper

1 T chp onion

1 T chp green pepper

Garden Meat Loaf

Marilou Weaver

Mix together

1 lb gr beef

1 egg

1 minced clove garlic

1 t salt

1 T Worcestershire sauce

1/2 t vetsin (Accent)

1/4 t pepper

1 med carrot, chp fine or grated

1/2 C green beans, cut up fine

1 med onion, chp

small amount green pepper, chp

1 med potato, chp fine or grated

1/4 C chp celery or pechay stalk

2 slices bread, cubed with

enough milk to soften

Dissolve

1 bouillion cube in 1 T boiling water (1/2 cube if Knorr chicken cubes)

Add to meat. Shape into loaf and bake at 350 for about 1 1/4 hours. Top with catsup last 5 minutes.

Meat Marinade

Combine and mix well

1/2 C salad oil

1/4 C kalamansi juice (vinegar, if necessary)

1 t salt

1 t crushed oregano

1/2 t coarse pepper

1 clove garlic, minced

Yields 3/4 C. Good for tenderizing and for flavoring. Use for pork or beef chunks.

Five Hour Stew

DO NOT BROWN MEAT

Dump the following raw in a large casserole or roaster and bake covered at 275 for 5 hours. (Or simmer over very low heat in a Dutch oven on top of the stove.)

- 1 K stew meat
- 1 lg carrot, cut in lg pieces
- 2 med potatoes, quartered
- 2 t salt
- 1 can cream of chicken *or* mushroom soup
- 1 soup can water

Swedish Meatballs

Soak 5 minutes

- 1 1/2 C soft bread crumbs in
- 1 C milk

Cook till tender

- 1/2 C chp onion in
- 1 T margarine

Mix together

- 1/2 K gr beef, crumb mixture, onion
- 1 egg
- 1 1/2 t salt
- dash of pepper
- 1/8 t each, grd ginger, nutmeg

Shape into 1 1/2 inch balls. Brown in

- 2 T margarine

Remove from skillet and add to drippings

- 2 T margarine
- 2 T flour

Add and cook until thick

- 1 beef boullion cube (or 1/2 Knorr chicken cube) dissolved in
- 1 1/4 C boiling water

Add meatballs and simmer 30 minutes.

Cabbage Rolls Supreme

Marilou Weaver

Follow "Gourmet Beef" recipe for 1/2 K ground pork or ground beef.

Remove carefully and boil until limp

about 10 leaves from head of cabbage

To each leaf add

1 T of meat

1 t grated cheese

1 t chp onion

Roll and secure with toothpick. Put in frying pan and add

1 can tomato sauce

1 C water

1 beef or chicken bouillon cube

1/2 t onion salt

1/4 t garlic salt (opt)

1/2 t vetsin

1/2 T Worcestershire sauce

salt to taste

1/4 C grated cheese (opt)

Simmer about 30 minutes. Serve with rice.

Barbecued Hamburger With Cheese

In a saucepan, melt

1 T margarine

Add and saute for about 3 minutes

1 lb hamburger

1 minced onion

Blend in

1 T flour

1 t salt

1/4 t pepper

1/4-1/2 t chili powder

Add and simmer 20 minutes

1/2 C tomato sauce

1/2 C water

Fold in

1 C coarsely grated cheese

Serve hot on hamburger buns. Serves 6.

Cheese Meat Balls

Mix and form into balls

- 1/2 K hamburger
- 1 egg
- 1/4 C minced onion
- 1 C shredded cheese
- 2 T flour
- 1/2 t salt

Brown in a little oil and remove from pan.

For sauce, saute

- 1/2 T margarine (if needed)
- 1/2 C onion, chp

Add

- 1 C catsup *or* tomato sauce
- 1 C water
- 1/4 C chp celery *or* chp pechay stalk (not leaves)
- 1/2 C milk
- 1/2 C shredded cheese
- salt, pepper, sugar to taste

Add meat balls and simmer 10 minutes. Serve on spaghetti or noodles.

Hasty Tasty Hamburgers

Put in the bottom of a cup

- 1/2 Knorr *or* 1 beef boullion cube

Add

- 1 T boiling water

Wait a few seconds, then mash. Add

- 1 lb ground beef
- 1 egg

Shape into patties and fry or shape like hot dogs, wrap with bacon strips. Fry and serve in hamburger buns *or* hot dog rolls.

Superburgers

Dely Velasco

Mix and form into patties

- 1/2 K ground beef
- 2 beaten eggs
- 1 lg onion, cut fine
- juice of 5 kalamansi
- 1/2 t salt
- dash pepper
- 1 t soy sauce

Broil or fry.

Quick 'N Easy Meat Loaf

To

1/4 C cooked cold rice or 1/4 C cracker or bread crumbs

Add

1 egg

1 T Worcestershire sauce

1/2 t chili powder

1/2 Knorr cube dissolved in

1 T hot water

1/4 t salt

1 sm onion, chp

1 clove garlic, minced

Add mixture to

1/2 K hamburger

Shape into loaf and bake at 350 for 1 hour. *Or* brown on both sides in heavy skillet, add 1/4 C water, cover and steam over low heat 30-40 minutes. (Add a few peeled, sliced potatoes and carrots before covering to complete your meal.) This is a good recipe to double for family size meals. If doubling, shape into 2 loaves before cooking. Serves 4.

Cheeseburger Pie

Lightly brown

1 lb ground beef

Add

1/2 C evap milk

1/3 C fine dry bread crumbs *or* cracker crumbs

1/2 C catsup

1/4 C chp onion

1/2 t oregano

3/4 t salt

1/8 t pepper

Prepare pastry for 8" pie pan. To uncooked pie crust add meat mixture. Bake at 350 for 35-40 minutes. Toss

1 C shredded American cheese* with

1 t Worcestershire sauce

Put on top of pie and bake 10 minutes more or until cheese is melted. Remove from oven and garnish with pickle slices or serve it as is.

*Mozzarella is even better, or you can use Cheese Whiz, but don't try to toss it with anything!

Sloppy Joes

Brown until it loses its red color

1/2 K gr beef in

1 T shortening

Add

1 C finely chp onion

1 T sugar

2 T prepared mustard

1 T vinegar

1 t salt

1/2 t cloves

1 C catsup

1 C finely chp green pepper

garlic to taste

Simmer covered about 30 minutes; serve on split toasted buns or toasted bread.

Serves 4-6.

Curried Beef

Saute in

1 1/2 T oil

1 med onion, chp

1 clove garlic, minced

Add and cook 1 minute

1 1/2 t curry powder

Add

1 1/2 lbs cubed beef

1 peeled diced tomato

2 t salt

2 t sugar

Mix and add

2 T cornstarch

2 C water

Simmer until beef is cooked. Serve over rice with the following condiments: Chp hard cooked egg, fresh grated coconut, raisins, sliced bananas, chp peanuts.

Barbecued Franks

Barb Musgrove

Brown in

- 3 T shortening
- 1/3 C chp onion
- 1/3 C chp celery *or* pechay stalk
- 1/2 clove garlic, minced

Stir in and simmer a few minutes

- 1 can tomato soup (or tomato veg. or other kind, or
- 1 sm can tomato sauce + 1/2 can water)
- 2 T brown sugar
- 2 T Worcestershire sauce
- 2 T vinegar
- 2 t prepared mustard
- 4 drops tabasco *or* other hot sauce

Add, cover and simmer 20 minutes

- 1 lb franks

Serve over rice.

Chicken Fried Liver

Faith Boyce

Sprinkle

- 3 T kalamansi juice on
- 1 lb sliced liver

Combine

- 1/4 C flour
- 1 t salt
- 1/4 t pepper
- dash of basil (opt)

Combine

- 1/3 C milk
- 1/4 C minced onion
- 2 well beaten eggs
- 1 clove garlic, minced

Dip liver into flour mixture, then into egg mixture, then into

- 1 1/2 - 2 C cracker crumbs

Fry quickly 3-5 minutes in hot fat.

Note: Dip into flour with left hand, into egg with right hand and your fingers won't get gooey.

Curried Hamburger

Helen France

Saute in

- 2 T margarine
- 4 med onions, chp
- 1 clove garlic, minced

Add and brown

- 1 lb hamburger (1/2 K)

Stir in

- 1 T flour
- 4 T raisins
- 1/4 C chp peanuts *or* cashews
- 1 t ginger pwd *or* fresh minced
- 3 t curry powder
- 1 beef (1/2 Knorr) boullion cube
- 1 1/2 C *or more* water

Stir until thickened. Add

- 1 C cooked peas *or* cut-up green beans
- salt and pepper to taste

Serve over hot rice. Serves 4-6.

Corned Beef Special

Sue Spidell

Soften in a saucepan

- 1 envelope unflavored gelatin in
- 1/2 C cold water

Dissolve over low heat stirring constantly. Remove from heat, stir in

- 1 C mayonnaise *or* salad dressing

Blend in

- 1 1/2 C finely cut cabbage
- 1 12 oz can corned beef
- 1 C chp celery *or* pechay stalk
- 1/2 C pickle relish
- 1/4 C chp onion
- 3 T kalamansi juice
- 1 t salt

Turn into 1 quart mold and chill for two hours. Serves 8.

Corned Beef Cutlets

Mix and set aside

- 1 beaten egg
- 1 1/2 C bread crumbs

Melt

- 2 T margarine

Blend in

- 2 T flour

Add, stirring constantly

- 1/2 C milk

Cook until thick. Remove from heat. Add

- 1 small can of corned beef
- 1/2 T Worcestershire sauce
- 1 t salt
- pepper
- bread and egg mixture

Mix well and shape into patties. Refrigerate at least 2 hours. Dip in beaten egg

Then in

- cracker crumbs

Fry in a little fat *or* margarine. Yield: about 10 medium patties.

Note: These are good to make on Saturday and fry for Sunday night supper. Quick and easy and good with soup or salad. Serve with a mixture of catsup and pickle relish if you like, or serve with salad dressing mixed with a little pickle relish and minced onion.

Sausage

Faith Boyce

Mix together

- 1 K ground pork
- 1 T whole sage, crushed *or* 2 t pwd
- 1/2 t thyme (opt)
- 1/4 t pepper
- 1 t salt
- 1 clove garlic, chp fine (opt)

Make into patties. Fry slowly till golden brown.

Sweet 'N Sour Sausage Balls

Barb Musgrove

Shape into balls and brown well

- 2 lbs pork sausage (may substitute pork chunks)

Drain. Empty skillet of fat. Return balls and add

- 1 1/4 C catsup
- 1/4 C brown sugar
- 1 T soy sauce
- 1 T kalamansi juice
- 1/4 C water

Simmer covered 15 minutes, stirring occasionally. Add

- 1 can pineapple chunks, drained

Heat through and serve with rice.

Sausage Casserole

Carol Brock

In an ungreased casserole, layer
 potatoes, sliced
 carrots, sliced
 onions, sliced
 1/4 C uncooked rice
 carrots, potatoes, etc.

Season with salt and pepper while layering. Arrange sausage on top.

Pour over

1 can tomato sauce *or* soup
 1 can water (more if using tomato sauce)

Bake at 350 about 1 1/2 - 2 hours covered until vegetables are tender. Uncover last 1/2 hour.

Pork Kabobs Supreme

Jean Kemp

Mix well

1 t powdered ginger *or* 1 t fresh chp
 1/2 t soy sauce
 1 t molasses *or* brown sugar
 1 t dry mustard *or* 1/2 T prepared
 1/4 C salad oil
 3 cloves garlic, minced

Add

1 K pork, cubed

Soak 3 hours, or longer if you wish. Place meat on barbecue sticks and broil or barbecue until well done. Turn frequently.

Pork Kabobs Deluxe

Willie Grable

Mix

6 T white sauce
 6 T soy sauce
 1/2 t vetsin (MSG)

Add

1 reg bottle 7-UP, Sprite, *or* Lemolime

Add

1 K pork cubes

Mix well. Leave overnight to marinate; broil or barbecue on sticks.

Variation: Add 1 t chp *or* crushed fresh ginger.

Pork Chops And Stuffing

Gayle Worley

Lightly brown

4 pork chops

Pour off excess drippings then saute

2 T chp onion

1/4 C chp celery (opt)

1/4 C melted margarine

Add

1/4 C water

1/2-1 t poultry seasoning

1/4 t sage

Toss with

3 C soft bread cubes

Mound dressing on top of each pork chop. Pour over chops and stuffing

1/2 pkg Knorr cream of mushroom soup (made according to directions on pkg)

Cover with foil. Bake 1 1/4 hrs at 350 .

Imitation Sukiyaki

Mary Murray

Mix and bring to a boil

1/3 C soy sauce

3 T sugar

2/3 C water

1/2 t vetsin

Set aside. Brown

1/3 K sliced pork

Add a little sauce, then add in order

3 sliced carrots

1 onion, sliced thick

10 *or more* stalks of leeks

1 head cabbage broken into sm pieces

several sweet peppers in strips

5-6 med sinkamas, sliced

Let simmer after each addition. Add remaining sauce. Simmer a few minutes, but don't overcook. Good served with rice. Serves 6-8.

Barbecued Pork Or Chicken

Mary Murray

Marinate for 1/2 hr

1 K pork cut up (or 1 med chicken cut in pieces)

In

1/2 C vinegar

1 C water

1/2 C soy sauce

1 sliced onion

3 small hot peppers

1/2 t black pepper

juice of 15 kalamansi

5 T sugar

1 t salt

1/2 t vetsin

1 clove garlic, crushed

Fry or barbecue over open fire.

Pork Chop Supper

Jean Kemp

Brown in skillet or Dutch oven

8 pork chops

Pour off fat and add

1 C tomato juice

1/2 C water

1 t Worcestershire sauce

1/2 t salt

1/2 t oregano

3 med potatoes, quartered

5 sm carrots, cut in pieces

Cover and simmer 45 minutes or until tender. 2 green peppers or 4 onion quarters may be added if desired.

Spanish Pork Chops

Slice into rings

1 large onion

1 large green pepper

Brown and pour off fat

4-6 pork chops

Sprinkle with pepper. Top each pork chop with sliced onion and green pepper. Pour over chops

1 can chicken and rice soup *or* tomato

1/2 can water

1/8 t thyme

Cover and simmer about 45 minutes.

Savory Choie En Brochette

Barb Musgrove

(Grilled Pork and Kamote)

Peel, cook in water and drain

8 kamote

1-3 T brown sugar

Combine

1 t Worcestershire sauce

1 T kalamansi juice *or* lemon

1/2 t pwd ginger *or* crushed fresh

1/2 t salt

1/8 t pepper

1/4 t rosemary, crushed *or* oregano

Marinate in mixture 1 hour or more

4-6 pork chops

Broil meat about 6 inches from heat for about 10 minutes on each side. Broil kamote about 6 min on each side. Use oven broiler or outdoor grill.

Tangy Pork

Lou Hohulin

Brown in hot fat

1 K pork, cut in small pieces

Combine

1 t salt

1/8 t pepper

1 T dry mustard *or* 1 T prepared

1/4 C catsup

2 T vinegar

1 T sugar

1/2 C water

Pour over pork and simmer covered for 45 minutes.

Creole Pork Chops

Trim and put in large shallow baking dish

6 pork chops

Add

2 onions, sliced

Combine

1 can tomato soup (undiluted)

1/2 t salt

1/2 t vetsin

1/2 T Worcestershire sauce

Pour over chops. Bake covered 1 hour at 400 . Serve with rice.

Party Bake Pork Chops

Barb Musgrove

Brown

4 pork chops or 1/2 K pork slices

Top each slice or chop with

1 slice onion

1 T uncooked rice

Cover with

1 can (1 lb 13 oz) whole tomatoes and juice

1/2-1 t salt*

Cover tightly and simmer over low heat or bake in foil covered baking dish at 350 for 1 1/2 hours.

*If desired, omit salt. Add 1 boullion cube (1/2 if using Knorr chicken cubes) dissolved in 1 T hot water and mixed with tomatoes.

Dried Beef Or Pork

Dick Elkins

Soak for 1 hour

about 1 K lean beef or pork, sliced in very thin strips

In

1/2 C soy sauce

1/4 C water

3 cloves garlic, minced

3 t sugar

Add meat and mix well to be sure all slices have sauce. Hang over rack in oven (be sure to put something on the bottom to catch the drips), and let dry 3-4 hours at about 200 turning once. Meat will be stiff and dry when done. Keeps well without refrigeration in tightly covered container. May be eaten as is without further cooking. Good with scrambled eggs or as snacks.

Crunchy Crisp Fried Chicken

Soak chicken pieces in water a couple of minutes. Do not drain, do not dry. Dip wet chicken in flour to which a little salt and pepper have been added. Leave it a few seconds to be sure it is well coated. Remove chicken and place on pan or wax paper. LEAVE IT AT LEAST 30 MINUTES !!! This puts a seal on the chicken.

It will look terrible. Don't worry, that's the secret! This batter (?) keeps the chicken juice in and the grease out.

When ready to fry, put chicken in hot fat about 1" deep. Cover immediately and cook over medium heat about 10 minutes or until brown. Turn once and finish frying uncovered. This method gives you a beautiful crust even if the skin has been removed.

Note: To make really golden chicken, add a few drops of yellow food coloring to the shortening after it heats up. The finished product looks like it has been fried in pure butter!

Crispy Baked Chicken

Dely Velasco

Wash, pat dry and cut up
1 med chicken

Melt in baking pan in oven
1/4 C shortening
1/4 C margarine

Mix

1/2 C flour
1 t salt
1 t paprika
1/4 t pepper

Coat chicken pieces with dry mixture. Place chicken skin side down in melted shortening and margarine. Bake at 425 for 20-30 minutes. Turn chicken, bake 20-30 minutes more (depending on size of pieces) till tender.

Charpy's Rice Pot Baked Chicken

Char HouckHappy Minot

(Easy and good too)

Cut up
1 or more chickens

Salt each piece and place in rice pot. Cover. Bake at 300 -350 for an hour or longer if necessary. If in a hurry, bake at 400 .

Charpy's Rice Pot Pork Roast

Char HouckHappy Minot

Remove most of fat from

1-2 K size piece of pork

Salt and pepper it. Bake in rice pot at 350 for 2 hours (for 2 kilos-less for only 1), turning once. May remove lid last 1/2 hour to brown meat.

Chicken & Dressing Casserole

Willie Grable

Stew until tender

1 large chicken (or 2 small, or pieces) in 3-4 C water

Cool and remove all bone and skin and cut up if desired, or just leave in large pieces.

Set aside, save broth. Prepare

8 C bread cubes

Saute in

1-2 T margarine

2 large stalks celery (opt)

1 large onion, chp fine

Add and cook slightly, stirring

7 C bread cubes (reserving 1 C)

1 t salt

pepper

1 t poultry seasoning or 1 t sage

Dampen bread with some of chicken broth. Set aside.

For sauce, melt

3/4 C margarine

Blend in

3/4 C flour

Add and cook until thick

3 1/2 C broth (use bouillon + water if needed)

1 C milk

2 t salt

Butter a large casserole, put in bread mixture, 1/2 of sauce mixture, then chicken pieces, rest of sauce. Cover with remaining 1 C bread cubes. Bake at 350 for 25 minutes (uncovered).

Easy Sweet & Sour Chicken

Jean Kemp

Drain into measuring cup

1/2 can crushed pineapple

Add enough water to make 1 1/4 C. Add

1 C sugar

2 T cornstarch

3/4 C vinegar

1 T soy sauce

1/4 t pwd ginger or dime-size fresh, chp fine

1/2 Knorr chicken cube

1 large green pepper cut into 1/2" strips

Cook until thick. Then pour over chicken which has been cut into serving pieces. (Enough sauce for 2 chickens) Bake in large casserole or 9"x13" pan at 400 for 1 hour and 15 min. Serves 5-10.

Chicken Casserole

Jean Kemp

Mix in a large bowl

- 2 C diced cooked chicken
- 1 C sliced celery
- 2 T chp onion
- 1/4 - 1/2 C cashews
- 1 1/2 C cooked rice
- 1 can cream of chicken soup
- 1/2 t salt
- 1/4 t pepper
- 1 T kalamansi juice

Combine and add to chicken mixture

- 3/4 C mayonnaise or salad dressing
- 1/4 C water

Gently stir in

- 3 hard cooked eggs, sliced

Turn into greased 9" square pan. Bake at 375 for 20-30 minutes or until bubbly. Put 2 C crushed potato chips on top during last few minutes, or use buttered bread crumbs.

Fast 'N Easy Roast Turkey (Or Chicken) A La Florence Wen

Mary Granaas

Rub bird with oil. Sprinkle with salt, pepper, paprika, if you like.

Mix together

- 3/4 C brown sugar
- 3/4 C boiling water

Keep simmering on the stove and drizzle by spoonfuls over entire turkey. This is enough for a 20-22 lb turkey. Use less for a smaller one; for a roasting hen use 1/4 C each sugar and water.

Bake uncovered in 375 oven.

- 20-22 lb turkey 3 1/2 hrs
- roasting hen 50 min to 1 hr

It is done when the leg turns easily. When brown cover with foil. You won't believe it can cook in such a short time, but don't worry, it will!

Note: Because of the brown sugar the drippings don't make good gravy. Never mind, cook up the giblets and use them.

Shoyu Chicken

Bobie McKaughan

Combine

- 1/4 C soy sauce
- 2 C water
- 1 t MSG (Accent)
- 1 finger crushed ginger root
- 1 clove garlic, crushed

Bring to boil and add

- 1 cut up chicken (with skin removed if you prefer)

Simmer for one hour or until tender. Serve with rice.

