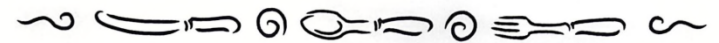




Smacznego!



Smaczego!

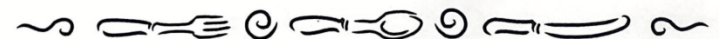
A Collection of Recipes by
the Members, Family and Friends of the
Wilkes University Polish Room Committee
Wilkes University
Eugene S. Farley Library
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The Polish Room

This Room is dedicated to
the memory of
settlers from Poland
who since 1856
have made their homes in
Wyoming Valley

By their efforts they contributed to
the development of its major industries
mining and farming


By their sense of fair play they encouraged
the principle of collective bargaining

Through their homes, schools, and churches they have
proclaimed their faith
and
love of country

This plaque is erected by their
descendants so that
their sons and daughters, together with the
sons and daughters of those from other lands
may take courage from their lives and deeds,
and forever be reminded
in these halls of Wilkes College that
opportunity, wisdom, and justice
are for all Americans

Presented by
Women's Committee for the Polish Room at Wilkes College
Room designed by Stefan Mrozewski
Furniture Made and Carved by Stefan Hellersperk

These words are written on a plaque that is displayed at the
entrance to the Polish Room.



Dedication *Karen Bednarski*

September 7, 1950 - November 29, 2011

This cookbook is dedicated to the memory of Mrs. Karen Bednarski. Her untiring efforts and fortitude were the impetus for this book. Under her chairmanship she began the process of gathering the recipes, finding a publisher and selecting the title. Her untimely death has brought sadness to us all. She will always be remembered as one of the kindest and gentlest of souls who was always willing to lend a helping hand. Karen exemplified the attributes of the Wilkes University Polish Room Committee in supporting her family and cherishing her Polish heritage. By preparing food, a mother nourishes her family and helps them thrive. This is a fitting tribute to Karen. She would want you to enrich your families with food and nourish your Polish culture. Smaczniego!

Jack Bednarski
Karen's husband

KAREN BEDNARSKI.....

A soft-spoken but deep-rooted girl.
Her eyes followed you like the Mona Lisa.
Her thoughts were humble.
She was drawn to nature----
Especially the ocean, flowers, and her grandchildren.

Karen: A Rare Jewel

P.K. Dende
Karen's friend



Some Recipe Tidbits

Before you browse through this Cookbook, I would like to share with you some of the stories and comments behind a few of these great recipes.

The White House Vegetable Garden provided the ingredients for Michele Obama's **Yogurt Vegetable Dip**. Need a great appetizer? Try the **Cranberry Chili Meatballs**. They taste even better if they're made the day before. They can also be frozen and reheated. The **Sweet Noodle Pudding** is a fantastic "finger food". The **Microwave Bread and Butter Pickles** are ready to eat the next day. The longer the **Cucumber Salad** is stored in the refrigerator, the more it tastes like crunchy and crisp bread-and-butter pickles. The **Sweet and Tangy Carrots** recipe makes a great summer salad.

Hot Beer "hits the spot" when served on a cold winter night. Have a slight cold? The **Honey Punch** is a good drink when you're feeling "under the weather".

If you would like to invite the girls over for lunch or brunch, serve thin slices of the **Strawberry Nut Bread** spread with whipped cream cheese. Add a fruit salad and your get-together will be a shining success.

The **Soft Rice Custard Pudding** is very creamy and very easy to make. It's so nutritious, you can have a bowl for breakfast with a clear conscience.


If you like candy, try the **Stained Glass Cookies**. They taste great and they are "no bake". Speaking of "no bake", the **No Cook Fudge** is absolutely delicious.

The **Polish Apple Pie** or **Szalotka** recipe was one of Pope John Paul's favorite desserts. Would you like German Chocolate Cake but don't want to make a cake? Try the **Coconut Pecan Cookies**. They taste just like it. The **Cheese Pie** recipe is so easy and so delicious!

Not only does the meat taste great in the **Pepsi Pot Roast** recipe, it makes a wonderful gravy. The **Kluski with Cheese** is "YUM"!

Looking for a great soup to serve on a cold winter day? Try the **Polish Barley Soup**. The **Red Beet Soup** is best when it's made the day before.

Ever try creating you're own recipes? That's how the **Hot Dog Soup** and **Ham and Tortellini Alfredo** recipes came about.



There are some fantastic Wigilia recipes in this Cookbook. The **Mushroom Potato Soup** can be doubled and served on Christmas Eve. You can also serve **Aunt Mary's Flat Bread**. This dough also makes a good pizza dough. Make the **Compote** and serve it along with your baked goods on Christmas.

Here's some History Trivia. The **Maryland Crab Cakes** recipe is from Senator Barbara Mikulski from the great state of Maryland. On March 17, 2012, she became the longest serving woman in the history of the United States Senate.

If you're looking for the **Zupa Grochowa (Bean Soup)** seasoning/soup mix, take a trip to an Eastern European grocery store--the nearest is in Stroudsburg, Pennsylvania.

Enough tidbits, let's start cooking! I'm sure you can't wait to try these and the rest of our mouth-watering recipes!

Appreciation

I would like to thank all our members, their families and friends for making this Cookbook truly one of a kind. Karen Bednarski, with her passion and dedication, provided the impetus that enabled the Cookbook Committee to put together a great Cookbook. A great deal of this final Cookbook was Karen's idea. The Committee did not want to change too much.

All of the proceeds from this Cookbook will go toward the Polish Room Committee Scholarship given to a Wilkes University student. It is presented each year, in January, at the Kosciuszko Ball.

I want to thank my co-chair, Susan Najaka, along with Mary Lou Zaleski, Barbara Yacuboski, Barbara Smith, Audrey Brozena, Marianne Kress and Mary Ann Drust for working so hard and caring so much. Also, my thanks goes to Bernadine Tarasek, our Polish Room President, for all her help and cooperation. I hope you enjoy reading through this Cookbook and are inspired to try some delicious new recipes.

Joyce Latoski
Cookbook Chairman

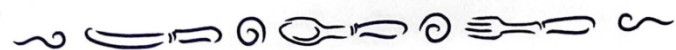


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Appetizers
and
Beverages

Sleep 'til you're
hungry, eat 'til
you're sleepy.

~ UNKNOWN



Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about ¼ cup juice, while one orange yields about ⅓ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think "outside the bowl." Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature—approximately 70°.
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.

Appetizers & Beverages

BLACK-EYED PEAS DIP

2 cans Bush's black-eyed peas--
drained
1 can shoe peg corn--drained
2 cans Ro-Tel diced tomatoes
with green chilies

1 bunch diced green onions
½ diced green pepper
½ to ¾ c. Zesty Italian dressing--
can use fat-free
Scoops chips

Mix all the ingredients well and refrigerate. Serve with Scoops chips. They hold the dip well.

Mary Lou Zaleski

BOURBON SLUSHES

1 c. granulated sugar
1 c. brewed tea
1 (12 oz.) frozen lemonade
1 (6 oz.) frozen orange juice
concentrate

6 c. water
1½ c. bourbon
7-Up or ginger ale

Mix all ingredients. Pour into containers and freeze. When ready to serve, remove from freezer and let stand until mixture gets slushy. You can pour 7-Up or ginger ale over the ice. Less sugar can be added. If making punch, add 3 cups water.

Patricia Reese

HAM BALLS WITH TANGY MUSTARD GLAZE

Ham Balls:

1 lb. cooked ham--ground	¼ c. chopped onion
1 lb. pork sausage	1 egg--beaten
⅔ c. cracker crumbs	black pepper to taste
¼ - ½ c. milk	

Mix all the ingredients well. Adjust the milk, if needed, for firmness. Roll into about 40 golf ball size meatballs. Fry in a large skillet, turning occasionally and browning on all sides. When cooked through, drain grease and add glaze.

Glaze:

½ c. firmly packed brown sugar	2 T. fruit juice
½ - 1 tsp. dry mustard powder	

Stir all the ingredients together in a small bowl. Pour glaze over the meatballs, coating them well. Keep ham balls warm in a slow cooker or chafing dish and serve with toothpicks.

Barbara Bialek Smith

HOLIDAY EGGNOG

6 eggs, separated	2 tsp. vanilla extract
½ c. sugar (or to taste)	1 pt. milk
1½ c. bourbon whiskey	3 c. heavy cream
½ c. rum	3 T. sugar
½ c. brandy	ground nutmeg

In the large bowl with electric mixer, beat egg yolks well. Gradually add the ½ c. sugar and beat until light and fluffy. While still beating, gradually add bourbon, rum, and brandy. Stir in vanilla. Chill in refrigerator at least 1 hour before adding milk and cream. Add about ½ of the milk and cream every half hour, stirring well after each addition. When ready to serve, beat the egg whites with 3 T. sugar until stiff peaks form. Fold egg white mixture into bowl. Sprinkle with nutmeg. Makes 20-25 (½ c. servings).

Susan Najaka
In Memory of Leonard Najaka

HONEY PUNCH

(NAPOJ Z MIODEM)

⅔ c. honey	2 c. hot, strong tea
2 egg yolks	juice from lemons

Combine the honey with egg yolks and mix well. Add the tea slowly. Heat and add lemon juice. Serve in a tumbler. Yields 2¾ c.

Jane Straub

HORSERADISH SAUCE

3 T. horseradish--red or white	½ tsp. sugar
⅔ c. sour cream	½ tsp. vinegar

Mix the ingredients until thoroughly blended and allow to stand several hours, tightly covered, in the refrigerator. Serve over ham or kielbasa.

Joyce Latoski

HOT BEER

(GRZANE PIWO)

1 qt. beer	4 egg yolks
½ tsp. cloves	1¼ c. sugar
½ tsp. cinnamon	

Bring the beer with the spices to a boil. Beat the egg yolks with sugar till thick and creamy. Add the beer in a thin stream, beating all the time. Heat stirring, but do not boil. Yields 5 cups.

Susan Najaka

HOT CRAB DIP

1 (8 oz.) pkg. softened cream cheese	½ tsp. dry mustard
½ c. sour cream	pinch of garlic salt
2 T. mayonnaise	1 T. milk
1 T. lemon juice	¼ c. Cheddar cheese--grated
1¼ tsp. Worcestershire sauce	½ lb. crabmeat--cartilage removed
	paprika for garnish

In a large bowl, mix cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, mustard and garlic salt until smooth. Add enough milk to make the mixture creamy. Stir in 2 T. cheese. Fold crabmeat into the mixture. Pour into a casserole and top with the remaining cheese and paprika. Bake at 325° for 30 minutes; until mixture is bubbly and browned on top. Serve with crackers.

Mary Ann Martin

ICED COFFEE POLISH STYLE

4 tsp. sugar	1 c. vanilla ice cream
4 c. strong, cold coffee	1 c. whipped cream

Add sugar to coffee. Refrigerate for 2 hours. Pour into 4 tumblers, add ice cream, top with whipped cream. Drink without mixing. Serves 4.

Susan Najaka

MINIATURE BACON QUICHE

2 c. flour	½ lb. Swiss cheese--grated
6 oz. cream cheese	3 eggs
1 c. butter	1 c. milk
1 lb. bacon--fried	

Mix flour, cream cheese and butter; roll into balls small enough to press into miniature muffin tins. Sprinkle bacon and grated cheese onto dough. Beat eggs and milk; pour over the bacon and cheese. Bake at 350° for 25-30 minutes. Makes about 60.

Barbara Yacuboski

SAUSAGE TWIRLS

2 c. biscuit mix	fennel seed and garlic powder--to
½ c. milk	give vegetarian sausage flavor
¼ c. butter or margarine--melted	
1 pkg. roll of sausage--Italian or vegetarian	

Combine biscuit mix, milk and butter in a large bowl until blended and refrigerate at least 30 minutes. Divide the refrigerated dough into 2 parts; roll each out on a floured surface to get two (10x7-inch) rectangles. Spread ½ the uncooked sausage over the dough. Add the fennel seed and garlic powder if using the vegetarian sausage. Roll lengthwise into a log. Repeat with the other rectangle and sausage half. Place both wrapped logs into the freezer until they are hard enough to cut (about 1 hour) or the day you want to use them. If you freeze them for a few days, you'll need to take them out of the freezer about 1 hour ahead of time in order to be able to slice them. Preheat oven to 400°. Cut each log into about 15 thin slices and place on a non-stick baking sheet. Bake for 15 minutes, turning once if they seem to be browning too much on the bottom.

Joyce Rothier Burlone

SLUSH

7 c. water	1½ c. sugar
18 oz. orange juice--undiluted	1½ c. vodka
18 oz. lemonade--undiluted	

Combine all the ingredients. Freeze. When frozen, put 2-3 T. slush into a glass and add a grapefruit-like soda.

Joan Hannon

SPINACH BALLS

2 boxes chopped spinach--thaw
and squeeze out liquid
¼ stick melted butter
2 c. Pepperidge Farm Stuffing Mix
½ c. Parmesan cheese

1 c. shredded Cheddar cheese
¼ c. shredded Swiss cheese
¾ c. chopped onion
4 eggs--beaten

Combine all ingredients; mix well. Form into balls and bake at 275° to 300° for about 30 minutes.

Barbara Yacuboski

SUMMER PUNCH

(PONCZ LETNI)

2 oranges, peeled, sliced
2 c. sugar
1 qt. white wine

juice of 1 lemon
2 c. soda water

Sprinkle the orange slices with sugar. Cover and refrigerate overnight. Place the oranges with their juice and sugar in a punch bowl. Add the wine and the lemon juice. Mix. Add soda water and serve immediately with ice. Yields 8 c.

Diane Pelczar

SWEET NOODLE PUDDING

3 eggs
½ c. sugar
1 (16 oz.) carton small curd
cottage cheese
1 c. sour cream

¾ stick oleo--melted
¼ tsp. salt
1 tsp. vanilla
1 (8 oz.) pkg. broad noodles

Beat the eggs and sugar in a large bowl. Add the cottage cheese, sour cream, oleo, salt and vanilla. Boil the noodles in salt water for 8-10 minutes and drain. Add the noodles to the cheese mixture; blend well. Pour the mixture into a buttered casserole dish and bake at 350° for 1 hour.

Phyllis Saluski

TACO DIP

2 (8 oz.) cartons whipped cream
cheese
1 (16 oz.) jar Chi-Chi's Mild Thick
and Chunky Salsa

1 green pepper--diced
1 medium or large tomato--diced
1 small sweet onion
1 pkg. taco mix cheese

Spread cream cheese ¼ inch thick on a plate. Then spread the salsa. Next, sprinkle the pepper, tomato and onion. Finally, sprinkle the cheese on top.

Maureen and Dan Mello

TEXAS CAVIAR

2 (14 oz.) cans black eyed peas,
drained
1 (15 oz.) can white hominy
(corn), drained
2 medium tomatoes, chopped
2 cloves garlic, minced
4 green onions, chopped

1 green pepper, chopped
1 jalapeño pepper chopped
½ c. chopped onion or equivalent
amount of green onion
½ c. parsley, chopped
1 (8 oz.) bottle Italian dressing
tortilla chips

Mix all together and refrigerate. Serve with tortilla chips.

Diane Pelczar

TUNA PATÉ

1 (8 oz.) pkg. cream cheese
2 T. chili sauce
2 T. dry parsley
1 tsp. minced onion

½ tsp. Tabasco sauce
2 (6 oz.) cans flaked tuna--drained
crackers

Mix the first six ingredients well. Chill before serving. Serve with crackers.

Joan Hannon

VEGGIE PIZZA

1 pkg. Crescent Rolls
1 (8 oz.) pkg. cream cheese
1 or more T. Ranch dressing mix
1 heaping T. sour cream

cauliflower; broccoli; tomato;
green or red pepper--chopped
shredded cheese

Spread the Crescent Rolls on a cookie sheet. Do not take apart; seal perforations. Bake at 350° for 8-10 minutes; then cool. Mix cream cheese, Ranch dressing mix and sour cream. Spoon this mixture on the Crescent Rolls and layer the top with the vegetables and cheese.

Barbara Yacuboski

WALNUT CRACKERS

2 sticks butter
1 c. brown sugar
2 c. ground walnuts

2 or 3 tsp. cinnamon
Club Crackers
powdered sugar

Melt butter; then add brown sugar, walnuts, cinnamon and mix well. Place a spoonful of mixture on each cracker and bake at 350° for 5 minutes. When cool, dust with powdered sugar.

Barbara Yacuboski

YOGURT VEGETABLE DIP

1 T. fresh lemon juice
¼ c. extra virgin olive oil
1 tsp. minced garlic
2 c. nonfat Greek yogurt
1 c. cucumber--peeled, seeded and diced

½ c. finely diced onion
salt to taste
raw vegetables

Combine the lemon juice, olive oil and garlic with the yogurt and mix well. Stir in the cucumber, onion and salt. Chill for at least 1 hour or overnight. Serve with cherry tomatoes and cut-up raw vegetables like broccoli or fennel. Yields 2 or more cups.

Michelle Obama

Soups and Salads



I've been on a diet
for two weeks and all
I've lost is two weeks.
~TOTIE FIELDS

Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving "free soup."
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top – remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don't overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.

Soups & Salads

AUNT LOTTIE'S RED BEET SOUP

Fresh or canned red beets
water
1 tsp. salt
1 tsp. vinegar
1 clove garlic

1 bay leaf
dash of pepper
diced fatback
1 T. flour

Wash fresh beets thoroughly. Put enough water in saucepan to cover beets. Cook the beets in their skins (if using fresh beets) until tender, drain and set aside. Using the red beet water, add salt, vinegar, garlic, bay leaf and pepper; boil. After the red beets are cooled, peel and cut into cubes. Add them to the salt-vinegar-beet water mixture. Sauté fatback; add flour and some liquid from the beet mixture; blend together. Pour the flour mixture back into the beet mixture. Simmer about 20-25 minutes. Let cool for 1 hour. When serving, reheat and add cooked potato chunks and pumpernickel bread.

Mary Ann Martin

BABCI'S CABBAGE SOUP

3 quarts water
1 whole onion
salt to taste
1 medium head of cabbage
1 quart diced tomatoes

4 large potatoes-diced
2 T. vinegar
3 T. butter
2 T. flour

Bring water with onion and salt to a boil. Add chopped cabbage, tomatoes and potatoes; simmer until vegetables are tender. Remove onion and add vinegar. Melt butter in pan; add flour and brown until dark; add this mixture to soup. Stir and simmer for a few minutes.

Jean Levandowski

BARBARA'S BORSCHT

Ring of fresh kielbasa
9 cups of water
½ c. flour blended with ½ c. water
1 c. buttermilk
¼ c. vinegar
2 T. horseradish
2 eggs--beaten
½ c. sour cream
salt and pepper to taste

Cook kielbasa in water for 1 hour. Remove kielbasa. Mix flour mixture with remaining ingredients and gradually stir it into the water. Add salt and pepper. Cook on low heat for ½ hour. Serve with cut-up hardboiled eggs, ham pieces and sliced kielbasa.

Barbara Bialek Smith

BORSCHT

1 lb. beef--cut into bite-sized pieces
4 diced carrots
2 c. chopped onions
2 c. diced beets
2 c. finely shredded cabbage
salt and pepper
sour cream

Boil beef in water until tender. Add carrots, onions and beets; simmer for 30 minutes. Add cabbage, salt and pepper to taste; simmer 15-20 minutes. Garnish with sour cream.

Mary Ann Pudlosky

CABBAGE SOUP

4 smoked ham hocks
1 medium head of cabbage--shredded
1 medium white onion--chopped
1 can of white lima beans--drained
1 small pkg. or jar of sauerkraut (or homemade)
1 tsp. ground black pepper

In a 4 quart pot, cover ham hocks with water; cover and boil for about 30-45 minutes. Remove hocks and set aside. Chill the broth overnight until the fat congeals. Skim off fat from broth and discard. Cut away rind and fat from hocks and discard; dice meat from hocks and set aside. Discard ham bone. Reheat broth in 6-8 quart pot; add cabbage, onion and ham pieces. Bring to a boil and reduce heat to a slow boil and cover; stirring occasionally. Cook until cabbage is semi-tender; about 2 cups of water may be added. Add lima beans, a little at a time. Also add sauerkraut with some juice. Add pepper. Let the mixture simmer until cabbage is tender. More sauerkraut can be added to suit your taste. No salt is necessary.

Al Yanovich, Sr.

CARROT APPLE SALAD

4 carrots--peeled and grated
2 apples--cored and chopped
½ c. sour cream
1 T. horseradish
1 T. sugar
1 T. lemon juice

Combine all the ingredients thoroughly; be sure to coat the apples so they won't discolor. Serve immediately.

Phyllis Saluski

CHARLES' ENDIVE SALAD

1 small bunch endive	2 hard-boiled eggs
salt and pepper to taste	¼ lb. bacon
2 tsp. sugar	oil
2 medium potatoes--cooked with skins on	vinegar

Rinse and cut endive into bite-size pieces. Sprinkle with salt, pepper and sugar. Toss the greens. Peel the potatoes and cube to desired size. Dice the eggs, add to the salad with the potatoes and toss. Cut the bacon into bits and fry until crisp. Remove to a paper towel to drain. Reserve grease in the frying pan and add ½ cup of oil to the grease. Heat until the oil is sizzling; remove from the stove and add ¼ c. vinegar to the hot oil mixture and blend. Pour over the salad and toss. Add the bacon bits and toss. The oil and vinegar amounts can be adjusted to taste.

Charles Profaska

CHILLED BLUEBERRY SOUP

1 pt. fresh blueberries	dash of ground cloves
2 c. water	¼ c. sugar
2 tsp. cooked rice	½ c. sour cream
¼ tsp. cinnamon	

Combine all the ingredients except the sour cream and simmer over medium heat for 10 minutes. Cool slightly; swirl the mixture in a blender until smooth and chill. Serve garnished with sour cream.

Joyce Latoski

CORN CHOWDER

4 bacon slices--cut into 1-inch pieces	¼ c. chicken stock--add more, if desired
3 cloves garlic--chopped fine	1 c. heavy cream
1 diced red pepper	¼ tsp. cayenne pepper
1 onion--diced	1 bay leaf
¼ c. flour	1 pkg. frozen corn
2 large red potatoes--peeled and diced	

In a large pan, sauté the bacon, remove from the pan and set aside. Add the garlic, red pepper, onion and flour to the bacon drippings and stir. Add the potatoes and chicken stock and simmer for 10 minutes. Add the heavy cream, cayenne pepper, bay leaf, corn and bacon and simmer a little longer.

Mary Ann Martin

CRAB SOUP

1 lb. crab meat or 3 (6 oz.) cans	1 tsp. celery seed
2 qt. water	1 T. Old Bay Seasoning
1 (16-24 oz.) pkg. frozen mixed vegetables	1 small can tomato paste
3 chicken bouillon cubes	1 (16 oz.) can chopped tomatoes

Combine all the ingredients and cook for 30-45 minutes.

Cathy Pascoe

CREAM OF ASPARAGUS SOUP

4 lbs. asparagus	salt and pepper
1 diced onion	pinch of sugar
4 oz. butter	1 pt. heavy cream
2 quarts chicken stock	

Cut asparagus into 1 inch pieces and discard woody stems. Sauté onion in butter until translucent. Add asparagus for 2-3 minutes. Add this to heated chicken stock and season with salt, pepper and a pinch of sugar. Cook asparagus until slightly tender. Cool; then transfer to blender and purée; adding heavy cream slowly. Strain mixture (in case of strings from asparagus).

Barbara Yacuboski

CREAM OF BROCCOLI AND CAULIFLOWER SOUP

- | | |
|---|-----------------------------|
| 4 c. fresh broccoli and cauliflower--chopped fine | 8 T. flour |
| 3 c. chicken broth | 1 tsp. salt |
| ½ c. onion--chopped | 4½ c. milk |
| ½ c. butter | 2 c. sharp cheese--shredded |
| | 3 c. mashed potatoes |

Cook broccoli and cauliflower in chicken broth until tender and set aside. In a large skillet, sauté the onion in butter. Add flour and salt; slowly stir in the milk. Cook and stir until thickened. Add the cheese and stir until melted. Add the broccoli-cauliflower broth along with the mashed potatoes. Simmer on low heat.

Mary Ann Pudlosky

CREAM OF CAULIFLOWER SOUP

- | | |
|---------------------------|----------------------------|
| 2 c. cauliflower--chopped | 2 T. flour |
| 1 qt. chicken stock | 1 egg yolk |
| ½ c. heavy cream | 1 tsp. fresh dill--chopped |

Simmer the cauliflower in the chicken stock for 20-30 minutes or until the cauliflower is tender. Combine the cream, flour and egg yolk with a whisk; add 1 cup chicken stock to the cream mixture and blend. Gradually pour the cream mixture into the remaining stock and stir constantly. Simmer for 10-15 minutes; do not boil. Garnish with dill.

Stanley Latoski

CUCUMBER SALAD

- | | |
|--------------------------------------|--------------------|
| 3 large cucumbers--thinly sliced | 1 T. celery seeds |
| 1 medium red pepper--thinly sliced | 1 T. salt |
| 1 medium green pepper--thinly sliced | ½ c. cider vinegar |
| 1 c. thinly sliced onions | ¾ c. sugar |

Combine the cucumbers, peppers, onions, celery seeds and salt in a large bowl. Cover with plastic wrap and let stand for 1 hour at room temperature. Drain the cucumber mixture thoroughly in a colander and return to bowl. Combine the vinegar and sugar and add to the cucumber mixture; toss gently. Cover with plastic wrap and refrigerate 6 hours to overnight. Can be stored in the refrigerator for up to 3 weeks. Serves 12.