Imperial Chicken Or Fish

Shirley Cottle

Wash and dry

3 lbs cut-up chicken or fish fillets (2-3 lbs)

Coat pieces with

1/3 C melted margarine

Roll in

1 C fine cracker crumbs

1/4 C parmesan cheese

2 T chp parsley (opt)

1/4 t garlic (opt)

1 t salt

1/4 t pepper

Bake skin side up uncovered at 375 for 20-50 minutes. (Shorter time for fish)

Note: Fresh fish is especially good if marinated in kalamansi juice before dipping in seasoned flour and frying.

Note: This is good even without the cheese, but better with it.

Chicken Pot Pie

Carol Brock

Cut and wash 5 1/2 lb chicken (I use 3 or 4 lbs). Remove skin. Simmer chicken with following ingredients for 1-2 hours until meat falls from bones

- 1/2 med onion
- 4-5 C water
- celery tops *or* celery salt
- parsley
- 1 1/2 t salt *or* 2 Knorr chicken cubes
- 1 t vetsin (MSG)
- 1 t rosemary *or* sage
- 1/4-1 t black pepper

Remove chicken from bones when cool. Strain stock (broth) and add water to make 4

C. Cook 20 min

- 1 med onion, chp
- 3-6 carrots, cut up fine
- 3-4 potatoes, cut up
- 1 pkg frozen peas *or* 1/2 C cut-up green beans

Add paste of

- 1/2 C flour
- 1 t salt
- 1/8 t pepper
- 1/2 C milk

Stir into stock mixture. Stir constantly and bring to a boil. Add chicken and place in a casserole. Cover with biscuit dough. Sift

- 1 C flour
- 1 1/2 t BP
- 1/4 t salt

Add at once stirring quickly with a fork until dough stiffens

- 3 T margarine
- 1/3 C milk

Turn dough onto lightly floured board and knead half a dozen times and roll out to fit top of casserole 1/4" thick. Put chicken and vegetables in casserole dish. Cover with dough. Cut slits into pastry to allow steam to escape. Bake at 450 for 20-30 minutes or until crust is golden brown and chicken mixture is bubbly.

Lazy Lady's Chicken Ginataan

Felicia Brichoux

Blend together in a blender

1 C water

1/4 of a mature coconut, cut in cubes

(no need to remove brown skin, only shell)

Repeat until you have a total of

4 C water

1 mature coconut

Squeeze coconut well with your hands to remove the thick white milky liquid that forms. Discard pulp. Simmer the liquid, plus

2 t garlic salt or 1-2 cloves garlic, finely chp

1 chicken, cut into pieces

Until chicken is tender. (May use pressure cooker.) Salt to taste. Serve with rice.

Fruit salad and green beans are good with this. (Unlazy ladies can grate the coconut by hand!)

Creamed Tuna

Linda Pittman

Cook in

3 T margarine

2 T finely chp onion

When tender, but not brown, blend in

3 T flour

1/4 t salt

dash pepper

Add stirring until mixture thickens

1 1/4 C milk

Stir in

1/2 C sour cream*

1 can tuna, drained and flaked

Serve over rice or noodles.

*(1 sm can cream plus 2 t vinegar. Let stand 10-15 min before using)

Note: May substitute yoghurt for sour cream, or 2 C milk for 1 1/4 C milk and 1/2 C sour cream. Add 1 Knorr chicken cube for flavor and omit salt.

Party Tuna Loaf

Mix together

- 2 cans tuna, drained, flaked
- 2 C fine bread cubes
- 1 t salt
- 2 T chp onion
- 2 T melted margarine
- 1 T kalamansi juice

Add and mix well

- 1/2 C evap milk
- 1 egg
- 2 T chp green pepper (opt)

Pour into greased loaf pan.

Mix together and add on top of tuna

- 3 C cooked rice
- 1 t Worcestershire sauce
- 1/2 Knorr chicken cube dissolved in
- 1 T boiling water
- 1/4 C chp parsley (opt)
- 3 T melted margarine
- 2 beaten eggs
- 2/3 C evap milk

Bake in a pan of hot water at 375 for 45 minutes. Unmold carefully on serving platter.

Tuna Loaf

Mix

- 1 C bread crumbs
- 1 egg
- 2 T milk

Add and mix well

- 1/4 Knorr chicken cube dissolved in
- 1 T hot water
- 1 t Worcestershire sauce
- 2 T or 1/8 C chp onion
- 1 can drained, flaked tuna

Pour into greased baking pan. Bake 50-60 minutes at 350 . May top with quick-melt cheese during last few minutes.

Tuna Tomato Sauce

Combine

- 1 can tuna, drained and flaked
- 1 can tomato soup
- 1/2 soup can milk

- 1 t chili powder
- 1/2 t salt

Bring to a boil stirring constantly. Reduce heat, simmer 7 minutes. Serve with hot rice, spaghetti, or hot buttered noodles.

Tuna Cutlets

Mix and set aside

- 1 beaten egg
- 1 1/2 C bread crumbs

Melt

- 2 T margarine

Blend in

- 2 T flour

Add, stirring constantly until thick

- 1/2 C milk

Remove from heat. Add

- 1 can drained, flaked tuna
- 1/2 T Worcestershire sauce
- 1 t salt
- pepper
- bread and egg mixture

Mix well and shape into patties. Refrigerate at least 2 hours. Dip in beaten egg, then in cracker crumbs. Fry in a little fat or margarine. Yields about 10 medium patties. Good with tartar sauce (see index for recipe) or catsup, or Mafran (banana catsup).

Tuna Croquettes

Lou Hohulin

Melt

- 3 T margarine
- 4 T flour
- 1/2 t salt
- 1/2 t sugar

Blend well. Gradually add

- 1 C milk

Stirring constantly until very thick. Remove from heat and add

- 1 t finely chp onion

Cool and then add, mixing well

- 1 can drained chp tuna

Beat

- 2 eggs

Roll out cracker crumbs. Roll tuna mix, one heaping teaspoon at a time in cracker crumbs, dip in egg, then roll in cracker crumbs again. Fry in deep fat till golden brown. This can also be done with canned salmon.

Tuna Fritters

Mix together

- 1 1/2 C cooked rice
- 1/2 t salt
- 1 can tuna, drained and flaked
- 1/4 C milk
- 1/2 t onion salt *or* 1 T chp onion
- 1/2 t Worcestershire sauce
- 2 egg yolks
- 2 T flour
- 1/8 t pepper

Fold in

- 2 stiffly beaten egg whites

Drop by tablespoon into deep hot fat; fry until golden brown. Drain well. Good with catsup or Catsup Plus Sauce (see index).

Jambalaya

Willie Grable

Combine

- 1 can cream of chicken soup*
- 1 can drained tuna*
- 1 can #303 tomatoes

Cook slightly and add to above mixture

- 1 chp onion in
- 1/2 T oil *or* margarine

Add

- 3/4 C water
- 1 C raw rice

Mix well and put in greased casserole. Bake covered at 350 for 1 hour.

*Or 1 can mushroom soup and 1 lb browned hamburger

Note: To save gas, some casseroles can be baked on top of the stove on a rack in a large Dutch oven over medium heat.

Tuna Calcutta

Helen France

(Quick 'N Easy Curry)

Saute in a large skillet in

- 2 T margarine
- 1 C chp celery *or* pechay stalk
- 1/2 C chp onion

Mix and add to skillet

- 1 1/2 C pineapple juice*
- 1 T cornstarch
- 1 t curry powder
- 1 t salt

Cook until mixture thickens, then add

- 1 can tuna, drained and flaked

Serve with rice.

*May also add 1/2 C pineapple chunks or tidbits. Can be served with condiments: raisins, chp peanuts, sliced bananas, fresh grated coconut, grated hard boiled egg.

Steamed Fish

Molly Johnson

In a deep pan put

1/2 C oil

1/2-1 C water

Add

1/2 t Worcestershire sauce

chp onion

garlic (opt)

Add

1 K fresh or frozen fish (tangigui or lapu-lapu is good)

Steam over medium heat 15-20 minutes. Pour off excess fluids. Add kalamansi juice.

Sweet And Sour Sauce For Fish

Molly Johnson

Mix and boil 5 minutes

2 C sugar

1 C vinegar (white if you have it)

1 C water

2 T celery (or singkamas or pechay stalk)

2 T green or red pepper

1 t salt

Mix to make it syrupy

4 t cornstarch with

2 T cold water

Add to above and bring to a boil. Serve over fish sprinkled with parsley flakes, if desired.

Barbecued Fish

Norm Forge

Marinate

3/4" slices of fish (red snapper, lapu lapu, tangigui) in kalamansi juice

Barbecue over charcoal, basting continually with melted margarine. Season with Lady's Choice "Flavor all seasoning." Do NOT overcook. When sides start to turn white (3-4 minutes) turn once. Cook another 2-3 minutes and serve.

Mackerellettes

Drain into measuring cup

1 large can mackerel-in-oil

Set juice aside. Bone and skin mackerel. Add

1 egg and mix well

1/4 C flour and mix well

pepper to taste (NO salt)

To 1/2 C mackerel juice, add 1 heaping t BP

Beat juice with a fork until it foams up. Add to mackerel. Drop by spoonful into deep hot fat and cook until golden. Drain well. Serve with Catsup Plus sauce (see index).

Mackerel Loaf

Carol Brock

Mix together

- 2 eggs, beaten
- 1 15 oz tin mackerel (boned and skinned)
- 3/4 C cracker crumbs
- 1/2 C milk
- 1/4 C diced celery (opt)
- 1/2 t salt
- dash pepper
- 2 t kalamansi juice
- 2 t melted margarine
- 1/2 chp onion

Put in greased loaf pan. Bake at 375 for 40 minutes.

Batter Fried Shrimp

G. Carlson

Beat together

- 2 eggs
- 4 T flour
- 1/2 t salt
- 1/8 t pepper

Dip in mixture, coating well

- 1 lb shrimp, shelled

Heat deep fat to 365 and drop shrimp in one by one. Fry until golden brown. Drain and serve.

Breads, Cereals

Master Mix

Purdue University

Mix together

- 5 lb all purpose flour
- 2 1/2 C dry milk solids
- 3/4 C double acting BP
- 3 T salt
- 2 T cream of tartar
- 1/2 C sugar

Cut in

2 lb vegetable shortening (Lady's Choice is good)

Mixture should look like coarse cornmeal. Store at room temp in one large tightly covered container such as 1 giant canister (Tupper) or 2 Econo canisters or even 2 five lb milk cans.

Note: 1 lb flour = 4 C flour

1 lb shortening = 2 C shortening

This mix can be used for cookies, muffins, chocolate and yellow cake, pancakes, waffles, coffee cakes, gingerbread and biscuits. Also can be substituted for Bisquick or when recipes call for a biscuit mix. Keeps very well.

Dumplings

Mix with fork

- 2 C Bisquick or master mix
- 3/4 C milk

Spoon onto boiling stew. Cook over low heat 10 min uncovered, 10 min covered. Makes 10-12 dumplings.

Note: Stew should be boiling when dumplings are dropped; the steam helps them to rise. Drop dough onto meat or vegetables, not into the liquid, to avoid absorption of moisture from the stew. To drop dumpling dough easily, dip spoon into broth each time before spooning dough. Use rubber scraper to slide dough from spoon.

Shortcake

Mix

- 2 C Bisquick or master mix
- 3/4 C evap milk or 1/2 C milk plus 1/4 C melted margarine
- 2 T sugar (opt)

Beat vigorously with a fork for 20 strokes. Knead 8-10 times on lightly floured board. Roll dough 1/2" thick and cut with floured 3" cutter (a glass will do). Bake on ungreased baking sheet at 450 for 10 min.

Welsh Griddle Cakes

via Joyce HoffDavid Hortop

(Good in place of coffee cake)

Cream

2/3 C shortening

1/2 C sugar

Sift in and mix

2 C flour

2 t BP

Add

1/2 C raisins

Mix in just enough milk so mixture will adhere when pressed (not more than 3 oz or 6 T). Form into balls and pat into cakes about 2" by 1/4" thick. Press onto floured griddle and cook until well browned, then turn and brown other side. Should be flat and firm--tap with spatula to see if they're done.

Cinnamon Roll

Beat

1 egg

Add

3 C Bisquick or master mix

3/4 C milk

Stir to make soft dough. Turn onto lightly floured board. Knead lightly, just until smooth. Pat or roll out into a 10"x8" rectangle. Spread with 2 T softened margarine. Sprinkle with 1/4 C brown sugar and 2 t cinnamon. Roll up tightly beginning at wide side. Seal well by pinching edge of dough into roll. Place sealed side down on ungreased baking sheet. Make cuts with scissors almost through roll at intervals of 1". Bake at 400 for 20 min. While warm, glaze top with mixture of 1/4 C confectioners (pwd) sugar and 2 T warm water. Makes 10-12 slices.

Pancakes

Marilyn Smith

Combine in large bowl

6 C flour*

1 T salt

6 T BP

6 T sugar

2 C pwd milk

Mix well and store in airtight container. For 2 servings, combine in a bowl

1 egg

1 C water

1 T oil

1 1/2 C mix

For 4 servings use

2 eggs

1 1/3 C water

3 T oil

2 C mix

*2 C wheat flour can be used with 4 C white flour.

Favorite Pancakes

Sift into a bowl

2 C flour

2 T sugar

4 t BP

1 t salt

In a separate bowl combine

2 eggs beaten

1 1/2 C milk

1/4 C oil *or* melted shortening

Add liquid ingredients to dry ingredients. Stir quickly only until just blended. DO NOT BEAT.

Variations: To 1 recipe above, add

Banana Pancakes

3/4 to 1 C mashed ripe bananas

1/2 T kalamansi juice

2 T sugar

Good sprinkled with pwd sugar

Cheese and Bacon Pancakes

1/2 C grated sharp cheese and crisp bacon crumbled. Good with applesauce (see Index for "mock applesauce" or banana sauce.)

Pineapple Pancakes

Instead of milk use pineapple juice (or water if not enough juice) and add milk powder to dry ingredients. When batter is ready, add about 1 C well-drained chunks or crushed pineapple.

Raisin Pancakes

Add about 1 C raisins. Good with jelly or jam.

Makes 15 3" pancakes

Rice Pancakes

Mix

1 C cooked rice

1/2 t salt

Add

1 C milk

Beat

2 egg yolks and add with

1 T oil

7/8 C flour

Beat until stiff and fold in

2 egg whites

Makes 15-18 pancakes.

German Hotcakes

Jacque Swaney

Beat until fluffy

4 eggs

Beat in

4 t sugar

3/4 t salt

1/8 t nutmeg

2/3 C sifted flour

2/3 C milk

2 T oil

Pour in two well-oiled 9" layer pans, or one 9" x13" pan. Bake at 400 for 20-25 min. or until puffed. Cut in wedges. Serve hot with butter and syrup, or butter, kalamansi juice and powdered sugar.

Brown Bread

Linda Pittman

To 2 C warm water (not too hot!)

Add and dissolve

1 heaping T sugar

Sprinkle over water but do not stir

2 T dry yeast

Set aside until foamy. In large pan sift

2 1/2 C whole wheat flour

3 1/2 C white flour

Add to flour

1 T salt

3 T sugar

1/2 C milk powder

To yeast, add

4 T oil

1 egg slightly beaten

1 T molasses

Add yeast mixture to flour mixture and mix well. (See recipe for white bread for further directions on kneading and shaping dough.)

French Bread

Helen Johnston

In large bowl combine

2 C flour

5 t yeast

1 T sugar

1 T salt

With mixer at low speed, gradually pour 2 1/2 C warm water into dry ingredients, beat until mixed. Increase speed to medium and beat 2 minutes, occasionally scraping bowl. Gradually beat in 2 C flour or enough to make a thick batter; continue beating 2 minutes. With spoon, stir in enough additional flour (about 2 C) to make soft dough. Turn dough onto well-floured surface and knead 10 minutes until smooth and elastic, adding more flour while kneading. Shape into ball and place in greased bowl, turning dough to grease it. Cover with cloth. Let rise until double, then punch down dough. Turn dough onto floured surface and cut into 4 equal pieces. Cover with cloth for 15 minutes. Grease two large cookie sheets.

With lightly floured rolling pin, roll one piece of dough into 12"x8" rectangle. Starting at 8" end, tightly roll dough, jelly roll fashion; pinch seam to seal. Press ends to seal and tuck under; place roll, seam side down, on one half of large cookie sheet. With sharp knife, cut 4 diagonal slashes 1/4" deep on top of loaf. Repeat with other loaves.

Brush loaves with beaten egg white. Let rise until double.

Bake 15 minutes at 400°. Brush again with egg white and continue baking 15 minutes longer. Makes 4 loaves.

No-Knead, Never-Fail French Bread

Suzanne Jacobson

Dissolve

1 T yeast in

1 1/2 C warm water

Meanwhile combine in a large bowl

4 C sifted flour

1 t salt

2 T oil

1 T sugar

Pour in yeast and mix well. Dough will be very stiff. Let dough rest 10 minutes, then stir down using a pulling/cutting motion with the spoon. Repeat 5 x's (a total of 1 hr). Divide dough into 2 pieces. Roll out flat on floured surface. Shape into loaf, tapering ends. Place seam side down on greased sheet. Slice 1/4"-1/2" diagonal slashes 3 or 4 times on the top. Repeat with other half. Let rise 1 - 1 1/2 hrs. Bake 25 minutes in 400° oven. You can make 12 rolls instead of the loaves.

Kalamansi Bread

Donna Kipp

Cream

1 C white sugar

6 T shortening

Add

kalamansi rind and juice (of 4 large kalamansi)

Beat in

2 eggs

Sift together

1 1/2 C flour

1/2 t salt

1 1/2 t BP

Add alternately with

1/2 C milk (beginning and ending with flour)

Stir in 1/2 C nuts (opt)

Pour into greased loaf pan and bake at 325 for 40-50 minutes.

After baking: dissolve

1/4 C sugar in the juice of 4 more kalamansi

Pour over hot bread. Makes 1 loaf.

Allow to cool, slice and serve with sweet butter.

Special Swiss Sunday Bread

Heidi Pfeifer

Sift into a bowl

6 C flour

Dissolve in 1/4 C of lukewarm water and let rise

2 T yeast

Melt in a pan

1/2 to 3/4 C butter or margarine

Add to the butter

1 1/2 C milk

1 egg

1 t sugar

1 T salt

Add the yeast, mix well and add to flour. Knead the dough well until it is smooth. Let it rise until it is double. Form 2 rolls out of the dough and form into a braid or twist. Let rise a little bit more and paint the surface with egg yolk. Bake 30 to 40 minutes at 400 .

Arab Bread

Place in a large mixing bowl

3 C flour
2 T dry yeast
1 1/2 t salt

Pour in

2 1/2 C warm water (120-130°)
3 T oil

Beat well until ingredients are moist (may use electric mixer at low speed, then turn to high speed for 3 minutes). Blend in 3 C flour, 1 C at a time until dough holds together and cleans the sides of the bowl.

Turn out on a floured surface and knead for 10 minutes or until dough is smooth and satiny. If it is sticky in the early stages of kneading, add a bit more flour, 1/4 C at a time till it no longer sticks to the counter surface or the fingers.

Return dough to bowl and grease the ball lightly so a crust will not form as it rises. Cover bowl with plastic wrap and put in a warm place (80-85) until dough has doubled in bulk.

Punch down and turn out on a lightly floured surface. Knead for a minute or two to work out bubbles. Form into a round ball and divide into 16 equal pieces. Now comes the moment of truth. Form each piece into a round ball, then with a rolling pin roll each one into a circle 6 1/8 " in diameter and 1/4" thick. It is important to work for uniform thickness--whatever the measurement--so when it puffs with steam it will rise uniformly and not be lop-sided. Don't worry about the shape of the circle. Irregularity adds charm.

Place each circle of dough on a piece of aluminum foil and let stand *uncovered* at room temperature for 1 hour. (Do not place in a warm spot to hurry the rising.)

Preheat oven to 500 and place oven rack at lowest possible position. Place 3 or 4 breads at a time on foil directly on the oven rack. Bake 5 minutes or till they are puffed and start to brown.

Remove from oven and either serve at once or keep them warm and moist by slipping them into a plastic bag till serving. Or, let cool and freeze. Thaw before using. To reheat, stack several in a pile, wrap with foil and place in 375 oven for 10-15 minutes.

Note: Good with Hommus (see Index)

White Bread

To

3 C warm water

Add and stir to dissolve

2 T sugar

Sprinkle on top but do not stir

2 T dry yeast

Set aside until mixture foams up. (If nothing happens, your yeast may be too old or the water too hot. Try again!)

Measure and sift into a large bowl or pan,

7-8 C flour

Add to the flour

1 T salt

1/4 C sugar

3/4 C dry milk powder

To the yeast mixture add

6 T oil

1-2 eggs slightly beaten (opt)

Pour yeast mixture into dry ingredients. Mix all together until thoroughly mixed. It may be necessary to add more flour to make the dough stiff enough to knead. Turn the dough out onto a liberally floured cloth or counter top. Knead dough until satiny, being careful not to work in too much flour.

Test to tell when the dough has been sufficiently kneaded: Flour fingers and press them into the dough. If dough sticks to fingers, more flour is needed.