Mary Ann Martin

FISH CHOWDER

- | | |
|-----------------------|---|
| 1 medium soup bone | 1 pt. tomatoes + 3 T. sugar |
| 5 carrots | 1 tsp. salt |
| 1 medium green pepper | ⅛ tsp. pepper |
| 1 medium onion | ½ tsp. leaf thyme |
| 2 large celery stalks | 1 lb. any kind of fish fillets--poached |
| 3 medium potatoes | |

In a 3 quart pot, cover soup bone with water and bring to a boil for 1 hour on low heat; skim. Remove the bone; discard. Peel the vegetables and cut into bite size pieces. Add the carrots, green pepper, onion, and celery to the broth. When the carrots are tender, add the potatoes and cook until done. Add the tomatoes (sweetened with 3 T. sugar), salt, pepper and thyme. Also add the poached fish fillets, cut into pieces.

Al Yanovich, Sr.

HAMBURG SOUP

- | | |
|---|---------------------------------------|
| 1 lb. ground beef--browned with olive oil | ¼ c. ketchup |
| 1 (16 oz.) can of tomatoes--chopped | 1 tsp. instant beef bouillon--2 cubes |
| 2 medium chopped carrots | 2 tsp. seasoned salt |
| 2 medium chopped onions | 1 tsp. dry basil |
| 2 stalks of celery--chopped | 1 bay leaf |
| ½ c. medium barley | 5 c. water |
| | salt and pepper to taste |

After browned, drain fat from beef. In a soup pot, add the browned beef and all the remaining ingredients. Bring to a boil and simmer for about 45 minutes; remove bay leaf. You can substitute ½ bag of frozen mixed vegetables for the fresh vegetables.

Phyllis Saluski

HOT DOG SOUP

- | | |
|--|--------------------------------|
| 1 lb. pkg. hot dogs--slice into small rings | ½ can water |
| 1 (28 oz.) can Bush's vegetarian baked beans | 1 (28 oz.) can stewed tomatoes |
| | 1 tsp. yellow mustard |
| | ¼ c. ketchup |

Put all the ingredients into a 4 quart pot and mix well. If too thick, add additional ½ can or more of water. Cook 10-15 minutes on low heat until heated through.

Marlene Belsky

KAPUSNIAK

(SAUERKRAUT SOUP)

- | | |
|-------------------------|-------------------------|
| ½ lb. pork ribs | 8 peppercorns |
| 7 c. water | 1 T. salt |
| 1 lb. sauerkraut | 4 slices bacon--chopped |
| 1 chopped carrot | 1 small chopped onion |
| 1 stalk celery--chopped | 1 heaping T. flour |
| 1 chopped onion | boiled potatoes |
| 1 bay leaf | |

Bring pork ribs to a boil in the water. Reduce heat and skim off scum until no more forms. Rinse sauerkraut in cold water and drain. Chop and add to pot. Also add carrot, celery, onion, bay leaf, peppercorns and salt. Bring to a boil, reduce heat and simmer for 60 minutes or until sauerkraut is tender. In skillet, fry the bacon with the small onion; add the flour and simmer until brown, stirring constantly. Add 1 cup of the soup to the flour mixture and stir it into a smooth sauce. Add this mixture to the soup; stir and simmer. Serve with a boiled potatoes.

Josephine Zuba

KAPUSTA SOUP

- | | |
|-------------------------------------|--------------------------------|
| 1 bag sauerkraut (2 lb.) | 4-5 cloves garlic, minced |
| medium head cabbage | 1 T. margarine + 1 T. oil |
| 1 T. dill weed | 1 lb. fresh mushrooms--sliced |
| salt and pepper to taste | 2 cans lima beans--15 oz. each |
| 2 cans vegetable stock--14 oz. each | 1 T. margarine + 1 T. oil |
| 1 small onion chopped | 2-3 T. flour |

Rinse sauerkraut, let drain. Cut cabbage and shred. Add both to a large soup pot and cover with cold water. Add dill, salt and pepper. Bring to boil, cover, reduce heat and cook 1 hour. Add vegetable stock and continue simmering ½ hour. Sauté onion and garlic in margarine and oil then add mushrooms and season to taste with salt and pepper. Sauté just long enough to blend flavors. Then add drained beans and sauté a little longer. Add mushroom-bean mixture to soup, cover and simmer for ½ hour. To finish and thicken soup, put margarine and oil in sauté pan and melt. Add 2-3 T. of flour and cook until brown. Add some soup. Start with ½ cup then add more, if needed, to make a roux; cook until bubbly, then add to soup.

Theresa Sabol

LEMON GARLIC CAESAR SALAD

Dressing:

2 cloves garlic
¼ tsp. coarse salt
1 T. anchovies--finely minced
1 T. fresh lemon zest
2 T. fresh lemon juice

1 T. red or white wine vinegar
1 T. Dijon mustard
½ c. extra virgin olive oil
pepper

Finely mash the garlic cloves and coarse salt into a paste. Combine garlic paste, anchovies, lemon zest, lemon juice, vinegar and mustard. Whisk in olive oil until thickened. Season with pepper and reserve.

Salad:

3 hearts Romaine lettuce
1 large egg--boiled for 1 minute

3 tsp. grated Parmesan cheese
2 c. croutons

Arrange the lettuce leaves in a bowl; toss with ⅓ c. of the dressing to coat. Break the egg over the lettuce, toss and sprinkle with the cheese and croutons. Serves 6.

Patty Gilmour
Wilkes University

MUSHROOM POTATO SOUP

1 stalk celery--chopped
1 onion--chopped
4 potatoes, peeled and cubed
1 bay leaf
salt and pepper to taste

1 can cream of mushroom soup
8 oz. sour cream
vinegar to taste
1 T. flour
1 can mushrooms (optional)

In a saucepan, put enough water to cover celery, onion and potatoes. Add bay leaf, salt and pepper and cook until potatoes are soft. Whisk into soup, sour cream combined with vinegar and flour to thicken. Add canned mushrooms if desired.

Mary Lou Zaleski

NEW GREEK SALAD

Croutons:

1 c. extra virgin olive oil
½ loaf olive bread that has been cut into ½-inch cubes

½ c. pitted Kalamata olives

Heat the oil; fry the bread cubes and olives until the bread is golden (about 5 minutes). Transfer to a paper towel.

Salad:

2 c. cherry tomatoes--quartered
1 cucumber--peeled and coarsely chopped

3 T. fresh dill
½ small red onion--thinly sliced
Feta cheese

In a bowl, combine the tomatoes, cucumber, dill and onion. Add the dressing to the salad and toss. Top with the Feta cheese, croutons and olives.

Dressing:

¼ c. + 2 T. extra virgin olive oil
2 T. red wine vinegar

salt and pepper

Combine all the ingredients and mix well.

Mary Ann Martin

NEW SPINACH SALAD

Salad:

2 T. extra virgin olive oil
4 fingerling potatoes--blanched
and sliced into 1/2-inch slices
5 oz. baby spinach

bacon--fried in 1-inch pieces
salt and pepper
chopped hard-cooked eggs

Heat the olive oil in a skillet; add potatoes and cook until golden; 6 minutes on each side. Remove from the skillet and mix with the spinach. Save oil. Pour the hot dressing over the salad; add salt, pepper, bacon and hard-cooked eggs and combine.

Dressing:

2 T. minced shallots

1 T. sherry vinegar

Combine the shallots and vinegar; add to the oil in the hot skillet after removing the potatoes.

Mary Ann Martin

NEW WALDORF SALAD

Salad:

2 celery stalks--sliced
1/2 c. celery leaves

1 Honeycrisp apple--thinly sliced
1/2 c. toasted walnuts

Combine all the ingredients in a bowl; add the dressing. Toss lightly.

Dressing:

1 T. minced shallot
1 T. white wine vinegar
1/2 tsp. lemon zest

1/4 c. extra virgin olive oil
salt and pepper

Combine all the ingredients and mix well.

Mary Ann Martin

POLISH BARLEY SOUP

4 potatoes

2 carrots

1 parsley root

1 stalk celery

1 large onion

1/4 lb. mushrooms-sliced

6 cups boiling water

1/2 c. barley

2 T. butter

2 bouillon cubes

2 cups water

1 T. dill

1 T. chopped green parsley

salt to taste

Peel and slice the vegetables. Cook the vegetables and mushrooms in 6 cups boiling water for 20 minutes. Simmer the barley, butter and bouillon in 2 cups water until tender. Combine with the vegetable soup and cook for 10 minutes. Add dill and parsley. Season with salt. Serves 10.

Susan Najaka

POTATO BACON BISQUE

4 medium potatoes-peeled and
sliced

1 medium carrot--peeled and
sliced

2 c. vegetable or chicken broth

1 small minced onion

3 strips of bacon--chopped

1 T. flour

1 c. milk

Simmer the potatoes and the carrot in the broth until tender. Sauté the onion with the bacon. When lightly browned; stir in the flour. Gradually add the milk, stirring constantly. Combine the potato and milk mixtures and heat. Set aside and cool. Purée in a blender a little at a time.

Stanley Latoski

PUMPKIN MUSHROOM SOUP

3 c. sliced Portabella mushrooms	1 (16 oz.) can pumpkin
½ c. chopped onions	¼ c. sherry
salt and pepper to taste	2 T. honey
1 T. curry powder	¼ tsp. nutmeg
2 T. butter	1 c. evaporated milk
3 c. chicken broth or vegetable broth	sour cream (optional)

Sauté mushrooms, onions, salt, pepper and curry powder in butter. Whisk in broth. Add pumpkin, sherry, honey and nutmeg. Bring to a simmer and continue for 15 minutes. Remove from heat and add evaporated milk. Serve with a dollop of sour cream, if desired.

Janice Yacuboski Fitzsimons

RED BEET SOUP

3 large fresh beets	1 rounded T. flour
1½ c. diced potatoes	1 c. water
1 medium onion--diced	1 T. sugar
4½ c. water	½ c. sour cream
1½ tsp. salt	1 T. lemon juice
dash of pepper	dill to taste

Cover beets with water and cook on a low to moderate boil until soft; drain water. Peel, cool, grate beets and set aside (1½ c.). In a 3-quart pot, simmer potatoes, onion, water, salt and pepper for 20-30 minutes or until potatoes are soft. Combine flour with 1 c. water. Add to soup; simmer a little. Add sugar; cool. Add grated beets. Place sour cream in a small bowl; stir to make it smooth. Add some soup to the sour cream and blend. Return mixture to soup; stir. Add lemon juice; stir. Serve warm; add dill.

Florence Sowa

SAUERKRAUT SALAD

2 medium cans sauerkraut--drained	1 c. celery--diced
1 large onion--sliced thin	1 c. sugar
1 c. green pepper--diced	¼ c. vinegar
	½ c. salad oil

Mix all the ingredients well. Let the mixture stand overnight; refrigerate.

Al Yanovich, Sr.

SWEET AND TANGY CARROTS

5 c. sliced fresh carrots--cooked crisp	½ c. apple cider vinegar
½ c. chopped green pepper	⅓ c. oil
½ c. sliced red onion	1 tsp. prepared mustard
⅓ c. sugar	1 tsp. Worcestershire sauce
1 (10¼ oz.) can tomato soup--no water added	½ tsp. dill weed

In a large serving bowl, combine the carrots, green pepper and onion. In a medium saucepan, combine the remaining ingredients. Bring to a boil over medium heat, stirring occasionally. Pour over vegetables and chill thoroughly. Serve cold.

Marianne Kress

In Memory of Anna Marykwas Wojcik

SWEET MACARONI SALAD

1 (16 oz.) pkg. noodles--cooked	1 c. cold water
2 c. mayonnaise	¾ c. sugar
½ c. vinegar	

Blend all the ingredients together one day before serving. Refrigerate.

Pattie Cardimona

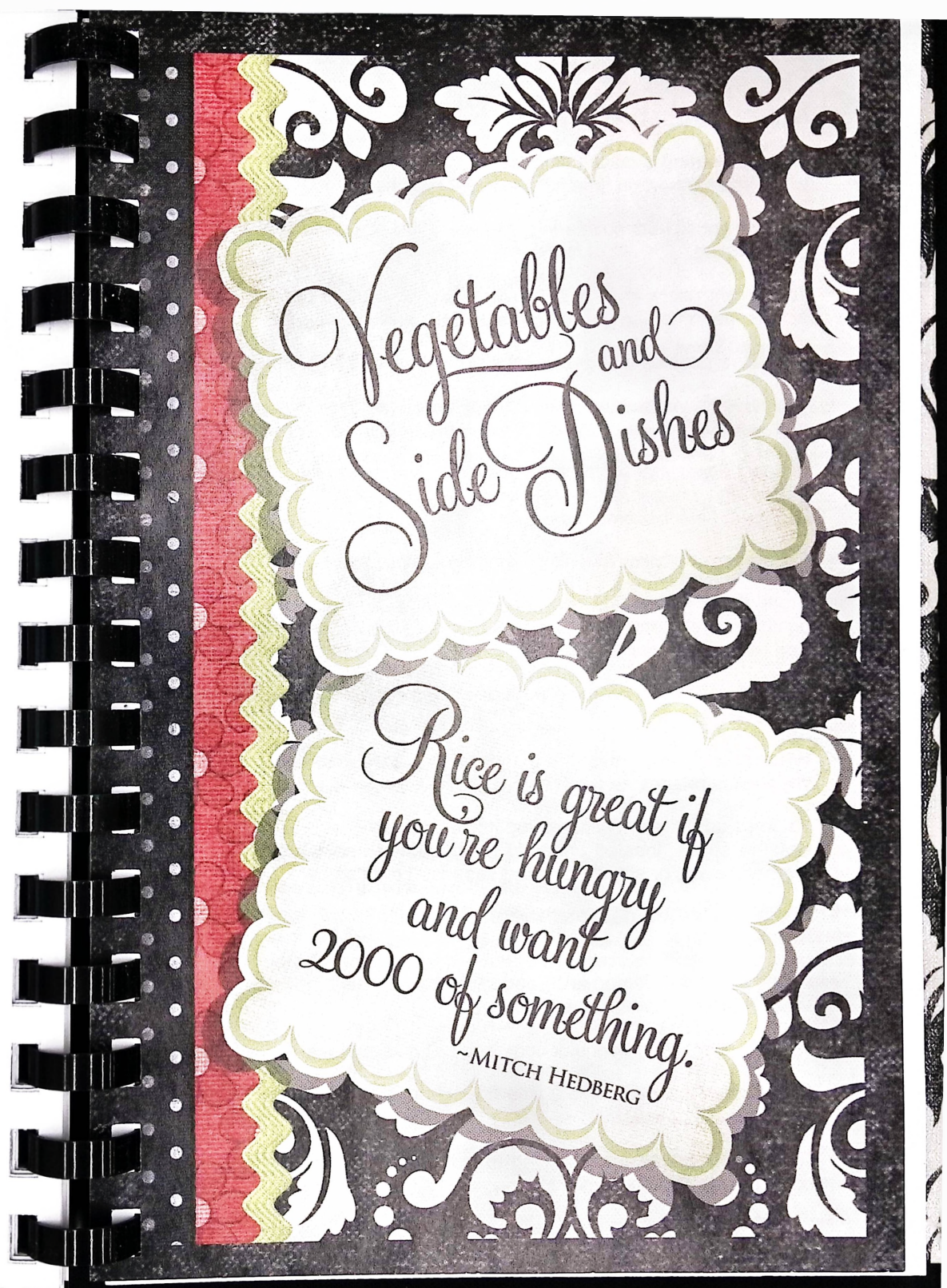
*Z*UPA GROCHOWA

(BEAN SOUP)

1 pkg. zupa grochowa (bean) soup/ seasoning mix	1 clove garlic
1 c. your favorite white beans	1 pkg. ham seasoning
chopped carrots, celery, onion	fried and drained sausage-- optional
corn--fresh or frozen	ham cubes--optional
1 small bay leaf	

Follow the bean soup directions; add the beans, vegetables, bay leaf and garlic. Add the ham seasoning for a stronger meat taste or in place of the sausage or ham. This recipe yields 4 cups.

Helen Grebski



Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

Vegetables & Side Dishes

ASPARAGUS POLONAISE

3 lb. asparagus
salt to taste
½ tsp. sugar

1½ T. butter
1½ T. toasted bread crumbs

Wash the asparagus very well; cut off only the hard parts. Place in a saucepan and cover with a small amount of boiling water. Add salt and sugar and cook 15 minutes; drain. Place on a warmed serving platter. Melt the butter over low heat and add the bread crumbs. Sauté for a few minutes until golden; stir often. Pour over the asparagus. Serves 6.

Susan Najaka

BAKED LIMA BEANS

1 lb. dried lima beans
1 qt. canned tomatoes
1 T. salt
1 whole onion--chopped
pepper to taste

3 T. yellow mustard
¾ c. brown sugar
½ c. ketchup
bacon-fried crisp

Soak beans in tomatoes. Add salt and water to cover by 1 inch overnight. Next day, add more water along with the onion and pepper; simmer until tender. Remove from heat and add other ingredients. Mix with bacon pieces and pour into a casserole dish. Place some of the bacon on top. Bake at 300° for 1 hour.

Mary Lou Zaleski

BARLEY AND PRUNES

$\frac{3}{4}$ c. medium barley
 $\frac{1}{2}$ c. pitted prunes

1 tsp. sugar

Boil barley according to package directions. Simmer prunes in enough water to cover. When the barley has absorbed all the liquid, drain the prunes and add to the barley along with the sugar. Serve warm.

Phyllis Saluski

BEETS IN ORANGE SAUCE

(BURAKI)

2 T. butter or margarine--melted

$\frac{1}{2}$ c. orange juice

1 T. flour

1 T. lemon juice

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

$\frac{1}{2}$ tsp. grated orange peel

1 T. corn syrup

2 cans sliced beets

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

Blend butter and flour. Add rest of ingredients (except beets) and cook until thick over low heat. Add beets and heat for a few minutes.

Audrey Brozena

BROCCOLI CASSEROLE

1 (20 oz.) bag broccoli flowerets

1 stack Ritz crackers--crushed

1 (8 oz.) ctn. Velveeta cheese--cut
into pieces

1 stick butter--melted

Cook broccoli until tender. Spread evenly in 11x8 inch baking dish. Cover with cheese pieces. Mix melted butter with crushed crackers. Sprinkle over broccoli. Bake uncovered at 350° for 30 minutes.

Rose Fritzen

CABBAGE WITH BREAD CRUMBS

1 medium cabbage

3 T. butter

salt to taste

3 T. bread crumbs

water to cover cabbage

Remove the outer leaves from the cabbage and cut the cabbage into wedges. Cook it uncovered in the salted, boiling water for 10-15 minutes. Drain. Melt the butter over low heat and brown the bread crumbs in it. Drizzle the bread crumbs over the cabbage and serve.

Stanley Latoski

CABBAGE WITH MUSHROOMS

1 small head of cabbage

$\frac{1}{4}$ tsp. salt and $\frac{1}{4}$ tsp. pepper

1 medium onion--diced

1 can tomato soup + 1 can water

2 T. canola oil

1 tsp. vinegar

1 (15 oz.) can sauerkraut--drained
and rinsed

1 can chopped mushrooms (or
chopped fresh mushrooms)

Shred and scald cabbage. In a large skillet, sauté onion in oil until light brown. Add cabbage and sauerkraut. Cook on low heat for 10 minutes. When mixture starts to soften, add salt, pepper, tomato soup with 1 can of water and the vinegar. Keep steaming until the mixture is limp; add the mushrooms. Put in a casserole dish and bake for 20 minutes in a 350° oven. Serve hot or cold.

Donna Stankiewicz

CHRISTMAS EVE BUCKWHEAT GOLABKI

2 small heads of cabbage
cooking spray
3 T. margarine
2 c. chopped onion
1½ c. boiling water

½ tsp. salt
1⅔ c. Kasha buckwheat
½ c. mashed potatoes
1 large can sauerkraut

Remove outer green leaves from cabbage. Reserve for cole slaw. Remove cabbage core from bottom and discard. Cook cabbage until tender like for regular golabki. Spray large frying pan, add margarine and onion and cook until tender. Set aside. Boil water and salt in 3 qt. pot; add buckwheat that has been rinsed. Cook until water is absorbed. Add to frying pan; add mashed potatoes and combine thoroughly. Stuff cabbage leaves; season with salt and pepper and place in roaster. Top with sauerkraut that has been rinsed and peppered. Cover with cabbage leaves or foil, add 1 glass of water around the sides. Bake in preheated 325° oven for 1 hour and 5 minutes. Add more water, if needed, during baking. Makes 24.

Florence Sowa

CHRISTMAS EVE PEAS AND SAUERKRAUT

½ lb. split peas
1 onion--chopped
3 T. butter

1 (8 oz.) can sauerkraut--do not
rinse
salt and pepper to taste

Boil peas in water with salt until soft and thick. Sauté onion and butter. Add onion mixture, sauerkraut and most of the sauerkraut juice and mix well.

Mary Lou Zaleski

CUCUMBERS IN SOUR CREAM

2 cucumbers--peeled and sliced
thin
¼ tsp. salt
1 small onion--sliced thin

1 tsp. fresh dill--chopped
⅔ c. sour cream
1 T. vinegar

In a bowl, combine cucumber slices with salt and let stand for 30 minutes; rinse and drain thoroughly. Mix the cucumbers with the onion and dill. Combine the sour cream and vinegar; add to the cucumber mixture. Mix well. Refrigerate and serve.

Carol Chirzan

ED ASNER'S KUGEL

1 (12 oz.) pkg. egg noodles
4 eggs
½ c. sugar
½ tsp. salt
1 (16 oz.) carton small curd
cottage cheese
1 (16 oz.) carton sour cream

¾ c. melted butter
1 (8 oz.) can crushed pineapple--
drained
1 tsp. sugar
1 tsp. cinnamon
sour cream; jam

In a large saucepan, boil the noodles in salted water according to package directions. Rinse with cold water and drain; set aside. Mix eggs, sugar, salt, cottage cheese, sour cream and butter until smooth. Pour this cheese mixture over the noodles and fold in pineapple. Pour into a buttered (9x13-inch) baking dish. Mix the sugar and cinnamon together; sprinkle over the top of the kugel. Bake at 350° for 1 hour. Cool; cut into squares and serve with sour cream and jam. Serves 8-10.

*Barbara Bialek Smith
In Honor of Edna Bialek*

FASOLKA

(BAKED BEANS)

- | | |
|--------------------------------------|---------------------------------|
| 1 c. Bloody Mary mix (non-alcoholic) | ¼ c. salsa--for texture |
| 1 c. your favorite beans | mustard or ketchup--for variety |
| 1 chopped carrot | cooked ground beef or beef |
| wasabi to taste--for a kick | flavoring--for a meaty taste |

Prepare the Bloody Mary mix and add the beans and carrots; cook until the carrots are soft. Add the wasabi, salsa, mustard, ketchup or beef according to your taste.

Helen Grebski

GREEN BEANS

(GROCH SZPARAGOWY)

- | | |
|------------------------------|--------------------------|
| 1 lb. green beans--julienned | 3 T. butter-melted |
| ½ lb. mushrooms--sliced | salt and pepper to taste |
| 1 small onion--chopped | ½ c. sour cream |

Cook beans in a small amount of water until tender; drain. Sauté mushrooms and onion in butter. Combine beans and mushroom mixture; add salt and pepper. When ready to serve, pour the sour cream over the beans.

Audrey Brozena

RISZKI

- | | |
|---------------------------------------|---------------------------------|
| pork fat--cut into small pieces | 4 grated potatoes |
| pork loin meat--cut into small pieces | 3 diced onions--fried |
| 1 c. whole buckwheat groats--boiled | pinch of marjoram, salt, pepper |
| | 2 c. water, if needed |

Cook pork fat in one pan; save grease. Cook meat in another pan. Mix the pork fat, meat, buckwheat groats, potatoes and onions together; add 2 T. grease from fat along with marjoram, salt and pepper. Using pork casings, tie a knot at one end and fill with the mixture. Tie a knot at the other end. Punch holes in the casing with a needle. Ingredients have to run freely--do not pack casing too solid. Add 2 c. water if necessary--must be loose. Salt to taste; salt is very important! Grease a cookie sheet and bake for 1 hour in 350° oven.

Al Yanovich, Sr.

MAPLE GLAZED ROASTED VEGETABLES

Vegetables:

- | | |
|---|---|
| 1½ lb. brussels sprouts, trimmed and halved | 1 butternut squash, peeled, halved, cut into pieces |
| 1 lb. red onion, peeled, cut into 1" pieces | extra virgin olive oil |
| 1 lb. parsnips peeled, cut into 1" pieces | salt and pepper to taste |
| | parsley and basil |

Toss vegetables in olive oil, sprinkle with salt and pepper and add a little parsley and basil. Roast about 35 minutes until tender. Remove vegetables from oven, drizzle with glaze and return to oven and roast another 5 - 10 minutes.

Glaze:

- | | |
|------------------|--------------------------------|
| ½ c. butter | ½ c. light or dark brown sugar |
| ½ c. maple syrup | ½ c. toasted pecan halves |

Prepare glaze on medium heat. Melt butter, stir in syrup, sugar and pecans.