Return kneaded dough to pan (smooth side up), grease pan and top of dough with oil or melted shortening, cover with clean cloth and set in warm place away from drafts. Let rise until double in bulk. (Press fingers into dough. If impression remains, dough has risen sufficiently.)

When dough has risen to double its bulk, punch down by plunging fist into center of dough and folding edges toward center. Turn the dough upside down for the second rising period. Punch dough down again and turn out onto floured cloth or counter top. Knead for about 2 minutes. Shape into rolls, loaves, etc., let rise until double in size; bake at 425 for 25-30 minutes or at 350 for 40-50 minutes. Baked bread should be well browned and shrink slightly from the edge of the pan. When baked, remove immediately from pan to prevent a soggy crust. For a soft crust spread with butter while hot.

Dilly Casserole Bread

via Shirley FunnellJoyce Hoff

Sprinkle

1 T yeast over
1/4 C warm water

Set aside to bubble (about 10 minutes).

In a large bowl combine

1 C cottage cheese or 1 C yoghurt, heated to lukewarm
1 T margarine
2 T sugar
1 t salt
1/4 t soda

Then add

1 T instant minced onion or fresh
2 t dill seed or caraway seed
1 egg
Yeast mixture

Beat well and add

2 1/4-2 1/2 C flour

Beat well. Cover and let rise in warm place 1 hour. Stir down dough. Turn into well-greased 1 1/2-2 qt. casserole. Let rise 30-40 min. Bake at 350 for 35-40 minutes or until crust is golden brown. Brush top with soft margarine and sprinkle with salt. Cool 5 minutes before removing to a rack. Makes 1 loaf. Delicious with butter 'n cheese.

Herb Rolls

Virginia Kramer

To any yeast bread recipe, add with the first addition of flour

2 t caraway seeds
1 t sage

Oatmeal Bread

Mix and set aside for 30 minutes

1 C oats
2 C boiling water

Sprinkle (DO NOT STIR!)

2 T yeast into
1/3 C warm water

Let rise. To oatmeal add

2 1/2 t salt
1/2 C corn syrup
2 T soft margarine or oil

Add yeast, then add and knead in

6 C flour

Let rise, knead and shape into 2 loaves. Bake at 400 (for more detailed instructions, see 30 min. recipe for white bread.)

Dark Bread

Shirley Cottle

Mix together

- 1 heaping C uncooked oats
- 2 t salt
- 4 T bacon fat *or* oil
- 1/2 C medium molasses *or* 1/4 C Wilpak molasses
- and 1/4 C corn syrup
- 2 C boiling water

Set aside until cool, then add

- 2 T dry yeast dissolved in
- 1/3 C warm water
- 5 1/2 C sifted flour

Let rise until double in bulk; shape into two loaves. Let rise again. Bake for 30 min. at 400 .

Lillian's Cinnamon Bread

Lillian Underwood

Beat well together

- 1 C sugar
- 1/8 t salt
- 3 t BP
- 1 1/2 C milk
- 1 rounded T margarine
- 2 C flour

Pour into greased bread pan and sprinkle generously with cinnamon. Stir slightly. Bake at 350 for 30-40 minutes.

Easy No-Knead Rolls

Scald

- 1 1/2 C water mixed with
- 1/2 C milk powder

Add and set aside to rise (Do **not** stir)

- 2 T yeast to
- 1/2 C warm water

To the milk add

- 5 T sugar
- 5 T shortening
- 1 T salt

Cool, then add

- Yeast (above)
- 2 eggs (unbeaten)
- Enough flour to make stiff dough when stirred

Let dough rise (in same pan). Sift about 4 C flour onto bread board. Pour bread dough onto this. Dough will be very sticky. Quickly mix in enough flour to make easy handling. Shape into rolls, coffee cake, etc. Let rise. Bake at 350 -375 for 25-30 minutes.

Pull-Apart Rolls

Combine

- 1 pkg butterscotch pudding
- 1 C brown sugar, firmly packed
- 1 t cinnamon
- 1/2 C soft shortening

Stir with a fork until crumbly. Place a layer of unbaked bread dough (cut in 1" cubes) in bottom of 2 greased 9"x5" loaf pans. Sprinkle with 1/2 the crumb mixture. Repeat layers. Cover and let rise in warm place for 1 hr or until double in bulk. Bake at 350 for 35-40 minutes. Remove from pan.

Stir-N-Roll Biscuits

Sift together and set aside

- 2 C flour
- 3 t BP
- 1 t salt

Pour into measuring cup but *don't* stir

- 1/3 C oil
- 2/3 C milk

Pour all at once into the flour. Stir with fork until mixture cleans sides of bowl. For drop biscuits drop dough onto ungreased baking sheet. For rolled or patted biscuits smooth up, kneading about ten times without additional flour. Roll or press dough until about 1/4" thick. Cut with knife into squares or cut with biscuit cutter. Place on ungreased baking sheet. Bake at 450 for 10-12 minutes.

Jiffy No Yeast Cinnamon Rolls

Follow recipe for Stir-N-Roll biscuits and roll the dough 1/4 inch thick. Spread with
2 T soft shortening *or* margarine

Sprinkle with

- 1/4 C brown sugar
- 1 t cinnamon

Add raisins *or* nuts (opt)

Roll up and cut into 1 inch slices. Bake on ungreased baking sheet about 15 minutes at 400 .

Sour Milk Corn Bread

Shirley Cottle

Mix together

1 1/2 C corn meal
1 1/2 C flour
2 t BP
1 T sugar
1 t salt

Add

1 beaten egg
4 T melted shortening *or* oil

2 C thick sour milk*
1 t soda

Beat until smooth. Bake in large well greased pan 25 minutes at 425 .

*2 C sweet milk and 2 T vinegar *or* kalamansi juice; Let stand 10 minutes.

Squash Bread

Jean Kemp

Mix

3 C sugar
2 C mashed, cooked squash
4 eggs

Stir, sift and add

3 1/2 C flour
2 t soda
1/2 t BP
1 1/2 t salt
1 t cloves
1 t cinnamon
1 t nutmeg
1 t allspice

Alternate with

1 C oil
2/3 C water

Bake in two greased bread pans (or three small loaf pans), for 1 1/2 hours at 350 .

Cracked Wheat Bread

Arlette McGrigg

Soak 2 T yeast in 1/2 C lukewarm water til foamy. Soak 1/2 cup cracked wheat in 1 C water overnight. Simmer in morning until pieces are softer. Set aside to cool. Sift in large bowl and stir

4 C white flour
2 C whole wheat flour
1/2 C bran
1/4 C wheat germ
1/4 C cornstarch
3/4 C dry skim milk
1/2 C sesame seeds

Add

3 T margarine and 1 T oil
2 T molasses
1 egg, beaten
3 t salt
1 1/2 C hot water and 1 1/2 C cold water

Add yeast and cracked wheat mixture and stir together by hand first.

Sift and set aside

4 C white flour
1-2 C white flour

Mix in with beaters or Mix Master dough-beaters, 4 C white flour. Then knead in the 1-2 C white flour til dough is not real sticky and has a glossy look. Place in greased container and let rise til double.

Make into 4 loaves (or 3 loaves and rolls). Bake at 350 for 25-30 min. Butter tops and let set to cool. (I put bread in the frig overnight, then slice it the next day and put into the freezer to keep fresh.)

Overnight Wheat Bread

Marilyn Smith

Mix in small bowl

3 t yeast with
1/2 C warm water

In large bowl put

2 C hot water
6 t margarine
1 T salt
2 C whole wheat flour
3/4 C brown sugar

Have ready

1 egg
4 to 6 C white flour

Beat egg and yeast mixture with an egg beater. Add 2 to 4 cups of white flour and mix with a spoon until thick. Place on a floured surface and knead in more flour (until it is firm and smooth and pushes back). Place in a large greased bowl, grease top of dough and cover. Refrigerate overnight. Punch down in the morning and shape loaves. Let rise until double, then bake an hour at 350 . Butter top.

Mother's Nut Bread

Beat together

- 1 egg
- 1 C brown sugar
- 1 T melted margarine

Sift

- 2 C flour
- 3/4 t soda
- 1/2 t BP
- 1/4 t salt

Add alternately with

- 1 C sour milk

Add

- 1/2 C broken nut meats

Pour into greased loaf pan. Bake at 350 degrees for 45 minutes.

Papaya/Mango Bread/Muffins*Marilyn Smith*

Mix

- 2/3 C sugar
- 1/3 C shortening or 1/4 C oil and 2 eggs

Add and mix

- 3 T sour milk*
- 1 C papaya or mango

Sift together

- 2 C flour
- 1 t BP
- 1/2 t soda
- 1/2 t salt

Mix well together. Put in a greased loaf pan 7"x10" or muffin tins. Let sit for 20 minutes. Bake at 350 for 50 to 60 minutes or less for muffins.

*3 T milk and 1/2 t vinegar

Banana Bread

Mix and set aside

- 1/2 C oil
- 1 C sugar

Dissolve and add to sugar and oil

- 1/2 t salt
- 1 t soda in
- 1/4 C cold water

Add

- 1 egg
- 2 large mashed bananas or 3 small

Sift and add

- 2 C flour

Add

- 1 t vanilla

Bake in greased loaf pan at 350 for 1 hour.

Mango Bread

Mix together

2 C sifted flour

1 t soda

1/2 t salt

1 C oil

In separate bowl mix

1/2 C brown sugar

1 C white sugar

3 eggs

1 t vanilla

1 t cinnamon

1 C nuts, chp

1/2 C raisins (opt)

Mash or blend slightly

2 C ripe mangoes, cubed (about 4)

Mix all ingredients together. Bake in a well greased loaf pan at 350 for 1 hour.

Pineapple Cheese Loaf

Lily Sutherland

Cream together

1/4 C shortening or oil

3/4 C sugar

Add

2 beaten eggs

1/2 C shredded cheese

Mix together

1 C crushed pineapple, undrained

1 t vanilla

Add alternately with

1 3/4 C sifted flour

4 t BP

1/2 t soda

1 t salt

Stir in

1/2 C chp nuts

Spread in greased loaf pan. Bake 50-60 minutes at 350 .

Juana's Sweet Rolls

Marilou Weaver

Mix and set aside

1/4 C warm water
2 T yeast
1 T sugar
1 T flour

Mix

4 C flour, sifted
1 t salt

Cut in and set aside

1 C margarine

Mix

1 C milk
2 eggs
1/3 C sugar

Mix together all the above. Cover and let rise. When double in size, divide in half and roll out. Spread with margarine on one half, cover with mixture of cinnamon and brown sugar; raisins *or* nuts. Roll and cut like cinnamon rolls. To second half add brown sugar with 1 1/2 t pwd cardamom *or* cinnamon and nuts; also roll and cut up. Bake at 375 for 20 minutes. Frost while hot.

Frosting: About 1 C powdered sugar and just enough boiling water added to 1/2 t maple flavoring *or* vanilla to make a thin icing. (May also flavor with 1 t orange Quick *or* 1 t kalamansi juice).

Raised Cornmeal Muffins

Lauretta DuBois

Soften

1 T yeast in
1 1/4 C warm milk *or* water
1/4 C sugar

Add

1/2 t salt
1/4 C oil
1 C cornmeal
1 C flour

Beat thoroughly. Cover, let rise one hour. Stir down, fill buttered muffin tins 2/3 full. Let rise one hour, uncovered. Bake 10 min at 400 . Makes 12 muffins.

Note: Takes at least 2 1/2 hours to prepare.

Rice Muffins

Combine

1 C cold cooked rice
1 C milk
2 eggs, well beaten
4 T oil
2 T sugar

Sift and add

1 1/2 C flour
1/2 t salt
3 t BP

Stir until just mixed--don't overmix! Fill *well oiled* muffin tins 2/3 full. Bake at 400 for 20-25 minutes.

Sweet Muffins

Beat slightly

1 egg

Add

1/2 C milk

1/4 C oil or melted shortening

Sift together and add

1 1/2 C sifted flour

1/2 C sugar

2 t BP

1/2 t salt

Don't overmix. Batter should be lumpy. Fill well greased muffin tins 2/3 full. Bake at 400 for 20-25 minutes.

Banana Muffins

Mix

1/2 C margarine or shortening

1 C sugar

Add

2 beaten eggs

1 C mashed bananas

Sift and add

2 1/2 C flour

1/2 t nutmeg (opt)

1/2 t salt

Dissolve and add

1 t soda in

1 T water

Add

1 t vanilla

Stir until blended. Don't overmix. Fill greased muffin tins 2/3 full. Bake at 350 for 30 minutes.

Banana Bran Muffins

Shelley Bailey

Mix well

1 1/2 C yoghurt or sour milk

1 C mashed ripe banana

2 eggs

1/4 C oil

1/4 C honey or corn syrup

1/4 C Wilpak molasses

Add to above and stir to mix

2 C whole wheat flour

1/2 t salt

2 t soda

1 1/2 C bran

Fold in 1 C raisins, chopped dried mangoes or papaya. Spoon into greased muffin pans. (Do not use paper baking cups.) Bake at 375 for 25-30 minutes. Serve warm.

English Muffins

Dissolve and set aside

- 1 T dry yeast
- 1/2 t sugar
- in 1/4 C warm water

In large bowl blend together

- 1 C hot *not* boiling water
- 3 T soft margarine
- 2 T sugar
- 1 t salt
- 1/2 C dry milk powder
- 1/2 C water
- 3 C flour

Add yeast mixture and beat at medium speed in mixer 2 min or 150 strokes with a wooden spoon. Beat in

- 1 egg

Turn off mixer. Stir in

- 2-2 1/2 C flour

Knead until smooth and elastic (about 6 min.) Cover and let rise until double. Knead 30 seconds. Let rest 10 min. Sprinkle work surface with

- 1 T cornmeal

Turn dough onto it. Roll out dough 1/4" thick. Cut into 3" rounds (a tuna can makes a good cutter). Place on ungreased cookie sheet sprinkled with cornmeal. Sprinkle additional cornmeal on tops. Let rise until double (about 45 min). Gently slide wide spatula under muffins; place upside down on ungreased, preheated (350 -375) electric frying pan (or heavy skillet over moderate heat). Place lid on pan. Bake 7 min on each side or until golden brown. Cool on rack.

Neil's Doughnuts

Soften

- 1 T yeast in
- 1 C warm water *or* milk
- 1/4 C sugar

Add and mix well

- 1 t salt
- 1 egg
- 1/4 C margarine
- 3-3 1/2 C flour

Let rise 1 1/2 hours. Roll out on floured cutting board. Cut out with doughnut cutter.* Let rise on floured surface for 40 minutes. Fry in deep hot fat. Makes about 1 dozen doughnuts. Dip warm doughnuts into warm glaze.

Glaze: Add and mix well

- 1/4-1/3 C hot water to
- 1 C confectioners sugar

*Or use clean tuna can for the doughnuts and Sunquick cap for the holes.

Muesli (A Breakfast Treat)

Eunice Diment

Pour milk over

1 C oats (enough to soak oats well)

Add

raisins

nuts

sliced fruit (banana, papaya, mango, pomelo, etc.)

Add sugar or honey as desired.

Note: More milk may be added; yoghurt may be substituted for milk.

Crunchy Granola

Marilou Weaver

Mix

5 C dry oats (uncooked oatmeal)

1 C dry, shredded or flaked coconut

1 C wheat germ

1/2 C brown sugar

1 T cinnamon

1/2 t cardamon (opt)

1/2 t nutmeg (opt)

Set aside. In small saucepan mix

1/2 C margarine

3/4 C corn syrup

1/2 t maple flavoring or 1 t vanilla

Melt shortening and bring mixture to boil over medium heat. Pour over dry ingredients and mix well. Spread on 2 greased cookie sheets. Bake 30-35 minutes at 325 , stirring often. Cool in pan. Store in airtight container.

Toasty Nut Granola

Lauretta DuBois

Combine

6 C oats

1/2 C firmly packed brown sugar

3/4 C wheat germ

1/2 C flaked or shredded coconut

1/3 C sesame seed

1 C chopped nuts

Add

1/2 C oil

1/2 C honey

1 1/2 t vanilla

Mix until dry ingredients are evenly coated. Divide oats mixture into 2 equal parts. Bake 1/2 of oats mixture in ungreased 13"x9" pan at 350 for 20-25 minutes, stirring often to brown evenly. Cool. Stir until crumbly. Repeat for remaining 1/2 of oats mixture. Store in a tightly covered container in refrigerator. Makes 10 cups cereal.

Granola

Heat together

- 1 C brown sugar
- 3/4 C oil
- 3/4 C honey
- 1/2 C water
- 1 t salt
- 1 t cinnamon
- 1 t vanilla

Pour this over

- 10 C oats
- 1 C wheat germ
- 1 C coconut, grated
- sesame seeds, nuts (opt)

Bake at 300 until dry. Stir often.

Fried Oatmeal Or Pinipig

Faith Boyce

Mix

- 5 C cereal
- 1 C brown sugar
- 1/2 C margarine

Brown in heavy skillet stirring constantly. In frying oatmeal, the margarine has to be pressed into the oatmeal until all the oatmeal is coated. Frying time 10-15 minutes. Serve cold with milk.

Granola Cereal (a variation of fried oats)

In a heavy skilled over medium heat, brown lightly, stirring

- 2 C uncooked oats

After about 10 minutes add

- 1/2 C wheat germ or flaked coconut
- 1 C puffed pinipig (makes it crackle)
- 1/2 C brown sugar, packed
- 1 t cinnamon
- 1/3 C margarine (Star is fine)

Stir well to coat oats and continue cooking stirring constantly, until mixture is a golden brown. May add 1/2 C raisins or 1/2 C chp peanuts when cooked. Serve cold with milk and more sugar.

Puffed Pinipig

Puff dry pinipig by cooking small amounts in deep fat. Using a large strainer and a small rice pot almost full of oil, puff about 2 T dry pinipig at a time. Drain well on absorbant paper. Serve with milk and sugar as cereal.

Chocolate Flavored Oatmeal

Mix

2-3 T cocoa

2 T sugar

1/2 t salt

1 C rolled oats

Add it to

2 C boiling water

Cook stirring occasionally. Makes 2-3 servings

Cookies

Griddle Cookies

Mix

1 C sugar
1 1/2 t salt
3 1/2 C flour, sifted
1 1/2 t BP
1/2 t soda
2 t cinnamon
3/4 t cloves
3/4 t ginger

Beat slightly

1/2 C milk
1 egg

Add

1 t vanilla
2/3 C oil
1 1/4 C raisins (opt)

Add wet ingredients to dry ingredients and mix well. Make into round, thin patties. Fry in ungreased covered frying pan over low heat about 8-10 minutes.

Coconut Macaroons

Sadie Sieker

Stir together until blended

4-5 C flaked coconut
1/8 t salt
1 reg can sweetened condensed milk
1 T vanilla

Drop by spoonfuls on greased baking sheet and bake at 375 until golden brown.

Easter Eggs

Aunt Sadie

Follow recipe above for macaroons. Divide dough into three bowls. Add red color to one, green to second, and yellow to third. Shape into small eggs and bake at 375 until cooked.

Quick 'N Easy Coconut Macaroons

Peggy Pittman

Spread sweetened condensed milk generously on slices of white bread. Sprinkle with grated coconut. Broil until lightly browned--a few minutes only, so watch it! 1 slice per person. May cut in fancy shapes.

Almond Slices

Carol Kuiken

Crust:

1/2 C (1 stick Dairy Creme) butter or margarine
 1/2 t salt
 1/2 C shortening
 1/2 C cold water
 2 C flour

Roll out 1/2 crust and place in 9"x13" pan.

Filling:

4 egg yolks
 1/2 C milk
 2 C sugar
 1/2 C flour
 4 t almond extract
 1/2 C coconut

Place filling over crust, put on remaining crust. Bake at 350 for 30 minutes.

Ginger Cookies

Bob Pittman

Mix

1 C sugar
 3/4 C soft shortening
 1 egg
 1/4 C molasses

Sift and add

2 C flour
 2 t soda
 1/4 t salt
 1 t cinnamon
 3/4 t cloves
 3/4 t ginger

Make in balls the size of walnuts. Bake at 375 for 10-12 minutes. Roll in pwd sugar while warm.

Raisin Cookies

Boil 10 min, drain and set aside

1 1/2 C raisins
 1 C water

Mix

1 C oil or shortening
 1 1/2 C sugar
 3 eggs
 6 drops almond flavoring or 1 t vanilla

Sift and add

1 t soda
 3 1/2 C flour
 1/2 t salt

Add raisins, shape into balls the size of walnuts; roll in granulated sugar. Bake at 375 for 10-12 min.

Coconut Cookies

Mix

1 C brown sugar
1 C white sugar
2 eggs, beaten
1/2 C shortening plus 2 T margarine

Sift and add

1 1/2 C flour
1 t BP
1 t salt

Add

1 t vanilla
2 C shredded coconut

Drop by teaspoonfuls on ungreased cookie sheet. Bake at 350 10-12 minutes.

Banana Oatmeal Cookies

Marilyn Smith

Sift together and set aside

1 1/2 C sifted flour
1/4 t soda
3/4 t cinnamon
1/4 t nutmeg
1 t salt

Beat until creamy

3/4 C shortening or 1/2 C oil

Gradually add

1 C sugar

Beat until light with beater. Add and beat well

1 egg

Add

1 C mashed bananas (2 or 3)

Add

3/4 C oatmeal
1/2 C raisins
1/2 C nuts

Mix thoroughly. Add flour mixture and blend. Bake on an ungreased pan at 400 for 15 minutes. Makes 3 1/2 dozen cookies.