Ann Marie Gorgas

MUSHROOM-CELERY STUFFING

- | | |
|---|--------------------------|
| 1 lb. mushrooms--sliced thin | 7 c. soft bread cubes |
| 1½ c. chopped celery with leaves
(4-5 medium ribs) | 2 tsp. poultry seasoning |
| 1 large onion--chopped fine | 1 tsp. salt |
| 1 c. butter or margarine | ½ tsp. pepper |

In a large skillet, sauté mushrooms, celery, and onion in butter until the mushrooms are tender. Toss with the bread cubes, poultry seasoning, salt and pepper. Bake stuffing in a greased covered baking dish or casserole in a 325° oven for 45-60 minutes or until heated through. For a drier, crispier stuffing, uncover the last 15 minutes of baking. Makes about 9 cups of stuffing; enough for a 10-12 lb. turkey.

Mary Ann Spitalé

OFF-BEAT CARROTS

- | | |
|-------------------------------|-------------------------|
| 12 carrots--peeled and sliced | 1 tsp. salt |
| 1 c. mayonnaise | ½ tsp. pepper |
| 3 T. horseradish | 1 c. fresh bread crumbs |
| 3 T. grated onion | butter |

Cook carrots until tender; drain. Combine mayonnaise, horseradish, onion, salt and pepper; mix well. Stir mixture into carrots and place in a 1 quart baking dish. Sauté bread crumbs in butter and place on top of the carrots. Bake at 300° for 15 minutes.

Mary Lou Zaleski

PEAS AND SAUERKRAUT

- | | |
|------------------|-----------------------|
| 2 lb. sauerkraut | margarine |
| ½ lb. split peas | 2 beef bouillon cubes |
| 1 onion--chopped | salt and pepper |

Rinse sauerkraut and cook in water for 20 minutes; drain until good and dry. Boil split peas in water until mushy. Mix peas with sauerkraut. Fry onion in margarine until brown. Add 2 bouillon cubes, if desired. Add onion mixture to sauerkraut and peas and mix well. Salt and pepper to taste.

Mary Ann Frank

PEAS WITH TINY ONION RINGS

- | | |
|------------------------------------|-----------------------------|
| 2 very small onions--thinly sliced | 2 (10 oz.) pkg. frozen peas |
| ¼ lb. butter | ½ tsp. dill |

Sauté the onion slices in the butter. Cook the peas according to the package directions. Combine the peas with the onion. Add the dill and serve.

Phyllis Saluski

POLISH STYLE CRANBERRY SAUCE

(ZURAWINA PO POLSKU)

- | | |
|------------------------------|---------------------------------------|
| 2 cans whole cranberry sauce | 2 tsp. lemon juice (or more to taste) |
| 1 can pears--drained | |

In a blender, combine the cranberry sauce and the pears until smooth. Season with the lemon juice; mix well.

P.K. Dende

POTATO CASSEROLE

- | | |
|--|--------------------------|
| 1 stick margarine | 1 medium onion--chopped |
| 1 can cream of chicken soup | 8 oz. shredded cheese |
| 2 lbs. frozen hash brown
potatoes--thawed | salt and pepper to taste |
| 1 (16 oz.) container sour cream | crushed potato chips |

Melt the margarine and mix it with the rest of the ingredients except the potato chips. Pour the mixture into a (13x9-inch) pan and bake at 375° for 1 hour. During the last 5 minutes of baking, spread crushed potato chips on top.

Josephine Nawratowicz Kline

POTATO PATTIES

2 c. or more leftover mashed
potatoes
1-2 eggs

$\frac{1}{2}$ c. flour
4 T. butter

Combine potatoes, eggs, and flour thoroughly. Form into round patties. Melt butter in skillet and fry until golden brown on each side.

Phyllis Saluski
In Memory of Josephine Saluski

RED CABBAGE

(KAPUSTA CZERWONY)

1 medium head red cabbage
1 T. salt
 $\frac{1}{2}$ c. vinegar

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

Shred the cabbage, cover with water, add salt and cook until tender. In a separate saucepan, boil the vinegar, sugar and oil. When cabbage is tender, drain the water and add the vinegar mixture. Mix well and refrigerate.

Mary Anne Magda

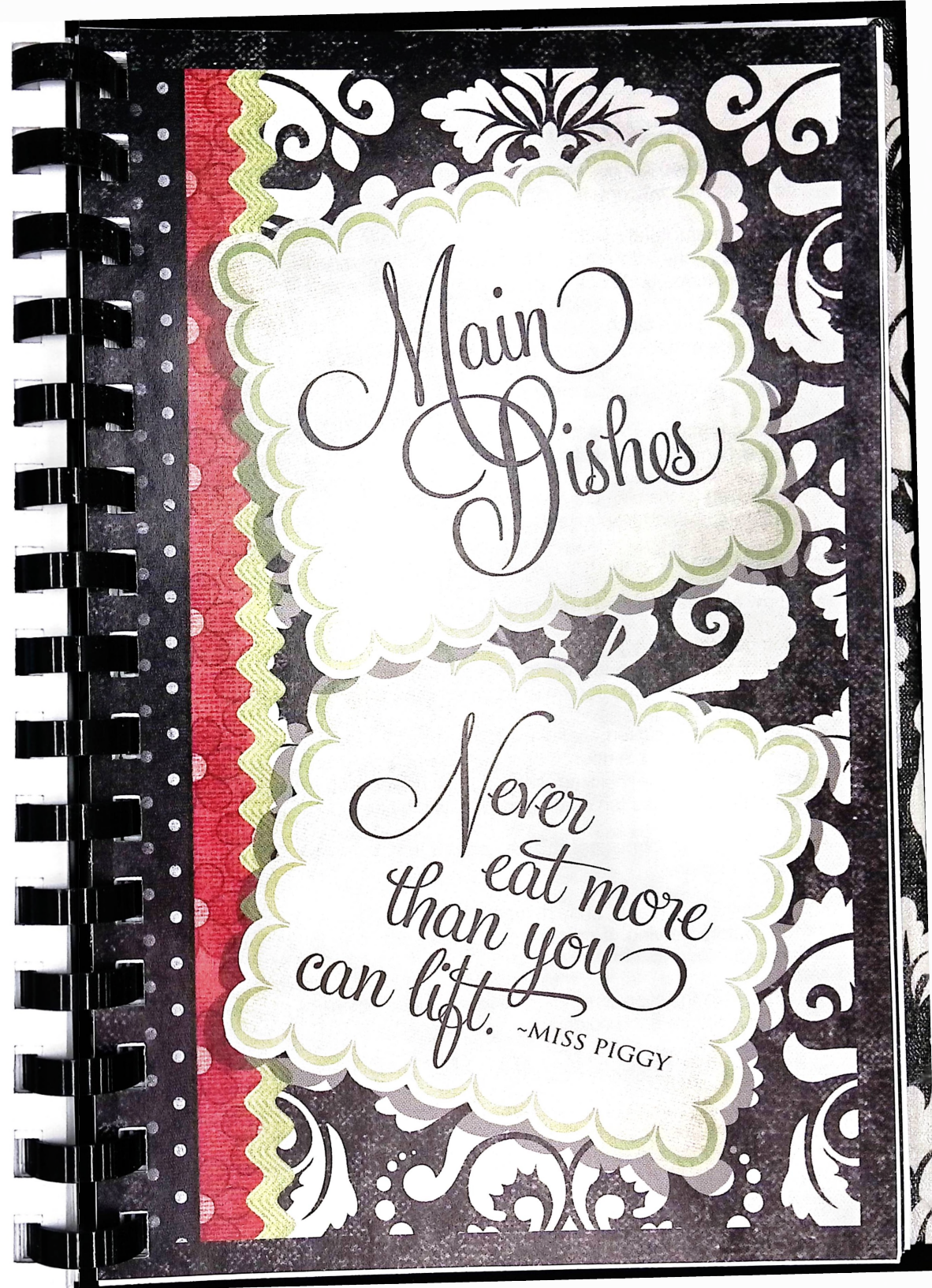
SWEET POTATO BAKE

6 medium sweet potatoes
 $\frac{1}{2}$ c. brown sugar
2 large eggs
1 tsp. vanilla
 $\frac{1}{3}$ c. half and half or milk
 $\frac{1}{2}$ c. butter

1 c. firmly packed brown sugar
2 T. flour
 $\frac{1}{4}$ c. butter
1 c. coarsely chopped pecans
(optional)

Cook the sweet potatoes in boiling water; cover 30-45 minutes until tender. Cool, peel and mash. Combine sweet potatoes, $\frac{1}{2}$ c. brown sugar, eggs, vanilla, milk and butter. Pour into a (13x9-inch) baking dish. Combine 1 c. brown sugar, flour, butter and nuts and mix until crumbly. Put this mixture over the sweet potato mixture in the baking dish. Bake, uncovered, at 350° for 30-35 minutes until lightly browned and bubbly around the edges. Serves 8.

Mary Ann Azarewicz



Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.

Main Dishes

ANYTIME PANCAKES

1 c. flour	3 T. cream
1 tsp. baking powder	1 lb. ricotta cheese
½ tsp. salt	1 T. melted butter
2 eggs	cinnamon and sugar; jam; jelly
2 egg yolks	

Sift together flour, baking powder and salt; set aside. Beat eggs, egg yolks and cream. Add this egg mixture to the cheese and mix until well-blended. Add the ricotta cheese mixture to the flour mixture. Stir until smooth and add the melted butter. Fry in a buttered pan until brown on one side; turn and brown on the other side. Sprinkle with the cinnamon and sugar, jam or jelly.

Alexandra Soletski

BABKA--POTATO PANCAKE (KOSHIE)

5 medium potatoes--grated	1 c. scalded milk
4 eggs	1 onion--chopped
½ c. flour	butter
1 tsp. salt	Pam
1 tsp. pepper	

Mix the potatoes, eggs, flour, salt, pepper and milk. Sauté the onion in butter and add to the potato mixture. Pour into a 2-3 quart baking dish that is sprayed with Pam. Bake at 375° for about 1 hour.

*Mary Ann Pudlosky
In Memory of Mary Kuch*

BAKED PORK CHOPS

6 pork chops
olive oil for frying
1 medium sliced onion (optional)
1 can cream of mushroom soup--undiluted

2 T. ketchup
1 T. Worcestershire sauce

Brown the pork chops on both sides in olive oil. Put the pork chops in a covered baking dish and put the sliced onion on top. Combine the soup, ketchup and Worcestershire sauce; spoon this mixture on top of the chops. Cover and bake 50-60 minutes at 350°.

Rose Fritzen

BAR-B-QUE BEEF OR PORK

3 lb. chuck roast or pork
1½ c. ketchup
¼ c. red wine vinegar
2 T. Dijon mustard
2 T. Worcestershire sauce

1 tsp. liquid smoke (flavoring)
½ tsp. salt
¼ tsp. black pepper
¼ tsp. garlic powder
hamburger buns

Place roast in slow cooker. Combine remaining ingredients in a large bowl. Pour sauce over meat. Cover and cook on low heat 8-10 hours or high heat 4-5 hours. Remove roast from cooker; shred meat with fork. Place meat back in crockpot and evenly coat with sauce. Serve on hamburger buns. Makes 12 servings.

Delphine Bienick

BAR-B-QUE CHILI

2 lb. ground beef
4 medium onions--chopped
1 bottle chili sauce
7 oz. ketchup

1 T. Worcestershire sauce
1 T. dry mustard
1 T. sugar
salt and pepper

Brown ground beef; drain grease. Add the onions and the other ingredients and cook for 1 hour.

Cathy Pascoe

BAR-B-QUE PORK CHOPS

4 - 8 pork chops
1 can cream of mushroom soup
1 c. ketchup

1 T. Worcestershire sauce
½ c. chopped onion

Put the pork chops in a covered baking pan. Mix the rest of the ingredients and pour over the pork chops. Bake at 350° for 2 hours.

Barbara Bialek Smith

BEEF AND POTATO CASSEROLE

1½ lb. ground beef
1 c. chopped onion
1 can (10¾ oz.) condensed Golden Mushroom soup
½ c. water
cooking spray

1 can (14½ oz.) sliced potatoes--drained
¾ c. (3 oz.) shredded Italian five-cheese blend
3 T. Italian seasoned dry bread crumbs

Preheat oven to 400°. Heat a large non-stick skillet over medium high heat. Add the beef and onion; stirring often until the beef is browned (5-7 minutes); drain grease. Stir in soup and ½ cup water. Cook until bubbly (1-2 minutes). Coat a 2 quart baking dish with cooking spray. Transfer the beef mixture to the baking dish. Top with potatoes, cheese and breadcrumbs. Bake until the beef mixture is bubbly and the topping is golden (12-15 minutes). Let stand 10 minutes before serving.

Mary Ann Pudlosky

BEEF ROLLS WITH GRAVY

<i>1½ to 2 lbs. round steak</i>	<i>1 T. minced parsley</i>
<i>salt and pepper</i>	<i>1 egg--beaten</i>
<i>1 onion--finely chopped</i>	<i>flour and butter</i>
<i>4 T. butter</i>	<i>1 c. hot water or beef stock</i>
<i>1 c. bread crumbs</i>	

Pound meat into thin pieces; about 4x3 inches. Season with salt and pepper. Sauté onion in butter until transparent. Add bread crumbs, parsley, egg, salt and pepper; mix well. Spread on meat slices and roll securely. Tie with string or pin with toothpicks. Roll in flour and brown in butter. Add hot water or stock and simmer 1½ hours. These beef rolls with gravy can be garnished with parsley and served with mashed potatoes.

Susan Najaka

CABBAGE ROLLS

<i>1 head cabbage</i>	<i>½ c. partially cooked rice</i>
<i>1 onion, chopped fine</i>	<i>1 egg</i>
<i>butter</i>	<i>salt and pepper</i>
<i>1 lb. ground beef</i>	<i>3 T. butter</i>
<i>½ lb. ground pork</i>	<i>1 c. hot water</i>
<i>¼ tsp. poultry seasoning</i>	

Wilt cabbage leaves by scalding in boiling water, to which 2 T. vinegar and 1 tsp. salt have been added. Drain, cool in cold water and pat dry. Cut out heavy ribs. Sauté onion in butter until transparent. Combine onion, meat, seasoning, rice, egg, salt, pepper and sautéed onion. Spread each leaf with about 2 T. of the mixture. Fold the two opposite sides and roll, starting with one of open ends. Place in pan, add butter and 1 cup hot water. Simmer slowly for 2 hours. Cabbage rolls may be served with mushroom sauce, tomato sauce or sour cream. They are even more delicious if served reheated the next day.

Susan Najaka

CAULIFLOWER WITH HAM AU GRATIN

<i>1 medium cauliflower</i>	<i>3 egg yolks</i>
<i>½ lb. ham, diced</i>	<i>salt to taste</i>
<i>3 T. butter</i>	<i>3 egg whites</i>
<i>3 T. flour</i>	<i>1 T. dill</i>
<i>¾ c. milk</i>	

Cook the cauliflower in salted water until tender about 20 minutes. Drain and divide into small parts. Arrange in a buttered baking dish and add the ham. Heat the butter, stir in the flour and blend. Stir in the milk. Cook over moderate heat, stirring until the sauce is smooth and thickened. Remove from the heat, add egg yolks, salt, and mix. Beat egg whites until stiff; add to the sauce. Pour the sauce over the cauliflower and ham. Sprinkle with dill. Bake in hot 400° oven for 30 minutes. Serves four.

Jack Bednarski
In Memory of Karen Bednarski

CHEDDAR AND CHICKEN PIE

<i>1 (9-inch) folded, refrigerated pie crust</i>	<i>1 (5 oz.) can evaporated milk</i>
<i>1 lb. breast chicken meat, boiled</i>	<i>dash thyme</i>
<i>2 cups frozen mixed vegetables (broccoli, cauliflower, carrots)</i>	<i>dash garlic powder</i>
	<i>1 beaten egg white</i>
<i>1 (11 oz.) can cheddar cheese soup</i>	<i>1 T. water</i>

Let pie crust stand until room temperature. Into a 3 quart sauce pan put bite size chicken pieces, vegetables, soup, milk, thyme and garlic powder. Bring to a boil and reduce heat. Cook 4 minutes. Unfold pie crust and put in 9-inch pie dish. Spoon chicken-vegetable mixture into crust. Place second crust on top, turn edge under and flute. Combine egg white and water, brush over crust. Bake 400° oven 25-30 minutes until golden.

Rose Fritzen

CHICKEN AND PENNÉ

1 lb. boneless chicken breast
Italian salad dressing
olive oil
4 - 5 c. broccoli--steamed crisp
tender

1 lb. penné pasta--cooked
chopped garlic to taste (can use
prepared garlic from jar)
Pecorino Romano cheese to taste
salt and pepper to taste

Marinate chicken in Italian dressing overnight. Cut chicken into strips and stir fry in olive oil. Add broccoli, pasta, garlic, cheese, salt and pepper. Serve warm.

Nadine Hannon

CHICKEN CONEYS

1 c. grated cheddar cheese
3 hard boiled eggs, diced
2 (5 oz.) cans boned chicken--
shredded or use fresh cooked
chicken

2 T. chopped green pepper
2 T. chopped stuffed olives
1 T. chopped onion
½ c. mayonnaise
6 Coney or hot dog rolls

Combine ingredients and mix lightly. Split rolls and add filling. Place rolls wrapped in foil on baking sheet, filled side up. Place in 250° oven for 30 minutes. Serve hot. Fills 6 rolls generously.

Muriel Bush

CHICKEN CRUNCH

4 whole chicken breasts
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. milk
1 (4 oz.) can mushrooms with
juice

¼ c. margarine
1 c. hot water
1 (8 oz.) pkg. Pepperidge Farm
stuffing mix

Boil chicken breasts ½ hour and debone; cut into bite-sized pieces. Place chicken in bottom of (9 x13-inch) pan. Spread mushroom soup and chicken soup on top of chicken. Pour 1 c. milk and mushrooms with juice over chicken. Melt ¼ c. margarine and combine with 1 c. hot water. Add to stuffing mix. Sprinkle the stuffing on top of the chicken/soup mixture in the casserole. Make the night before and cover. Bake 350° for 1 hour covered with foil. Uncover for the last 15 minutes.

Rose Fritzen

CHICKEN FOR AN ARMY OF COLONELS

2 lb. chicken tenders or boneless
breast of chicken
½ c. flour
1 - 2 beaten eggs

½ c. milk
2 tsp. seasoning salt
2 c.. bread crumbs
vegetable oil for frying

If using chicken breasts, slice into (½-inch) thick strips. Place chicken strips in a bag with flour and shake until all strips are dusted. Mix together the eggs, milk and seasoning salt. Dip each chicken strip in this mixture. Place the strips in a bag with the bread crumbs and shake until coated. Fry the strips slightly in the vegetable oil. Line a cookie sheet with aluminum foil and place a cookie cooling rack on the cookie sheet (this will allow oil and juices to drain). Place the slightly fried chicken strips on the cookie sheet and sprinkle lightly with more seasoning salt, if desired. Bake at 350° for 30 minutes. Do not overbake. Turn off oven, cover with foil and keep in oven until ready to serve.

Joan Ford

CHICKEN FRANCAISE

1 pkg. chicken fingers or cutlets
2 c. flour
2 eggs--beaten
oil for frying

1 stick of butter
½ c. white wine
parsley

Soak the chicken in water and pat dry. Coat the chicken in flour, then beaten eggs and then flour again. Put the oil in a large frying pan and heat the oil until it's hot. Brown the chicken in the oil. Remove the chicken from the pan and set aside. Add the butter to the oil, then add the white wine and simmer a few minutes. Put the chicken back in the pan and sprinkle with parsley. Simmer for ½ hour.

Charlotte Androckitis

CHICKEN IN SOUP GRAVY

8 chicken thighs and legs--skin removed
1 can cream of mushroom soup

1 can cream of celery soup
1 can cream of chicken soup
1 can regular milk

Place the chicken in a baking pan. Mix all 3 soups and the milk in a bowl and pour over the chicken. Bake at 375° for 45 minutes.

Cathy Pascoe

CHICKEN MARSALA

4 T. oleo
1 garlic clove--crushed
3 boneless chicken breasts

2 c. sliced mushrooms
¾ c. Marsala wine
2 T. chopped parsley

Heat oleo in a skillet. Brown garlic until golden and then discard. Sauté chicken in garlic-flavored oleo until well-browned on both sides. Add mushrooms and wine. Cover and cook 5-7 minutes or until chicken is fork tender. Remove chicken to a warm platter. Over high heat, heat sauce; scraping any brown bits from the bottom of the skillet. Stir in parsley and pour over the chicken.

Catherine Petty

CHICKEN SCAMPI

1½ lb. boneless chicken breast
2 T. sherry
1-2 tsp. lemon juice
garlic powder to taste

parsley flakes
¼ c. Italian bread crumbs
¼ c. margarine
Parmesan cheese

Cut the chicken into strips and place in a baking dish. Combine the sherry, lemon juice, garlic powder, parsley flakes, bread crumbs and margarine. Pour this mixture over the chicken and sprinkle the cheese on top. Bake at 425° for 15-20 minutes.

Joan Hannon

CHICKEN WITH MUSHROOM SAUCE

1 - 2 lbs. chicken pieces
French dressing
salt, pepper, garlic powder,
paprika
chopped mushrooms
diced onion

margarine
1 chicken bouillon cube
1½ c. boiling water
¼ c. water
¼ c. cornstarch

Coat chicken pieces with dressing; sprinkle with seasonings. Place chicken in casserole dish and bake at 350° for 1 hour turning the chicken at least three times while baking. Sauté mushrooms and onion in margarine; set aside. Dissolve bouillon cube in boiling water; pour this mixture into the chicken casserole between the chicken pieces. Mix water and cornstarch. Combine cornstarch mixture and the mushroom mixture; pour in the casserole between the chicken pieces. Cover the casserole with foil. Turn the oven down to 300° and continue to bake for another 45 minutes.

Al Yanovich, Sr.

CRABMEAT AU GRATIN

- | | |
|--|---|
| <i>1/3 c. unsalted butter</i> | <i>2 egg yolks--beaten</i> |
| <i>1 large finely chopped onion</i> | <i>3/4 tsp. salt</i> |
| <i>1 medium celery stalk--finely chopped</i> | <i>1/2 tsp. cayenne pepper</i> |
| <i>1/2 c. all-purpose flour</i> | <i>1/4 tsp. black pepper</i> |
| <i>2 (12 oz.) cans low-fat evaporated milk</i> | <i>1 lb. fresh crabmeat--cartilage and shells removed</i> |
| | <i>1 C. shredded Cheddar cheese</i> |

Melt butter in a skillet and sauté onion and celery for about 6 minutes, stirring often. Add flour and blend well; cook about 2 minutes. Gradually add milk, stirring often. Combine 1/2 cup of the milk mixture with the egg yolks and stir well. Pour the egg mixture into the milk mixture in the skillet. Add the salt and peppers; cook, stirring until thickened (about 5 minutes). In a large bowl, place the crabmeat and add the mixture from the skillet and blend gently but thoroughly. Spoon into a greased (11x7-inch) baking dish and sprinkle with the cheese. Bake at 375° for 25 minutes; until the cheese melts and the top is slightly brown. Serves 8.

Mary Ann Martin

EASY PIEROGI DOUGH WITH FILLING

Dough:

- | | |
|-------------------|---------------------------|
| <i>3 c. flour</i> | <i>1/2 pt. sour cream</i> |
| <i>3 eggs</i> | |

Mix all the ingredients together. No other liquid is needed. Let this mixture stand for 1 hour. Roll out half the dough; cut into circles. Fill with the potato filling; fold in half and crimp edges well to seal. Drop into boiling water. When the pierogi rise to the top, scoop them out and drain them. Serve immediately with sautéed onions and butter or freeze for future use.

Filling:

- | | |
|----------------------|-----------------------------|
| <i>6 potatoes</i> | <i>1/2 c. Cooper cheese</i> |
| <i>pinch of salt</i> | |

Cook potatoes until soft; drain and mash. Add salt and cheese; cool.

Donna Stankiewicz

FISH CASSEROLE

- | | |
|---|---|
| <i>1 pkg. Success Wild and Brown Rice</i> | <i>margarine</i> |
| <i>1 large chopped onion</i> | <i>1 1/2 or 2 lbs. fish fillets</i> |
| <i>4 garlic cloves--chopped</i> | <i>1 c. tomato sauce</i> |
| | <i>1/2 lb. grated mozzarella cheese</i> |

Cook rice according to pkg. directions. Sauté onion and garlic in margarine until soft and set aside. Steam or cook fish and set aside. In a 9x12 casserole layer half the rice, half the onion mixture and half the fish. Pour half the tomato sauce on fish and sprinkle half the cheese on top. Repeat layers and bake at 350° for 30 minutes.

Al Yanovich, Sr.

FISH CREOLE

- | | |
|--|--|
| <i>1 lb. frozen sole or haddock fillets--defrosted</i> | <i>1/2 green pepper--diced</i> |
| <i>1 (8 oz.) can tomato sauce</i> | <i>1 stalk celery--sliced diagonally</i> |
| <i>1 (2 oz.) can sliced mushrooms--drained</i> | <i>3 T. water</i> |
| | <i>1 1/2 T. instant minced onion</i> |
| | <i>1 tsp. chicken bouillon granules</i> |

Rinse the fish and pat dry with paper towels. Arrange the fish in a (12x8x2-inch) dish; thickest pieces to the outside of the dish. Stir together the tomato sauce, mushrooms, green pepper, celery, water, onion and bouillon; mix well. Pour evenly over the fish. Cover tightly with plastic wrap, turning back one corner to vent. Microwave on high for 8-10 minutes, rotating dish 1/2 turn after 4 minutes, until fish flakes easily with a fork. To blend flavors, let stand about 5 minutes before serving.