Chocolate Chews

Marilyn Jones

Mix together in a saucepan

- 1 1/2 C sugar
- 1/2 C cocoa
- 1/2 C milk
- 1/3 C margarine

Stir over medium heat until mixture bubbles all over. Boil and stir 3 minutes more.

Remove from heat. Add and stir until dissolved

- 1/3 C peanut butter

Stir in

- 1 t vanilla (opt)
- 1 1/2 C uncooked oats
- 1/2 C salted (*not* garlic) peanuts or raisins

Drop by teaspoonful on waxed paper. Let stand until firm.

Whoopie Pies

Jacque Swaney

Sift together and set aside

- 2 C flour
- 1/2 C cocoa
- 1 t soda
- 1/4 t salt

Cream together

- 1 C sugar
- 1/2 C shortening

Add

- 1 egg
- 1/2 C sour milk*
- 1/2 C hot water

Add flour mixture. Mixture will be thin. Put by tablespoonfuls on greased cookie sheet. Bake 8 minutes at 350 . Cool. Frost with filling and put another cookie on top.

*Sweet milk plus 1 t vinegar.

Filling: (Enough for 2 batches Whoopie pies)

Cream

- 1 egg white
- 1 t vanilla
- 2 T flour
- 2 T milk
- 1 C pwd sugar

Beat well and add

- 1 C pwd sugar
- 1/2 C margarine (Darcicreme, etc.)

Lemon Bars (with kalamansi)

Judy Carlson

Mix together

1 C margarine

2 C flour

2 T pwd sugar

Pat with hand on cookie sheet (15"x10"). Bake 15-20 min at 350 .

Beat until thick

4 eggs

Gradually add

2 C sugar

Then add

juice of about 10 med kalamansi or 1/4 cup

Fold in

4 T flour

1 t BP

Add mixture to baked crust. Bake 25 min at 350 . Cool and cut in squares.

Banana Snowflake Puffs

Helen Johnston

About 25 minutes before serving, heat 1/2 inch of salad oil in heavy skillet to 370 (or until one drop of water sizzles like crazy).

In a small bowl beat until stiff peaks form

2 egg whites

1/4 t salt

Set aside. In medium bowl, mix well

2 egg yolks

3/4 C flour

3/4 C chp ripe banana

1/3 C milk

1 T melted margarine

1 t BP

Fold mixture into egg whites. Drop batter by tablespoonfuls into hot oil. Fry 2-3 minutes until golden brown, turning only once. Drain on paper towel. Sprinkle with pwd sugar. Makes about 2 dozen.

Good Sugar Cookies

Jacque Swaney

Cream together

1 C margarine

2 C sugar

Beat in

2 eggs

Add

3 1/2 C sifted flour

1 t salt

1 1/2 t BP

1/4 C milk

1 t vanilla

1/4 t lemon flavoring

Roll in balls, then roll in white sugar. Flatten with fork. Bake 8-10 min at 375 . (May add dry, flaked coconut.)

Gerry's Chocolate Chipped Cookies

Mix together

3/4 C brown sugar
3/4 C white sugar
1 C shortening (1/2 of it oil)

Add

2 beaten eggs
2-3 chocolate bars, chopped*
1 3/4 C sifted flour
2 C uncooked oats

Dissolve and add

1 t soda in
1 t hot water

Add

1 t vanilla

Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 for 10-12 minutes.

*May substitute 1 pkg chocolate chips, or use NIPS.

Kokosbusserl

Heidi Pfeifer

Roast together in a frying pan without fat

1 1/4 C desiccated coconut
3/4 C flour

Let cool. Beat until stiff

4 egg whites
a bit of salt

Add to the egg whites

1/2 C sugar

Slowly add the coconut and flour mixture. Make little heaps on a cookie sheet. Bake about 20 minutes at 200 in preheated oven.

Dream Bars

Elaine Brooks

Mix

1/2 C margarine
2 T pwd sugar
7/8 C flour, sifted

Spread evenly on wax paper lined 8" square pan. Bake at 350 for 30 minutes. Beat

2 eggs
1 1/4 C brown sugar

Sift and add

2 T flour
1/4 t salt
1 1/2 t BP

Add and spread over first mixture

1 C nuts
1 C freshly shredded coconut (may use pkg coconut as substitute)

Continue baking 30 min. Cut in squares and cool in pan. Makes 2 doz squares.

Puffed Pinipig Peanut Butter Bars*

Mix in saucepan

1 C clear corn syrup

1 C white sugar

Stir over medium heat until mixture boils. Remove from heat; add

1 C peanut butter

Mix well, then add

6 C puffed pinipig

Spread on well-greased pan to cool.

Note: May substitute rice crispies for pinipig.

*See index for how to puff pinipig.

K-Lusters (No bake!)

Helen France

Combine

1/2 C sugar

1/2 C corn syrup

Bring to a boil stirring constantly. Remove from heat.

Stir in

3/4 C peanut butter

1 t vanilla

Add

4 C corn flakes (Local brand OK)

Stir until well-coated. Drop by spoonfuls on waxed paper or buttered baking sheets.

Orange Crispies

Mix

1 1/4 C sifted flour

1 C sugar

1 C margarine (Royal is best)

1 egg

1 1/2 t orange extract (grated rind opt)

Beat together at high speed 3 minutes. Drop by spoonfuls on cookie sheet. Bake at 325 for 10 min. Keep refrigerated. Delicious right out of the freezer.

Eugenia Fuller's Brownies

via Marilyn Smith

Mix

4 eggs

1 C oil

2 C sugar

1 t vanilla

Sift together

3/4 C cocoa

1-1 1/2 C unsifted flour

1/4 t salt

1/2 t BP

Add

nuts (opt)

Bake in a greased 13"x9" pan at 350 for 30 minutes.

Butterscotch Bars

Marilyn Smith

Cook over low heat til bubbly

1/2 C margarine

2 C brown sugar

Cool, then add one at a time beating well after each addition

2 eggs

Add

1 t vanilla

Sift together

2 C flour

2 t baking powder

1/4 t salt

Add to first mixture along with

1 C dry, shredded coconut or 1 C nuts

Spread in a large, shallow greased pan. Bake at 350 for 20 minutes or less. While warm cut into squares. Makes 3 dozen.

Date Oatmeal Bars

Marilyn Smith

Preparation time: 30 minutes

Combine

2 C finely cut dates

1 T flour

Add

1 C hot water

Simmer 10 minutes and stir in

1 t vanilla

Set aside. Combine

1 C brown sugar

1 C sifted flour

1 t soda

2 C oats

Add gradually while stirring

1/2 C oil

Spread 1/2 oatmeal mixture in a greased 12"x8" pan. Cover with date mixture. Sprinkle with remaining oatmeal mixture. Pat with spoon. Bake at 375 for 20 minutes. Cool in pan. Cut into 2" squares. Makes 24 squares.

Mocha Spice Bars

Shirley Cottle

Cream together

1 C margarine *or* shortening

1 1/2 C brown sugar

Add

2 eggs

Sift together

3 C flour

1 t cinnamon

1/2 t cloves

1 t soda

1 t BP

Add alternately with

1 C cold coffee

Add

1 C raisins

1/2 C nuts

Bake in greased 9"x13" pan for 30 min at 350 . Frost with thin mixture of pwd sugar and juice and grated rind of 1 orange.

Butterscotch Squares

Maddy Troyer

In heavy saucepan over low heat melt

1/2 C margarine

Add

2 C brown sugar, packed

Bring to boil, stirring, then cool to lukewarm.

Add one at a time

2 eggs

1 t vanilla

Sift and add

1 1/2 C flour

2 t BP

Add

1 C chopped nuts

Bake in greased 11"x7" pan at 350 for 30 minutes. Cool in pan, cut. May sprinkle with pwd sugar.

Pineapple Bars

Marge Moran

Combine (A pastry blender or wire whisk is good for this.)

1/2 C margarine

1/2 C shortening

1 C sugar

2 C flour

Spread 2/3 of the crumb mixture over bottom of a large cake pan.

Combine

1 C sugar

2 T cornstarch

Stir in and cook until thick

2 1/2 C crushed pineapple and juice

2 beaten egg yolks

Pour pineapple mixture over crumbs. Sprinkle remaining crumbs over top and bake at 350 for 20 min. Cool before cutting.

Chocolate Oatmeal Bars

Shirley Cottle

Cream together

1/2 C margarine

1/2 C white sugar

1/2 C brown sugar

Add

1 egg

1 T water

1 t vanilla

Sift and add

3/4 C flour

1/2 t soda

1/2 t salt

Beat well. Mix in

1 C uncooked oats

1/2 C chp nuts

3-4 plain candy bars, chp small *or*

1 small pkg chocolate chips

Bake in greased 9"x13" pan for 35 min at 375 .

Graham Cracker Brownies

Sadie Steker

Mix together

1 reg size can sweetened condensed milk

1 t vanilla

1 C nuts

2 C graham cracker crumbs

2 plain chocolate bars, chipped small

or 1 small pkg chocolate chips

1/2 t BP

Bake in a greased 8"x8" pan 30-35 minutes at 350 .

Crumble Bars

Mix together

- 1 1/2 C flour
- 1 t cream of tartar
- 1/2 t soda
- 1/2 t salt
- 3/4 C brown sugar

Blend in

- 1/2 C shortening
- 1 unbeaten egg
- 1/2 t vanilla

Press 3/4 of mixture in 8"x8" pan. Melt together

- 3 T cocoa
- 1/2 t vanilla
- 1 1/2 C pwd sugar
- 3 T evap milk
- 3 T margarine

Pour over above mixture and sprinkle with remaining crumbs. Bake at 375 for 25-30 minutes.

Strawberry Bars

Sift together

- 1 1/2 C flour
- 1 t BP
- 1/4 t salt

Stir in

- 1 1/2 C quick-cooking rolled oats
- 1 C brown sugar

Cut in until crumbly

- 3/4 C margarine

Pat 2/3 of crumb mixture into 11"x7" pan. (or 8" square). Spread with preserves. Cover with remaining crumb mixture. Bake at 375 about 35 min or until brown. Cool and then cut into bars.

Mailanderli

Heidi Pfeifer

Put in a bowl and stir until smooth

- 1 C margarine
- 1 C sugar
- 3 eggs (or 1 egg and 3-4 T milk)

Add and mix well with the margarine

- 2 drops of lemon flavor
- 3 C of flour

Mix, put the dough together and put in a cool place for a while. Roll out dough to 1/8" thickness and cut out nice forms. Brush with egg yolk and store in a cool place before baking. Bake for about 10 minutes at 375 in preheated oven.

Boterkoek (Shortbread pie)*Riska Bosshardt Schagen*

Mix with hands until butter is well-blended

2 C sifted flour

2 C sugar

1/2 lb soft butter

Grease a 9" or 10" cake or pie pan. Put mixture in pan. Beat up

1 egg

Spread it on top of the mixture just before it goes into oven. Bake in 350 oven for 25 min. Serve in small wedges...it is very rich!

Cakes, Frostings

General Rules For Cake Pan Sizes

Recipes requiring 1-1 3/4 C flour

Use 7"x10" or 8"x8" pans or 2 (8") layers

Recipes requiring 2-3 C flour

Use 9"x13" or 10"x12" or 2 (9") layers

Fill cake pans 1/2 to 2/3 full.

Helpful Hints

Substitutions

1 t BP = 1/2 t cream of tartar + 1/4 t soda

or 1/4 t vinegar + 1/2 t soda

or 6 parts cream of tartar +3 parts

baking soda + 1 part cornstarch.

1 C cake flour = 1 C less 2 T all purpose flour

or replace the 2 T flour with cornstarch

1 C milk = 4 T milk powder + 1 C water

1 C sour milk = 1 C sweet milk + 1 T vinegar

or 1 T kalamansi

or 1 3/4 t cream of tartar

Cakes

Cakes will come out perfectly flat on top if batter is poured into the corners first, then around sides leaving a slight depression in center.

Sprinkle powdered sugar over top of sponge cakes before baking to insure a rich, brown crust.

Dust a little cornstarch over cake before icing and icing will not run off.

To remove cake from tin easily, place cake tin on cold, damp cloth for a few minutes after removing from oven.

Heavenly Chocolate Cake

Shirley Cottle

Cream together

1 C shortening

1 1/2 C sugar

Add one at a time, beating well

2 eggs

Mix together and add

1 C sugar

8 T cocoa

Add

2 C sour milk

Alternately with

2 3/4 C sifted flour

1 t salt

2 t soda

Mix well. Bake 30 minutes at 375 in 9"x13" pan.

Heavenly Chocolate Spice Cake

Shirley Cottle

Cream together

1 C margarine

1 1/2 C sugar

Add one at a time, beating well

2 eggs

Mix together and add

1 C sugar

8 T cocoa

1 t pwd cloves

1 t cinnamon

Add

2 C sour milk

Alternately with

3 C sifted cake flour

2 t soda

1 t salt

Add

1 t vanilla

Bake in large pan 30 minutes at 375 .

Note: Use a soft icing as this cake is so light and fluffy it crumbles easily.

Company Coffee Cake

Kay Pittman

Mix topping and set aside

1/2 C brown sugar

2 T flour

2 t cinnamon

2 T melted margarine

1/2 C chp nuts (opt)

Sift

1 1/2 C flour

3 t BP

1/4 t salt

3/4 C sugar

Add

1/4 C shortening or oil

Mix and add

1 egg

1/2 C milk

1 t vanilla

In 9"x9" greased pan, pour 1/2 of batter. Add 1/2 of topping, then rest of batter and remaining topping. Bake at 375 for 25-30 minutes.

Red Velvet Cake (or Valentine Cupcakes)

Cream together

1/2 C shortening or margarine

1 1/2 C sugar

Add

2 eggs

1 t vanilla

Make a paste of

3 T cocoa

1 T (That's right!) red food coloring

1 t water (if needed)

Add to first mixture. Sift

2 1/2 C cake flour or 2 1/4 C regular flour, sifted

1 t salt

Add alternately with

1 C milk plus 1 t vinegar

In a small bowl mix

1 T vinegar

1 t soda

Add to batter and blend. Bake in 3 9" pans or a 9"x13" pan or in cupcake tins for about 20-25 minutes at 350 .

Frosting:

Mix and cook until thick, stirring constantly

3 T flour

1 C milk

1/2 t salt (omit if margarine is used)

Cool. Beat well

1 C shortening or margarine

1 C sugar

Add

2 t vanilla

Add to milk mixture and beat well.

Mary's Cake

Beat together

2 eggs

1/2 C margarine

2 C sugar

Add

1 C milk or coconut milk

2 C flour

1 C cornstarch (that's right)

1 1/2 t baking powder

1 t salt

Pour into greased tube pan. Bake at 350 for 35 min.

Democrat Cake

(Self-glazing--no frosting needed!)

Cream together

1/2 C shortening

2 C sugar

2 eggs

Add

1 C milk

2 C sifted flour

4 T cocoa

1/2 t salt

1 t vanilla

1 t soda dissolved in

1/2 C hot water

Mix well. Pour into 9"x13" greased pan. Bake at 350 for 40-45 minutes.

Jello Cake

Mix together

1 pkg cake mix (white or yellow)

1 pkg lemon jello

Beat until stiff

4 eggs

Add

3/4 C oil

3/4 C water

Fold the jello and cake mix into the egg, mixing a little at a time. Pour into a greased 13"x9" pan and bake 40 minutes at 350 .

Glazed topping: Heat

1/3 C kalamansi juice

Add

2 C pwd sugar

Make holes in cake with fork while hot. Pour topping over the cake.

Banana-Choco Bit Cake

Combine and set aside

2 C sifted flour

1 t BP

1 t soda

1/2 t salt

Cream together

1/2 C margarine

1 C sugar

Blend in

2 unbeaten eggs

Beat well. Add

1 C mashed bananas

1 t vanilla

Combine

1 C milk

1 T vinegar

Alternate milk and dry ingredients. Stir in

2 regular size plain chocolate bars, chopped with a knife

Add

1/2 C nuts

Bake in large pan at 350 for 45-55 minutes.

Crushed Pineapple Cake

Sift together

1 C sugar

1 C flour

1 t soda

1/2 t salt

Add

1 beaten egg

Add

1 #2 can crushed pineapple or fruit cocktail, WELL

DRAINED

Pour into 8"x8" greased pan. Sprinkle with

1/3 C brown sugar

Bake at 350 for 40 minutes.

Oatmeal Cake (moist and rich)*Virginia Kramer*

Pour

1 1/2 C boiling water over

1 C uncooked oats

Set aside to cool. Mix together

1/2 C margarine

1 C white sugar

1 C brown sugar

2 T molasses

2 eggs

Add oatmeal mixture. Sift together and add

1 1/2 C flour

1 t soda

1 t cinnamon

1/2 t salt

1/4 t nutmeg

Bake in 9" square pan at 350 for 45 minutes.

Caramel Topping: In saucepan put

1/2 C margarine

3/4 C brown sugar

3 T milk

Heat till margarine melts and add

1 C flaked coconut

1 C chp cashews

Boil 1 minute stirring constantly. Put on cake and broil 1 minute to brown.

Nameless Cake (chocolate-spice)*Audrey Schumacher*

Sift together

1 3/4 C flour

2 T cocoa

1 t cinnamon

1/2 t nutmeg

1/2 t BP

1/2 t soda

Add

1 1/2 C sugar

3/4 C shortening

3 eggs

1 t vanilla

3/4 C sour milk

Bake for 30 min at 350 in 2 well greased layer pans or 9"x13" pan.

Icing:

3 C pwd sugar

6 T margarine

1 egg

1 1/2 T cocoa

1 t cinnamon

1 1/2 T hot coffee

Carrot Cake

Kay Pittman

Mix

1 C oil
2 C sugar

Add one at a time and beat well

4 eggs

Add

2 T kalamansi juice
2 T fruit jam or jelly (any flavor)

Add

3 C finely grated carrots

Sift and add

2 C flour
2 t soda
1/4 t BP
1 t salt
1 t cinnamon or 3-4 drops oil of cinnamon
1/2 t cloves

Also add

1 t vanilla
1/2 C raisins (opt)

Bake in two greased bread pans or one tube pan at 350 for about 1 hour. Good with thin powdered sugar and kalamansi glaze.

Banana-Mock Applesauce Cake

Jean Kemp

Mix well

2 1/2 C sifted flour
2 C sugar
1/2 t BP
1 1/2 t soda
1 t cinnamon
1/2 t cloves
1/2 t allspice
3/4 t salt

Add and blend

1/2 C water
1/2 C shortening
1 C mashed bananas
1 C mock applesauce (see index for recipe)

Beat at med speed of mixer (or by hand) until creamy. Add

2 eggs

Beat at med speed 2 minutes (or 300 strokes by hand). Stir in

1/2 C chp nuts (opt)
3/4 C raisins (opt)

Pour into 13"x9" cake pan lined with wax paper. Bake at 350 about 45 minutes. When finished turn out on cake rack and pull off paper. Turn right side up and while still warm, sift confectioners sugar lightly over top.

Carrot-Pineapple Cake

Mix together

- 1 1/2 C oil
- 2 C sugar
- 3 eggs, beaten
- 2 C grated carrots
- 1 C crushed pineapple
- 1 t vanilla
- 1 C chp nuts
- 1 C flaked or shredded coconut
- 2 C sifted flour
- 2 t soda
- 2 t cinnamon
- 1 t salt

Bake in a 9"x13" pan at 350 for 1 hour. Do not open oven until time for cake to be done. Frost when cool with "Buttermilk" Frosting Glaze.

Buttermilk Frosting Glaze

Mix together in a large saucepan

- 1 C sugar
- 1/2 C sour evap milk* or buttermilk
- 1/4 C margarine
- 1/2 t soda
- 1 T corn syrup

Bring to a boil and boil 5 minutes. Remove from heat and add

- 1/2 t vanilla

Beat and then pour over cake while still warm.

*Sour evap milk can be made by adding 1/2 T vinegar to sweet milk. Let stand at least 10 minutes.

Buttercup Cake

Get ready

1 C sour milk* or yoghurt

Add

1/2 t soda

Cream

1/2 C shortening

1/4 C butter

Add and cream well

1 C sugar

Add

2 eggs, well beaten

Sift and add alternately with milk and soda

2 1/4 C flour

1/2 t BP

1/2 t salt

Add

1 t vanilla

1/2 t almond flavoring (opt)

or 1/2 t lemon flavoring (opt)

or 1/2 t orange flavoring (opt)

If made in layers bake 30-35 minutes at 350 . If 9"x13" pan, bake 45-50 minutes (or less).

*To make sour milk add 1 T vinegar to 1 C sweet milk

Shoo-Fly Cake*Linda Pittman*

Cream together

1 C shortening

1 C sugar

Add

2 beaten eggs

1 1/4 C Karo syrup

Add

3 C flour

Alternately with

1 t soda dissolved in

1 C lukewarm water

Mix well and pour into 9"x13" pan. Sprinkle crumbs on top and bake at 375 for 40 min.

Crumbs:

1 C flour

1/2 C sugar

1/2 t salt

1/4 C margarine

Applesauce Cake (with green papaya)*Lois Kyle*

To prepare papaya sauce: Peel and dice one green papaya. Add water and simmer until tender. Drain and mash until smooth. (Use blender if available.) Add about 1/2 C sugar to each 2 1/2 C of mashed fruit. Let cool.

Cream together

2 1/2 C brown sugar

1 1/3 C shortening

Add and beat well

2 eggs

(If no mixer is available, beat eggs until lemon colored with egg beater; then add to shortening mixture). Set aside.

Sift and set aside

4 C sifted flour

1/2 t cinnamon

1/2 t nutmeg

1/2 t salt

Mix

2 1/2 C papaya sauce

4 t soda

Add flour mixture and papaya sauce alternately to sugar and egg mixture, beginning and ending with flour. Carefully fold in

1 1/4 C raisins (simmered in water, drained and cooled)

Bake in large tube pan at 350 for about 1 1/4 hr.

Applesauce Cake Sauce*Lois Kyle*

Mix together

1/3 C brown sugar

1 1/2 T flour

1/8 t salt

Add

1 C hot water

Bring to a boil and let thicken. Remove from heat and add

1 T margarine

1/2 t vanilla

Serve hot on applesauce cake.

Busy Day Banana Cake*Jean Kemp*

To

1 yellow cake mix

Add

1 t BP

1 t soda

Follow directions for mixing and add

1 C mashed ripe bananas

Bake as directed.

Kamote Cake

Combine and beat until smooth

1 1/2 C oil or shortening

2 C sugar

Add and beat well

4 egg yolks

Add

4 T hot *not* boiling water

Sift together and add

2 1/2 C sifted cake flour or 2 1/4 C regular flour

3 t BP

1/4 heaping t salt

1 t cinnamon or 3-4 drops oil of cinnamon

1 t nutmeg

Stir in

1 1/2 C grated raw kamote*

Add

1 C chp nuts (opt)

1 t vanilla

Beat until stiff

4 egg whites

Fold into above mixture. Bake in two loaf pans or 3 layer cake pans at 350° for 25-45 minutes.

*I use the ones that have red skins and are orange or yellow inside.

Favorite Cake (No eggs)

Jean Hussey

Simmer 5 minutes

2 C raisins

2 C water

1/2 t salt

1 1/2 t cloves

2 C sugar

4 T shortening

2 t cinnamon

To cooled mixture, add

3 C flour, sifted

2 t baking soda

Pour into greased 13"x9" pan. Bake at 350 for 60 minutes.

Unbaked Chocolate Layer Cake

via Jean KempCarol Froelich

Line bread loaf pan with foil. Beat

3 eggs

Gradually add

1 C sugar

1/2-3/4 C cocoa

Add

1/2 lb soft margarine*

Add and beat a little more

1 t vanilla

Place layer of graham crackers in bottom of lined loaf pan, then spread with chocolate mixture, another layer of crackers and chocolate until all is used up. Should have 4-5 layers. Chill and cut in thin slices and put between two cookies. (I use Graham crackers, Marie cookies, or any cheap creme cookies.)

*Daricreme, etc. Star is too salty

Gingerbread

Moist and very good!

Shirley Cottle

Mix together in order

1 C white sugar

1 C salad oil

1 C molasses (if Wilpak, use only 1/2 C plus 1/2 C corn syrup)

Dissolve

2 t soda in

1 C boiling water

Add alternately with the following to the sugar mixture

2 1/2 C flour

1 t pwd ginger

1/2 t cinnamon

1/2 t cloves

1/4 t salt

Add

2 eggs, well beaten

Bake in greased square pan at 350 for 40 minutes.

Kalamansi Sauce (Good with Gingerbread)

Mix in pan

3/4 C sugar

1 1/2 T cornstarch

Stir in gradually

1 1/2 C boiling water

Boil 1 minute stirring constantly. Then add

2 1/2 T kalamansi juice

Banana Cake

Mix together

1 1/2 C sugar
2/3 C oil
2 eggs
1 t soda

Add

1/4 C sour milk*
1 C mashed bananas
1 C nuts (opt)
1 t vanilla
1 1/2 C sifted flour
1/4 t salt

Pour into greased loaf pan and bake at 350 for 35-40 minutes.

*1/4 C milk plus 1 t vinegar

Chocolate Chiffon Cake

Blend, then cool

3/4 C boiling water
1/2 C cocoa

Sift

1 3/4 C cake flour
1 3/4 C sugar
1 T BP
1 t salt

Add to cocoa mixture

1/2 C cooking oil
6 egg yolks
1 t vanilla

Mix until smooth and add dry ingredients. Combine

6 egg whites
1/2 t cream of tartar

Beat until stiff peaks form. Fold yolk mixture into white mixture. Pour into ungreased 10" tube pan. Bake 1 hr and 10 min at 325. Invert pan, cool, then remove from pan.

Apple/Mango Cake

Marilyn Smith

Mix well in a bowl

2 C sugar
3 C flour
3 t BP
pinch salt

Mix together and then add

1 C salad oil
1/2 C orange juice or milk
3 t vanilla
4 eggs

Grease and flour a tube pan or 2 cake pans. Pour half of batter into bottom of pan. Use

4 to 6 apples, sliced or 3 cups mangoes, sliced

Put half of fruit on batter with mixture of 1/2 C sugar and 1 t cinnamon. Repeat. Bake 1 hour at 350. Serve with ice cream!

Wacky Banana Cake

Jan Forster

Mix together

1 1/2 C flour
3/4 C sugar
1/2 t salt
2 t soda

Add

5 t oil
1 T vinegar
1 C mashed banana
3/4 C water

Bake in greased 8" or 9" square pan at 350 for 40-45 minutes. For cupcakes bake at 400 for 20 minutes. Makes 12 medium cupcakes.

Wacky Spice Cake (no eggs)

Barb Musgrove

Mix together

3 C flour
3 t soda
2 t cinnamon
1 t nutmeg
2 C sugar
1 t salt
1 C raisins

Add

2 C water
3/4 C oil
2 T vinegar

Mix well. Bake in 9"x13" pan for 25 minutes at 350 .

Wacky Cake (no eggs)

Mix together

1 1/2 C flour
1 C sugar
3 T cocoa
1/2 t salt
1 t soda

Add

5 T oil
1 T vinegar
1 t vanilla
1 C water

Mix well. Batter will be thin. Bake in greased 8" square pan at 350 for 30 minutes.

Peanut Butter Cake Topping*Faith Boyce*

Mix

4 T peanut butter
 1/3 C sugar
 1 T flour
 dash salt

Sprinkle over unbaked cake batter. Bake as directed for cake.

Richmond Frosting*Janice Walton*

Mix together

1/2 C sugar
 1 1/2 T cornstarch
 2 T cocoa
 dash salt

Add

1/2 C boiling water

Cook until mixture thickens. Remove from heat. Add

1 1/2 T margarine
 1/2 t vanilla

Spread on cake while hot for a glossy frosting which remains soft and smooth.

Rich And Creamy Icing*Marianne Lambert*

Combine

5 T flour
 3/4 C milk

Cook together until a paste. Add

2 t vanilla

Cool. In a separate dish combine

1 C margarine
 1 C granulated sugar

Cream together until very smooth. Add margarine/sugar mixture to flour mixture.

Beat until well mixed (electric mixer best). Frosts one 9"x13" cake.

Quick Fudge Frosting*Ramona Milling*

Combine

4 squares chocolate cut fine or 12 T cocoa + 4 t oil
 3 C sugar
 1 C milk
 1/2 C margarine
 2 T corn syrup

Heat slowly stirring constantly until mixture boils. Boil 1 minute to soft ball stage (234). Remove from heat while testing so mixture doesn't over cook. Cool to lukewarm. Add

1 t vanilla

Beat until thick. Will frost a two-layer cake or a 9"x13" cake.

Coconut Pecan (Walnut) Topping

Donna Kipp

In medium pan combine

2/3 C brown sugar

2/3 C evaporated milk

2 egg yolks

1/2 C shortening *or* margarine

Cook and stir over med heat until mixture is boiling. Remove from heat. Add

1 tsp vanilla

1 1/3 C desiccated coconut *or* fresh

1 C chopped pecans *or* walnuts

Cool 15 minutes and spread over cake.

Pies, Pastries

Helpful Hints:

To avoid soggy lower crust when baking pie, sprinkle sugar over lower crust before filling. Unbeaten egg white brushed over lower crust is also effective.

Bake two-crust pies in hot oven. Lower crust must bake quickly before filling soaks in.

Meringue will stand up high if a generous pinch of soda is added to beaten whites.

When ready to fill pumpkin (or custard) pie, place empty pie shell on oven rack and then pour in filling.

Easy Caramel Custard Pie

Jean Kemp

Combine

1 lg can evap milk + water to make 2 C

Add and beat until well-mixed

2 eggs

Set aside. Combine

1 C brown sugar

3 T flour

Cut in until like coarse crumbs

2 T margarine

Add milk mix to sugar mix. Beat till well blended. Pour into unbaked 9" pastry shell. Bake at 400 for 30 minutes or until knife inserted half way between center and outside edge comes out clean. Cool.

Green Parrot French Silk Chocolate Pie

Ramona Milling

Cream together

1/4 lb (1/2 C) margarine

3/4 C sugar

Add

1 t vanilla

1 sq melted bitter chocolate (or 3 T cocoa + 1 t oil)

Add one at a time beating two min after each

2 chilled eggs

Pour into baked shell. Chill 1 hour. Top with whipped cream. Sprinkle with slivered chocolate bar.

Mango Custard Pie

Willie Grable

Put into a bowl

1 1/2 C flour

1/2 t salt

1/2 C margarine

Mix until mixture looks like coarse meal. With back of spoon, press mixture firmly on bottom and half-way up sides of greased 8" square pan. Drain

1 14 oz can sliced mangoes, saving 1/2 C syrup

(GINA is best)

Arrange drained slices on crust in pan. Sprinkle with mixture of

1/2 C sugar

1/2 t cinnamon

Bake in 375 oven for 20 minutes. Meanwhile mix

1/2 C reserved syrup

1 egg

1 C evap milk

Pour over mangoes. Bake 30 minutes more or until custard is firm except in center; center becomes firm on standing. Serve warm or cold.

Coconut-Butterscotch Cream Pie

Marilou Weaver

This is very easy and very good but should be made several hours ahead of time. From

2 grated mature coconuts

Make 4 C coconut milk (see index for instructions)

In each of two saucepans, put 2 C of the coconut milk. In the first add

1 pkg ROYAL butterscotch pudding

In the second add

1 pkg ROYAL vanilla pudding

Stir until mixtures boils. Remove from fire. Cook slightly, then pour the butterscotch pudding into baked pie shell. Chill about 15 minutes, then carefully spoon vanilla pudding on top. Chill several hours and serve. (If you like you can top with Dream Whip, but it's fine as is.)

Heavenly Pie

New Zealand

Make 1 graham cracker crust (see index for recipe).

For filling mix together

1 1/4 C crushed pineapple

1 pkg lemon jello

3/4 C sugar

Bring to a boil, then cool until almost set. Whip until stiff

1 C chilled evap milk

Beat in

1 T kalamansi juice

pinch of salt

Add jello and whip together. Pour into pie shell. Chill and serve.

Vanilla Pudding Pie Deluxe

Shirley Cottle

Mix

4 T cornstarch

1/3 C sugar

Add and bring to a boil

2 1/2 C milk

Separate

2 eggs

Add a little of the hot mixture to beaten yolks, then add yolks to the mixture. Boil 1 minute; remove from heat. Add

1 t vanilla

1 T margarine

Fold in beaten egg whites. Cool. Slice bananas in the bottom of baked pie shell. Top with pudding. Chill and serve.

Kamote Pie

Dick Pittman

Cream together

1/4 C margarine

1/2 C brown sugar

Add and mix well

1 1/2 C mashed, cooked kamote

3 slightly beaten eggs

Mix together

1/3 C corn syrup

1/3 C milk

1/2 t salt

1/4 t cinnamon

1 t vanilla

Add to kamote mixture. Line 9" pie pan with pie crust. Spoon filling into pan and bake 35-45 minutes at 350 .

Note: Kamotes with red skins and yellow insides that are soft when cooked are best.

Peanut Butter Pie

Have ready 2 baked pie shells.

Combine and make into crumbs

3/4 C powder sugar

1/2 C peanut butter

Line baked shells with *half* of mixture. Mix together

2/3 C sugar

3 T cornstarch

1 T flour

pinch of salt

Add and stir, boiling until thick

2 eggs, beaten

2 1/2 C milk

2 T butter

Add

1 t vanilla

Cool over ice water (I use top part of freezer). Mixture will be thick. Spoon over crumbs in shell. Cover with beaten whipped cream and 1/4 C sugar. Sprinkle with rest of crumbs. Makes 2 pies.

Pumpkin Chiffon Pie (using squash)

Soak

1 envelope Knox gelatin in

1/4 C cold water

To 3 slightly beaten egg yolks add

1/2 C sugar

1 1/4 C cooked mashed squash

1/2 C milk

1/2 t salt

1/2 t each, ginger, nutmeg, cinnamon

Cook until thick, then let cool. Beat

3 egg whites, gradually adding

1/2 C sugar

Fold in cooled squash mixture. Add softened gelatin. Pour into baked 9" pie shell. Chill and serve.

Mango Pie

Make crust for 2-crust pie (see Index).

Cut up 5-7 mangoes or enough to fill pie tin. To mangoes, add

1/2 C sugar

1/4 C flour

1/4 t salt

Add

1 T kalamansi juice (opt)

Mix well and pour into unbaked pie shell. Dot with margarine and add top crust. Bake at 350 for 35-45 minutes.

Macopa Pie

Lois Ashley

Wash, remove the seeds and slice

3-4 C macopa

Place in waterless cooking pan or heavy pan with

2 C brown sugar

Cook slowly until tender. Taste for sweetness and add more sugar according to taste.* Place sweetened fruit in prepared unbaked pie crust. Sprinkle with

cinnamon

kalamansi juice (about 2 T)

Add several dots of butter. Cover with top crust and cook until crust is brown.

*If there is much syrup it may be thickened with a little corn starch or tapioca before adding fruit to the crust.

Pink Velvet Pie

Janice Walton

Make Graham Cracker Crust (see index), reserving 1/4 C crumbs.

Chill 2-3 hours

1 lg can evap milk

Mix

1 pkg strawberry jello (3 oz)

1/2 C boiling water

Add

1/4 C sugar

4 T kalamansi juice

Cool. Whip milk until stiff. Fold jello mixture into whipped milk. Add to piecrust. Top with reserved crumbs. Freeze several hours.

Variations:

Use 1 1/4 C butter cookie crumbs in place of graham crackers, omitting sugar.

Omit graham cracker crust, freeze as dessert in bread pan.

Substitute pineapple jello, fold in drained, crushed pineapple.

Substitute peach jello, fold in ripe cut-up mangoes.

Use 2 pie pans or 9"x13" cake pan.

Cashew Praline Pie

Shirley Cottle

Mix and beat well

3 well beaten eggs

1 C corn syrup

1/4 C white sugar

1/4 C melted margarine

1 T vinegar

Pour into unbaked pie shell and top with

1 C whole cashews

Bake at 325 until firm.

Pineapple Pie

Chop into small pieces and cook for 5 minutes

1 lg pineapple or 1 1/2 sm pineapples*

Mix together and stir in

1-1 1/4 C sugar

1 t cinnamon

1/4 t salt

2 T cornstarch

Add and continue cooking, stirring constantly until mixture is thickened

1 T margarine

1/2 T kalamansi juice (more if you like)

Cool mixture then pour into unbaked pie crust. Cover with top crust and bake at 425 until done.

Variation: A little shredded coconut may be added to the mixture.

*Canned pineapple with juice may be substituted for fresh pineapple; reduce sugar to 1/2-3/4 C.

Mock Mince Pie

Prepare pastry for 2-crust, 9" pie.

In a bowl, mix

1 1/3 C sugar

1/2 t salt

1/2 t ground cinnamon

1/4 t ground cloves

1/4 t ground ginger

Add and mix well*

1 1/2 C finely chopped pared apple

1 C raisins

1/2 C canned jellied cranberry sauce (opt)

broken up

1/3 C coarsely chopped nuts

(cashews are good)

1 t grated orange peel

1/2 t grated kalamansi peel

1/4 C kalamansi juice

Line 9" pie plate with pastry; fill. Dot with butter or margarine. Adjust top crust over filling, tucking edge under rim of bottom crust; seal.

Crimp edge. Cut design in top crust for escape of steam. Bake at 400 for 30-35 minutes or till browned. Serve warm. Top with sharp shredded cheese (opt).

*You may want to cook the mixture in a pan until the apple parts break down.

Mock Apple Pie

Jean Kemp

Peel and slice

5-6 medium sayote

Cook well and drain. Combine

1 1/2 C sugar

5 T flour

1 heaping t citric acid (available at drug store)

1 t cinnamon

1/4 t nutmeg

dash salt

Mix with cooked sayote. Line 9" pie pan with pastry and fill with sayote mixture. Mix

1/2 C sugar

3/4 C flour

Cut in

1/3 C margarine

Sprinkle over pie. Bake at 400 for 40 minutes.

Mock Pecan Pie

Joan Troutman

Mix

2 T margarine

2/3 C white sugar

1 C brown sugar

Add

3 well beaten eggs

1/2 C milk

2/3 C uncooked oatmeal

2/3 C coconut

1 t vanilla

Pour into unbaked pie shell. Bake at 375 for 30 minutes.

Green Papaya Pie

Mix together and beat

2/3 C sugar

2 T flour

1/8 t salt

2 egg yolks

2 t kalamansi juice

Line pie pan with crust. Fill with either cooked or uncooked papaya (green). (Using cooked papaya hastens baking time in oven. Also if papaya is very green, it should be simmered until slightly tender in a little water. Drain before using.) Spread mixture over papaya and cover with top crust.

Bake at 400 30-40 min.

Peanutty Crunch Pie*Virginia Kramer*

Mix well

1/3 C peanut butter

1/3 C corn syrup

Add

2 C Rice Krispies

Press into 9" pie shell and chill.

Spread 1 qt slightly softened ice cream into shell. Freeze until firm, preferably overnight.

Banana Pie

Prepare pastry for 2 crust pie.

Soak for 20-30 minutes

4 C sliced ripe but firm bananas in

1/2 C pineapple juice

Drain, saving juice. Toss bananas with

1/2 C sugar

1 t cinnamon

Put in pastry lined pan. Add

2 T pineapple juice

Dot with

1 T margarine

Cover with top crust. Bake at 400 for 30-45 minutes until crust is brown.

Squash Pie*Jean Kemp*

Combine in order

2 eggs, slightly beaten

1 1/2 C squash, cooked and mashed

3/4 C sugar

1/2 t salt

1 t cinnamon

1/2 t ginger

1/4 t cloves

1 2/3 C evap milk

Pour into 9" unbaked pie shell. Bake in preheated oven at 425 for 15 minutes.

Reduce temp to 350 and bake 45 minutes more or until done.

Rhubarb Meringue Cream Pie*Margaret Rhoads*

Combine and cook in double boiler until thick

1 1/2 C thinly sliced rhubarb

1 1/4 C sugar

3 egg yolks, slightly beaten

2 T flour

1 C evap milk

1/4 t salt

Cool. Pour into baked pie shell. Top with meringue. Beat until stiff

3 egg whites with

6 t sugar

Bake in 350 oven 12-20 minutes until golden brown.

Rhubarb Cream Pie

Carol Peterson

Blend

1 1/2 C sugar

3 T flour

1/2 t nutmeg

2 T margarine

Add and beat until smooth

2 beaten eggs

Line a 9" pie tin with rolled out pastry. Pour

3 C chp rhubarb

into pastry. Put sugar mixture over rhubarb. Top with pastry cut in fancy shapes, or top crust. Bake at 450 for 10 minutes. Reduce to 350 for additional 30 minutes.

Speedy Kalamansi Meringue Pie

Mix

5 T cornstarch

1 C sugar

Add

1/3 C kalamansi juice

3 egg yolks

Pour into

2 C boiling water

Stirring constantly and boil 4 minutes, Remove from heat. Pour into 9" baked pie shell. Mix and beat

3 egg whites

4 t sugar

When stiff add to pie. Bake at 400 for 10 minutes or until meringue is golden.

Coconut Crust

Marge Moran

Mix together

1 1/3 C dry shredded coconut

2 T margarine

Put into pie pan. Bake 10-15 minutes at 350 until golden brown.

Note: Freshly shredded coconut may be dried by spreading on cookie sheet and putting it in a 250 or 300 oven until of desired dryness. Stir occasionally.

Graham Cracker Pie Shell

Mix

1 1/4 C fine graham cracker crumbs

1/4 C soft margarine

1/4 C sugar

Press into 9" pie pan. Bake at 375 for 8 minutes. For a graham cracker crust that cuts without crumbling, add 1 egg to graham cracker mixture and flute edges of shell. Bake at 350 for 10 minutes.

Quick Oil Pie Crust

For **Two-Crust Pie**: Mix together

2 C flour
1 1/2 t salt

Pour into measuring cup, but don't stir

1/2 C cooking oil
1/4 C cold milk or water

Pour all at once into flour. Stir lightly until mixed. Round up, divide in halves, and roll out between two sheets of waxed paper. Bake at 425 for about 40 minutes.

For **Single Pie Shell**: Use

1 1/3 C flour
1 t salt
1/3 C cooking oil
3 T milk or water

Roll out between waxed papers or press with fingers to line the bottom and sides of the pan as evenly as possible. Prick all over with a fork. Bake at 475 for 8-10 minutes.