Sandy Dungey

Karen's Sister

In Memory of Karen Bednarski

FLounder WITH CAULIFLOWER

1 c. sliced mushrooms
2 T. butter
1½ lbs. flounder fillets
¾ c. boiling water
3 T. flour
3 T. butter

1 c. half-and-half
salt to taste
2 c. cooked cauliflower
½ tsp. paprika
1 T. chopped parsley

Sauté the mushroom slices in the butter. Place the fillets over the mushrooms, pour the boiling water over all, cover, simmer for 15 minutes or until the fish begins to flake. Remove the fillets to a warmed platter. Mix the flour and butter, then gradually stir in the half-and-half. Salt to taste. Add this flour mixture to the mushrooms and broth. Mix well. Arrange the heated cauliflower around the fillets; spoon the mushroom sauce over all. Dust with the paprika; garnish with the parsley. Serve hot.

Stanley Latoski

HAM AND TORTELLINI ALFREDO

1 (14-16 oz.) pkg. frozen cheese
tortellini
1 medium chopped onion
2 c. diced ham
olive oil

1 jar Alfredo sauce + 1 jar water
½ pkg. frozen peas or mixed
vegetables
salt and pepper

Cook tortellini in water and drain; set aside. In a large pot, sauté the onion and ham in olive oil for about 5 minutes. Add Alfredo sauce, water, frozen vegetables and tortellini. Mix well. Cook on low heat for 15-20 minutes until vegetables are tender. Add salt and pepper to taste. If too thick, add a little more water.

Marlene Belsky

HAM ROLLS

½ lb. boiled ham (chopped)
½ lb. cheese (sharp or mild)
shredded
3 hard boiled eggs, chopped
2 T. chopped olives
1 T. chopped onion

½ c. chili sauce
2 T. mayonnaise or salad dressing
dash of Worcestershire sauce
(optional)
hot dog or hoagie rolls

Combine all ingredients. Fill rolls and wrap in foil with the filling side up. Bake 15-20 minutes in 350° oven.

Muriel Bush

HOMEMADE PANCAKES

2 egg whites
2 c. flour
4 T. sugar
1 tsp. salt
2 tsp. vanilla

2 egg yolks
2 c. milk
6 T. melted butter
blueberries; chocolate chips
(optional)

Whip egg whites; set aside. Mix the flour, sugar, salt, vanilla, egg yolks, milk and butter; then fold in egg whites. Spoon batter onto griddle. Add blueberries or chocolate chips in the batter, if desired.

Mary Anne Meeker

ITALIAN SAUSAGE RIGATONI

1 mild Italian sausage--grilled
and coin-sliced
1 pkg. rigatoni pasta--cooked
3 T. olive oil

2 cloves minced garlic
1 large red pepper--chopped
1 (26 oz.) jar pasta sauce
2 T. chopped parsley

Set aside the grilled sausage pieces and the cooked pasta; keep warm. In a large pan, sauté the olive oil and garlic for 30 seconds. Add the chopped pepper and cook until crisp tender. Combine the sausage, pasta sauce and red pepper mixture; heat until warm. Mix with the pasta or serve separately. Top with the parsley and serve warm.

Catherine Petty

JAMES BEARD'S PLEASANT PASTA

1 lb. spaghetti or desired pasta	salt to taste
4 T. butter	freshly ground black pepper
1 (10 oz.) pkg. frozen peas	½ to ¾ grated Parmesan cheese or
½ lb. thinly sliced prosciutto	more as needed
¾ c. heavy cream	

Cook pasta in water until just tender; drain. Return pasta to pot, toss with butter and set aside. While pasta is cooking, cook peas in boiling water. Drain and set aside. Roll up prosciutto and cut in ¼-inch wide strips. Add peas, prosciutto and cream to pasta. Toss to mix well and to separate prosciutto strips. Season with salt and pepper; add Parmesan cheese to taste and toss again. Serve piping hot, adding more Parmesan at the table, if needed.

Mary Ann Spitale

KIELBASA AND SAUERKRAUT STEW

1 large (27 oz.) can sauerkraut	1-2 T. minced garlic
water to cover sauerkraut	1 ring of smoked kielbasa--remove
oil to fry vegetables	skin; dice into bite-size pieces
2 (14.5 oz.) cans of diced potatoes	butter (optional)
1 large diced onion (optional)	1 (12 oz.) can of beer--add more, if
1 (15 oz.) can of diced carrots	needed--keep like a stew, not
1 small can of mushrooms	soupy
(optional)	salt and pepper

Boil sauerkraut in a covered pot with water for about 15 minutes; drain. Set aside. Coat a large pan with oil and stir fry the potatoes, onion, carrots, mushrooms and garlic until slightly cooked. Add the kielbasa and sauerkraut; may add butter for taste. Fry on medium heat until everything is slightly brown. Add the beer and cover; simmer for 45 minutes to 1 hour; stir occasionally. Add salt and pepper to taste.

Jean Levandowski

KIELBASA CASSEROLE

1 ring smoked kielbasa--cut into	1 can cream of celery or cream of
chunks	mushroom soup
3 potatoes--cut into chunks	1½ cans water
1 bag frozen mixed vegetables or	salt and pepper
peas	
1 (4 oz.) can of mushrooms--	
drained	

Place kielbasa, potatoes, vegetables and mushrooms in a small roaster. Combine soup and water; add to the roaster and mix in well. Season with salt and pepper. Bring to a boil and simmer for ½ hour.

Marlene Belsky

KIELBASA IN POLISH SAUCE

(KIELBASA W POLSKIM SOSIE)

2 onions--sliced	1 T. vinegar
3 T. butter	2 tsp. brown sugar
1 ring kielbasa	¾ tsp. salt
1½ c. bouillon	¼ tsp. pepper
12 oz. beer	4 - 6 boiled potatoes
2 T. flour	

In a large pan, sauté onion in 2 T. butter until golden. Add kielbasa, bouillon and beer. Simmer 20 minutes. Blend flour into remaining 1 T. butter. Stir into beer mixture. Add vinegar, brown sugar, salt and pepper. Add potatoes and cook over medium heat for 10-15 minutes. Slice kielbasa into chunks to serve.

Jean Levandowski

KLUSKI WITH CHEESE

4 eggs	$\frac{3}{4}$ chopped onion
1 c. water	3 T. butter
1 tsp. salt	$\frac{1}{4}$ lb. American cheese--shredded
2 $\frac{1}{2}$ c. flour	$\frac{1}{4}$ lb. Cooper cheese--shredded

Beat eggs and water together. Add salt and flour; mix until blended. Drop batter off a spoon into boiling water and stir gently for 5 minutes. Drain kluski and place in a bowl. Sauté onion in butter. Add onion mixture and cheeses to drained kluski and mix well.

Mary Lou Zaleski
In Memory of Tillie Butkoski

MARYLAND CRAB CAKES

1 egg (or substitute for special diets)	2 tsp. Old Bay seasoning
2 slices white bread	1 T. snipped parsley
1 T. mayonnaise (regular or lite)	1 lb. jumbo lump or backfin crabmeat
1 T. Dijon mustard	olive oil or butter for frying

Beat the egg in a bowl. Trim the crusts from the bread; break into small pieces. Add to the egg. Mix in the mayonnaise, Dijon mustard, seasoning, parsley and blend well. Place the crabmeat in a bowl and pour the egg mixture over the top. Gently toss or fold the ingredients together, taking care not to break up the lumps of crabmeat. Form the patties by hand. Shape should look like a cookie. Place in the refrigerator for at least 45 minutes before cooking. This is very important so the cakes don't fall apart. Heat a small amount of olive oil or butter in a skillet and sauté until golden brown. Serve with tartar or cocktail sauce. Serves 6.

Maryland Senator Barbara Mikulski

MALESHNIKI

Batter:

pinch of salt	2-3 c. flour
$\frac{1}{2}$ tsp. vanilla	milk--as needed
3-4 eggs	

Mix salt, vanilla, eggs, flour and milk together until the mixture is like a thick soup. If the mixture is too thick, add more milk but do not make watery. Add a little oil to a warm fry pan; add 2-3 T. of batter. Roll the batter to cover the pan's bottom and brown lightly. Flip the pancake over until set. Cool the pancake and add 1 T. of the cream cheese mixture. Continue until all the batter and filling is used. Fold the pancake in half and in half again. Spread margarine around the sides and bottom of a casserole and arrange the pancakes in the casserole with little pats of margarine on top of each pancake and bake for $\frac{1}{2}$ hour at 350°.

Filling:

1 lb. cottage cheese	1 T. sugar
1 (8 oz.) pkg. cream cheese	1 tsp. vanilla
1-2 eggs	pinch of salt

Mix all these ingredients together until smooth.

Mary Ann Frank

ONION BAKED PORK CHOPS

1 envelope Lipton Recipe Secrets	1 egg--well beaten
Golden Onion soup mix	5-6 pork chops
$\frac{1}{3}$ c. plain dry bread crumbs	

Preheat oven to 400°. In a small bowl, combine the soup mix and bread crumbs. Dip pork chops in the egg mixture and then the bread crumb mixture until evenly coated. Arrange the pork chops in a lightly greased (13x9-inch) baking or roasting pan. Bake uncovered 20 minutes or until done, turning once.

Catherine Petty

ORIENTAL CHICKEN

2 boneless, skinless chicken
breasts

1 T. cornstarch

2 T. brown sugar

¼ tsp. oregano

1 crushed garlic clove

2 T. cooking oil

¼ c. soy sauce

¾ c. rosé wine or ¾ c. apple juice

⅓ c. raisins

Place chicken in a 3 quart baking dish. In a small bowl, combine the cornstarch, brown sugar, oregano, garlic, oil, soy sauce, wine and raisins; mix well. Pour over the chicken. Cover with aluminum foil and bake at 350° for 1 hour. Serve over rice, if desired. Instead of baking, microwave on high for 11-13 minutes; cover with vented plastic wrap.

Sandy Dungey

Karen's Sister

In Memory of Karen Bednarski

pancakes with mushrooms

Batter:

1 c. milk

2 eggs

1 c. flour

½ c. water

½ tsp. salt

3 T. salad oil

Mix the milk with the eggs. Add flour, beat with mixer for 1 minute. Add water and salt, beat another minute. Heat skillet and brush with oil. Pour in 1 T. of batter and tilt the pan immediately so the batter will spread over entire bottom of pan. Cook pancakes on both sides. Repeat and stack on a plate. Reserve some batter for coating pancakes.

Mushroom Stuffing:

2 T. butter

1 onion, sliced

10 oz. mushrooms, sliced

2 T. water

2 slices white bread + water

salt and pepper

3 T. bread crumbs and 3 T.

reserved batter

2 T. butter

Heat butter in skillet, add onions and fry until golden. Add mushrooms and 2 T. water. Cover and cook on low heat for 5 minutes. Soak the bread in water; squeeze. Put the mushroom mixture and bread through a grinder; season with salt and pepper. Mix until creamy. Spoon a little of the stuffing into the center of each pancake. Fold over like an envelope to encase the stuffing completely. Roll each pancake in leftover batter and bread crumbs. Fry in hot butter until golden on both sides. Yields 15 pancakes

Clara Bednarski

In Memory of Karen Bednarski

PASTA WITH ZUCCHINI, TOMATOES AND BASIL

1 c. uncooked pasta--any shape you like
3 T. oil
2 zucchini--thinly sliced
salt and pepper to taste
2 T. chopped garlic

4 ripe tomatoes--skinless, seeded, cubed or (1 can diced tomatoes)
4 T. fresh basil--chopped or (1/3 amount dry)
Parmesan cheese (optional)

Cook pasta; set aside. Heat oil in a skillet and add zucchini, salt and pepper. Sauté to heat thoroughly. Add garlic, tomatoes and basil. Cook for 2-3 minutes. Add pasta to mixture and blend together. Serve with Parmesan cheese, if desired. Serve hot, cold or at room temperature.

Lisa Gillespie

PEPSI POT ROAST

4-5 lb. rump roast (eye round roast; sirloin tip)
1 can cream of mushroom soup

1 pkg. Lipton onion soup mix
1 clove of garlic--minced
1 (12 oz.) can Pepsi cola

Soak the roast in water and pat dry. Mix the two soups and the garlic together; cover all the sides of the meat with the soup mixture. Place the meat fat side up on a rack in a roaster. Pour Pepsi all around the meat. Cover the top of the meat with aluminum foil; put the lid on top. Bake at 325° for about 2 1/2 hours or until done.

Charlotte Androckitis

PIEROGI CASSEROLE

1/2 lb. diced bacon
3/4 c. chopped onion
4 c. shredded cabbage
8 oz. bow tie noodles
1 (12 oz.) carton cottage cheese
10 oz. muenster cheese--cubed

1/4 tsp. dried dill
1/2 tsp. salt
crushed crackers or bread crumbs (optional)
sour cream (optional)

Fry bacon until crisp; remove bacon from skillet and set aside. Add onion to drippings in skillet and sauté for 5 minutes. Add cabbage to skillet; cover and simmer for 15 minutes; set aside. Cook the noodles according to the package directions and drain. Stir in cottage cheese, muenster cheese, dill and salt. Add bacon and cabbage mixture, including all the liquid in the skillet. Pour into a greased 3 quart baking dish and sprinkle with the crackers or bread crumbs, if desired. Bake at 350° for 25-30 minutes. Serve with dollops of sour cream, if desired. Makes 6-8 servings.

Joyce Rother Burlone

PIGGIE CASSEROLE

1 lb. ground beef
1 medium onion--chopped fine
4-5 T. uncooked rice
1 can tomato soup, undiluted

1 can (8 oz.) tomato sauce
1 1/2 c. water
salt and pepper to taste
1/2 small cabbage, shredded

Brown beef and drain. Place all ingredients, except cabbage, in a bowl and combine. Place cabbage on bottom of (9x13-inch) casserole. Pour contents of bowl over cabbage. DO NOT MIX. Bake covered at 350° for 1 1/2 hours.

Mary Lou Zaleski

PORK CASSEROLE

4 pork chops
salt and pepper to taste
1 finely shredded cabbage

2 thinly sliced carrots
3 thinly sliced potatoes
1 thinly sliced onion

Brown pork chops in skillet and remove from pan; set aside. Add a little water to the drippings; heat. In a casserole dish, place the cabbage, carrots, potatoes and onions in layers (salt and pepper each layer). Place pork chops on top and pour on the drippings. Cover and bake in 350° oven for 45 minutes to 1 hour.

Muriel Bush

POTATO PANCAKES

4 large potatoes--peeled and
grated
1 medium onion--chopped fine
1-2 eggs

4 T. flour
salt and pepper to taste
½ c. oil

Combine potatoes, onion, eggs, flour, salt, pepper and mix well. Heat oil in a heavy skillet until hot. Drop batter by teaspoons into skillet; flatten each pancake with a fork. Fry until golden brown on both sides; place pancakes on a paper towel to drain.

Phyllis Saluski

POTATO PIEROGI

Dough:

6 c. flour
2 T. shortening
1 tsp. salt

1 c. water
3 eggs

Combine the flour, shortening and salt; work like a pie crust. Add the water and eggs and work into the flour. Divide dough into workable balls. Place on a floured surface, cover and let rest for 15-20 minutes. Roll out, cut into circles and fill. Seal the edges well and drop into water that is boiling on low. When pierogi rise to the top, take out and let them drain and cool. After rolling out dough, gather the scraps and let them rest before re-rolling.

Potato Filling:

5 lbs. potatoes--peeled
American cheese--shredded

Cheddar cheese--shredded
salt to taste

Cook and mash potatoes; add the cheeses and salt to taste. Mix well.

Joan Hannon

QUICK PIEROGI

1 tiny onion--chopped
½ tsp. salt
1¼ lb. pressed cheese

1 or 2 eggs
2 c. flour

In a bowl, place onion, salt, cheese, eggs and 1¼ c. flour. Reserve ¼ c. flour for later use. Knead the above mixture well and divide into 2 parts. Bring a pot of water to a boil. Roll the dough, on a floured (¼ cup flour), flat surface, to about the shape of a Polish sausage. Cut into about 1 inch lengths and drop in boiling water. When dough comes to the top and starts getting soft and begins to crack a little, take out (about 8-10 minutes). Drain. Serve with sautéed butter and onion.

Muriel Bush

ROASTED EASTER VEAL

(PIECZEN CIELECA)

1 veal leg round roast or shoulder
roast (4-5 lb.)
boiling water
3 T. lemon juice

1 T. salt
1 tsp. pepper
¼ c. melted butter
flour for dusting

Dip meat quickly in boiling water; drain well. Mix lemon juice with salt and pepper; spread over meat. Place meat on rack in roasting pan. Roast at 400° for 20 minutes. Reduce to 325° for 55 minutes. Baste with melted butter. Sprinkle flour over top. Roast 10 minutes longer.

Jean Levandowski

SOUR CREAM VEGETABLE CHICKEN

4 boneless chicken breasts
4 T. butter
1 diced medium onion
2 large tomatoes--peeled and
chopped

1 small diced green pepper
dash of pepper
¼ c. water
½ c. sour cream
2 T. flour

Lightly brown the chicken in the butter and set aside. Sauté the onion in the same skillet; add all the ingredients except the sour cream and flour. Blend the sour cream with the flour and slowly add it to the rest of the ingredients. Return chicken to the skillet and simmer for 20 minutes and serve.

Joyce Latoski

SPARE RIBS

2-3 lbs. spare ribs
1 large onion--chopped
1 clove garlic--chopped
2 T. butter
3 cans tomato sauce
1 c. diced celery
1 c. chopped green peppers

1 c. ketchup
2 T. brown sugar
3 dashes Tabasco sauce
½ tsp. dry mustard
2 bouillon cubes--dissolved in 1 c.
boiling water
salt and pepper to taste

Brown ribs for 30-35 minutes at 350°. In a pan, brown onion and garlic in butter; stir in remaining ingredients and cover. Simmer on low heat for 1 hour. Add the ribs and simmer until tender.

Delphine Bienick

STEW

(BIGOS)

2 - 3 lbs. sirloin steak
3 quarts meat stock or 3 quarts
bouillon made from bouillon
cubes
8 red skinned potatoes--unpeeled;
sliced into small pieces
2 carrots--sliced

2 stalks celery--sliced
1 - 2 small onions--chopped
stewed tomatoes
2 cans kernel corn
½ tsp. black pepper
½ tsp. salt
chopped parsley

Boil and simmer the sirloin steak for 2 hours. Cut into fine strips about 1 inch long and ¼ inch wide. Cook strips of sirloin in stock or bouillon and add the potatoes, carrots, celery, onions, stewed tomatoes, corn, black pepper, salt and chopped parsley. Simmer very slowly until well cooked and blended. Serves 8-10.

Joyce Dombroski Gebhardt
In Memory of Aunt Bertha Dombroski Doughnton

THIN PANCAKES

(NALESNIKI)

½ c. all-purpose flour
1 egg
1 egg yolk
½ c. milk

1 tsp. sugar
dash of salt
oil for frying

Combine the flour, egg and egg yolk in a bowl using an electric mixer; beat just to mix. Add milk, sugar and salt; mix on low speed for 2 minutes. Heat a small heavy skillet; brush the bottom with oil. Pour 2 tablespoons batter and spread evenly. When edges are dry, turn over. Repeat with the rest of the batter. Serve with syrup, powdered sugar or hot fruit.

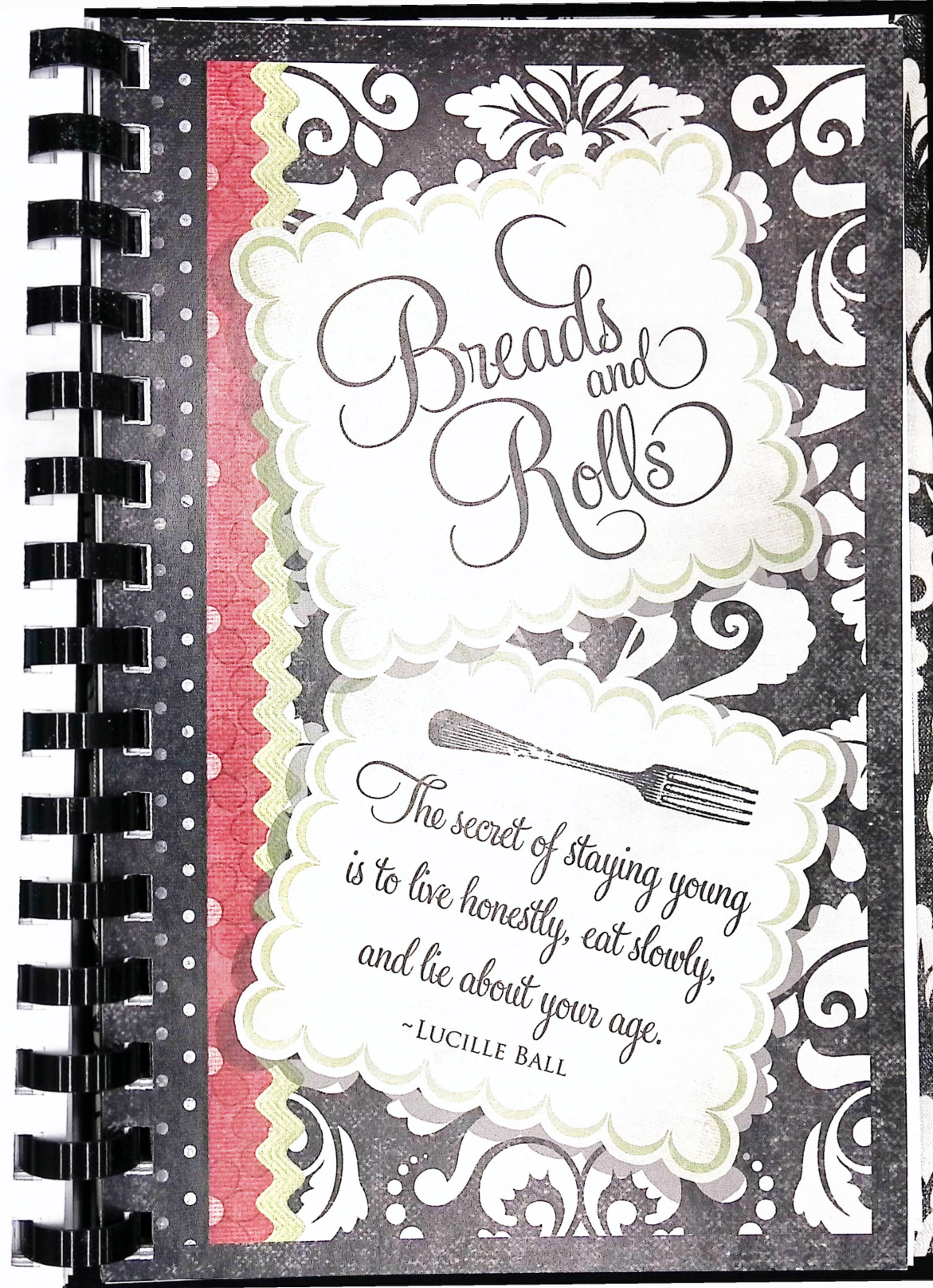
P.K. Dende

ZUCCHINI PANCAKES

4-5 medium zucchini (5 c.)--peeled and shredded
¾ tsp. salt
4 eggs
1 clove minced garlic
¾ c. all-purpose flour
½ c. grated Parmesan cheese
1 T. finely chopped onion
¼ tsp. ground black pepper
sour cream (optional)

In a bowl, toss the zucchini with salt and drain well. In another bowl, beat eggs and garlic; stir in flour, cheese, onion and pepper until just moistened (batter will be lumpy). Stir in the zucchini just until combined. For each pancake, drop a heaping tablespoon of batter on hot lightly-oiled skillet; flatten with fork. Cook over medium heat 2-3 minutes on each side until pancake is golden brown. Serve with sour cream. These pancakes can be frozen.

Stanley Latoski
In Memory of Alice Latoski



Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

Breads & Rolls

AUNT MARY'S FLAT BREAD

6 c. of flour--sifted
pinch of salt

2 T. sugar

not quite ½ c. oil

2 c. warm water--or as needed

1 small pkg. dry yeast

¼ c. warm water

pinch of sugar

garlic pieces

Mix together flour, salt, sugar, oil and warm water. Also mix together the yeast, ¼ cup warm water and sugar and add to the flour mixture. Let the dough stand and rise. Then divide in 2; roll out on 2 cookie sheets like for pizza but thick. Put holes in the top and insert pieces of garlic. Let stand and rise in the pans for 20-30 minutes. Bake at 350° for about 30 minutes or until light brown.

Donna Stankiewicz

AUNT MINNIE'S BANANA BREAD

3 mashed bananas

1 c. sugar

3 T. water

2 c. flour

1 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

2 eggs

½ c. Crisco

Combine bananas, sugar and water; set aside. Into another bowl, sift flour, salt, baking powder and baking soda. Mix the banana mixture and the flour mixture together; add the eggs and Crisco and mix well. Pour into loaf pans. Bake at 350° for 35 minutes.