Butter Crumb Crust

Jacque Swaney

For cream pies. Mix together and spread in oblong pan

1/4 C brown sugar
1/2 C margarine
1 C flour
1/2 C chp nuts or coconut

Bake 12-15 minutes at 375. Take from oven and stir with a spoon. Save 1/4 for top. Immediately press the rest against bottom and sides of 9" pie pan. Cool and fill with favorite cream or lemon filling. Top with crumbs. Chill at least 1 hour before serving.

No Roll Pie Shell

Sift together into pie pan

1 1/2 C flour
1 1/2 t sugar
1/2 t salt

Combine in measuring cup and whip with fork

1/2 C salad oil
2 T milk

Pour all at once in center of flour mixture. Mix with fork. Press evenly with fingers to line bottom and sides of pan. Prick all over with a fork. Bake at 475 8-10 minutes.

Desserts

Short 'N Simple Freezer Ice Cream

Mix

1 1/2 C whole milk powder
2 C sugar
1/2 t salt

Add

6 C water
2 large cans evaporated milk
6 eggs
1 t vanilla
6 drops almond flavoring (opt)

Ice Cream

Lois Kyle

Combine in double boiler

4 eggs, slightly beaten
1 2/3 C sugar
1 C water
1 1/2 cans (large) evap milk

Cook over boiling water until a soft custard and mixture just coats the spoon. Be careful not to overcook. Add

1 envelope (1 T) Knox gelatin softened in
1/3 C water

Then add

2 1/4 C water
1/2 large can evaporated milk
2 C whole milk powder
1/4 t salt (scant)
1 1/2 T vanilla

Mix well. Chill in refrigerator and then pour into hand freezer and freeze. Keeps well in freezer for about 2 weeks.

Mocha Fudge Ice Cream

Lois Kyle

Combine

1/4 C boiling water
2 T (or more) instant coffee

Add to the ICE CREAM recipe before freezing. Then after freezing alternate layers of ice cream and chocolate sauce in container before putting in freezer.

Chocolate Marble Ice Cream

Lois Kyle

Alternate layers of ICE CREAM with chocolate sauce in container before putting in refrigerator.

Mrs. Landis' Ice Cream

Audrey Landis

Beat together

3 C water

1 1/2 C whole milk powder

1 scant C sugar

1 t vanilla

dash salt

Pour into 2 ice cube trays and freeze till solid (or overnight). 1-3 hours before serving place mixture in large bowl, break into chunks and let stand until almost thawed. Beat well. When you finish beating, mixture should be the consistency of a very thick milk shake. Return to freezer trays and freeze until serving time. (The amount of time between beating and serving will depend on how cold your refrigerator is.)

Variations: At time of second beating add

Lemon - Add juice of 10 small kalamansi, few drops yellow food coloring (or green, orange, or red).

Maple - Add 1 t maple flavor.

Nut - Chp plain (*not* garlic) peanuts.

Cherry - Add 1 t almond extract, red food coloring.

Banana - Add 3/4 C mashed banana, juice of 10 small kalamansi, few drops yellow food coloring.

Mango - Add pulp of 2 mangoes mashed.

Mocha - Dissolve 2 T instant coffee in a little boiling water and add.

(Refreshing on a hot day!)

Fudgecycle Freeze

Marilou Weaver

To 1 quart of Magnolia Choco-lait add

1/2 C sugar

1 C instant milk powder

Mix well and pour into a bread pan; freeze until almost solid; beat or blend until smooth, return to pan and freeze until solid.

Nice 'N Easy Sherbet

Marilyn McClure

Dissolve

2 small pkgs jello (any flavor)

1 pkg Kool-aid (same flavor)

2 C sugar **in**

4 C boiling water

Add

2 C cold water

Freeze completely. Beat with electric mixer or blender until smooth. Serve immediately.

Orange Sherbet

Mix together

- 2 family-size bottles orange pop
- 1 can sweetened condensed milk
- 1/2 C Sunquick orange concentrate

Pour all ingredients in hand freezer, mix and freeze.

Alternate plan: Mix together ingredients, pour into ice cube trays or loaf pan. Freeze in the freezing compartment of frig until a firm slush is formed. Beat until smooth. Quickly return to freezer. Freeze till firm.

Variations:

- 1. Add 1 #2 can crushed pineapple
- 2. Use grape pop and grape concentrate
- 3. Use your imagination!!

Ambrosia

Frances Weathermon

Peel, core, and cut in wedges

- 1 ripe pineapple (or portion of it)
- 1 ripe papaya (or portion of it)

Blend together in blender with

- 1 C pineapple (or other) juice or water

When smooth, put in containers and freeze. About 2 hours before using, remove from freezer and let soften 1/2 hour. Return to blender. May add bananas if you wish. Blend until smooth, then return to freezer for an hour or so. Serve with fresh grated coconut, yoghurt, or ice cream.

Whipped Topping

Dissolve

- 1 pkg (any flavor) jello in
- 3/4 C boiling water

Add

- 2 T sugar
- 1 t lemon Sunquick or 2 t kalamansi juice

Cool but don't chill. Whip

- 2/3 C well-chilled evap milk

Fold in

- 1/3 C jello mixture

Makes about 2 cups (**Note:** Add 3/4 C cold water to remaining jello. Chill and serve separately or with topping.)

Cherry Icebox Dessert

Mae Zook

Melt in top of double boiler

20 lg marshmallows

1/2 C hot milk

Cool. Prepare 1 pkg Dream Whip according to instructions.

Mix with cooled marshmallow mixture. Crush very fine

20 graham crackers

Add to crackers

3 T powdered sugar

1/4 C melted margarine

Place 1/2 crumbs in 8"x12" pan. Spread 1/2 cream mixture; pour on

1 can prepared cherry pie filling

Spread on rest of cream mixture. Top with remaining crumbs.

Graham Cracker Cake (no bake)

Elayne Powell

Prepare according to directions on the box

1 pkg vanilla or butterscotch pudding

Cool but don't chill. In 8" square pan, alternate layers of pudding and whole graham crackers (My San the best) starting and ending with graham crackers. (Layers should be thin so that there are 6 to 8 in all) Chill. Turn out of pan and frost with Dream Whip *or*

Frosting: (for GRAHAM CRACKER CAKE)

Mix

1 1/2 T cornstarch

2 T sugar

Add and bring to a boil, stirring constantly

1 C milk

Remove from heat.

Add

1/8 t almond flavoring *or* 1/2 t vanilla

Cool. Then frost cake. Chill and serve.

No Bake Cheesecake

Mix

- 2 2/3 C crushed graham crackers
- 4 T sugar
- 2/3 C melted butter *or* margarine

Line Pyrex dish or two pie pans with graham cracker mixture.

Dissolve

- 1 pkg lemon jello in
- 1 C boiling water

Beat

- 2 small pkg Magnolia cream cheese

Add and set aside

- 1 C white sugar
- 2 t vanilla

Beat until thick

- 1 small can cream (well-chilled)
- 1/2 C frozen evap milk

Add cream cheese mixture and cooled jello. Pour jello mixture on top of graham cracker crust. Freeze. Before serving top with

blueberry pie filling

Or, Cook until thick

- 3 large mangoes, cut up
- 2 T cornstarch dissolved in 1/4 C water
- 2/3 C sugar
- juice of 1 kalamansi (opt)

Cool. Add to cheesecake before serving.

Jello Cubes 'N Creme

Prepare as directed

- 1 box (any flavor) jello

Chill till set. Prepare

- 1/2 box Royal vanilla pudding using
- 1 C milk (see directions on box)

Cool. Cut jello into cubes. Fold jello carefully into pudding. Chill and serve. Serves 4

Or, double the recipe using 2 contrasting colors of jello chilled in separate pans. (Red and green nice in December.) Use 1 whole pkg of pudding. If you don't have any pudding,

Mix together*

- 1/4 C sugar
- 2 T cornstarch
- 4 T milk powder
- Pinch salt

Add while stirring

- 1 C boiling water

Stir until mixture boils. Remove from heat.

Add and cool before adding jello

- 1/2 t vanilla *or* 3 drops almond flavoring

*(Double if using 2 boxes of jello)

Lemon Sponge Pudding

Anne Pallesen

Mix

1/2 C sugar
2 T margarine

Add

4 T flour
1/4 C kalamansi juice
1 C milk
2 egg yolks

Then fold in

2 egg whites, beaten until stiff

Place in baking dish. Stand dish in hot water. Bake at 350 for 50 min or until knife inserted comes away clean.

Lemon Fluff Dessert

Faith Boyce

Chill

1 lg can evap milk (3 hrs or more)

Dissolve

1 box lemon jello in
1 1/2 C boiling water

Chill until thick. Beat until fluffy. Fold in

1/4 C kalamansi juice
2/3 C sugar

Whip evap milk until thick and fold into jello mixture. Sprinkle half of 2 1/2 C graham cracker crumbs in 13"x9" pan. Pour in jello mixture; sprinkle remaining crumbs on top. Chill until firm.

Vanilla Pudding Deluxe

Shirley Cottle

Mix

3 T cornstarch
1/3 C sugar

Add and bring to a boil, stirring

2 1/2 C milk

Remove from heat. Add a little of hot mixture to

2 beaten egg yolks

Then add yolks to mixture. Continue cooking; boil 1 minute. Remove from heat. Add

1 t vanilla
1 T margarine

Cool slightly. Fold in

2 stiffly beaten egg whites

Chill and serve. Serves six.

Coconut Cream Pudding

Take

1 pkg (any flavor) ROYAL pudding

Add

2 C coconut milk* (not the water!) instead of whole milk

Stir until mixture boils. Chill and serve.

*See index for how to make coconut milk.

Note: This is a nice filling for a baked pie shell on top of sliced bananas.

Marshmallow Cream (without marshmallows)

Dissolve

1 1/2 T gelatin in

1/4 C cold water

Then add

3/4 C boiling water

Cool slightly and add

1 C sugar

2 egg whites

Whip together until very thick but not stiff. Add

drained pineapple, mashed bananas, mashed papaya, or other fruit

Pour into parfait glasses (or serving dish), chill.

Lily Sutherland

Marshmallow Treats

Mae Zook

Melt in large saucepan over low heat

1/4 C regular margarine or butter

Add and stir until completely melted

1 10 oz pkg. (about 40) regular marshmallows

or 4 C miniature marshmallows

Cook over low heat 3 minutes longer stirring constantly. Remove from heat. Add and stir until well-coated

5 C Rice Krispies

Using buttered spatula or waxed paper, press mixture evenly into buttered 13"x9" pan. Cut into squares when cool.

Yield: 24 squares, 2"x2".

Note: Best results are obtained when using fresh marshmallows.

Fudge Nut Freeze

Jean Kemp

Line 9" square pan with foil.

Crust: Melt

1/2 C margarine (butter is better)

Add

1 C flour

1/4 C instant cocoa mix (Ovaltine, Milo, etc.)

1/4 C sugar

Cook over med heat 3-5 minutes until mixture is crumbly (be sure it's crumbly even if you cook longer). Add and mix well

1/2 C roasted nuts (almonds or pili nuts are good)

Reserve 1/2 C for top. Press rest into pan.

Filling: Beat

1 pkg (2 envelopes) ROYAL Whip (or whipping cream)

Add

1 pint vanilla ice cream, softened

1/4 C instant cocoa mix

Mix well, then fold in

1/2-3/4 C marshmallows or cut-up bananas

Put mixture on cooled crust. Add crumbs to top. Freeze.

Chocolate Parfait

Mix together

- 3/4 C sugar
- 1/2 t pwd coffee
- 1 1/2 T cocoa
- 1 T (1 envelope) unflavored gelatin

Add

- 3/4 C milk

Cook over low heat stirring until mixture boils. Boil 4 minutes. Cool and add

- 1/2 t vanilla

Whip until stiff

- 1 can well-chilled evap milk*

Fold cooled mixture into whipped milk. Freeze several hours or overnight and serve.

*Several hours; if in a hurry, empty can into bowl and put in freezer for 15-20 minutes.

Squash Crumb "Cake"

Crumbs, combine

- 2 C flour
- 1 C dry oatmeal
- 2/3 C shortening
- 1-1 1/2 t cinnamon
- 1 C sugar
- 1/2 C brown sugar
- 1/4 t salt

Filling, combine

- 2-3 C cooked mashed squash
- 1 1/2 T vanilla
- 1/2-1 C raisins (opt)
- 1-1 1/2 C sugar (brown and granulated)
- 1 t nutmeg
- 1 egg (opt)

Put 1/2 crumb mixture into pan (bottom and sides). Spread filling over crumbs in pan. Sprinkle remaining crumbs over filling. Bake 25 min (or more) in 350 oven.

Kalabasa Pie Squares

Combine

- 1 C flour
- 1/2 C oatmeal
- 1/2 C brown sugar
- 1/2 C margarine

Press into ungreased 13"x9" pan and bake at 350 for 15 min.

Pour into crust

- 2 C cooked kalabasa
- 1 C evaporated milk
- 2 eggs
- 3/4 C sugar
- 1/2 t salt
- 1 t cinnamon
- 1/2 t ginger
- 1/4 t cloves

Bake at 350 for 20 minutes. Combine

- 1/2 C chopped cashews *or* walnuts *or* pecans
- 1/2 C brown sugar
- 2 T butter/margarine

Sprinkle over filling and bake 15-20 minutes or till set.

Upside-Down Mango Cobbler

Cream together

- 1/4 C margarine, shortening *or* oil
- 1 C sugar

Sift together

- 1 C flour
- 2 t BP
- 1/8 t salt

Add alternately with

- 1/2 C milk
- 1 t vanilla

Beat until smooth. Pour batter into 9" cake pan. Place over batter

- 2 cans mangoes* (Gina brand best)

Pour over mangoes

- 1 C juice

Bake at 375 for 45 minutes. Serves 8.

*Maybe one could substitute 4 fresh mangoes halved and simmered a few minutes with 1 C water and 1/4 C sugar.

Mother's Cherry Sponge

Marilyn Smith

Separate and beat yolks until thick

2 eggs

Add gradually and beat until smooth

1/2 C sugar

Add

1/4 C hot water

1/4 C more sugar

1 t lemon juice

Add and beat well

3/4 C flour, sifted

1 1/2 t BP

1/8 t salt

Fold in beaten egg whites (beaten until stiff and dry). Pour batter over

1 can #2 size cherries*

in 12"x7" pan. Bake at 325 for 50-60 minutes.

*If using water pack cherries, sprinkle cherries with 1 C sugar.

Apple Crisp

Marilyn Smith

Start oven at 375 . Melt in 1 1/2 qt baking dish

1/3 C butter or margarine

Combine in a bowl

1/3 C sifted flour

1/2 t salt

1 t pwd cinnamon

1/2 C brown sugar

1/2 C oatmeal

Add melted butter. Mix until like coarse crumbs. Pare and core

4 C cooking apples* or peaches

Put in baking dish. Sprinkle with

1 T lemon juice

Sprinkle crumb mixture over apples. Bake 30 minutes or until apples are done.

Serve warm or cold with top milk or light cream or ice cream.

*If tart apples are used, add light sprinkling of brown sugar.

Frozen Pineapple Torte

Marlene Barcanic

Line 9" square pan with graham cracker crust.

Cream

1 1/2 C sifted pwd sugar

scant 1/2 C margarine

Add and beat until fluffy

2 eggs, one at a time

1 t vanilla

Spread over crust. Drain and spread crushed pineapple over top. Freeze.

Fish Eye Royale (Also called "Sago (Tapioca) Dessert")

Shelley Bailey

Bring to a boil

5 C water

Stir in and boil 10 minutes, stirring occasionally

1 C smallest size sago balls

Remove from heat. Keep covered 10 minutes. Stir in

3 oz pkg cherry jello

1 scant C sugar

Cool to lukewarm or cooler. Add

1 20 oz can crushed pineapple

or 1 large can fruit cocktail, undrained

pinch of salt

sliced bananas

2 C whipped cream, Dream Whip, or evap milk

1 C yoghurt (opt)

Stir in refrigerate. Best served cold.

Rhubarb Torte

Margaret Rhoads

Mix like pie crust

1 C flour

3 T pwd sugar

1/2 C shortening

Pat into 9"x9" pan. Bake 10 min at 350 . Mix together

1 1/2 C sugar

2 eggs

3 C rhubarb

1/4 C flour

3/4 t BP

Pour into baked crust. Bake 20 to 40 min at 350 .

Note: Frozen fruit takes less time to bake than fresh fruit.

Rhubarb Crisp

Cut up enough rhubarb to fill a 9" square pan (about 2/3 K).

Mix and add

1/2 T orange Sunquick or 1/4 T kalamansi

1/2 T lemon Sunquick or 1/4 T kalamansi

1/4 C water

1 C sugar

Top with

2/3 C brown sugar

1/2 C sifted flour

1/2 C uncooked oats

3/4 t cinnamon

1/3 C soft margarine

Bake at 375 for 30-35 minutes.

Rhubarb Ambrosia Betty

Lanita Boettcher

Mix together

- 5 C chp rhubarb
- 1 3/4 C sugar
- 1 T flour
- 1/4 t salt
- 1 1/2 t grated orange rind and sections from 1 orange
- or 2 t orange Sunquick

Set aside. Mix

- 4 C small bread cubes (without crusts)
- 1/2 C melted margarine
- 1 t orange Sunquick (opt)

Mix half of the buttered bread and the rhubarb mixture in an 8" square buttered pan; top with remaining bread. Spread 1/2 C flaked coconut and orange rind on top. Bake at 375 for 40 minutes uncovered. Serve warm.

English Trifle

Janet Pack

Cut a piece of plain cake into fingers or squares and lay it in the bottom of a bowl. Squeeze plenty of kalamansi juice over it and let that soak in well. You can use a little brandy or sherry if you have any.

Dissolve

- 1 pkg. of jello (any flavor) in
- 1 C boiling water

Add

- 1 C cold water

Pour it over the cake and allow it to set.

When the jello has set, mix up

- 1/2 package vanilla pudding in
- 1 C milk

Bring to a boil. Remove from stove and pour on top of the jello. The jello underneath will melt again but that doesn't matter. Leave it to set again. Decorate top with whipped topping and nuts if you wish.

Trifle

Elayne Powell

Line a 2 qt bowl or two bread pans with one layer of white cake cut into wedges if necessary. Pour the juice of 1 can fruit (I like to use mangoes with orange jello) over the cake and let it soak into the cake. Pour cooled jello (1 pkg any flavor dissolved in 1 C boiling water plus 1 C cold water) over this and put in frig until jello is completely set. Place the pieces of canned fruit over the set jello. Top this with vanilla pudding (made according to pkg directions and cooled slightly) and finally Dream Whip, if you have any. If not, it's good anyway. Chill and serve.

Note: This is a good dessert to make the day before as it takes awhile to chill.

Cracker Pudding

Pennsylvania Dutch

Warm over low heat until hot

4 C milk

Meanwhile beat until frothy

2 egg yolks

2/3 C sugar

Add gradually to hot milk stirring constantly. Stir in

2 C broken Sky Flakes or soda crackers

1 C grated coconut

Cook until thick, stirring constantly. Remove from heat and cool 2-3 minutes, then fold in

2 stiffly beaten egg whites

1 t vanilla

Chill and serve.

Quick 'N Easy Rice Pudding

Peggy Pittman

To cooked rice (about 1/3 C per person), add cinnamon (1/4-1/2 t per serving) and sweetened condensed milk (about 1/4 C per serving or less if you don't like it too sweet). Chill and serve.

Quick Sticky Rice Cakes

Virginia Kramer

Combine and boil together 20 min

1 C cooked sticky rice

3/4 C milk

1/3 C brown sugar

1/2 C desiccated coconut

Press into greased muffin tins. Unmold when cool.

Pink Velvet

Janice Walton

Dissolve

1 pkg jello*, any flavor except lime in

1/2 C boiling water

Add

1/4 C sugar

4 T kalamansi juice

Cool. Whip until very stiff

1 lg can well-chilled** evap milk

Fold the jello into the whipped milk. Pour into bread pan, or pie pan lined with graham cracker crust and freeze several hours, overnight or a day or two. Enough for two pies.

*Use 2 pkg for stronger flavor.

**2-3 hrs or 15-20 minutes in freezer in mixing bowl. Liberty is best.

Mint Velvet

Dissolve

1 pkg lime jello in
1/2 C boiling water

Add

1/3 C sugar
1/2-1 t mint-peppermint flavoring

Whip

1 lg can evap milk, well-chilled*

When stiff, fold jello mixture into the milk. Pour into bread pan or pie pan lined with graham cracker crust and freeze several hours or overnight.

*2-3 hours in frig or 15-20 minutes in bowl in freezer.

Raspberry Bavarian

Carol Brock

Mix in blender

1 C boiling water
1 3 oz pkg raspberry jello (or other flavor)
1 envelope unflavored gelatin

Add and mix

6 oz orange Sunquick
1/2 C cold water

Add

2 C (1 pt) vanilla ice cream

Blend briefly and pour into mold or parfait glasses. Chill.

Leche Flan (Caramel Custard, with whole eggs) *Shirley Cottle*

Mix

5 whole eggs, unbeaten
1 C sugar

Add

1 3/4 C scalded evap milk
1 t vanilla

Line bottom of mold with 1/4 C melted sugar.* Pour in egg-milk mixture. Cover with foil. Set in large pan with hot water in bottom. Cover and steam 40-60 minutes. Invert on platter and cool.