*Donna Stankiewicz
In Memory of Aunt Minnie Serniak*

BANANA BREAD

- | | |
|--|---|
| $\frac{1}{2}$ c. butter | 1 tsp. baking soda |
| 1 c. sugar | $\frac{1}{4}$ tsp. salt |
| 2 eggs | 1 c. sour milk (add 1 T. vinegar to
sour it) |
| 3 medium ripe bananas--mashed | |
| 2 c. flour (add $\frac{1}{4}$ c. more, if
needed) | |

Blend butter, sugar and eggs together. Add rest of ingredients and mix well. Pour into a large loaf pan that is greased and floured. Bake at 350° for 1 hour or until cake taster comes out clean.

Pattie Cardimona

BISCUITS

- | | |
|--------------------------------|------------------------------------|
| 3 c. flour | 1 tsp. salt |
| 2 T. sugar | $\frac{1}{2}$ c. Crisco shortening |
| 2½ tsp. baking powder | 1 c. buttermilk |
| $\frac{1}{2}$ tsp. baking soda | melted butter |

Mix the flour, sugar, baking powder, baking soda, salt, Crisco and buttermilk together and knead gently. Roll out the dough until 2-inches thick. Cut out rounds and brush each biscuit top with melted butter. Bake at 450° for 14 minutes.

Mary Ann Martin

CHALLA BREAD

- | | |
|--------------------------------|---|
| 1 oz. dry yeast | 6 T. sugar |
| 1 c. warm water | 4 c. bread flour |
| 1¼ tsp. salt | egg wash (1 egg mixed with 1 c.
water) |
| $\frac{1}{4}$ c. vegetable oil | poppysseed or sesame seeds |
| 1 egg | |

Dissolve the yeast in the water. Add the rest of the ingredients up to and including the flour. Mix 8-10 minutes at medium speed until the dough forms a ball. Finished dough should be put in a lightly oiled bowl and covered with a damp towel or cellophane for 1 hour. Punch dough and let stand for 15 minutes. Divide in half and roll into long strands and let it rest 10-15 minutes. Braid the bread and put in a pan. Let it rest covered until doubled in size. Wash with egg wash. Sprinkle with poppyseed or sesame seeds. Bake at 375° for 18-20 minutes. The bread will appear darker than regular bread.

*Mary Ann Pudlosky
In Memory of Mary Kuch*

CHERRY-DATE-NUT LOAF

- | | |
|--|----------------------------------|
| 1 (8 - 10 oz.) jar whole
maraschino cherries--drained | 1 c. granulated sugar |
| 1 lb. whole pitted dates | $\frac{1}{2}$ tsp. salt |
| 2 c. walnut or pecan halves | $\frac{1}{2}$ tsp. baking powder |
| 1 c. all-purpose flour | 4 eggs--well beaten |
| | 1 tsp. vanilla |

Preheat oven to 300°. Line a (9x5x3-inch) loaf pan with wax paper, trimming even with the top of the pan. Put the cherries, dates and nuts in a large mixing bowl. In another bowl, mix together the flour, sugar, salt and baking powder; add this to the cherry mixture. Using your hands, mix well to coat. Add eggs and vanilla; mixing well. Press batter into prepared loaf pans. Bake in the preheated oven for 1½ - 1¾ hours or until batter is set. Turn out onto rack and peel off paper at once. Turn right side up on rack to cool. Cuts best the next day. Keeps well if wrapped and stored airtight. Can also be frozen.

Alice Comparetta

CRESCENT ROLLS

$\frac{1}{2}$ c. (1 stick) melted butter	1 pkg. dry yeast
2 eggs--room temperature--well beaten	1 tsp. salt
$\frac{1}{2}$ c. sugar	$5\frac{1}{2}$ c. flour
$1\frac{1}{2}$ c. scalded milk--cooled to warm	melted butter

Mix melted butter, eggs, sugar and milk with an electric beater. Combine yeast, salt and flour. Stir into egg mixture all at one time; mix well. Cover with sprayed plastic wrap and refrigerate overnight. Cut into 4 sections. Flatten on floured surface and roll into a circle. Cut into 8 wedges. Brush with melted butter. Roll wide side to narrow side and shape into a crescent. Place crescents, tip down, on an ungreased baking sheet. Brush with melted butter. Cover with sprayed wax paper and a towel. Let rise until double in bulk (2 hours). Bake at 350° for 11½ minutes.

Florence Sowa
In Honor of Anne Vossenberg

EVERYDAY BREAD

9 level c. flour	$\frac{1}{2}$ cake yeast (large)
$\frac{1}{4}$ c. sugar	2 eggs
$\frac{1}{2}$ tsp. salt	$3\frac{1}{2}$ c. liquid (equal parts milk and water mixed)
$\frac{1}{2}$ stick margarine	

Mix all the ingredients together until soft. Put in a bowl to rise and let rise again in pans. Bake at 350° for about 45 minutes or until a nice light brown.

Donna Stankiewicz

FRUIT ROLL

3 c. flour	$\frac{1}{2}$ c. shortening
3 eggs	cherry and orange juice
3 tsp. baking powder	strawberry preserves or your choice
$\frac{1}{2}$ tsp. salt	walnuts, coconut, cherries, raisins, grated apple
1 tsp. vanilla	
1 c. sugar	

Mix the flour, eggs, baking powder, salt, vanilla, sugar and shortening together. Add enough cherry and orange juice to make the dough soft and rollable. Let it stand for 1 hour. Divide into 2 or 3 parts and roll out like for a nut roll. Spread with the strawberry preserves. Sprinkle with chopped walnuts, coconut, cherries, raisins or grated apple (your favorite combination) and roll it like a nut roll. Bake at 350° for 30 minutes or until light brown.

Donna Stankiewicz

HANDY DOUGH (AUNT MARY'S POPPYSEED FILLING)

1 c. chopped raisins--enough water to cover	2 eggs
1 lb. ground poppyseed	$\frac{1}{4}$ lb. butter
1 T. honey	light or heavy cream

Boil raisins in water and drain. Combine the raisins with the poppyseed, honey, eggs and butter. Cook, for a short time, on the stove over low heat. Add just enough cream to thin the mixture--thin enough to spread. Cool.

Donna Stankiewicz

HANDY DOUGH FOR WALNUT AND POPPYSEED ROLLS

1 small pkg. dry yeast	4 well-beaten eggs
¼ c. warm water	1 c. warm potato water
pinch of sugar	1 tsp. salt
1 c. mashed potatoes--save water	5-6 c. flour
1 c. sugar	

Dissolve yeast in warm water with a pinch of sugar. Combine the yeast mixture and the rest of the ingredients. Mix and knead well. Put in a floured bowl and refrigerate overnight. Remove from refrigerator and let rise. Divide for the amount of rolls that you want. Let rise in pans after you roll your nut or poppyseed rolls. Bake at 350° for 30 minutes or until golden brown.

Donna Stankiewicz

HANDY DOUGH (WALNUT FILLING)

1 heaping T. butter	3 whole eggs
2 T. honey	dash of cinnamon
1 lb. ground walnuts	heavy or light cream
1 c. sugar	

Combine the butter and honey and boil; add to the walnuts. Mix the walnut mixture with the sugar, eggs and cinnamon; heat on the stove. Add cream to make a paste--not too thick--enough to spread. Cool.

Donna Stankiewicz

HOMEMADE BREAD

2 (¼ oz.) pkgs. dry yeast	2 T. sugar
2 c. warm water	1 T. salt
⅔ c. nonfat dry-milk powder	6-7 c. flour
2 T. butter	

Combine the yeast with the warm water. Stir in the dry milk powder, butter, sugar, salt and flour. Form a stiff dough. Turn out the dough onto a floured surface; knead until smooth and elastic (about 10-12 minutes). Place in a greased bowl; turning once to grease the top. Cover and let rise until doubled in size (about 1 hour). Punch down and divide in half. Shape into 2 loaves and place in greased (8x4x2-inch) pans. Cover and let rise about 1 hour until doubled. Bake at 400° for 30 minutes.

Mary Ann Martin

HOMEMADE BROWN BREAD

1½ c. boiling water	½ tsp. sugar
1 c. old-fashioned oats	¼ c. brown sugar
2 T. shortening	¼ c. molasses
2 tsp. salt	4¾ - 5¼ c. flour
1 (¼ oz.) pkg. dry yeast	melted butter
warm water	

In a bowl, combine water, oats, shortening and salt. In a bowl, dissolve the dry yeast in warm water and sprinkle with the sugar. Add the oat mixture to the yeast; also add the brown sugar, molasses and 3 cups of the flour. Mix well. Add enough remaining flour to form a soft dough. Turn onto a floured surface and knead until smooth and elastic (about 6-8 minutes). Place in a greased bowl, turning once to grease the top. Cover and let rise until doubled (about 1 hour). Punch dough down. Divide in half and shape into 2 loaves. Place in greased (9x5x3-inch) pans; cover and let rise (about 30-45 minutes). Bake at 375° for 30-35 minutes. After baked, brush top with melted butter.

Mary Ann Martin

HOT CROSS BUNS

Dough:

2 (¼ oz.) pkg. dry yeast	2 tsp. salt
¼ c. warm water	1 tsp. cinnamon
1 c. milk	¼ tsp. allspice
½ c. sugar	4½ - 5 c. flour
¼ c. shortening	1 c. dried currants
2 eggs	1 egg white--lightly beaten

In a mixing bowl, dissolve yeast in warm water. Add the milk, sugar, shortening, eggs, salt, cinnamon, allspice and 3 cups of flour. Beat until smooth. Stir in currants and enough remaining flour to form a soft dough. Turn dough onto a floured surface; knead until smooth and elastic (about 6-8 minutes). Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled (about 1 hour). Punch dough down. Cover and let rise 10 minutes. On a lightly floured surface, roll to ½-inch thickness. Cut with a 2½-inch biscuit cutter. Place 2 inches apart on lightly greased baking sheets. Cover and let rise until doubled (about 30 minutes). Brush with beaten egg white. Bake at 350° for 12-15 minutes. After baked, put a cross on each bun with icing.

Icing:

1¾ c. confectioners' sugar	4 - 6 tsp. milk
½ tsp. vanilla	

Combine all the ingredients and mix well.

Mary Ann Martin

JILL ST. JOHN'S DROP SCONES

1 egg + 1 egg yolk	3 oz. cold unsalted butter--cut up
½ c. milk	¼ c. raisins
2 c. sifted flour	2 T. chopped pecans
2 T. baking powder	1 T. raw sugar or regular white sugar
¼ c. sugar	
pinch of salt	

Preheat oven to 450°. In a small mixing bowl, lightly beat egg and egg yolk. Mix in milk and set aside. Stir flour, baking powder, ¼ c. sugar and salt into a large mixing bowl. Add butter bits. Gradually cut in butter until mixture resembles coarse meal. Add raisins and pecans and stir until distributed evenly. Form a well in the center and pour in egg-milk mixture. With fork, quickly stir until mixture is moistened. Don't over-stir. Drop tablespoons of batter on cookie sheet lined with parchment paper or lightly dusted with flour. Place drops of batter 1-1½ inches apart. Lightly sprinkle the tops with raw or regular sugar. Bake at 450° for 15 minutes. Can be served immediately or re-warmed. Makes 24-30 scones.

Gina LaNunziata

PASKA

(RAISIN BREAD)

2½ oz. fresh yeast	¼ c. milk powder
2 c. warm water	⅓ c. Crisco
2 eggs	⅓ c. softened butter
⅓ c. sugar	6¼ c. bread flour
2½ tsp. salt	1 (12 oz.) box raisins

In a mixing bowl, dissolve the yeast in the water and then add the eggs. Add the dry ingredients except the flour and mix. Add the flour and mix at low speed until the dough forms a ball. Then mix at medium speed for about 8 minutes. Soak the raisins for 5 minutes in warm water and drain. Add the raisins and mix on low speed until the raisins are incorporated. If the dough softens, add more flour to form a ball again. Put the dough in a lightly greased container and cover with a damp cloth. Let it rise for about 1 hour. Punch dough and let it stand for 15 minutes. Put it into a pan and let it rest for another 15-20 minutes or until it's doubled in size. Bake at 390° for about 20 minutes.

Mary Ann Pudlosky
In Memory of Mary Kuch

*P*IZZA

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|--------------------------|-------------------------|
| 1 (¼ oz.) pkg. dry yeast | 2 T. oil |
| 1 c. lukewarm water | 2½ c. flour |
| 1 tsp. salt | favorite pizza toppings |
| 1 tsp. sugar | |

Mix the yeast with the water; add the salt, sugar, oil and flour. Let this dough mixture rise in a warm spot for 1 hour. Spread the dough on an (11½x17x1-inch) cookie sheet. Add your favorite toppings. Bake in a 425° oven for about 15-20 minutes.

Mary Ann Pudlosky

*P*OLISH DONUTS

(PACZKI)

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|--|---------------------------|
| 1 c. sugar | 4 c. warm milk |
| 5 egg yolks | 10 c. flour + 3 tsp. salt |
| 1 whole egg | oil for frying |
| 2 sticks oleo--melted | powdered sugar |
| 2 tsp. vanilla | |
| 1½ oz. yeast (diluted in 1 c. warm water and 1 tsp. sugar) | |

Beat sugar and eggs until creamy. Add oleo and beat until fluffy. Add vanilla and yeast mixture; blend all ingredients together. Add 3 c. milk and mix well. Add 7 c. flour mixed with the salt. Mix all the ingredients by hand. Add the remaining 1 c. milk and knead until smooth. Add the rest of the flour and knead until the dough is smooth. Let the dough rise until double in size. Punch down; let rise again. Form dough the size of golf balls; let them rise again for about 1 hour. Melt oil in a heavy pot and heat until hot; about 350°. Drop in balls of dough and fry until golden brown. Drain on paper towels. Sprinkle with powdered sugar.

Delphine Bienick

*P*OLISH SODA BREAD

- | | |
|-------------------------|----------------------|
| 2½ c. all-purpose flour | ½ c. unsalted butter |
| ½ c. sugar | 1 c. raisins |
| 1½ tsp. baking powder | 1 large egg |
| ¾ tsp. salt | 1¼ c. buttermilk |
| ½ tsp. baking soda | ¼ c. sour cream |

Preheat oven to 350°; butter 9-inch round cake pan. Sift dry ingredients together; cut butter into dry ingredients with food processor until it resembles peas. Blend in raisins. Beat egg, buttermilk and sour cream together and stir into dry mixture until blended. Pour into pan. Bake 50-55 minutes.

Mary Lou Zaleski

*R*HUBARB BREAD

- | | |
|-------------------|---------------------------|
| 1 c. milk | 1 tsp. salt |
| 1 T. lemon juice | 1 tsp. baking soda |
| 1 tsp. vanilla | 1½ - 2 c. chopped rhubarb |
| 1½ c. brown sugar | ½ c. chopped nuts |
| ⅓ c. oil | 2 T. white sugar |
| 1 egg | ½ tsp. cinnamon |
| 2½ c. flour | |

In a small bowl, mix together milk, lemon juice and vanilla; set aside. In a larger bowl, mix together brown sugar, oil and egg. In a third bowl, combine the flour, salt and baking soda. Alternately, add the flour mixture and the milk mixture to the sugar mixture until just combined. Fold in the rhubarb and nuts. Pour into two lightly greased (9x5-inch) loaf pans. Combine the white sugar and cinnamon; mix well. Sprinkle this sugar mixture over the tops of the unbaked bread batter. Bake at 325° for 40 - 60 minutes or until bread tests done.

Joyce Latoski

STRAWBERRY NUT BREAD

4 eggs	3 c. all-purpose flour
1 c. cooking oil	1 T. cinnamon
2 c. sugar	1 tsp. baking soda
2 (10 oz.) pkgs. frozen sliced strawberries--defrosted	1 tsp. salt
	1 1/4 c. chopped nuts

In a bowl, beat the eggs until fluffy. Add the oil, sugar and strawberries. In a large bowl, sift together the flour, cinnamon, baking soda and salt. Add the strawberry mixture and mix until well-blended. Stir in the nuts. Pour into greased (9 1/2x5x3-inch) or (8 1/2x4 1/2x2 1/2-inch) loaf pans. Bake at 350° for 1 hour 10 minutes or until done. Cool in the pans for 10 minutes, then turn out of the pans and cool on racks. Makes 2 loaves.

Barbara Bialek Smith

SUGAR-CINNAMON LOAF

1/4 c. melted shortening	1 c. scalded milk--cooled
1/4 c. sugar	3 1/2 c. flour
3/4 tsp. salt	milk
1 beaten egg	1/4 c. sugar + 1 1/2 tsp. cinnamon
1 pkg. granular yeast	melted butter--cooled
1/4 c. lukewarm water	1 1/2 T. sugar + 1/2 tsp. cinnamon

Combine cooled shortening, sugar, salt and egg. Add yeast that was softened in the lukewarm water. Cool milk to lukewarm and add it alternately with the flour. Knead lightly. Let rise in a greased bowl until double in size (1 1/2 hours). Punch down. Turn out onto a pastry cloth; let rise for 10 minutes. Roll into a (7 1/2x9-inch) rectangle. Brush with milk. Combine 1/4 c. sugar and 1 1/2 tsp. cinnamon and sprinkle onto the dough. Roll as for a jelly roll. Place into a greased (9x5-inch) loaf pan. Let rise until double in size. Just before baking, brush the loaf gently with cooled melted butter. Sprinkle with the additional 1 1/2 T. sugar mixed with 1/2 tsp. cinnamon. Bake at 350° for 45 minutes.

Florence Sowa

SWEET BREAD

(DONUT DOUGH)

Bread:

1 cake yeast	1 egg--beaten
1/4 c. warm water	1 tsp. salt
1/2 tsp. sugar	2 c. warm water
1/2 c. Crisco	8 c. sifted flour
1/4 c. sugar	

Dissolve yeast in 1/4 c. warm water and 1/2 tsp. sugar; set aside. Mix the Crisco with the 1/4 c. sugar until creamy. Add the egg, salt and warm water. Add the yeast and flour. Knead until the dough is smooth and elastic. Set aside in a warm place until doubled in bulk. Punch down and let rise again. Shape and let rise in baking pans. Bake at 400° for 40-50 minutes. For donuts, shape dough into donut-shapes and deep-fry until golden brown.

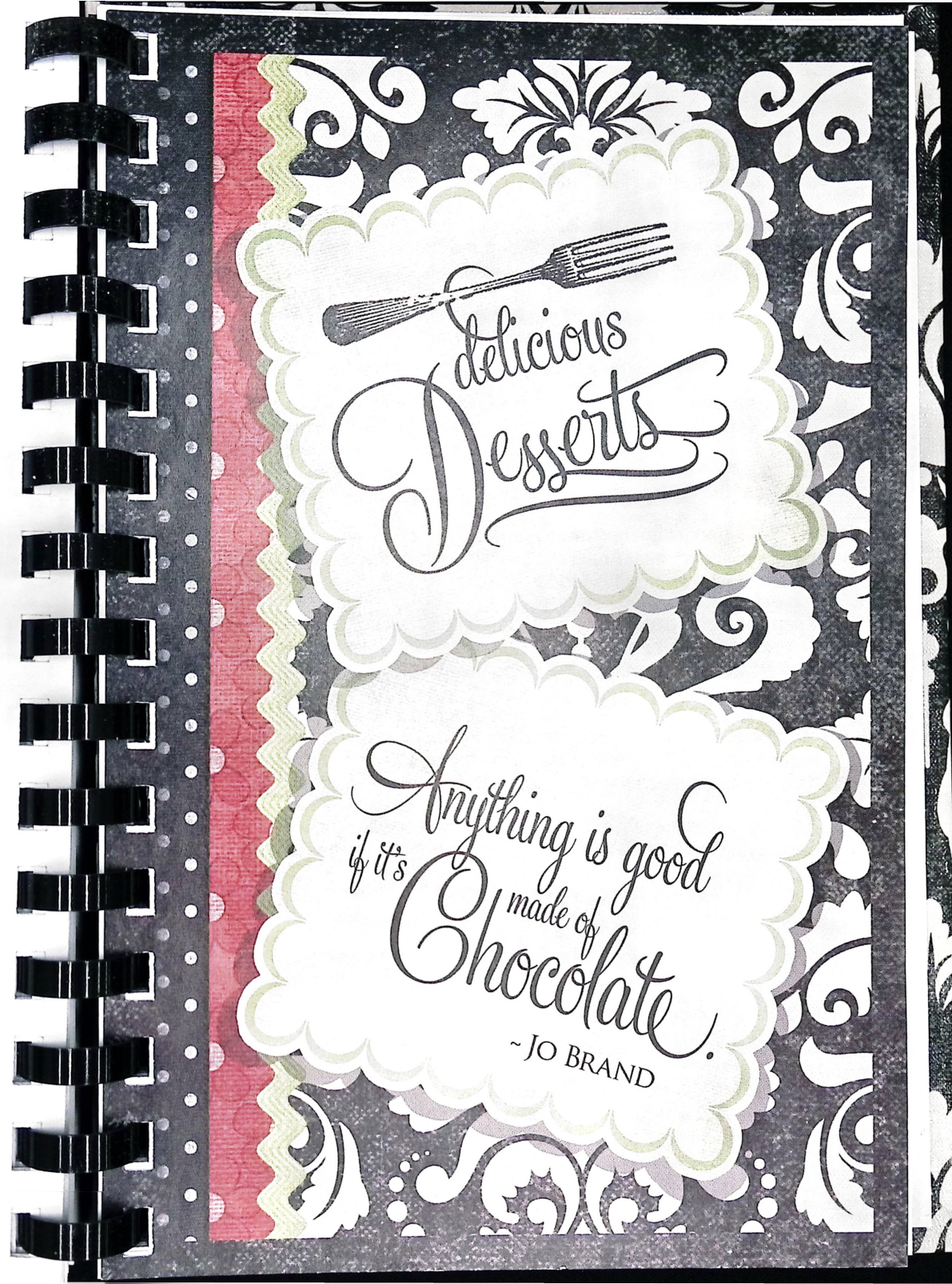
Joan Hannon

ZUCCHINI BREAD

3 eggs	3 c. flour
2 c. sugar	1 tsp. baking powder
1 c. oil	1 tsp. baking soda
1 tsp. vanilla	1 tsp. salt
2 c. zucchini--peeled, grated, drained	1/2 c. raisins (optional)
	1 c. chopped walnuts (optional)

Beat the eggs, sugar, oil and vanilla until fluffy. Add the rest of the ingredients and mix well. Bake at 325° for 1 hour 20 minutes. Can use big loaf pans or 4-5 small loaf pans. This freezes well.

Joyce Latoski
In Memory of Alice Latoski



Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.

Desserts

ALMOND POUND CAKE

3 c. flour	6 eggs
3 sticks butter (softened)	1 tsp. vanilla
2½ c. granulated sugar	1 tsp. almond extract
2 tsp. baking powder	1 (6 - 8oz.) bag of sliced almonds
¾ c. milk	

Combine all the ingredients, except the sliced almonds, and beat for 10 minutes. Pour into an ungreased tube pan and top with ½ bag sliced almonds. PUT IN COLD OVEN and then set oven at 350°. Bake for 1 hour and 20 minutes.

Jane Fritz

APPLE CAKE

5 T. sugar	3 tsp. baking powder
2 tsp. cinnamon	1 c. oil
3-4 apples	4 eggs
3 c. flour	¼ c. orange juice
2 c. sugar	2½ tsp. vanilla

Mix sugar and cinnamon and set aside. Peel and slice apples and set aside. Mix the rest of the ingredients. Pour a layer of the batter into a greased and floured tube pan. Then add a layer of apples and sprinkle with the sugar mixture. Repeat the layers ending with the sugar mixture on top. Bake at 375° for 1 hour.

Nancy Restaino
In Memory of Helen Blaskiewicz

APPLE CRISP

8 apples--peeled and sliced	1 egg
1 c. brown sugar	½ tsp. salt
1 tsp. cinnamon	1 tsp. baking powder
1 c. granulated sugar	1 stick of butter--melted
1 c. flour	

Place the sliced apples into a greased 9-inch pan. Combine the brown sugar and cinnamon and sprinkle half this mixture over the apples. Combine granulated sugar, flour, egg, salt and baking powder; this mixture will be crumbly. Spread this mixture over the apples and sprinkle the rest of the brown sugar mixture on top. Pour the melted butter over everything and bake 40 minutes at 350°. Serve with whipped cream or ice cream. Serves 6.

Pattie Cardimona

APPLE RAISIN CAKE

1½ c. sugar	½ tsp. nutmeg
2 sticks butter--softened	⅔ c. raisins
4 eggs	⅔ c. chopped walnuts
1¾ c. flour	3 large apples--peeled, cored and sliced
1 tsp. baking soda	
1 tsp. cinnamon	

In a big bowl, cream the sugar and butter. Beat in the eggs, one at a time. Sift the flour, baking soda and spices into another bowl; gradually add to the sugar mixture. Add the raisins, walnuts and apples. Pour into a greased and floured loaf pan and bake for 1 hour at 325° or until cake tester comes out clean.

Phyllis Saluski
In Memory of Josephine Saluski

AUNT HELEN JASINSKI'S CHEESE PIE

1 c. cottage cheese	2 egg yolks--beaten
2 rounded T. flour	3 c. evaporated milk
1 c. sugar	2 egg whites--beaten
¼ tsp. salt	1 (10-inch) pie crust--unbaked
1 tsp. vanilla	

Place cottage cheese in bowl and mash with potato masher or fork. Add flour and blend by hand. Add sugar, salt, vanilla and egg yolks; can be blended by using a mixer. Add evaporated milk. Fold in beaten egg whites. Pour into unbaked pie crust. Bake for 10 minutes at 450°; then for 45 minutes at 300°. Check with a silver knife through the middle. The pie will rise then drop as it cools.

Jeri Jecen

AUNT LOTTIE'S SPONGE CAKE

2 c. sugar	2 c. sifted flour
4 eggs (room temp.)	3 tsp. baking powder
1 tsp. salt	1 c. scalded milk
1 tsp. vanilla	strawberries and whipped cream

Cream well the sugar, eggs, salt and vanilla. Gradually add flour and baking powder. Beat for 2 minutes with a mixer. Slowly add milk and continue to mix. Grease and flour a (9x13-inch) pan and bake at 350° for 55-60 minutes or use 2 greased and floured round pans and bake at 350° for 30 minutes. Slice cake in half and fill with strawberries and whipped cream. Also add strawberries and whipped cream on top.

Mary Ann Martin

BARBARA'S FRUIT CAKE

1 lb. chopped nuts	brandy--fill 2 shot glasses
1 lb. candied cherries--red and green mixed	1 lb. butter
1 lb. candied pineapple--red and green mixed	2 c. sugar
1 lb. coconut	1 dozen egg yolks
1 lb. raisins	4 c. flour
	1 dozen egg whites
	1 small can crushed pineapple

Put the nuts, cherries, pineapple, coconut and raisins in a large bowl and pour the brandy over them. In another bowl, cream the butter, sugar, egg yolks and flour. Pour this creamed mixture over the fruit and mix well with both hands. Beat the egg whites until stiff and gently fold into the fruit mixture. Fold in the crushed pineapple. This batter should fill 4 small bread pans. Bake at 275° for about 2 hours.

Barbara Yacuboski

BOILED CAKE

2 c. cold water	1 large bottle cherries (drained)
2 c. sugar	1 c. chopped walnuts
½ box raisins	¼ c. lukewarm water
2 sticks margarine (melted)	2 tsp. baking soda
½ tsp. cinnamon	½ c. candied pineapple (optional)
½ tsp. cloves	½ c. cranberries (optional)
½ tsp. salt	powdered sugar
4 c. sifted flour	

Combine the water, sugar, raisins, margarine, cinnamon, cloves and salt in a pan. Boil for 4 minutes and then cool. Add the flour, cherries, nuts, water and baking soda. Also add the candied pineapple and cranberries, if desired. Mix together and pour into 2 greased round cake pans that have been sprayed with Pam, then floured. Bake 1 hour at 350°. Sprinkle with powdered sugar or make a glaze with powdered sugar, butter & water and drizzle on top.

Marianne Kress

In Memory of Anna Marykwas Wojcik

CARAMEL WALNUT BROWNIES

1 (14 oz.) pkg. caramels	2 tsp. vanilla extract
⅔ c. evaporated milk--divided	¾ tsp. ground cinnamon
1 box German chocolate cake mix	1½ c. walnut halves or pieces
¾ c. melted butter	

Unwrap caramels and place in a medium saucepan; add ⅓ cup evaporated milk. Cook over low heat until caramels melt, stirring often. Remove from heat and set aside. Combine remaining ⅓ cup milk, dry cake mix, melted butter, vanilla extract and cinnamon. Stir until blended. Spread half the dough into a lightly greased 9-inch square pan. Chill the remaining dough. Bake at 350° for 10 minutes. Cool in the pan on a wire rack for 5 minutes. Pour the warm caramel mixture over the brownie layer in the pan. Sprinkle with the walnuts. Spoon remaining half of the dough into 9 equal portions on wax paper. Pat each portion into a 3-inch circle. Place the circles over the walnuts in the pan, overlapping slightly. The dough will spread during baking. Bake at 350° for 25 minutes. Cool completely in the pan on a wire rack. Cover and chill thoroughly before cutting. Makes 15 brownies.

Marianne Kress

In Memory of Anna Marykwas Wojcik

CHEESE PIE

Pie:

2 (8 oz.) pkg. cream cheese--room temp.	3 eggs
⅔ c. sugar	1 tsp. vanilla

Cream the 4 ingredients and pour into a buttered and floured pie pan. Bake at 325° for 40 minutes. Cool 20 minutes.

Topping:

½ pt. sour cream	3 T. sugar
1 tsp. vanilla	cherry topping (optional)

Combine the first 3 ingredients and pour over cooled filling. Bake at 325° for another 15 minutes. Add cherry topping if desired.

Barbara Yacuboski

CHEESECAKE

10 crushed zwieback or use 1 pkg.
of graham cracker crumbs
2 T. granulated sugar
4 T. melted butter
1½ lb. Philadelphia cream cheese
1 tsp. vanilla

1 c. granulated sugar
4 whole eggs
1 tsp. vanilla
2 T. sugar
1 pt. sour cream

Mix the first 3 ingredients and pat on bottom of springform pan. Mix the next 4 ingredients and beat well. Pour into the springform pan and bake 40 to 45 minutes at 350°. Remove from oven and let stand for 10 minutes. Mix 1 tsp. vanilla and 2 T. sugar and 1 pt. thick sour cream. Pour over cake and bake at 425° for 5 minutes.

Susan Najaka
In Memory of Clementine Najaka

CHOCOLATE ECLAIR CAKE

Cake:

1 box graham crackers
2 small boxes instant vanilla
pudding

3½ c. milk
1 (8 oz.) ctn. Cool Whip--thaw a
little

Butter bottom of (9x13-inch) pan. Line the bottom of the pan with graham crackers--do not crumble. Mix the pudding and milk together; add Cool Whip to pudding mixture. Pour half the pudding mixture over the crackers. Add another layer of crackers. Pour the rest of the pudding mixture over the crackers. Add the last layer of crackers.

Frosting:

6 T. cocoa
2 T. oil
2 tsp. white corn syrup
2 tsp. vanilla

2 T. margarine or butter
1½ c. powdered sugar
3 T. milk

Combine all the ingredients and beat until smooth. Spread over the cake and refrigerate for 12-24 hours.

Ruth Pieczynski

CHOCOLATE ZUCCHINI CAKE

2½ c. flour
½ c. cocoa
2½ tsp. baking powder
1½ tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
¾ c. margarine
2 c. sugar
2 c. grated zucchini

2 tsp. grated orange peel
(optional)
2 tsp. vanilla
½ c. milk
1 c. chopped walnuts
1 can well-drained crushed
pineapple
chocolate chips (optional)

Sift together flour, cocoa, baking powder, baking soda, salt and cinnamon and set aside. Cream margarine and sugar. In a large bowl, combine the sugar mixture with the zucchini, orange peel, vanilla, milk, nuts, and pineapple; stir with a spoon. Add the set aside flour mixture at one time and beat well with a spoon. Bake in a large bundt pan at 350° for 1 hour or more. Use a toothpick to test after 1 hour. It may take an additional 5-10 minutes after the hour. Chocolate chips may be sprinkled on top before cake is placed in oven.

Josephine Nawratowicz Kline

CHOCOLATE-FILLED CUPCAKES

Cupcakes:

1 c. sugar
½ tsp. salt
¼ c. cocoa
⅓ c. oil
1 tsp. baking soda

1 T. vinegar
2 c. flour
1 tsp. vanilla
1 c. water

Mix the sugar, salt, cocoa, oil, baking soda and vinegar; then add flour, vanilla and water. Pour ½ batter into paper-lined cupcake pans. Then add a spoonful of cream cheese filling onto batter. Cover with remaining batter. Bake 350° for 20 minutes.

Filling:

1 egg + ⅓ c. sugar
½ lb. cream cheese
⅛ tsp. salt

1 (6 oz.) pkg. semi-sweet
chocolate chips

In a large bowl, combine the egg with the sugar; mix well. Add the rest of the ingredients and mix well.

Mary Anne Meeker

CHRISTMAS CREAM

- | | |
|--|---|
| 2 medium firm bananas--peeled and sliced | 1 c. coarsely chopped maraschino cherries |
| 1 c. sliced green grapes | ½ c. sugar |
| 1 (16 oz.) ctn. dairy sour cream | 1½ tsp. fresh grated lemon rind |
| 1 c. coarsely chopped walnuts | |

Combine all the ingredients until well mixed. Pour into a 2 quart shallow casserole dish or mold. Freeze overnight. Stand at room temperature 15-20 minutes before cutting or unmolding. Cut into 8-10 squares or slices.

Josephine Nawratowicz Kline

CREAM PUFFS

Puffs:

- | | |
|-------------------|-------------|
| ½ c. Crisco | ¼ tsp. salt |
| 1 c. water | 4 eggs |
| 1 c. sifted flour | |

Combine Crisco and water in saucepan and place over heat. When Crisco is melted and mixture begins to boil, add flour all at once. Stir vigorously until a ball forms. Add salt, remove and cool. Add eggs, one at a time, beating after each addition. Drop by tablespoons onto cookie sheet that has been lined with parchment paper. Bake in hot oven at 450° for 15 minutes; reduce temperature to 375° and continue for 8-10 minutes longer.

Cream Filling:

- | | |
|-------------|-------------------|
| ¾ c. sugar | 1 tsp. vanilla |
| ⅓ c. flour | 2 c. scalded milk |
| ⅛ tsp. salt | powdered sugar |
| 2 eggs | |

Mix dry ingredients, then add eggs that have been slightly beaten with vanilla. Gradually pour scalded milk into flour and egg mixture, and cook in double boiler for 15 minutes, stirring constantly until thickened. Place in bowl and completely cover with plastic wrap to prevent skin from forming. Refrigerate to cool. To fill puffs, slice tops ½ way, spoon with cream filling and dust with powdered sugar.

Barbara Yacuboski

CRUSTLESS CHEESE CAKE

Cake:

- | | |
|-----------------------------|--------------------|
| 2 (8 oz.) pkg. cream cheese | ½ tsp. vanilla |
| ⅔ c. sugar | ¼ tsp. lemon juice |
| 3 eggs | |

Beat together the cream cheese and sugar. Add the eggs, one at a time, and beat after each addition. Add the vanilla and lemon juice. Pour into an 8-inch greased pie plate. Bake at 325° for 50 minutes. Cool 10 minutes. Cake will form a depression in the center. Pour on the sour cream topping and bake 10 minutes longer. Cool and chill.

Sour Cream Topping:

- | | |
|----------------------------|--------------------|
| 1 (16 oz.) ctn. sour cream | ¼ tsp. lemon juice |
| ⅓ c. sugar | ¼ tsp. vanilla |

Combine all the ingredients and mix well.

Pineapple Orange Topping:

- | | |
|--------------------------|-----------------|
| 1 can pineapple--drained | ⅓ c. sugar |
| ½ c. orange juice | 3 T. cornstarch |

Combine all the ingredients and cook until thick. Pour over the cake without the sour cream topping.

Joan Hannon

FAVORITE WHITE CAKE

- | | |
|-------------------------|----------------------|
| 4 eggs | 3 tsp. baking powder |
| 2 c. sugar | pinch of salt |
| 1 c. shortening or oleo | 1 c. milk |
| 3 c. sifted flour | 1 tsp. vanilla |

Cream eggs, sugar and shortening; add flour, baking powder, salt, milk and vanilla; mix well. Pour into a large tube or bundt pan and bake at 350° for 1¼ to 1½ hours or until toothpick inserted in center comes out clean.

*Nancy Restaino
In Memory of Anna Brozena*

*F*RUIT CAKE

2 sticks oleo	1½ c. red cherries--wash in cold water
1 (8 oz.) pkg. cream cheese	1½ c. green cherries--wash in cold water
1 c. sugar	1½ c. raisins
4 eggs	2 c. walnuts--chopped
1 tsp. vanilla	
2½ c. sifted flour	
1½ tsp. baking powder	

Cream oleo, cream cheese, sugar, eggs and vanilla. Combine flour with baking powder; add to cheese mixture. Add fruit and nuts; mix thoroughly. Spoon or pour into 2 large loaf pans or 5 small loaf pans. Bake at 350° for 40-45 minutes.

Josephine Haczewski

*F*RUIT COMPOTE

1 lb. dried fruit--apricots and prunes	2 T. lemon juice
1 T. sugar	½ stick cinnamon
1 lemon rind--grated	3 whole cloves
	¼ c. brandy

Rinse fruit. Cover with water and soak for several hours or overnight. Drain liquid into a small saucepan; add sugar and heat until sugar is dissolved. Add grated rind, lemon juice, cinnamon, cloves and brandy. Pour over fruit and refrigerate.

Florence Sowa

*G*RANDMA'S RICE PUDDING WITH A TWIST

2 c. water	1 large can evaporated milk
pinch of salt	1 tsp. vanilla
1 c. rice	raisins, cinnamon (optional)
½ tsp. butter	whipped cream, slivered almonds (optional)
3 eggs--separated	
¼ - ½ c. sugar (to taste)	

Let water and salt come to a boil; add rice and butter; mix well. Put lid on; simmer for 15 minutes. In another pot, separate eggs, use 3 egg yolks. Add sugar, milk and vanilla; mix together. Add the rice and cook until it comes to a boil. Whip the three egg whites until they peak; fold into the rice mixture. Add raisins and cinnamon to taste. Serve with whipped cream and almonds, if desired.

Helen Grebski
In Memory of Veronica Zaleski

*I*TALIAN WEDDING CAKE

Cake:

2 c. sugar	1 c. buttermilk
½ c. oleo	2 c. flour
½ c. Spry or Crisco	1 c. chopped nuts (optional)
5 eggs--separated	2 c. coconut
1 tsp. baking soda	2 tsp. vanilla

In a large bowl, mix sugar, oleo and Crisco and beat well. Add 5 egg yolks and blend. Mix baking soda with buttermilk. Add this mixture alternating with flour to Crisco mixture. Add nuts, coconut and vanilla. Beat the 5 egg whites until stiff and fold this mixture into the Crisco/flour mixture. Pour into a well-greased tube pan and bake for 1 hour at 350° or for 35 minutes in a well-greased square pan.

Frosting:

1 (3 oz.) pkg. cream cheese	½ tsp. vanilla
¼ c. margarine	2 c. powdered sugar

Mix all these ingredients together and beat well. Frost cooled cake.

Bernadine Tarasek

LOVE CAKE

Cake:

1 marble cake mix	4 eggs
2 lb. ricotta cheese	1 tsp. vanilla
½ c. sugar	

Prepare cake mix as directed. Combine next 4 ingredients and drop cheese mixture by tablespoons over the top of the cake mixture. Bake at 350° for about 1 hour or until cake tests done.

Topping:

1 (8 oz.) ctn. Cool Whip	1 c. milk
1 pkg. chocolate instant pudding	

Combine these 3 ingredients and cover top of cooled cake with this mixture. Refrigerate at least 6 hours or overnight.

Barbara Yacuboski

LOW FAT BANANA PIE

3 T. corn starch	1 tsp. vanilla extract
1½ c. water	4 medium bananas
1 (14 oz.) can fat-free Eagle Brand Sweet Milk--not evaporated	1 (9-inch) baked and cooled pie crust
3 egg yolks--beaten	whipped cream
1 T. margarine	

In a saucepan, dissolve the corn starch in water. Add milk and egg yolks; stirring over low heat until thick. Remove from the stove and add margarine and vanilla. Slice 3 of the bananas and layer over the bottom of the crust. Pour the cooled milk mixture over the bananas. Cover and chill for 4 hours. Spread whipped cream over the top and arrange 1 sliced banana on top.

Cathy Pascoe

MELT IN YOUR MOUTH BLUEBERRY CAKE

4 egg whites	3 c. flour
½ c. sugar	2 tsp. baking powder
1 c. shortening	½ tsp. salt
2 tsp. vanilla	⅔ c. milk
1½ c. sugar	3 c. blueberries
4 egg yolks	1 T. flour

In a separate bowl, beat the egg whites until stiff; add the ½ c. sugar and set aside. Cream the shortening, vanilla and sugar; add the egg yolks. Sift together the flour, baking powder and salt; add this flour mixture to the creamed shortening mixture alternating with the milk. Fold in the egg whites. Fold in the blueberries that were coated with the 1 T. flour. Pour into a greased and floured (9x10-inch) pan. Bake at 350° for 45 minutes.

Joan Hannon

MOTHER'S CHRISTMAS CAKE

2 cups flour	dash salt
1 tsp. baking soda	½ cup chopped nuts
½ cup shortening (Crisco)	½ cup raisins
1 cup sugar	1 orange rind (grated)
2 eggs	juice from 1 orange + sugar
1 tsp. vanilla	
⅔ cup sour milk (add 1 T. lemon juice or vinegar to sour milk)	

Sift flour and baking soda 3 times; set aside. Cream shortening, sugar and eggs until blended. Add vanilla, sour milk, salt and flour mixture to sugar mixture. Add nuts, raisins and grated rind. Bake 35 minutes at 350° in tube pan. Combine the juice from the orange and sugar; stir until dissolved and pour over the hot cake.

Marianna Babkowska

MY MOM'S APPLE CAKE

(SZARLOTKA)

3 c. flour + 1 T. flour	1 T. sour cream
2 tsp. baking powder	8 apples
5 egg yolks	1 tsp. cinnamon
¾ c. sugar + 1 tsp. sugar	½ tsp. vanilla sugar
10 T. softened butter or margarine	1½ T. powdered sugar (optional)
½ tsp. vanilla	

Combine 3 cups flour and baking powder together and set aside. Mix egg yolks and ¾ cup sugar with an electric mixer until smooth and pale in color. Add butter, vanilla, sour cream and flour mixture. Mix well. Put ⅔ of the dough into the refrigerator and the remaining ⅓ into the freezer. Let chill for about ½ hour. Preheat oven to 350°. Meanwhile, peel, core and shred apples using either a shredder or mandoline for thin slices. Roll the dough from the refrigerator onto a (13x9 inch) pan. Sprinkle the dough with 1 T. flour to prevent juice absorption. Spread the apples evenly on the dough. Sprinkle cinnamon, vanilla sugar and 1 tsp. sugar over the apples. Shred dough from the freezer evenly over the apples to cover completely. Bake for 40 minutes or until the crust turns golden brown. Remove from oven and cool in the pan. Sprinkle cooled cake with powdered sugar.

Renata Evan

NEW YORK STYLE CHEESECAKE

1 (15 oz.) ricotta cheese	3 T. cornstarch
2 (8 oz.) pkg. cream cheese	2 tsp. vanilla
4 eggs	¼ lb. butter, melted
1 cup sugar	1 (16 oz.) ctn. sour cream
3 T. flour	

Cream ricotta cheese and cream cheese together. Add eggs, sugar, flour, cornstarch, vanilla and butter. Combine well. Add sour cream and blend well. Pour into greased and floured springform pan. Bake 1 hour at 350°. Turn oven off and let cool in oven for 2 hours.

Mary Lou Zaleski

OLD FASHIONED POLISH POPPYSEED CHEESECAKE

Crust:

¼ c. melted butter	1 c. crushed graham crackers
1 T. honey	

Combine butter, honey and graham crackers. Press this mixture into an 8-inch springform pan and set aside.

Filling:

1 lb. ricotta cheese	1 T. ground cinnamon
¼ c. whipping cream	2 T. poppyseed
3 egg yolks	3 T. honey
1 T. all-purpose flour	

Beat the cheese, whipping cream, egg yolks, flour, cinnamon, poppyseed and honey in a large bowl until smooth. Pour the filling onto the crust and bake in a 350° oven for 30 minutes. Remove from the oven and put the topping mixture on the cake. Return to the oven and bake 25 minutes more or until set. Cool before removing from the pan.

Topping:

¼ c. melted butter	2 T. sugar
¼ c. poppyseed	1 T. all-purpose flour

Combine the butter, poppyseed, sugar and flour. Set aside.

Helen Grebski

ORANGE BUTTER CAKE

Cake:

$\frac{1}{2}$ c. butter	1½ c. sifted flour
$\frac{2}{3}$ c. sugar	1½ tsp. baking powder
3 T. grated orange rind	3 T. orange juice

Cream the butter and sugar. Gradually beat in the remaining ingredients. Pour the batter into a greased and floured glass baking dish. Bake at 350° for 40 minutes. Cool, then frost.

Frosting:

3 T. softened butter	2 T. orange juice
2 c. confectioners' sugar	

Cream the butter and the sugar and add the juice a little at a time. Frost the cake.

Joyce Latoski
In Memory of Josephine Saluski

PACZKI

Filling:

3 lbs. prunes, pitted and diced	$\frac{1}{4}$ c. sugar
2¼ c. water	juice of half a lemon

Combine prunes, water, sugar and lemon juice. Simmer on low heat for 15 minutes or until prunes are soft. Let cool.

Dough:

1 qt. milk	1 shot glass of rum
1 large cake of yeast	2 tsp. vanilla
1 c. sugar	grated whole orange
12 eggs	1 c. melted butter
1 T. salt	6 lbs. of flour + more as needed
1 c. sugar	2 large cans of Crisco or lard

Combine milk, yeast, and sugar. Let stand one hour. Beat 12 eggs and add to mixture. Then add salt, sugar, rum, vanilla, orange, butter and flour. Knead for 10 minutes. Grease large bowl with lard or Crisco place the dough in it and cover with floured cloth. Place in a warm area and let rise until twice its size. Grease hands and section dough into the size of a large lemon. Gently flatten dough into a pancake. Place a heaping teaspoon of filling in the center and pull edges of dough up and seal with fingers. Shape into balls. Place balls on floured cloth and cover with top cloth. Let rise until twice their size (about ½ hour). Empty 2 large cans Crisco into a heavy pot deep enough to allow the paczki to float while frying. Heat the melted shortening to about 312°, just hot enough to have dough bubble when dropped in. Cook slowly, about 6 minutes on each side. When brown on both sides, remove and place on brown paper and allow to cool. Sprinkle with powdered sugar, if desired. Makes 6 dozen.

Heidi Jarecki
In Memory of Sophie Tarnowski

*P*APAL CREAM CAKE

(1-2-3 KREMOWSKA)

1 box puff pastry sheets
1 - 2 boxes any flavor instant
pudding mix

powdered sugar
chocolate syrup
fresh berries--any kind

Follow the directions on the package of puff pastry sheets; let cool. Follow the directions on the boxed pudding mix but use only 1 cup of milk. The pudding needs to be thick not watery. If you like a lot of pudding, use 2 boxes of pudding mix. Slice the pastry sheets in halves or thirds and alternate a pastry sheet with the pudding until all the pastry sheets and pudding are used. Sprinkle with the powdered sugar and syrup. The strawberries, blueberries or raspberries can be served on the side or placed between the layers.

Helen Grebski

*P*INEAPPLE CHEESE SQUARES

Crust:

3 c. flour
3 sticks of softened butter

½ c. sugar

Mix all ingredients together; press into a lightly greased and floured cookie sheet. Bake at 350° for 25-30 minutes or lightly brown. Cool completely.

Filling:

1 (8 oz.) pkg. of cream cheese--
room temperature

1 c. powdered sugar
1 (8 oz.) ctn. Cool Whip

Mix well the cream cheese and powdered sugar. Fold in Cool Whip. Put over cooled crust.

Topping:

2 (20 oz.) cans of crushed
pineapple--drained

2 T. lemon juice
5 T. corn starch

½ c. sugar

Cook all ingredients together on the stove until the mixture is thickened and the liquid is clear. Cool completely and put on top of the cream cheese and refrigerate.

*Nancy Peters
Marie Voitek's Daughter*

*P*OLISH APPLE PIE

(SZALOTKA)

Crust:

4½ c. flour
8 T. sugar
½ tsp. salt
3½ tsp. baking powder
¾ lb. butter or margarine

4 to 5 T. sour cream
4 egg yolks--beaten
egg whites
powdered sugar

Combine flour, sugar, salt and baking powder. Cut in butter or margarine. Combine sour cream and egg yolks; add to flour mixture. Knead lightly, form into a ball and chill. Divide dough into 2 parts. Roll between wax paper; roll a bit thicker than pie crust. Place one part onto a well greased (8½x13½-inch) pan. Fill with apple filling and cover with remaining dough. Seal edges, brush top with egg whites and bake at 375° for 45 minutes. When cool, sprinkle with powdered sugar.

Filling:

8 apples--peeled and sliced thin
¾ c. sugar
2 or 3 T. water

½ tsp. nutmeg
1 tsp. cinnamon
1 tsp. lemon rind

Cook apples with sugar and water until thick, add spices and lemon rind; cool.

Jean Levandowski

POLISH TORTE COFFEE CAKE

Cake:

6 egg whites--beaten until stiff 1 tsp. cracker meal
½ c. sugar ¼ lb. finely chopped walnuts

Combine egg whites, sugar, cracker meal and nuts. Pour this mixture into a lightly greased and floured springform pan. Bake at 425° for 20-25 minutes. The cake will fall a little after baking. Remove and place on a rack to cool. Frost the cake's top and sides. Keep refrigerated. You can keep this cake in the freezer and cut as needed. To make 2 layers, double the cake ingredients and the frosting ingredients.

Frosting:

8 egg yolks 8 T. very strong instant coffee
8 T. sugar ½ lb. sweet butter

Cook the egg yolks, sugar and coffee in a double boiler until mixture thickens; stir constantly. Cool. Cream the butter in a bowl and add the egg mixture ¼ at a time, mixing after each addition until smooth.

Marianne Kress
In Memory of Anna Marykwas Wojcik

PRUNE SQUARES

Prune Filling:

2 lb. pitted prunes--coarsely chopped 1 c. sugar

Mix prunes with sugar and cook until blended.