*Melt sugar in heavy pan over medium heat stirring constantly until all sugar melts. Be careful, it burns easily!

Caramel Custard (Leche Flan)

Anne Pallesen

Cook until slightly thickened

1/2 C sugar

3 T water

Pour into ovenware dish and stand in pan of cold water to aid setting of caramel.

Heat to nearly boiling

2 C milk

Remove from heat and add

1/2 t vanilla

Beat

4 eggs

1/4 C sugar

Pour the egg/sugar mixture into the hot milk. Then pour this mixture onto the caramel. Stand in pan of hot water and bake at 300 for 45-60 minutes or until knife inserted comes out clean.

Caramel Cream

Helen Cadd

Place unopened cans of sweetened condensed milk in a kettle and add sufficient water to completely cover the cans. Boil gently (simmering is not hot enough) for 3 hours. Be sure that the cans remain completely covered with water during the entire process. This will keep for several days if the can is not punctured. Good on bread or crackers--or ice cream!

Chocolate Fudge Pudding

Kay Pittman

(Cake on top, sauce underneath)

Sift

1 C flour

2 t BP

1 t salt

2/3 C sugar

2 T cocoa

Add

1/2 C milk

2 T oil or melted shortening

1 t vanilla

1/2 C nuts

Pour into greased shallow 1 qt baking dish. Mix and sprinkle over batter

1 C brown sugar, packed

4 T cocoa

Pour over batter

1 1/2 C boiling water

Bake at 350 for 40 minutes. Serve warm or cold.

Lime-Yoghurt Dessert

Dissolve

1 C lemon or lime jello in

1 C boiling water

Add and stir until jello thickens

4-6 ice cubes

Add

1/2 T kalamansi juice

1 C plain yoghurt

Chill and serve.

Graham Cracker Pudding

Mae Zook

Cream together

1/4 C shortening

1/2 C sugar

Add

1 egg

Mix

1 1/2 t BP

1/2 t salt

3 C graham cracker crumbs (21)

Add this mixture alternately to creamed mixture with

3/4 C milk

1/2 t vanilla extract

Turn into a greased 1 quart mold. Cover with foil. Pour 2 1/2 cups of water into pressure cooker and place mold on rack in cooker. Cover and steam 30 minutes without control. Set control at 5 and cook 30 minutes after control jiggles. Reduce pressure instantly.

Serve with Lemon Sauce - Serves 12.

Lemon Sauce

Mix in saucepan

5 T flour

1 C sugar

dash of salt

Add and stir well

2 egg yolks, beaten

3 T lemon juice

1/2 t grated lemon rind

3/4 C boiling water

Cook until thick over low heat, stirring constantly. Add to hot sauce

2 T butter or margarine

Yields 1 1/2 C.

Candy, Jam

Testing Candy In Cold Water:

Dip about 1/2 t of the boiling syrup into a cup of cold water and shape it with your fingers. Use fresh water for each testing. When candy is nearly ready, take the pan from the heat while you are testing so that cooking will stop. The stages are:

Soft ball (234 to 238). The ball of candy flattens out somewhat.

Medium soft ball (238 to 240). The ball of candy barely holds its shape.

Firm ball (244 to 250). The ball is firm, not hard.

Hard ball (265). Ball is firm and hard.

Hard crack (270 to 310). Ball is brittle when tapped against side of cup. Syrup threads when poured from spoon.

Colored Marshmallows

Pat Macleod

Stir until dissolved

1 pkg jello (any flavor)

1 t plain gelatin

3/4 C boiling water

Stir in

1 C sugar

Blend in

3 T corn syrup

Chill until slightly thickened. Grease an 8" square pan. Beat mixture until soft peak forms. Pour into pan. Let stand in frig until set. Turn out on board heavily dusted with pwd sugar. Dust top of marshmallows with pwd sugar. Cut into 1" squares. Roll edges in sugar. Refrigerate until used.

Never Fail Fudge

Mix

3 C sugar

1 envelope gelatin

3 heaping T cocoa

Add

1 C margarine

1 C canned evap milk

1/2 C corn syrup

Cook to hard ball stage, approximately 20 minutes at a full rolling boil. (Don't be afraid to overcook--you can always add a little more milk.) Pour into bowl; cool 15 minutes. Beat until fudge loses its gloss. Add

1 t vanilla

1/2-1 C nuts

Chocolate Fudge

Bobie McKaughan

Combine

2 C sugar
1/2 C cocoa
1/4 t salt

Mix together and add

1/2 C milk
1/2 C Karo syrup
1 t margarine

Boil until soft ball forms in cold water. Remove from heat. Add

1 t vanilla

Beat until candy starts to thicken. Add

1 C chp nuts

Continue beating until it just loses its gloss. Pour immediately into pan; spread with margarine.

Note: Because of the Karo this fudge takes longer to beat so be sure to have someone around to help you.

Mints

Jan Forster

Mix together

1 egg white
2 1/2 C sifted pwd sugar
2 t margarine
2-3 drops flavored oil such as cinnamon, wintergreen
or 1/4-1/2 t extracts such as mint, almond
food coloring as desired

Knead with hands. If using small egg, use less pwd sugar or it will crumble. Make into desired shapes and let set.

Cinnamon Candy

Carol Brock

Mix together until dissolved

2 C sugar
1/2 C Karo corn syrup
1/2 C water
dash salt

Boil to hard crack stage (270 -310 , syrup threads in cold water).

Add

1/4 to 1/2 t cinnamon oil
food coloring

Pour into well-oiled pan. Break into pieces when cool.

“Mounds” Candy

Lauretta DuBois

Mix in a **large** bowl
4 C grated coconut (packaged dry)
4 C confectioners sugar (1 lb)

Add

3/4 C mashed potatoes

Press mixture into 9"x9" square pan lined with waxed paper. Freeze 3-4 hours. Cut into squares. Coat with chocolate icing.

Icing: Melt*

1 square chocolate

1 t margarine

1/4 C hot water

Add

1-2 C confectioners sugar

Pour over each piece. Keep in refrigerator.

*Or use 1 12-oz pkg chocolate chips.

Pink Mint Taffy

Ruth Atherton

Combine

2/3 C water

2 C sugar

1/2 C corn syrup

Stir over low heat till sugar is dissolved. Add coloring. Cook without stirring to hard ball stage (265). Remove from heat. Add

1/4 t peppermint oil or 1/2 t mint/peppermint extract

Pour on greased pan. Pull when cool enough to handle.

Lollipops

Butter sides of heavy saucepan. Add

1 C white sugar

1/3 C white Karo syrup

1/3 C water

Cook stirring until sugar is dissolved and mixture boils. Cook without stirring to hard crack stage (290). Butter cookie sheet and place round toothpicks on it 2" apart.

When syrup is done, remove from heat and add

red coloring, 2-4 drops oil of cinnamon or cloves

green coloring, oil of peppermint or wintergreen

yellow coloring, orange or lemon extract.

Pour a spoonful on each toothpick. Makes 30 lollipops.

Quick 'N Easy Fruit Candy

Marge Draper

Mix until smooth

- 1 lb desiccated coconut
- 1 large can sweetened condensed milk
- 1/2 pkg flavored jello

Chill if necessary, then form into balls. Be creative and form into the shape of the fruit of the jello used, i.e. strawberry--strawberries, making indentations with a toothpick. The same for cherry, orange, lemon, etc. Let your imagination go and have fun! (You can use green toothpicks for stems.)

Roll the balls of fruit in

- 1/2 C sugar mixed with
- 1/2 pkg jello

Peanut Brittle

Boil together until it threads

- 1 1/2 C sugar
- 1/2 C water
- 1/4 C corn syrup

Add

- 2 T margarine
- 1 C raw peanuts

Cook slowly stirring occasionally to hard crack stage (300). Add

- 1/2 t soda (It will foam up)
- 1/2 t vanilla or 1/2 t maple flavoring

Spread on buttered cookie sheet; Pull out thin as it cools. When cool, break in pieces with a knife handle.

Quick 'N Easy Peanut Brittle

Stirring constantly, over medium to low heat, melt 2 C white sugar in a heavy iron skillet. The instant all sugar is melted, pour it in a buttered pan on which peanuts have been sprinkled. When cool crack with a knife handle. Delicious with cashews instead of peanuts.

Jiffy Caramels

Kay Pittman

In a heavy skillet over low heat and stirring constantly, melt

- 1 1/4 C white sugar

Remove from heat. Add while stirring

- 1/2 C sweetened condensed milk

Pour into greased pan and cool

Caramel Ice Cream Sauce

Same as above but also add until desired consistency

- 4 to 6 T hot water

Coconut Ice

Anne Pallesen

Mix together

1 C fresh grated coconut

1 C sugar

1/2 C evap milk (tinted red or green, if desired)

Boil 20 minutes. Put in greased pan. Cool, cut, and serve.

Coconut Candy

Slice meat from one mature coconut into long slices with potato peeler. Put into heavy saucepan. Rinse under cold water. Pour off excess water. Add 1 C sugar and cook over med heat, stirring constantly, until coconut has been coated by melted sugar and barely begins to brown. Turn out on a plate and separate as much as possible. (Can add 1 t vanilla or other flavoring)

HELPFUL HINT

Preserves are kept air-tight if covered with a piece of tissue paper, dipped in milk. When dry, it becomes like parchment.

Green Papaya Marmalade

Janice Walton

Grate to make 6 C

peeled green papaya

Cook slowly until clear with

1/2 C water

Add

5 C sugar

1/2 C kalamansi juice

Cook until of marmalade consistency.

Banana Butter

Simmer in

1/2 C water

5 C sliced ripe cooking bananas

When tender mash and add

1/2 t allspice

1 1/2 t cinnamon

1-2 T kalamansi juice

4-5 C sugar

Bring to a boil *slowly* and continue to simmer until thick and clear, stirring frequently to keep from sticking. Pour into jars and seal.

Rhubarb Jam

Wash and cut up

5 C rhubarb

Place in large bowl and add

4 C sugar

Cover and leave at room temperature overnight, stirring occasionally. Bring rapidly to a boil and boil over med heat for 10 minutes. Skim white foam from surface. Remove from heat.

Stir in until dissolved

1 3 oz pkg strawberry jello

Pour into sterile jars and cover with parafin.

“Apricot” Jam

Marilou Weaver

Pulp of

1 large very ripe papaya

4 large ripe mangos

3 T kalamansi juice

1/4 t salt

1 pkg raspberry jello

To each cup of pulp add

3/4 C brown sugar

Boil slowly until thick. Seal with paraffin in sterile jars.

Santol Butter

Marianne Lambert

Peel about 30 santol (about 5 C pulp and juice). Separate seeds and meat. Boil separately with a *little* water. Put pulp in blender with juice from seeds. (There won't be much juice from seeds.) Return pulp to pan with

7 1/2 C sugar

1/2 C vinegar

5 t cinnamon

1 t cloves (or to taste)

Bring to a boil and simmer about 5 minutes. Store in refrigerator.

Papaya Butter

Jan Forster

Peel and cut up or scoop out one ripe (or overripe) papaya and simmer over low fire until just cooked. Add a little water only if necessary. Mash to blend. Measure (or estimate) amount of sauce, and for each cup add:

1/4 C sugar

2 T kalamansi or Sunquick lemon

or 1 T kalamansi and 1 T Sunquick apple

1/2 t cinnamon

1/8 t cloves

1/8 t allspice

Santol Marmalade

Mary Granaas

Cut santol in half. Scoop out the seeds, rub in colander. There will be very little pulp, but it adds flavor to mix it with the skins which have been sliced very thin like orange peel. (If the fruit is fresh, there is no need to peel it.) Barely cover with water and boil about 40 min before adding sugar. For every cup of pulp, add at least one cup of sugar. For each 10 cups of pulp, also add 1/2 C kalamansi juice. Boil until thickened. Pour in clean jars and cool.

Guava Jelly

Pick guavas on a dry day if possible. Guavas must be ripe but firm. Cut into quarters, place in a saucepan and cover with water. Boil until tender. Strain through a colander, and then through muslin. To every 3 C syrup add 3 C of white sugar. Boil very briskly for 10 minutes. Now add 2 T pure kalamansi juice. Boil until it jellies, usually another 10 minutes. The jelly must be boiled very briskly the whole time.

Kalamansi Marmalade

Anne Pallesen

Squeeze juice of 20 kalamansi, medium size; must be turning yellow. Place in saucepan. Cut up rinds finely (only throw away seeds). Add and leave overnight
4 C water

In the morning simmer kalamansi and water for 30 minutes. Add
4 C sugar

Cook uncovered until a drop on a saucer begins to set.

Coconut Jam

Mix together

1 C water

2 C sugar

1/4-1/2 t vanilla

Add

grated meat of 1 coconut

Cook over medium heat, stirring occasionally until coconut is transparent.

Halo Halo (Mixed) Fruit Jam

Sadie Sieker

Peel and seed 1 ripe papaya. Put in blender with any juices or fruit in frig. (I use juice from withered oranges and even several bananas.) Add 1 C julep (if you don't have any left over juice) Measure the blended mixture. To 5 cups of the mixture, add 3 cups of sugar. If no tart juice, add juice of 10 kalamansi. Cook pulp and juice and sugar until mixture thickens. Pour into clean jars and when cool store in the refrigerator.

Papaya-Guyabano Jam

Sadie Sieker

I often combine papaya with guyabano and blend together. Then add as much sugar as pulp since the guyabano is quite tart. Sometimes I blend just the guyabano and add a cup or two of Julep and as much sugar as guyabano.

Sugar Free

These recipes have been adapted for use especially for those on a hypoglycemia diet, but others will enjoy them as well.

Note: Artificial sugar equivalents--12 tablets (Hermesetas is one brand) equals 1 C sugar; 1 tablet equals 1 + T sugar; 4 t sucaryl liquid equals 1 C sugar.

Note: Local authorities advise adding artificial sweetener after recipe has boiled, as boiling with sweetener often makes it bitter.

Granola

Audrey Schumacher

Heat in ungreased skillet

3 C uncooked oats

Combine oats with

1/2 C wheat germ

3/4 C flaked or shredded coconut

1 C chopped nuts

Add to mixture and stir until all dry ingredients are evenly coated

1/3 C oil

1/4 C honey

3/4 t vanilla

Continue heating until mixture is a golden brown.

Yoghurt Pancakes

Beat well

2 egg yolks

Add

1 C yoghurt

2 Tablets artificial sweetener (equivalent to 2 T sugar)

1/4 t water

Combine and add

1 C quick-cooking oatmeal

1/4 t soda

1/4 t BP

1/4 t salt

Fold in stiffly beaten (but not dry)

2 egg whites

Melt 1 T margarine in frying pan, pile mixture in pan and bake 20 minutes at 350 . Can fry in frying pan also, but they have to cook a little longer than regular hotcakes. Serve plain or with "applesauce" (see index for "Mock Applesauce"). Also good with peanut butter, butter, and yoghurt.

Lunch-In-One

Frances Weathermon

Mix in saucepan

3/4 C cold water

1 envelope Knox unflavored gelatin

Place over low heat; stir constantly until gelatin dissolves, about 3 min. Cool slightly.

In mixing bowl gradually blend

dissolved gelatin

2 T Lemon Sunquick

1 t Worcestershire sauce

1/2 C mayonnaise or salad dressing

3/4 C yoghurt

If necessary, beat with wire whisk until smooth. Add and mix well

1 t dry mustard

1/2 t salt

2 T minced onion

Chill stirring occasionally, until mixture thickens slightly.

Stir in prepared salad ingredients

1 1/2 C chopped ham, chicken, hard cooked

eggs, or seafood

3/4 C chopped celery or cabbage

1/4 C chp green pepper

1/4 C diced pimiento

Can use a little grated sinkamas, carrots, cucumber, pechay, or any combination of vegetables. Omit the meat or seafood if desired. Put in mold in frig until set.

Mock Applesauce

Frances Weathermon

Put in pressure cooker

3-4 med sayote

an inch or so of water

Pressure for 12-15 min if large and 10 if smaller. Remove as soon as they are done and put on plate to cool. Peel when you can handle them. Halve and remove seed and fibrous parts. Put in blender after cutting in one-inch chunks. Blend until smooth or mash well with potato masher. Add

1/2 t citric acid to each large sayote

1 t Lemon Sunquick to each sayote

4 t liquid artificial sweetener (= 1 C sugar)

1/4 t nutmeg

1/2 t cinnamon to each sayote

dash of salt

Blend together or mix well. Store in frig until nice and cold. Serve with grated fresh coconut and lots of cold yoghurt, or whipped cream.

Guacamole

Frances Weathermon

Put 1 or 2 ripe avocados in blender after peeling and removing seed.

For each avocado add

2-3 T salad dressing

2-3 T yoghurt

dash celery salt

salt

pepper

1/2 small minced onion

1 T vinegar or lemon juice

1 T Lemon Sunquick

Blend until smooth. Excellent as a dressing for salads or as a dip. Can add more yoghurt if it seems too thick.

French Dressing

Audrey Schumacher

Combine

1/2 C catsup

1/4 small white onion

6 tablets art sweetener (= 1/2 C sugar)

1/4 C + 2 T vegetable oil

1/4 C white vinegar

1 1/2 t salt

1/2 t pepper

2 T lemon or kalamansi juice

Put all ingredients in a blender. Blend until smooth. Store in tightly covered jar in frig.

Yoghurt Dressing

Combine

1 1/2 t kalamansi juice

1 t vinegar

1/4 t salt

2 tablets art sweetener (equiv 2 T sugar)

1/4 t mustard

Stir into

3/4 C yoghurt

Tartar Sauce

Audrey Schumacher

Mix together

1/2 C salad dressing

1 large dill pickle, cut very small

1 t kalamansi juice

1/2 T minced onion (opt)

Yoghurt

Frances Weathermon

Scald your bowl, spoon, measuring cup with boiling water.
Measure 4 C boiled water into a saucepan to cool. Don't let get cold, but put in blender while still quite warm and add

1 C powdered skim milk

1/4 C powdered whole milk

Mix well. (Use an egg beater if you don't have a blender.)

Put in bowl and stir until smooth

1/2 C yoghurt starter*

When your milk mixture is lukewarm add the two together, gradually stirring constantly to keep smooth.

Scald jars by placing the jars and lids in cold water and boiling for 10 min. Remove to towel and cool upside down. Pour mixture into scalded jars. Place the filled jars in a warm place such as over the grating of your frig (if not too hot), or in a pan of water kept at 115 with water up to the neck of the jar.

Or easier yet, take a warm quilt or several bath towels and wrap your jars in it and put in a warm corner out of a draft. (This method takes a little longer to set.)

The yoghurt is ready when like the consistency of pudding. It will get thicker in frig. Remove soon as set to frig. If you begin with a dry starter follow directions first on package.

*Or use commercial yoghurt, natural flavor

Note Yoghurt that has soured may be used for sour milk in most recipes.--Dick Elkins

Oatmeal Muffins

Sift together

1/2 C rye flour

1/2 C soy flour

(or any combination you like such as whole wheat and white and a few T wheat germ in place of some of the flour)

1 1/2 t BP*

1/2 t soda

1/2 t salt

Stir in

1 C rolled oats

Add and stir only until dry ingredients are moistened

1 t liquid artificial sweetener (= 1/4 C sugar)

3 T oil

1 egg

1 C milk or yoghurt

Fill greased muffin cups 2/3 full. Bake in preheated oven at 425 about 15 or 20 min. Makes 12 medium-sized muffins.

*If you use milk, use 2 t baking powder and no soda.

Quick Biscuits

Audrey Schumacher

Sift together

1 C whole wheat flour

1/2 C white flour

2 T wheat germ

4 T soy flour

(Use any combination of flours and wheat germ to equal 2 C)

3 t BP

1 t salt

1 t soda (omit if use milk)

Pour into measuring cup but don't stir

2/3 C yoghurt or milk

1/3 C cooking oil

Pour all at once into flour. Mix only until dry ingredients are moistened. Mixture will not form together.

Turn out onto lightly floured board. Pat to 1/4" thick and cut with floured cutter. Place on ungreased baking sheet. Bake at 450 for 10-12 min.

May cook in electric skillet. Fit 4 layers of aluminum foil, heavy duty, or 6 layers regular in the bottom of a frying pan. Preheat covered with vent closed to 420. Place biscuits directly on the foil, cover, bake 10 min. Uncover and turn, cover again and open vent. Bake 10 min longer. This makes a crusty-type biscuit.

Ambrosia

Frances Weathermon

Blend fresh ripe pineapple and papaya in equal amounts. Add 1 C unsweetened pineapple juice. When smooth, put in containers and freeze. About 2 hours before serving, remove from frig and let stand 1/2 hour to soften. Blend again and return to frig. May add bananas at this time when blending if desired. Keep in frig until ready to serve. Serve with yoghurt and fresh grated coconut.

Note: The following pies make excellent diet desserts and can be made like the regular recipes, just substituting equivalents of artificial sweetener for the amount of sugar called for. I use 2 T sugar in every pie in addition to the artificial sweetener. It tastes better.

Custard

Pumpkin

Vanilla Cream*

Coconut Cream*

Apple (made with cooked ripe cooking bananas)

*Sweet meringue may be added to these two.

Pumpkin Meringue Pie

Betty Elkins

(The filling is artificially sweetened, the meringue is sweetened. Dieters can remove the meringue, and it is still tasty for non-dieters.)