Dough:

1 c. sugar ½ tsp. salt
2 eggs--well beaten ½ tsp. vanilla
10 T. melted Crisco (not hot) 5 c. flour
8 tsp. baking powder 1 c. milk

Combine all the ingredients and mix well. Let the dough rise 15 minutes. Roll the dough out on a floured surface. Cut the dough into squares and fill with the prune filling. Turn up the four corners of the square and pinch together. Bake at 350° until light brown.

Nancy Restaino
In Memory of Helen Blaskiewicz

PUMPKIN ROLL

Cake:

3 eggs 1 tsp. baking powder
1 c. sugar 2 tsp. cinnamon
⅔ c. canned pumpkin ½ tsp. salt
1 tsp. lemon juice 1 c. finely chopped walnuts
¾ c. flour

Combine all the ingredients and mix well; spread onto a cookie sheet covered with parchment paper. Bake at 375° for 15 minutes. After baked, while still hot, turn onto a towel sprinkled with powdered sugar. Roll and let cool.

Filling:

1 (8 oz.) pkg. cream cheese 4 T. margarine, melted
1 c. powdered sugar 1 tsp. vanilla

Combine ingredients and blend well. When cake is cool, unroll and spread filling onto cake. Roll and refrigerate.

Mary Anne Meeker

RHUBARB CAKE

Cake:

1½ c. brown sugar--packed 1 tsp. baking soda
⅓ c. liquid shortening 1 tsp. vanilla
1 egg 2½ c. flour
1 c. sour milk 1½ c. diced fresh rhubarb
1 tsp. salt ½ c. chopped walnuts

Mix all the ingredients in the order given and pour into a greased and floured glass baking dish. Sprinkle the topping mixture over the cake batter and bake at 350° for 60 minutes or until a cake tester comes out clean.

Topping:

3 T. sugar 1 tsp. cinnamon

Combine the sugar and cinnamon until well mixed.

Joyce Latoski
In Memory of John Saluski

RICE PUDDING

4½ c. water
1 c. rice
1 tsp. salt
1 can (14 oz.) Eagle Brand condensed milk

1 tsp. vanilla
2 eggs--beaten
½ c. milk
cinnamon; nutmeg

Mix together water, rice and salt; cook until soft. Mix Eagle Brand, vanilla, eggs and milk together and add to the rice mixture; cook until pudding coats spoon. Sprinkle with cinnamon or nutmeg.

Nancy Restaino

RICE PUDDING WITH SOUR CREAM TOPPING

pudding:

4 c. cooked rice
½ c. sugar
½ tsp. cinnamon
½ tsp. nutmeg

1 c. raisins
4 T. butter--melted
4 c. milk
1 tsp. vanilla

Combine all the ingredients and pour into a baking dish. Bake at 350° for 30 minutes. Stir, then continue baking another 20 minutes; until creamy and thick. Can serve warm or cold with the following topping.

Topping:

1 c. sour cream
1 tsp. vanilla

½ c. sugar

Whip the cream into peaks; gradually whip in the vanilla and sugar. Serve pudding in a bowl and top with the sour cream mixture.

Carol Chrzan

SOFT RICE CUSTARD PUDDING

3 to 3½ c. cooked rice
1 qt. milk (4 c.)--the kind you like
⅔ c. sugar
¾ tsp. salt
⅓ c. raisins--golden or brown (optional)

3 beaten eggs
2 T. butter or margarine
1 tsp. vanilla extract
dash of cinnamon or nutmeg (optional)

Combine cooked rice, 3½ cups milk, sugar and salt. Cook over medium heat, stirring occasionally until thick and creamy, about 15 minutes. Add raisins after cooking about 10 minutes. Stir gently to keep raisins from breaking. Blend eggs and remaining milk in a small bowl or cup and stir quickly into rice mixture. Cook 2 minutes longer, stirring constantly. Add butter and vanilla and stir. Serve with cinnamon or nutmeg, if desired.

JoAnne Rygiel

SPANISH CREAM CAKE

Cake:

2 c. sugar
5 egg yolks
1 stick margarine, softened
½ tsp. salt
1½ c. Canola oil
1 c. buttermilk

2 c. flour
1 tsp. baking soda
1 c. chopped nuts
1 c. coconut
5 egg whites--stiffly beaten

Cream sugar, egg yolks, margarine and salt in large mixing bowl. Stir in oil. Add the buttermilk, flour, baking soda, nuts and coconut; mix well after each addition. Fold in the stiffly beaten egg whites. Pour into three (8 or 9 inch) cake pans sprayed with cooking spray. Bake at 350° for approximately 30 minutes. Cool on racks.

Frosting:

2 T. margarine--softened at room temperature
6 oz. cream cheese--softened at room temperature

2 tsp. vanilla
2 T. coconut (optional)
4 c. powdered sugar

Cream margarine and cream cheese together. Stir in vanilla and coconut. Gradually add powdered sugar and beat until spreadable. Spread frosting between layers and on top of cake.

Susan Swain

SUMMER FRUIT CAKE

1 c. red/green maraschino cherries, chopped	1 pt. sour cream
1 c. raisins and coconut combined	2 c. sugar
1 c. chopped walnuts	3 eggs
1 c. flour	2 c. sifted flour
2 sticks margarine	1 tsp. baking soda
	1 tsp. salt

Coat the first three ingredients with 1 cup flour and let stand. Cream together the margarine, sour cream, sugar and eggs. Add the flour, baking soda, and salt to the creamed mixture. Fold fruit and nut mixture into the batter. Place in greased and floured tube pan. Bake at 350° for 1½ hours.

Aimee Zaleski
In Memory of Grandma Tillie Butkoski

TRADITIONAL POLISH CHEESECAKE (SERNIK)

Crust:

1 lb. shortbread cookies or graham crackers (if using the latter, add ¼ c. sugar) 2 T. melted butter

Crush the cookies or (crackers and sugar) in a food processor. While the processor is running, pour the butter through the food shoot until crumbs begin to clump together. Pat crumbs into the bottom only of a (9 x 13-inch) or a 10-inch springform pan. Place in refrigerator while preparing the filling.

Filling:

8 oz. (2 sticks) butter--softened	1 heaping T. cornstarch
1 c. + 1 c. confectioners' sugar	1 level T. baking powder
2 lb. dry curd or farmer's cheese or ricotta cheese	1 tsp. vanilla
8 large eggs--separated	fresh fruit or whipped cream (optional)
2 heaping T. all-purpose flour	

Heat oven to 350°. In a medium bowl, cream together butter and 1 cup confectioners' sugar until light and fluffy. Then add half the cheese, mixing thoroughly. In a separate large bowl, combine egg yolks with remaining 1 cup confectioners' sugar; add remaining cheese until well-blended. Add cheese-butter mixture to egg yolk mixture and beat until smooth. Sprinkle in flour, cornstarch, baking powder and vanilla; mix well until incorporated. In a clean grease-free bowl, beat the egg whites until medium-stiff peaks form. Fold into cheese mixture preserving as much volume as possible. Remove "crust" pan from the refrigerator, place it on a baking sheet and fill the pan with the cheese batter. Bake at 350° for 50-60 minutes or until golden brown and puffy and center is just slightly jiggly. Cool completely on a wire rack. Refrigerate until ready to serve. Add fruit or whipped cream on top, if desired.

Josephine Nawratowicz Kline

TRIPLE CHOCOLATE BUNDT CAKE

1 (18.25 oz.) pkg. chocolate cake mix	4 extra large eggs
1 box instant chocolate pudding mix	1 (12 oz.) ctn. sour cream
½ c. corn oil	1 (12 oz.) bag semi-sweet mini chocolate chips
½ c. water	confectioners' sugar

Preheat oven to 350°. Butter a large bundt cake pan. In a mixing bowl at medium high speed, mix together the cake mix, pudding mix, corn oil, water, eggs and sour cream for 10 minutes. Remove bowl from mixer and stir in chocolate chips. Pour batter into the prepared pan and bake for 50 minutes or until cake tests done. Remove cake from pan and cool. Dust with confectioners' sugar.

Alexandra Soletski

WHITE FRUIT CAKE

2 sticks oleo	1 tsp. baking soda
2 c. sugar	1½ tsp. salt
3 eggs	walnuts, Maraschino cherries,
1 pt. (16 oz.) sour cream	raisins
3 c. flour	confectioners' sugar and milk

Cream the oleo, sugar, eggs (add one at a time) and sour cream. Add flour, baking soda and salt. Fold in walnuts, cherries (halved) and raisins. Bake in a greased and floured tube pan at 350° for 1 hour 15 minutes. Drizzle with an icing made from confectioners' sugar and milk.

Bernadine Tarasek

WHOOPIE PIE

Cake:

½ c. hot water
¼ c. cocoa
½ c. Crisco
1 c. sugar
1 egg
1 tsp. vanilla

½ c. sour milk (add 1 T. vinegar to milk to sour)
1 c. flour
1 tsp. baking soda
1 tsp. salt

Blend the hot water and cocoa; set aside. Mix the rest of the ingredients together. Add the cocoa mixture and mix well. Drop this cake batter by tablespoons onto a greased cookie sheet and bake at 350° for about 10-12 minutes. Be careful not to overbake. Cool and put the filling between the two small cakes.

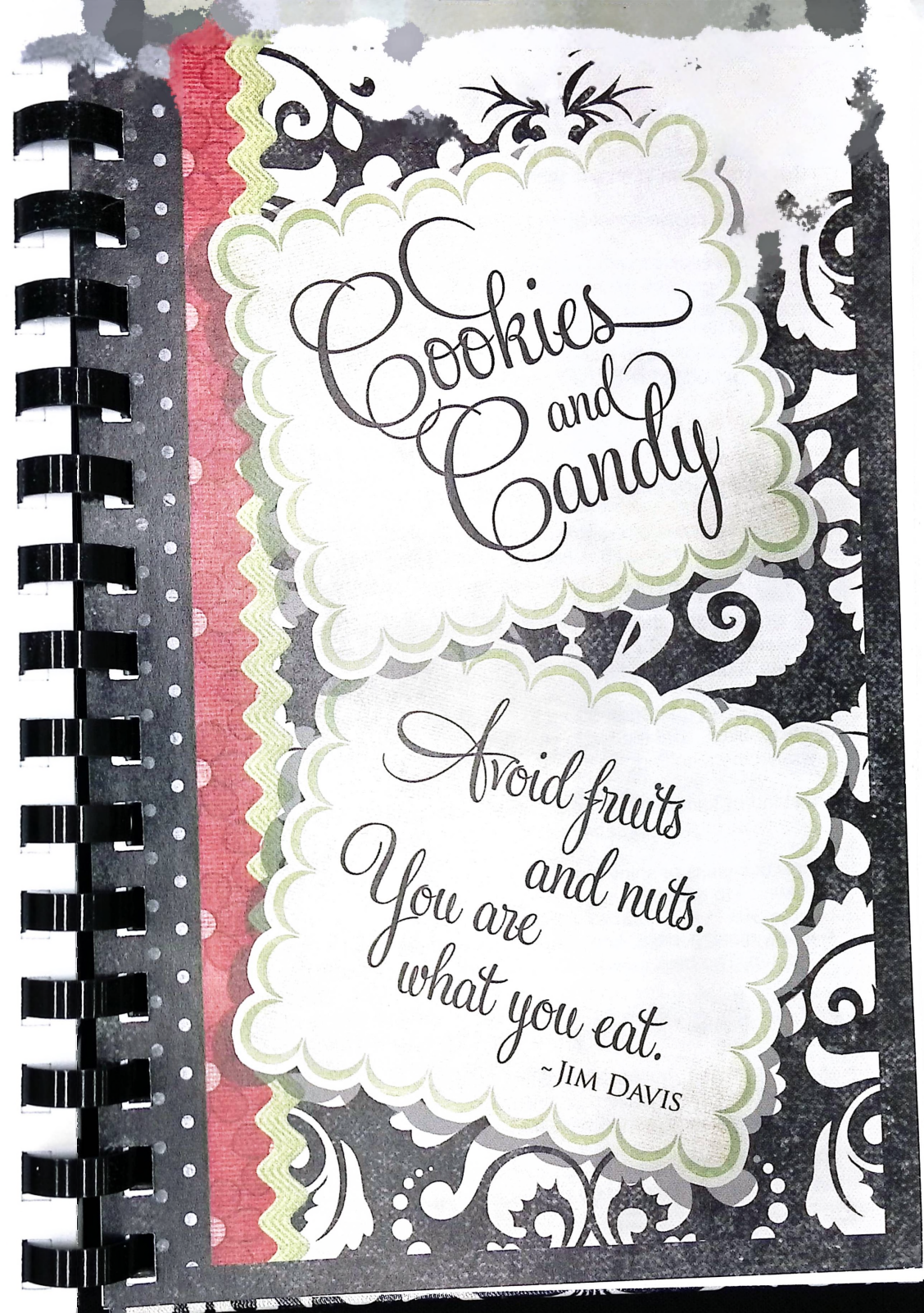
Filling:

1 unbeaten egg white
1 tsp. milk
1 tsp. vanilla
1 tsp. powdered sugar

2 tsp. flour
1 c. powdered sugar
½ c. Crisco

Beat well the egg white, milk, vanilla, the tsp. of powdered sugar and flour. Then add the cup of powdered sugar and the Crisco and beat well again.

Barbara Yacuboski



Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.

Cookies & Candy

APRICOT COCONUT COOKIES

1 ¼ c. *all-purpose flour*
¼ c. *sugar*
1 ½ tsp. *baking powder*
½ c. *butter or margarine*

1 (3 oz.) *pkg. cream cheese*
½ c. *shredded coconut*
½ c. *apricot preserves*

In a large bowl, combine the flour, sugar and baking powder. Cut in the butter and cream cheese until the mixture resembles coarse crumbs. Add the coconut and preserves; mix well. Drop by rounded teaspoonfuls 2-inches apart onto greased baking sheets. Bake at 350° for 10-12 minutes or until golden brown. Remove to wire racks to cool completely. Makes 3 dozen.

Barbara Bialek Smith

BARBARA'S CHRUSCIKI

6 *egg yolks*
½ pt. *sour cream*
1 tsp. *vanilla*
4 T. *sugar*
¼ tsp. *salt*

1 oz. *rum*
flour
oil for frying
powdered sugar

Combine the egg yolks, sour cream, vanilla, sugar, salt, rum and flour; only use enough flour to make the dough workable (not sticky to your hands). Roll dough out as thin as possible so chrusciki are light and airy. Cut the dough into (5x1-inch) strips. Make a small slit lengthwise; pull one end of dough through the slit to make a bowtie. Fry on medium heat; avoid overcooking. Drain on a paper towel and sprinkle with powdered sugar.

Barbara Yacuboski

BRILLIANTS

- | | |
|---------------------|---|
| 1 c. butter | 2½ c. flour |
| 1 c. powdered sugar | 2 c. candied cherries (½ green, ½ red, cut in half) |
| 1 egg | 1 c. cut-up pecans |
| 1 tsp. vanilla | |

Cream butter and sugar. Blend in egg, vanilla, and flour. Mix well. Add cherries and pecans. Shape into three rolls and wrap in wax paper. Chill for 3 hours. Cut into ⅛ inch slices and bake on an ungreased cookie sheet at 325° for 12 to 15 minutes until edges are light brown.

Susan Najaka

BUCKEYES

- | | |
|---------------------|--------------------------------------|
| 1½ c. peanut butter | 1 (16 oz.) pkg. confectioners' sugar |
| ½ c. margarine | 1 (6 oz.) pkg. chocolate chips |
| 1 tsp. vanilla | 2 T. shortening |

Line a cookie sheet with wax paper. Mix well the peanut butter, margarine, vanilla and sugar. Shape into ¾-inch balls; place on wax paper. Chill for ½ hour until firm. In a double boiler, melt the chocolate chips and shortening. Add more shortening, if the chocolate is too thick. Using a toothpick, pick up the balls and dip them halfway into the chocolate; return them to the wax paper; freeze. Keep them stored in the freezer.

Joan Hannon

BUTTERMILK SUGAR COOKIES

- | | |
|--|--------------------|
| 2 c. sugar | 1 tsp. salt |
| 1 c. Crisco | 1 tsp. baking soda |
| 2 eggs | ½ tsp. nutmeg |
| 2 tsp. Butter & Nut vanilla (or vanilla extract) | 1 c. buttermilk |
| 4 c. flour | 2 T. sugar |
| | ½ tsp. cinnamon |

Cream sugar and shortening; add eggs and vanilla and beat well. Combine flour, salt, baking soda and nutmeg. Add to sugar mixture alternately with buttermilk in 3 separate portions. On ungreased baking sheet, drop dough from a tablespoon in order to make large cookies. Small cookies will not have the center desired in this cookie. Combine the sugar and cinnamon. Sprinkle this mixture onto cookies. Bake at 400° for 9½ minutes. Watch closely--they should not brown. Finished cookie should be 4 inches across and have a soft center. Makes about 42-48 cookies.

Florence Sowa

CHOCOLATE BARK

- | | |
|---------------------------|--------------------------------------|
| 40 Saltine crackers | 1 (12 oz.) pkg. milk chocolate chips |
| 2 sticks butter | 1 c. chopped walnuts |
| 1 c. Domino's brown sugar | |

Line a (15x9x2-inch) cookie sheet with aluminum foil. Put crackers side by side in the pan. Melt butter and brown sugar until it dissolves; boil exactly 3 minutes. Pour the sugar mixture over the crackers, covering them completely. Bake in the oven at 400° for 5-7 minutes, no more. After baking, take the crackers out of the oven and spread the chocolate chips over the top; spreading the chocolate, as it melts, over the crackers. Sprinkle with chopped nuts. Refrigerate overnight; the candy will become hard. Break the candy into pieces to serve.

Charlotte Androckitis

CHOCOLATE EASTER EGGS

- | | |
|---|--|
| $\frac{3}{4}$ c. chunky peanut butter | 2 c. (12 oz.) semi-sweet chocolate chips |
| $\frac{1}{4}$ c. softened butter | 2 T. shortening |
| 1 c. coconut | |
| $\frac{1}{2}$ c. walnuts--chopped fine | |
| $1\frac{1}{2}$ - 2 c. confectioners' sugar, divided | |

Cream peanut butter and butter until well mixed. Fold in coconut, walnuts and 1 cup confectioners' sugar; mix well. Sprinkle some of the remaining sugar onto a flat surface. Turn the peanut butter mixture onto the flat surface and knead in enough of the remaining sugar until the mixture holds its shape when formed. Form into small egg-shaped pieces. Cover and chill for 1 hour. In a double boiler over hot water, melt the chocolate chips and shortening over low heat and stir until smooth. Dip the eggs into the chocolate and place on wax paper. The chocolate chips can also be melted in a microwave.

Mary Ann Martin

CHRUSCIKI

- | | |
|---------------------------|-------------------------|
| 6 egg yolks | 1 tsp. vanilla |
| $\frac{1}{4}$ tsp. salt | $1\frac{1}{2}$ c. flour |
| 3 T. light or heavy cream | powdered sugar |

Beat egg yolks until light. Add salt, cream and vanilla. Beat well and add flour. Work dough on a floured surface until it won't stick to your hands. Roll the dough out thin and cut into strips about 5 inches long and 1 inch wide. Tie each strip into a knot. Fry in oil; set on a paper towel to drain. Sprinkle with powdered sugar.

Marianna Babkowska

CHRUSCIKI ROSETTES

- | | |
|-------------------------|-------------------|
| 1 c. flour | 2 or 3 tsp. sugar |
| 1 c. milk | 1 egg |
| $\frac{1}{2}$ tsp. salt | 1 T. vanilla |

Mix all the ingredients into a smooth batter. Dip rosette mold into batter and fry in 365° oil in a deep fryer or use an electric fry pan. Immerse to the top of the mold for 45 seconds and place on a paper towel to drain. Repeat until the batter is finished.

Fran Macy

COCONUT PECAN COOKIES

Frosting:

- | | |
|-------------------------------|---|
| 1 egg--slightly beaten | $\frac{1}{4}$ c. butter--no substitutes |
| 1 can (5 oz.) evaporated milk | $1\frac{1}{2}$ c. flaked coconut |
| $\frac{2}{3}$ c. sugar | chopped pecans |

In a saucepan, combine the egg, milk, sugar and butter. Cook and stir over medium to low heat for 10-12 minutes until mixture is slightly thickened and mixture reaches 160°. Stir in coconut and pecans. Set aside.

Dough:

- | | |
|-------------------------------------|---|
| 1 c. softened butter | 1 tsp. baking soda |
| $\frac{3}{4}$ c. sugar | 1 tsp. salt |
| $\frac{3}{4}$ c. packed brown sugar | 4 c. (24 oz.) semi-sweet chocolate chips--divided |
| 2 eggs | $\frac{1}{4}$ c. flaked coconut |
| 1 tsp. vanilla extract | |
| $2\frac{1}{4}$ c. all-purpose flour | |

In a mixing bowl, cream butter and sugars. Add eggs, one at a time, beating well after each addition. Beat in the vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture. Stir in 2 cups chips and coconut. Drop by tablespoons 2-inches apart on ungreased baking sheets. Bake at 350° for 8-10 minutes or until lightly browned. Cool for 10 minutes before removing to wire racks to cool completely. In a microwave, melt the remaining chocolate chips; stir until smooth. Frost cooled cookies; then drizzle with melted chocolate. Makes 6½ dozen cookies.

Mary Ann Azarewicz

COTTAGE CHEESE COOKIES

$\frac{3}{4}$ c. oleo	$\frac{1}{2}$ tsp. baking soda
$\frac{3}{4}$ c. cottage cheese	$\frac{1}{4}$ tsp. salt
1 c. sugar	1 c. drained crushed pineapple
2 eggs	1 c. chopped nuts
1 tsp. vanilla	crushed cornflakes
$\frac{1}{2}$ tsp. baking powder	Maraschino cherry pieces
$2\frac{1}{4}$ c. flour	

Cream oleo, cheese and sugar. Beat in eggs and vanilla. Sift the baking powder, flour, baking soda and salt; add to the cheese mixture alternately with the pineapple and nuts. Roll teaspoons of batter in crushed cornflakes. Place on a cookie sheet and top each cookie with a cherry piece. Bake at 375° for 15 minutes. Makes 6½ dozen cookies.

*Nancy Restaino
In Memory of Helen Blaskiewicz*

GINGERSNAPS

2 c. flour (sifted)	$\frac{3}{4}$ c. shortening (Crisco)
2 tsp. baking soda	1 c. sugar
$\frac{1}{2}$ tsp. salt	1 egg
1 tsp. cinnamon	$\frac{1}{4}$ cup molasses
1 tsp. ginger	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ tsp. ground cloves	

Sift together the first 6 ingredients and set aside. Cream the $\frac{3}{4}$ cup shortening until softened. Add the 1 cup sugar gradually, creaming until fluffy after each addition. Add 1 egg, beat well and blend in the $\frac{1}{4}$ cup molasses. Add dry ingredients to creamed mixture. Form dough into 1 inch balls and roll in $\frac{1}{2}$ cup sugar. Place balls about 3 inches apart on the cookie sheets. Bake at 350° for 12-15 minutes. Makes about 5 dozen cookies.

*Susan Najaka
In Memory of Aunt Leona Norlander*

HONEY ALMOND COOKIES

1 c. honey	$\frac{1}{2}$ tsp. ground ginger
3 eggs	$\frac{1}{2}$ tsp. cinnamon
3 c. sifted flour	2 egg whites--beaten until stiff
1 tsp. baking soda	blanched almonds
$\frac{1}{2}$ tsp. nutmeg	

Combine the honey and the eggs thoroughly. Add the flour, baking soda and spices; mix well. Form the mixture into a ball and refrigerate for several hours until stiff. Roll out onto a floured surface to about $\frac{1}{4}$ -inch thick. Cut with a round cookie cutter. Place the cookies on a greased cookie sheet and lightly brush the tops with the egg whites; press an almond onto each cookie. Bake at 350° for about 15 minutes.

*Barbara Baxter
In Memory of Mary Toporcer*

KOLACZKI

(FINGER COOKIES)

Dough:

$\frac{1}{2}$ lb. butter or margarine	4 egg yolks
$\frac{1}{2}$ lb. cream cheese (room temp.)	$3\frac{1}{2}$ c. flour

Combine butter, cream cheese and egg yolks. Then add flour and mix until smooth. Form 1" balls and chill for 3 hours or overnight. Roll each ball in powdered sugar and roll flat, spread with filling and roll to make finger-like cookies. Roll again in powdered sugar placing seam side down on greased cookie sheet. Bake until lightly brown 15 - 20 minutes at 350°. Makes about 90 cookies.

Filling:

1 lb. walnuts--ground	1 c. sugar
8 oz. coconut--ground	$1\frac{1}{4}$ sticks butter--melted
4 egg whites--beaten	

Combine these ingredients in the order given and mix well.

Barbara Yacuboski

MOM'S SOFT RAISIN COOKIES

2 c. raisins	1 tsp. baking powder
1 c. water	1 tsp. baking soda
1 c. shortening	1 tsp. salt
1 ¾ c. sugar	½ tsp. cinnamon
2 eggs--lightly beaten	½ tsp. nutmeg
1 tsp. vanilla extract	½ c. chopped walnuts
3 ½ c. flour	

Combine raisins and water in a small saucepan; bring to a boil. Cook for 3 minutes. Remove from the heat; let cool. Do not drain. Set aside. In a mixing bowl, cream shortening and gradually add sugar; add eggs and vanilla. Combine the flour, baking powder, baking soda, salt, cinnamon and nutmeg and gradually add the creamed mixture. Blend thoroughly. Stir in the raisins and nuts. Drop by teaspoons 2-inches apart on greased baking sheets. Bake at 350° for 12-14 minutes. Makes 6 dozen.