Mix the equivalent of 3/4 C sugar of whatever artificial sweetener you use with

- 2 T sugar
- 3 T cornstarch
- 1/2 t salt
- 1 t cinnamon
- 1/2 t nutmeg
- 1/2 t ginger
- 1/4 t cloves

Gradually stir in

- 1 C mashed squash
- 2 C milk

Cook and stir until mixture thickens and comes to a boil. Boil for 2 min. Remove from heat and stir small amount into 3 beaten egg yolks.

Return to hot mixture and boil 2 more min. Place in baked pie shell and top with meringue. Bake 10 min at 350 .

Meringue

Beat until all sugar is dissolved and the meringue holds stiff peaks

- 3 beaten egg whites
- 1/4 t cream of tartar
- 6 T sugar, added very gradually

Squash Pie

Frances Weathermon

Either bake or steam your squash.

Beat

- 2 whole eggs

Add

- 1 C mashed (smooth) squash
- 4 t liquid artificial sweetener, or 12 tablets (equiv 1 C sugar)
- 1 t cinnamon
- 1/2 t ginger
- 1/8 t cloves (can substitute nutmeg)
- 1/2 t salt

- 1 t vanilla
- 1 C milk (vary milk with size of pie plate)

Beat all with egg beater till smooth. Bake at 350 45 min or till silver knife comes out clean. Use with oil crust. Makes one pie.

Speedy Kalamansi Meringue Pie

Audrey Schumacher

Mix

4 T cornstarch
14 tablets artificial sweetener (equiv 1 C sugar)
1/4 C water

Add

1/3 C kalamansi juice
1/4 t lemon extract
3 egg yolks
2 C water

Bring to a boil, and boil 4 min, stirring constantly. Remove from heat. Pour into 9" baked pie shell.

MERINGUE: Mix and beat until stiff

3 egg whites
1/8 t cream of tartar

Add to pie. Bake at 400 for 10 min or until meringue is golden. Good with coconut crust.

Note: You may want to crush artificial sweetener tablets equiv to 1/4 C sugar and add; whites may not whip with liquid.

Oatmeal Crust

Audrey Schumacher

Dissolve

4 tablets artificial sweetener (equiv 1/4 C sugar) in
1/4 t water

Add to

1/4 C margarine, melted

Pour into and mix well

1 C uncooked oatmeal
3 T wheat germ

Press into 9" pie pan. Bake at 375 for 8 min.

Spanish Cream

Mix thoroughly in top of double boiler

1 envelope unflavored gelatin
1-1 1/2 t artificial sweetener (equiv 3/8 C sugar)
1/8 t salt

Beat and add to gelatin

2 egg yolks
2 C milk

Cook over boiling water, stirring constantly until gelatin is dissolved, about 5 min. Remove from heat and stir in

1 t vanilla

Chill to unbeaten egg white consistency. Beat until stiff

2 egg whites

Fold gelatin mixture into egg whites. Turn into a 4 C mold or individual molds and chill until firm. Unmold on serving plate and serve plain or with whipped cream or fruit.

Milk Shake

Lil Underwood

Combine in blender

- 1/3 C pwd milk
- 3 tablets art sweetener (equiv 2-3 T sugar)
- 1/3 C water
- 1/2 t flavoring (vanilla or other)
- 1/2 tray ice cubes

Crush ice before putting it in the blender unless your blender takes ice cubes. Use liquify speed and blend until smooth.

Note: May add 3 t unsweetened cocoa, more ice if desired.

Fruit Shake

Frances Weathermon

Blend together fresh pineapple and guyabano or papaya. Add equal amounts of yoghurt and blended fruit. Add a few ice cubes and blend till well mixed. No sugar needed.

Lemon Ice Cream

Audrey Schumacher

Combine

- 1/2 C honey
- 1/8 t salt
- 2 eggs
- 1 6 oz can cream
- 1 1/2 cans water

Cook over med heat, stirring, until first sign of lumpiness.

Add

- 1 envelope (1 T) gelatin softened in
- 1/3 C cold water

Then add

- 1 can evaporated milk
- 1/2 C water
- 2 t vanilla
- 1/4 t lemon extract
- 1/2 t yellow food coloring

Freeze until nearly firm. Beat. Return to refrigerator and freeze until done.

Vanilla Ice Cream

Combine

- 2 eggs
- 1/8 t salt
- 9 tablets art sweetener (equiv 3/4 C sugar)
- 2/3 C water
- 1/2 C whole milk powder

Cook over medium heat, stirring, until first sign of lumpiness.

Add

- 1 envelope (1 T) gelatin softened in
- 1/3 C cold water

Then add

- 2 6 oz cans cream
- 1 can evap milk
- 1 T vanilla

Freeze until nearly firm. Beat. Return to refrigerator and freeze until done.

Variation: Sprinkle 2 t instant decaffeinated coffee over mixture the first time it is put in the freezer.

Cheesecake (Cream Cheese)

Cream together

- 1/4 C whole milk powder
- 1 8 oz pkg cream cheese

Add, one at a time, beating well after each addition

- 3 eggs

Blend in

- 1 C water
- 4 tablets art sweetener (equiv 1/3 C sugar)
- 1 t + 1 T lemon Sunquick
- 1 t vanilla

Pour into crust. Bake at 375 40-45 min.

Chill several hours before serving. This is good in a coconut crust or oatmeal crust.

Tapioca Fruit Juice Dessert

Mix

- 1/4 C minute tapioca
- 2 1/2 C fruit juice (use unsweetened pineapple juice and reduce to 2 C of pineapple juice and 1/2 C water)
- dash salt

Let this mixture stand 5 min. Bring to a boil over medium heat, stirring often. Cool 20 min. Stir well. Serve warm or cold. Serve with lots of yoghurt and fresh grated coconut. Serves 6.

Minute Tapioca

Mix in saucepan

3 T tapioca

1 C whole milk powder

1/8 t salt

Add

2 3/4 C water

4 tablets art sweetener (equiv 1/3 C sugar)

1 egg, slightly beaten

Let stand about 5 min. Cook over med heat, stirring constantly until mixture just comes to a full boil. Remove from fire and add

3/4 t vanilla

Serve 4-5.

Vanilla Pudding Deluxe

Mix

3 T cornstarch

1 C whole milk powder

Add and bring to a boil while stirring

2 1/2 C water

4 tablets art sweetener (equiv 1/3 C sugar)

Remove from heat. Add a little of hot mixture to 2 beaten egg yolks. Then add egg yolks to mixture. Continue cooking. Boil 1 min. Remove from heat. Add

1 t vanilla

1 T margarine

Cool slightly. Fold in

2 egg whites, stiffly beaten

Chill and serve. Serves 6.

Creamy Chocolate Pudding

Mix and heat (do *not* boil)

1 3/4 C water

3/4 C whole milk powder

1/8 t salt

Mix separately

3 T cornstarch

1 egg

1 3/4 T cocoa

1/4 C water

6 tablets art sweetener (equiv 1/2 C sugar)

Add to first mixture. Cook, stirring constantly, until thick. Remove from heat. Add

1/2 t vanilla

Serves 4-5.

Custard Creme

Scald in top of double boiler

2 C heavy cream (canned cream)

Beat well

4 egg yolks

Add and mix well

liquid art sweetener equiv 3 T sugar

1/8 t salt

Pour a small amount of the scalded cream into the egg yolks and blend well. Pour egg-cream mixture into the remaining cream and cook, stirring constantly, until the mixture is thickened and coats the spoon--

4 min or less. Stir in

1 t vanilla

Pour into individual serving dishes. Chill thoroughly.

Whipped Cream

Shake well and chill 1 can cream (4-6 oz) in frig (*not* freezer) several hours. Add vanilla and sugar/sweetener to taste. May whip to thicken.

Lemon Chiffon Pudding

Dissolve

1 T unflavored gelatin in

1/4 C water

Put in top of double boiler

1/2 C kalamansi juice *or* lemon

1/2 t salt

4 egg yolks, well beaten

Water in bottom of double boiler should not touch top. Cook, stirring, until mixture begins to thicken. Add

liquid art sweetener equiv 1/2 C sugar

Continue cooking until mixture is very thick. Stir in gelatin mixture

1 t grated kalamansi rind (opt)

Cool. Beat until stiff

4 egg whites

Beat kalamansi mixture and fold in egg whites. Beat until stiff

1 C heavy (canned) cream

Fold into lemon mixture. Spoon into 6 small sherbet glasses or custard cups and chill several hours before serving.

Meat Loaf

Combine

1 1/2 lb ground beef

3/4 C uncooked oats

1 1/2 t salt

1/4 t pepper

1/4 C onion, chp

1 8-oz can tomato sauce

1 egg, beaten

1 T prepared mustard

Heat oven to 350 . Shape into 6 individual loaves; place in shallow baking pan. Bake 35 min. *Or* pack into loaf pan. Bake 1 hour. Let stand 5 min before slicing.

Meat Loaf

Audrey Schumacher

Combine

- 1 lb ground beef
- 5 T uncooked oatmeal
- 3 T wheat germ
- 1 egg
- 1/3 C chopped pechay stalk or celery
- 1 t salt
- 1/4 t pepper
- 2 t Worcestershire sauce
- 1/2 small onion, chp
- 1/4 t basil
- 1/4 C milk
- 1/2 t celery flakes(unless using celery stalk)
- 1 Knorr beef cube (dissolved)

Put in loaf pan and cover with

- 1/3 C catsup
- 2 t mustard

Bake at 350 for 45 min.

Hamburger Hash

Audrey Schumacher

Saute

- 1/2 small onion chp in
- 1 T oil

Add and cook until no longer red

- 1/2 K ground beef

Add cut up

- 1 med sayote
- 1 med carrot
- 1/2 C green beans
- 1 T green pepper
- dash salt
- dash pepper
- 1 t Worcestershire sauce
- 1/2 t onion salt
- 1/4 t vetsin (MSG)

Continue to fry over low heat until vegetables start to change color.

Add

- 1 small can tomatoes, cut up
- 1/2 C water (use liquid from tomatoes)
- 1 Knorr beef cube

Cover and simmer until vegetables are tender.

Add

- 1/2 C bean sprouts (opt)
- grated cheese (enough to cover top)

Cover and let simmer until cheese melts--about 5 min.

Deluxe Beef Patties

Peggy Pittman

About 1 hr before serving saute
1 C minced celery *or* onion in
1/4 C salad oil

Add celery/onions to
3/4 K ground beef
1 C uncooked oatmeal
1/2 C milk
1 t seasoned salt
1/2 t garlic pwd
1 egg

Mix well. Make 6 3 1/2" patties. Saute and set aside
3 med onions, sliced

Cook patties (10 min each side) med heat. Remove. Reheat sliced onions in skillet with

2 t steak *or* Worcestershire sauce

Serve over patties.

Vegetable Soup

Frances Weathermon

Begin with leftover broth from meat such as roast beef, viand, or chicken. Add broth from cooked vegetables or water and a boullion cube, a dash of celery salt, pepper, basil, and salt. Grate one carrot, some cabbage, chop one green pepper, one small onion, half to one cup of leftover cooked rice, one small can tomato sauce, juice or whole tomatoes (opt), any leftover cooked vegetables and any leftover meat that you have.

Cook 10-15 minutes. Serve with crackers. Serves 4-6

Note: You need from a half to a quart of broth, juice and water to begin with. If your broth is **not** much, add a boullion cube. If you're using beef broth use a chicken boullion cube.

Use any combination of vegetables you have or prefer. There's no limit to the variety you can use. Always serve soup boiling hot.

Pizza Sauce

Audrey Schumacher

Saute

1 small onion chp in
1 T oil

Add

2 8-oz cans tomato sauce
1 tablet art sweetener (equiv 2 t sugar)
1/2 t salt
1/4 + 1/8 t thyme
3/4 t oregano
1 Knorr beef cube
dash pepper
1/4 t garlic pwd (equiv 2 large cloves)

Simmer sauce until thick. Cool thoroughly before spreading on pizza dough. Makes 2 pizzas.

Pizza Dough (Baking Powder)

Sift into a bowl

1 1/2 C flour

1 t salt

2 t baking powder

Add and cut in with fork

1/3 C shortening

Add till not sticky to handle

1/2 C milk (approximately)

Spread dough evenly on lightly greased pizza pan or cookie sheet. Press up around the edges to make a slight rim. Keep shortening on hands to keep dough from sticking to hands.

Makes 1 pizza. May bake in electric skillet at 320 for 20 min; in oven at 425 for 25 min.

Note: If making for two pizzas, double everything except shortening. Use 1/3 C plus 2 1/2 T shortening for two pizzas.

Egg Foo Yong

Beat until thick and lemon colored

3 eggs

Add

1 C bean sprouts

1/2 C chopped pork

2 T chopped onion

1 T soy sauce

Heat skillet with 2 T salad oil. Pour 1/4 C mixture at a time into skillet. With broad spatula, push cooked egg up over meat to form a patty. When patties are set, turn to brown other side. Serve hot with sauce.

Sauce: Combine

1 t cornstarch

1 tablet art sweetener (equiv 1 t sugar)

1 t vinegar

2 1/2 T soy sauce

1/2 C water

Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 min. Makes 5 servings.

Harvard Beets

Mix in saucepan

1/4 C vinegar

1/2 C juice from canned beets

6 tablets art sweetener (equiv 1/2 C sugar)

1 1/2 t cornstarch

Boil 5 min then add

1 No. 2 can drained beets

Let stand 30 min or more. Just before serving, bring to the boiling point. Add

2 T margarine

Diet Root Beer

Dick Elkins

Soften

1 T dry yeast in
1/2 C (of two quarts) lukewarm water

Add to rest of water. Add

1 1/2 T Root Beer extract (according to taste)

2 T sugar

saccharin tablets or liquid sweetener to taste

Stir until saccharin is dissolved. Put immediately into bottles with tight caps or into jars with tight lids and close tightly. Let the brew set out of the frig overnight and place in frig the next day. Leave in frig 1 day. It can be drunk anytime after this.

Diet Ginger Ale

Dick Elkins

Use the same recipe as Root Beer only substitute fresh ginger root for Root Beer extract. A med size piece of ginger root 2" long can be chopped, smashed, and boiled in a C of water or else pulverized in a blender before adding to mixture. Use more or less ginger according to your taste.

Snacks For High-Protein/Low-Carbohydrate Diet

Frances Weathermon

Nuts, except cashews or chestnuts

Fresh fruit juices, orange, tomato, pineapple (unsweetened)

Yoghurt, unsweetened

Seeds as pumpkin, squash, sunflower

Fresh fruits, oranges, peaches, pineapple, tangerines, apples, avocado, apricots; No dried fruit

Cheese, natural; Milk (not with meals)

Pickles, dill or sour, not sweet; Olives, small amount

Weak tea; De-Caf, not too much

Miscellaneous

Spice Tea

Mix and store

- 2 C Tang
- 1 1/2 C sugar
- 1/2 C instant tea
- 1 t ground cloves
- 1 1/2 t cinnamon
- 1 t dried lemon peel

Favorite Punch

Hettie Stauffer

Makes 6 qts. or 32 (6 oz. servings) or 24 (8 oz servings).

Mix

- 2 pkg. unsweetened drink mix (Kool-aid)
- 2 C sugar
- 2 qts cold water

Add

- 1 46 oz. can pineapple juice, chilled
- 1 liter lemon-lime soft drink, chilled
- 1 T almond extract

Note: Use pineapple grapefruit juice if you want it tarter or tangier. Good when using cherry flavor Kool-aid.

Pineapple/Banana Yoghurt Shake

Blend 30 seconds

- 1 C yoghurt
- 3 ice cubes
- 3 C crushed pineapple with juice
- 1/2 ripe banana

Banana French Toast

Eunice Diment

Mash cooking bananas; add a little sugar and cinnamon. Use as filling for sandwiches. Dip sandwiches in egg and milk mixture as for French toast and fry. Good for breakfast or lunch.

Note: add 1/4 - 1/2 t sugar to milk mixture for a golden brown color.

Caramel Corn

Marianne Lambert

Have ready

8 C popped corn (about 1 small or 1/2 large unpopped, local-size bag)

Mix together

2 C brown sugar

1 C margarine (Star is OK)

1/2 C corn syrup

1 t vanilla

1 t salt

Bring to a boil and boil 5 minutes. Stir in 1/2 t soda (it will foam up). Pour over popcorn and mix well. (A plastic basin works well if you don't have a large enough pan.) Put into a large flat pan and bake at 250 for 1 hour, stirring every 15 min. Store in a tight container. Keeps well.

Easy Caramel Corn

Donna Kipp

Make 20-30 cups of popcorn Place in big roasters (about 4 pans).

Mix and bring to a rolling boil, about 5 min

1 C margarine

2 C brown sugar

Remove from heat and add

1 t soda

Stir popcorn as you pour mixture over it. Bake at 200 for 1 hour and stir every 15 minutes.

Popcorn Balls

Mix

1 pkg jello (any flavor)

1/2 C sugar

1 C light corn syrup

Bring to boil, stirring constantly. Remove from heat and allow to cool slightly. Mix with popped popcorn (about 3 qt).

Chocolate Sauce #1

Faith Boyce

Mix and melt over medium heat, stirring constantly

2 C sugar

6 T cocoa

6 T margarine

Add and stir until mixture comes to a rolling boil

1 can evap milk (reg size)

Remove from heat and add

2 t vanilla

Beat slightly.

Chocolate Sauce #2

Mix

- 1/4 C cocoa
- 1/2 C sugar
- 1/4 t instant coffee powder (opt)

Add and bring to a boil

- 1/2 C evap milk
- 2 T corn syrup

Remove from heat. If too thick add a little extra milk or corn syrup. Cool and serve.

Fudge Sauce

Donna Kipp

Mix in a double boiler top

- 1 C cocoa or 2 oz unsweetened chocolate
- 3/4 C sugar
- 1/2 t salt
- 1 T cornstarch

Add

- 1/2 C light corn syrup
- 1/2 C milk

Cook 15 minutes over hot water, stirring until thickened.

Add

- 2 T butter

Cool and add

- 2 T vanilla

Makes about 2 cups.

Mock Whipped Cream

Beat in a small bowl until creamy

- 1/4 C margarine

Gradually beat in

- 1/2 C sugar

Beat in by teaspoonfuls

- 1/2 C milk

Beat in

- 1/2 t vanilla

Pancake Syrup

Linda Venable

Bring to a boil until sugar is dissolved

- 1 C white sugar
- 1 C brown sugar
- 1 C water

Remove from heat and add a drop of maple flavoring.

Coconut Honey

Combine

- 1 C rich coconut milk
- 2 C sugar

Boil slowly until thickened. Good on pancakes or waffles.

Cheese Balls

Lauretta DuBois

Mix

1 C grated cheddar cheese

1/2 C flour

2 T soft butter or margarine

Add about 1/4 C water (enough to make a stiff dough). Roll into 1" balls. Place on greased cookie sheet. Bake for 15 min at 400 . Makes about 15-20 balls. Good for snacks or with soup.

Cottage Cheese

Janice Walton

Mix together

2 C whole pwd milk

1 qt water

Set milk in warm place to clabber; a shelf near a wood stove is best. When a thick clabber has formed but no curds, set the pan on the stove and heat, but do *not* boil. Cool thoroughly. Place pan in cold water to hasten cooling. Strain. Pour a little cold water over it to remove the sour taste. Put the curds in a pan and add salt, pepper and milk or cream as desired.

Hommus*

Carole Heim

Wash

1 lb dry garbanzos

Cover with water and bring to a boil. Let soak one hour. Drain and add fresh water to cover. Cook until very soft, about 2 hours. Drain.

Combine the garbanzos with

1 C peanut or salad oil

1 clove garlic, minced

1 t salt

1/8 t cayenne pepper

4 T kalamansi juice

Mash (or blend in blender) until very smooth. Taste for seasoning and chill. Makes about 3 1/2 C.

*An Arab dish good served with Arab Bread (see Index) or with crackers.

Dried Fruit And Vegetables

Kathie Benn

1. Any meat (see Index for details), vegetables, fruits, and spices which are seasonal or difficult to get in an area can be dried.
2. Vegetables that dry well are green beans, carrots, onions, firm yellow squash. These are especially good in soups and stews but may be cooked separately after soaking in hot water for 15-20 minutes to re-hydrate.
3. Fruit or vegetables to be dried should be cut in 1/8" slices or very thin strips.
4. Dry on well-greased trays (spread evenly) in the sun, or a wire rack suspended above the back of a refrigerator or in a drying box. (See Keith Benn for how to make.)
5. Even if drying in the house, do so on a dry, sunny day. IN DAMP RAINY WEATHER, FOOD WILL MOLD.
6. Store all dried foods in air tight cans or plastic bags.

Dried Fruit

Bananas: Dry ripe but still firm bananas cut 1/8" thin.

Guavas: Cook fruit in small amount of water with sugar to taste (or pressure) until soft enough to mash or sieve. Drain juice and set aside. Sieve, mash, or blend fruit until smooth. Spread on well-greased trays in about 1/8" layers spread *very* evenly. When dry it should peel off tray easily using a knife or spatula dipped in boiling water (if necessary), and gently eased under fruit.

To reconstitute fruit: Soak about 2 hours in hot water. For pureed fruit, pour boiling water over and soak for 1/2 hour. Bring to boil for 1 minute until it becomes a thick sauce.