Nancy Restaino
In Memory of Anna Brozena

NO COOK FUDGE

2 sticks oleo--melted	1 T. vanilla
1 (16 oz.) box confectioners' sugar	1 (12 oz.) jar peanut butter
5 T. cocoa	1 c. chopped peanuts

Combine all the ingredients and mix well; pat into an (8x8-inch) pan lined with aluminum foil. Keep in refrigerator.

Florence Rother

NUT FINGERS

Crust:

¾ c. oleo or butter	1 ½ c. flour
¾ c. confectioners' sugar	

Combine ingredients and make like pie dough. Press evenly into the bottom of an ungreased (13x9x2-inch) pan. Bake at 350° for 12-15 minutes.

Filling:

2 eggs--slightly beaten	½ tsp. salt
1 c. brown sugar	½ tsp. vanilla
2 T. flour	1 c. chopped nuts
½ tsp. baking powder	

Combine the eggs, brown sugar, flour, baking powder, salt and vanilla; mix well. Spread on the baked crust; sprinkle with the nuts. Bake 20 minutes more. Cut into diamond-shapes when cool.

Debbie Snyder

OATMEAL DROP COOKIES

2 c. sifted flour	1 c. raisins (optional)
1 ¼ c. sugar	1 c. vegetable oil
1 tsp. baking powder	2 eggs or 4 egg whites
½ tsp. baking soda	½ c. skim milk
1 tsp. cinnamon	1 c. chopped walnuts (optional)
3 c. regular or instant rolled oats	

Sift together dry ingredients. Add oats and raisins and mix thoroughly. Add in order, oil, eggs and milk. Mix well until blended. Stir in walnuts. Drop by teaspoons onto an ungreased cookie sheet about 1 ½ inches apart. Bake at 350° for 10-12 minutes.

Nancy Restaino

*P*EANUT BUTTER CHOCOLATE CHIP COOKIES

$\frac{1}{2}$ c. margarine	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ c. peanut butter	1 tsp. salt
1 c. sugar	$\frac{1}{2}$ c. milk
2 eggs	1 c. rolled oats
1 tsp. vanilla	1 pkg. semi-sweet chocolate chips
1 c. flour--sifted	1 c. chopped nuts

Cream margarine, peanut butter, sugar, eggs and vanilla. Combine flour, baking powder and salt; add to peanut butter mixture. Add milk, oats, chocolate chips and nuts; mix well. Drop by teaspoons on ungreased cookie sheet and bake at 375° for 12 minutes. Makes 5 dozen.

Nancy Restaino
In Memory of Helen Blaskiewicz

*P*EANUT BUTTER EGGS

Eggs:

1 medium to large potato--peeled and cubed	1 tsp. vanilla
$\frac{1}{4}$ c. butter	1 - 2 c. peanut butter
1 box powdered sugar	milk

Boil and mash the potato with the butter. Cool and set aside. Combine all the ingredients together with the cooled mashed potato, adding just enough milk to moisten dough; form small eggs. Place on wax paper and let stand overnight. Dip into the chocolate coating; place on wax paper.

Coating:

1 - 2 pkg. chocolate chips	1 - 2 T. Crisco
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Melt the ingredients in a double boiler.

Joan Hannon

*P*INEAPPLE COOKIES

Cookies:

3 c. flour	$1\frac{1}{2}$ c. sugar
1 tsp. baking soda	2 eggs
1 tsp. salt	1 tsp. almond extract
$\frac{1}{2}$ c. soft butter	1 (20 oz.) can crushed pineapple

Combine flour, baking soda and salt; set aside. Combine butter, sugar, eggs and almond extract; mix well. Add pineapple; mix. Add flour mixture and mix together. Drop by teaspoons onto a cookie sheet. Bake at 350° for 10 minutes.

Glaze:

$\frac{1}{4}$ c. soft butter	crushed walnuts
2 c. powdered sugar	
3 T. pineapple juice (from crushed pineapple)	

Combine butter, sugar and juice. Dip cooled cookies in glaze and twist cookies in the crushed nuts.

Bernadine Latoski
In Memory of Stella Gowisnok

*P*OLISH CHRUSCIKI

5 egg yolks	5 or more T. sour cream
$\frac{1}{2}$ tsp. salt	$2\frac{1}{2}$ c. cake flour--sifted
3 T. sugar	oil for cooking
1 T. brandy or cognac	confectioners' sugar

Add salt to egg yolks and beat until thick. Add sugar, brandy or cognac and continue to beat. Add sour cream and sifted flour alternately; mixing well after each addition. Knead this dough on a floured board for 5 minutes. Roll out $\frac{1}{16}$ -inch thick. Cut into diamond shapes (2 x 4-inches). Make a small lengthwise slit down the center of each; pull corner through slit. Heat oil 2-inches deep in pan. Fry a few at a time for 2 minutes or until light brown. Drain on paper towel and sprinkle with confectioners' sugar.

Nancy Restaino

*P*OLISH KOLACKY

- | | |
|-----------------------------|---------------------------------|
| 1½ lb. butter | 1 tsp. vanilla |
| 1 (4 oz.) pkg. cream cheese | 2 c. flour |
| 2 egg yolks | nut, poppyseed, fruit or cheese |
| 3 T. sugar | filling |

Cream together butter, cream cheese and egg yolks. Add sugar and vanilla until well-blended. Stir in flour; chill dough a few hours until it's firm. Roll out the dough on a lightly floured surface to ¼ thickness; cut into squares. Put about 1 tsp. of filling on each square. Bring 2 opposite corners to the center and press corners to seal. Place squares on an ungreased cookie sheet. Bake at 350° for 15-20 minutes; until edges are lightly browned. Cool.

*Frank Schall
In Memory of Alice Schall*

*P*RALINES

- | | |
|-----------------------|------------------------|
| 1 box graham crackers | 1 c. light brown sugar |
| 1 c. margarine | 1 c. chopped nuts |

Line a lightly greased cookie sheet with graham crackers; do not break crackers. Boil margarine and brown sugar for 2 minutes. When the bubbling stops, add the nuts. Pour this mixture over the crackers. Bake at 350° for 10 minutes. Cool a few minutes. Cut with a sharp knife into bite-size pieces.

Joan Hannon

*S*TAINED GLASS COOKIES

- | | |
|--|--------------------------------------|
| 1 pkg. (12 oz.) miniature colored marshmallows | 1 large bag Nestlé's chocolate chips |
| 1 c. chopped walnuts | 1 stick of margarine |

Put the marshmallows and walnuts in a bowl and set aside. Melt the chocolate chips over low heat and cool slightly; add the margarine. Mix the marshmallow mixture and the chocolate chip mixture together. Using 3 sheets of wax paper, divide the mixture into three equal parts. Make 3 logs; roll wax paper around each log. Refrigerate until cold. Slice and serve. Keep the cookies stored in the refrigerator.

Donna Stankiewicz

*S*TRAWBERRIES

- | | |
|----------------------------------|------------------------|
| 2 c. coconut | ⅛ tsp. almond extract |
| 1 c. almonds | 1 can Eagle Brand milk |
| 2 (3 oz.) boxes strawberry Jello | red sugar |
| 2 T. white table sugar | |

Grind coconut and almonds. Combine this mixture with the Jello, white sugar, almond extract and milk. Chill for 2 hours. Using a measured teaspoon of mixture, shape into berries; roll in red sugar. Cut hull from green construction paper. Dip toothpick into green food coloring for stem.

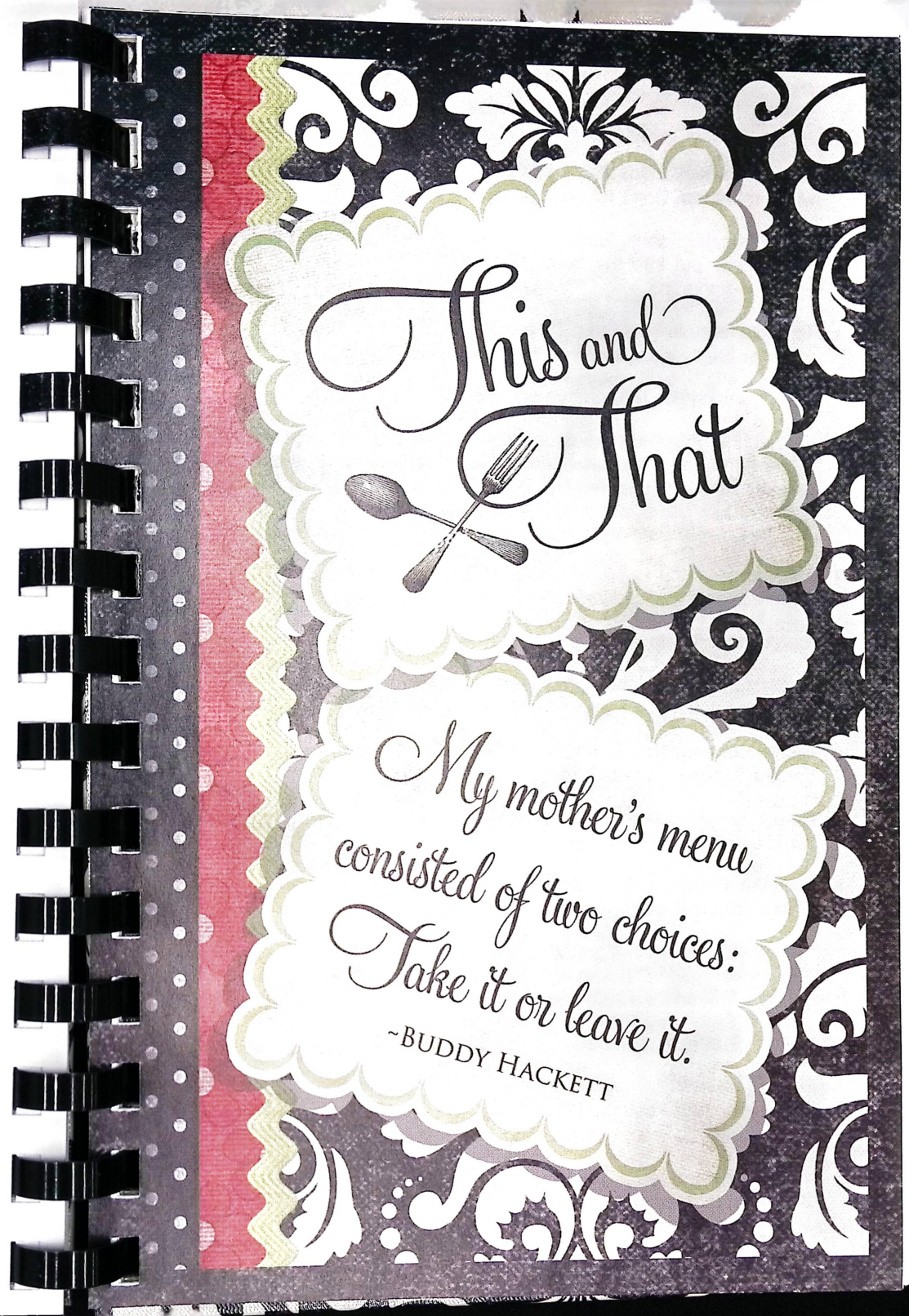
Florence Sowa

*T*OFFEE SQUARES

- | | |
|------------------|---|
| 1 c. butter | ¼ tsp. salt |
| 1 c. brown sugar | 4 to 5 milk chocolate bars (8 oz. each) |
| 1 egg yolk | ½ c. chopped nuts |
| 1 tsp. vanilla | |
| 2 c. flour | |

Heat oven to 350°. Cream butter, sugar, egg yolk and vanilla. Stir in flour and salt until blended. Pat in 13" x 9" rectangular, greased baking sheet; leaving 1 inch around edge of baking sheet. Bake 20 to 25 minutes until nicely browned. It will be soft. Remove from oven immediately. Place separated squares of chocolate on top. Let stand until soft. Spread evenly over surface. Sprinkle with nuts. Cut in small squares while warm. Makes 6 to 7 dozen.

Susan Najaka



Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles – no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it "spices." It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.

This & That

*B*AKED CARAMEL CORN

1 c. margarine	½ tsp. baking soda
2 c. firmly packed brown sugar	1 tsp. vanilla
½ c. light corn syrup	8 - 9 quarts popped popcorn
1 tsp. salt	

In a large pot, melt margarine, brown sugar, corn syrup and salt. Bring to a boil, stirring constantly. Then boil, without stirring, for five minutes. Remove from heat and stir in baking soda and vanilla. Mixture will froth up; mix well. Place the popcorn in a large aluminum roasting pan sprayed with vegetable oil; pour the sugar mixture slowly onto the popcorn and mix well to coat. Bake at 250° for 1 hour; mix every 15 minutes. Cool and store in a large container.

Joan Hannon

*B*AKED PECANS

¾ c. Splenda	¼ tsp. ground cloves
1 tsp. ground cinnamon	1 egg white--beaten
½ tsp. salt	2½ T. water
¼ tsp. ground nutmeg	8 c. pecan halves
¼ tsp. ground allspice	

Combine first 8 ingredients in a bowl. Add pecans and stir until evenly coated. Spread on a lightly greased foil-lined (15x10x1-inch) jelly roll pan. Bake at 275° for 50-55 minutes and stir occasionally. Remove from pan and cool on wax paper. Place in zip-lock bags when cooled.

Jaylene R. Smith

BAKED PINEAPPLE

1 stick soft butter
1 c. sugar
4 beaten eggs

1 (16 oz.) can crushed pineapple
(don't drain)
5 - 6 slices bread (cubed)

Cream the butter and sugar. Add the eggs, pineapple and bread. Mix well and pour into a buttered casserole and bake at 350° for approximately 45 - 50 min.

Barbara Yacuboski

CHILI SAUCE

1 basket of tomatoes
1 bunch of celery
10 green peppers
7 large onions
1½ cups vinegar
2 T. salt

1 T. ginger
1 T. cinnamon
1 T. nutmeg
1 tsp. pepper
1 c. white sugar
1 c. brown sugar

Scald and peel the tomatoes. In a large pot, boil the tomatoes for about 20 minutes; skimming the foam from the top. Chop and add the celery, peppers and onion. Add the vinegar, salt, ginger, cinnamon, nutmeg and pepper. Simmer slowly for about 2 hours or until it thickens. Then add the white sugar and the brown sugar. Boil about 15 more minutes; stirring often. Makes about 15 pints.

Barbara Yacuboski

CINNAMON NUTS

1 c. sugar
1 tsp. cinnamon
1 tsp. salt
1 egg white

1 T. water
1 lb. nut halves--walnuts or
pecans

Combine sugar, cinnamon and salt; set aside. Beat egg white and water until frothy. In a large bowl, stir nuts and egg white mixture until nuts are completely coated. Gradually add the sugar mixture; stirring until the nuts are coated. Spread on a baking sheet. Bake at 250° for 1 hour; stirring every 15 minutes.

Florence Sowa

DILL BUTTER

¼ c. unsalted butter
4 T. chopped dill

1 tsp. chopped parsley

Melt the butter slowly and combine with the herbs. Pour over fresh peas or other vegetables and serve.

Phyllis Saluski

JOAN'S PIE CRUST

2 c. vegetable shortening
5 c. flour
1 tsp. salt
1 tsp. baking soda

1 T. sugar
1 egg
1 c. cold water + 1-2 T.

Work the shortening with the flour, salt, baking soda and sugar. Beat the egg with the water and add to the flour mixture, working quickly. 1-2 T. more water may be needed. The crust should be a little sticky. Makes 5 crusts; left-over dough can be frozen.

Joan Hannon

MICROWAVE BREAD AND BUTTER PICKLES

4 c. fresh pickles--sliced ¼-inch
thick
1 large onion--sliced
¾ c. sugar
½ c. white vinegar
1 tsp. salt

½ tsp. mustard seed
½ tsp. celery seed
¼ tsp. tumeric
thinly sliced red and green peppers
for color (optional)

Mix all the ingredients together in a microwave dish. Microwave on high for 7-8 minutes. Stop and mix twice during the 7-8 minutes. Onions should be transparent. Cool and put in sanitized jars (jars that are boiled in hot water) and refrigerate. Also sanitize the jar lids.

Barbara Bialek Smith

NUT FILLING

1 lb. ground walnuts
4 oz. ground coconut
1½ - 2 c. sugar
¼ c. margarine

1 tsp. vanilla
½ c. honey
2 eggs
1 c. milk

In a saucepan, mix all the ingredients together until thick; stirring constantly. Use this recipe as a filling for breads, rolls or cookies.

Joan Hannon

PIE CRUST

5 c. flour
1 tsp. baking powder
2 T. sugar
pinch of salt

1 c. Crisco
1 egg--beaten with a little milk
warm milk

Mix flour, baking powder, sugar and salt; blend in Crisco to form pea shapes. Add the egg and enough warm milk so that the dough sticks together and is soft. Roll out on wax paper. This makes a soft pie crust. This recipe makes 2 full pies.

*Donna Stankiewicz
In Memory of Grandma Kosko*

POLISH WALNUTS

2 egg whites
1 c. brown sugar

1 lb. walnuts
4 T. margarine-melted

Beat egg whites until stiff. Then gently add brown sugar and blend. Add walnuts. Pour melted margarine onto cookie sheet. Spread walnut mixture onto cookie sheet and bake at 250° for about 20-30 minutes. With a spatula, turn nuts over and continue baking for another 20-30 minutes.

Barbara Yacuboski

POPPYSEED FILLING

1 lb. ground poppyseed
2 eggs--beaten
¼ c. honey
4 T. butter

2 T. vanilla
4 - 5 c. sugar
1 c. milk

Combine the poppyseed, eggs, honey, butter, vanilla and sugar in a saucepan; add milk until the mixture looks like pudding and cook for about 5 minutes; stirring constantly. Use this recipe as a filling for breads, rolls or cookies.

Joan Hannon

SEASONED PRETZELS

1 (16 oz.) bag Snyder's Hard
Pretzels
1 pkg. Hidden Valley Ranch
Original Party Dip Mix

1 c. oil
1 tsp. garlic powder
1 tsp. lemon pepper
1 tsp. dill weed

Break pretzels apart. Combine the rest of the ingredients. Marinate the pretzels with the seasoning mixture for about an hour. Place on cookie sheet and bake at 250° for 10 minutes; mix and bake another 10 minutes.

Priscilla Yacuboski

VODKA SAUCE

1 (14 oz.) can crushed tomatoes
2 tsp. crushed garlic
1 c. vodka

1 c. heavy cream
½ tsp. red pepper
cooked pasta

Combine all the ingredients and heat thoroughly. Serve over cooked hot pasta.

Catherine Petty

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



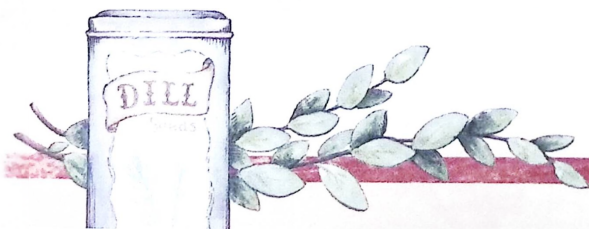
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8-07

HERBS SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

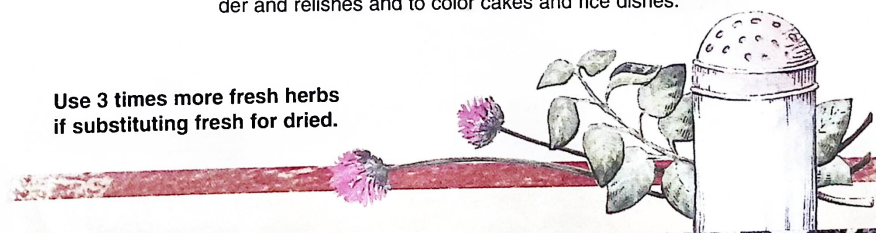
BASIL	Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.
BAY LEAVES	Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.
CARAWAY	Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.
CELERY SEED	Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.
CHIVES	Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.
CILANTRO	Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.
CINNAMON	Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.
CORIANDER	Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.
CURRY POWDER	Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.
DILL	Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.
FENNEL	Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS SPICES

GINGER	A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.
MARJORAM	May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
MINT	Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.
NUTMEG	Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.
OREGANO	Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
PAPRIKA	A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
PARSLEY	Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
ROSEMARY	Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
SAFFRON	Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.
SAGE	Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
TARRAGON	Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
THYME	Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.
TURMERIC	Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 1/4 tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 1/2 tsp. baking powder
popoversto 1 cup flour use 1 1/4 tsp. baking powder
wafflesto 1 cup flour use 1 1/4 tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 1/2 cups flour
soft doughto 1 cup liquid use 3 to 3 1/2 cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled.....	40 min.
	steamed.....	45-60 min.
asparagus tips.....	boiled.....	10-15 min.
beans, lima.....	boiled.....	20-40 min.
	steamed.....	60 min.
beans, string.....	boiled.....	15-35 min.
	steamed.....	60 min.
beets, old.....	boiled or steamed.....	1-2 hours.
beets, young with skin.....	boiled.....	30 min.
	steamed.....	60 min.
broccoli, flowerets.....	baked.....	70-90 min.
	boiled.....	5-10 min.
broccoli, stems.....	boiled.....	20-30 min.
brussels sprouts.....	boiled.....	20-30 min.
cabbage, chopped.....	boiled.....	10-20 min.
	steamed.....	25 min.
carrots, cut across.....	boiled.....	8-10 min.
	steamed.....	40 min.
cauliflower, flowerets.....	boiled.....	8-10 min.
cauliflower, stem down.....	boiled.....	20-30 min.
corn, green, tender.....	boiled.....	5-10 min.
	steamed.....	15 min.
	baked.....	20 min.
corn on the cob.....	boiled.....	8-10 min.
	steamed.....	15 min.
eggplant, whole.....	boiled.....	30 min.
	steamed.....	40 min.
	baked.....	45 min.
parsnips.....	boiled.....	25-40 min.
	steamed.....	60 min.
peas, green.....	baked.....	60-75 min.
	boiled or steamed.....	5-15 min.
potatoes.....	boiled.....	20-40 min.
	steamed.....	60 min.
	baked.....	45-60 min.
pumpkin or squash.....	boiled.....	20-40 min.
	steamed.....	45 min.
	baked.....	60 min.
tomatoes.....	boiled.....	5-15 min.
turnips.....	boiled.....	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots.....	1/4 c. for each cup of fruit	about 40 min.
figs.....	1 T. for each cup of fruit	about 30 min.
peaches.....	1/4 c. for each cup of fruit	about 45 min.
prunes.....	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

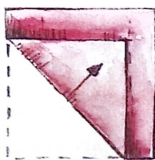
SHIELD

Easy fold. Elegant with monogram in corner.

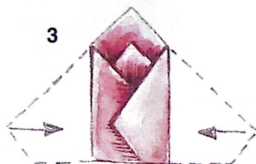
Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

1, 2



3



4



ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

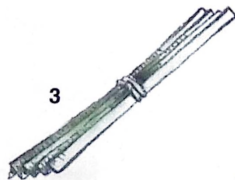
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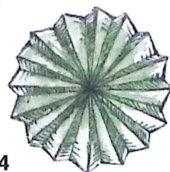
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3



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NAPKIN FOLDING

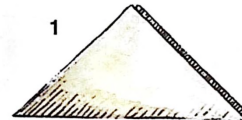
CANDLE

Easy to do; can be decorated.

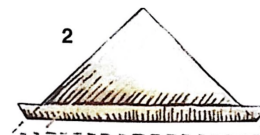
Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

1



2



3



FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

1, 2



3



4



LILY

Effective and pretty on table.

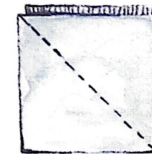
Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

1



2



3, 4



5



MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

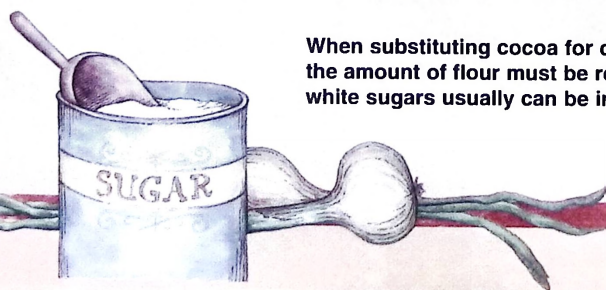
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpernickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	

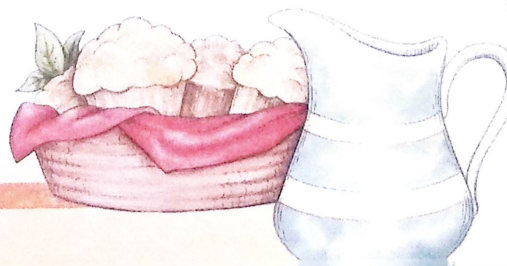
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
---------------------------------------	-----

SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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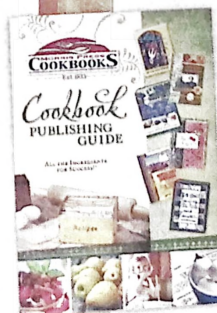
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